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Hexham Events
Kids Competition
North County Show
Grow Your own Veg
Pound in Your Pocket
Do You Have a Happy Gut?
WIN – Tech Team Membership
WIN – Quadbiking Experience
WIN – Afternoon Tea for 4

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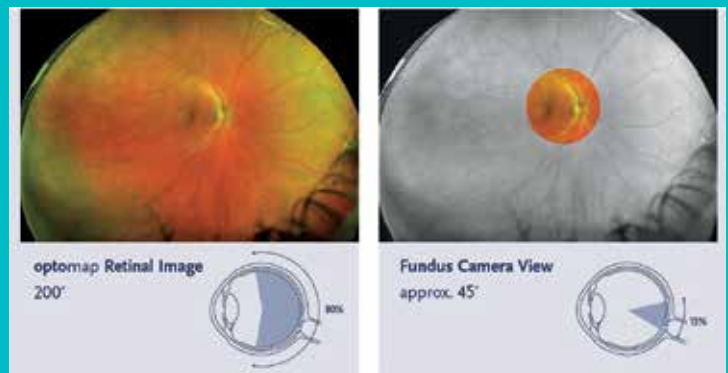


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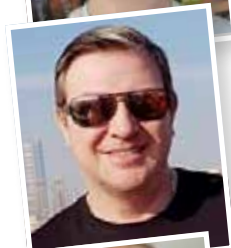
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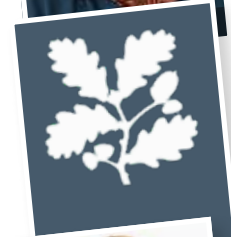
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Hi everyone, lots of exciting things to report this issue.

Firstly, we have our trusty team of writers back with a fresh batch of articles, as well as the first of a regular new feature from O.G. writer Belinda Ambrose. People may remember Belinda from back in the day and we're thrilled to present a brand-new article Do You Have a Happy Gut? on page 44.

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.

There are two fab new competitions this edition starting with a chance to win Afternoon Tea with Prosecco for 4 at Langley Castle below. There's also a chance to win an action-packed Quadbiking Experience for two courtesy of our friends at Turboventure on page 62.

We're also running our first ever Kids Competition to design our next Front Cover with a chance to win £100 voucher. Roy Frankland has put together a helpful guide for budding artists on page 20.

Lastly, the Tyne Valley Express Team have a stall at this year's Northumberland County Show, so come along and say hello. We'll have competitions, prizes and a chance to answer any questions you have regarding your favourite magazine. Get yourself along on 27 May, doors open 9am - 6pm.

We look forward to meeting you! **Stephen and the Tyne Valley Team.**



Tel: Stephen: 01661 852684 Email: stephen@tynevalleyexpress.co.uk
The Lodge, Bays Leap Farm, Heddon on the Wall, Northumberland, NE15 0JW.

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WIN

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

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Opportunities

One of my New Year's resolutions – and I don't typically make many – was to say yes to more things. Looking back, I've always sometimes said no to opportunities due to not feeling in the right mood or just because they were out of my comfort zone.

Staying in your comfort zone can be a good thing - for safety reasons and for your own mental well-being - but sometimes escaping that bubble can also be good.

It took me a while to put this resolution into practice, but I don't put time limits on my resolutions.

In March, I booked a few days off work and decided to have a Treat Me Week. This week focussed on saying 'why not?' to concepts and booking things that I wanted to do that I normally wouldn't have time to do. Along the journey, I would see what opportunities presented themselves along the way.

First up for the week was treating myself to a relaxing facial at Viso Facial at Newcastle where I fell asleep in the chair whilst listening to instrumental music. The week continued by trying out a new cinema to see John Wick 4 - the Everyman Cinema is a bit more expensive than your typical showing but food and drink are brought directly to your seats. I also embraced a new concept and saw an instrumental band play at the Common Room, immersed in the sounds of heavenly music and the flickering lights of candles.

Also, during that week I booked a first-class trip to Edinburgh. Edinburgh is one of my favourite cities to visit, and a first-class train ticket was going for cheap, so I booked 2 days in Scotland. The ticket price is more than made for by the fact that you get food and drinks on the train, as well as extra legroom. On the trip, I tried new restaurants and explored new spaces, including Edinburgh's Botanical Gardens.

The Edinburgh trip was a highlight because I went alone. A solo trip is something you must do at some point in your life, even if that's exploring a new city on your own or going abroad and travelling.

I didn't go for 'finding myself' as some of my friends have done but for independence. Travelling solo has many benefits including doing activities exclusively for yourself without being tied down by the wants or needs of family and friends. You will learn more and typically curiosity makes you go even further.

There's sometimes that stigma that going alone to places is a bad thing but that couldn't be more wrong. Doing things by yourself shouldn't hold you back from embracing more opportunities.

Embracing opportunities can be scary. People are afraid of change, of the frightening concept of the unknown. But there is that saying that you don't know if you don't try.

We go through seasons of change in our lives, just like the weather is changing from dreary winter, into sunny spring. Embracing new opportunities and keeping a positive attitude can lead to great outcomes.

When encountering changes in your life you can: Analyse, research and weigh up the positives and negatives – if you like to think changes through, weigh up what the change may mean. Coming at the change from a logical perspective and focusing on the purpose of the change can help to motivate and inspire you.

Remember that curiosity is key – don't be afraid to ask questions, not only can it help reduce any anxiety you may have about the change, but it will also help you understand it better. It will also enable you to develop relationships with those around you (going through changes together can be better than attempting it alone).

Look to the future – consider the long-term goals of the change and remember that the main purpose behind the point of change is to improve your overall livelihood. It's easy to focus on the downsides but you won't know how a change may benefit you unless you embrace new opportunities.

I've seen phrases such as 'killing your comfort zone' or 'squashing your comfort zone' and prefer the nicer and often more realistic, thought of dipping in and out of your comfort zone. It's about experiencing uncomfortable situations and life-changing events, persevering in the name of growth before allowing yourself to have the space and time to recover from the effects of that.

It's about having the conversations you feel you can't, and trying the things that the voice inside your head says, 'This just isn't for you'. Because that voice is wrong and it's time you started believing that.

Of course, there will be times when it's easier to do than others. When you're run down and burnt out, you have the right to spend some time in bed alone. But, when life and circumstance allow it, I wholeheartedly suggest you expand your comfort zone a little more each day.

Identify the things that scare you and make a list if you have to. Then, start saying yes—to the things you'd normally avoid and the opportunities you'd normally dismiss—even if it's as little as attending a small group event or grabbing coffee with a new colleague. When it feels like you're awkward and unsure, that is when it matters. That's growth, right there.

Start small and work your way up to bigger steps out of your comfort zone. Like with any change or habit, it'll get easier the more you do it. And with the incoming warmer weather you may find it easier to take up more opportunities in the outside world and explore something new and exciting.

Do you have recommendations on how people can expand their horizons? Maybe it's recommending your favourite place around town, or a new event that people could try. For example, the What's On pages of this very magazine advertise various fun events and groups across the Tyne Valley that you could try. Help people embrace opportunities and you may even discover something new yourself.



Katie
Pharoah

Katie Pharoah
Writer for Tyne Valley Express
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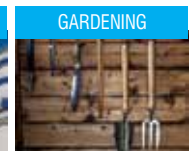
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+ MORE TO BE ANNOUNCED!

SUNDAY 28 MAY

TWO DOOR CINEMA CLUB

THE WOMBATS

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SOMEBODY'S CHILD • DELLAXOZ

TIMES SQUARE NEWCASTLE

TICKETS AVAILABLE FROM TICKETMASTER / WWW.INBETWEENDAYSNCL.CO.UK

...in RYTON & CLARA VALE

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/

RYTON METHODIST CHURCH

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

HOLY CROSS CHURCH

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

HOLY CROSS CHURCH HALL

Thinking of holding party or celebration, this may be the perfect

venue for you. Church Hall has COVID-19 measures in place. For further details please telephone us using the details provided. Holy Cross Church
Sue. 01914135233

RYTON OUTDOOR BOWLING

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

Ferndene Park
Colin Diball. 01914133872

MEN'S SHED RYTON

Carving out companionship, good old-fashioned conversation in a wi-fi free environment. Meetings every Tuesday and Thursday 10-3, opposite rugby club. Ryton First Scouts
Dave. rytonmensshed@proton.me

GARDEN, GATHER & NATTER

We welcome people of all ages and abilities to come and get involved

in this wonderful green space. Wednesday mornings from 9:30 (weather permitting!). For more immediate information on events, you can find us at facebook.com/ferndeneParkRyton
Ferndene Park, Ryton.
Friends Of Ferndene Park
friendsofferndene@outlook.com

COMMUNITY CINEMA

Tyne Valley Film Festival, Thursday 23rd March "Jimmy's Hall" During the Depression, Jimmy Gralton returns to Ireland after ten years of exile looking to re-open his dance hall. Thursday 27th April "Emily", the life of Emily Bronte. Start 7.00 £4.00

Ye Olde Cross, in Ryton Village
RCCS secretary. rytoncross@gmail.com

RYTON & DISTRICT CAMERA CLUB

Ryton & District Camera Club meets every Tuesday at 7.30 pm in the Ryton Community Centre, Cross House, Ryton, NE40 3QP. Anyone interested in photography will be made very

welcome whether an expert or beginner.

Ryton Community Centre
Camera Club www.rytoncc.weebly.com

STARGATE COMMUNITY CENTRE

Monday & Tuesdays Darby and Joan bingo 1.00 to 3.00. Monday slimming World 5.30. Wednesday stargazers baby and toddler group 9.30am to 11.00. Thursday 2.00 to 3.00 Yoga. Thursday 6.00 to 7.00 ryton singers. Sunday 11.00 ryton mini singers. Stargate community centre
Fiona Todd. fiona.todd33@gmail.com

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Clara Vale. Joan Atkinson.
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Packages

Simply Cremation - £1295

A direct cremation including third party costs (doctor's fee, cremation fee and professional services) with no service or attendance. Simple coffin and ashes scattered in the Garden of Remembrance or returned.

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A direct cremation including third party costs (doctor's fee, cremation fee and professional services) with the use of an estate car to transport your loved one prior to friends and family meeting at the crematorium. No limousines included. There will be a choice of a religious service or non religious ceremony at the crematorium. Options of coffin include The Morpeth (light oak) or The Arran (dark oak).

Bronze Package - £2550

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

Silver Package - £2795

A cremation service including third party costs (doctor's fee, cremation fee, minister or non religious celebrant fee and professional services). Hearse and one limousine included. Options of coffin include The Guisborough (light oak), The Kinross (mahogany).

Gold Package - £3150

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Church Service • Purchase of a Grave • Flowers • Obituary Notice Out of Area Burial Charges • Order of Service



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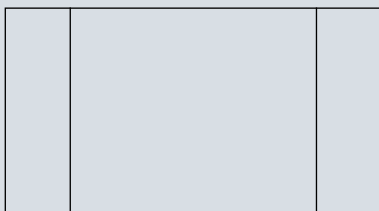
Hi all, A slightly different article for you in this edition. As you will be aware, we have been featuring my photographs on the front cover of our magazine from all around the wonderful Tyne Valley and surrounding area for the last few years. You may also remember that we had a photography competition last year where the winner featured on the cover. Well, for our next issue, we are going to do something quite a bit different. We will not be using a photograph! Instead, for our next cover, the design is going to be handed over to you, our amazing readers and contributors, and more specifically, our younger readers. For the next cover, we are asking our younger readers to send in their **best drawing or painting** to use for the cover, and the best submission will be used as the cover of our next edition.

Now, since this will be a cover shot, there are some things that you need to keep in mind for your submission. In order for you to be successful, please take note of the kind of image we are looking for, and keep in mind the guidelines below.

Age range – 5yrs old to 11yrs please

Subject matter – This is quite open, but as it will be on a cover, we will prefer to have a landscape or scenery type picture. While I'm sure many of you can draw or paint great people or pet pictures, we cannot use them on a cover, so please, no animals or people pictures unless they are smaller in the scene and part of the landscape. What we would like to see are landscapes around the Tyne Valley area, trees, flowers, summery scenes, etc. Nice and colourful.

Format/Size of your picture. – The cover shot needs to be the right size, as you will notice from seeing the magazine. We do not want to cut or crop your lovely images too much, so please keep this in mind when drawing. Your submission needs to be in Landscape format. By this I mean the longest side should be at the top and bottom of the picture, it should not be upright like in a portrait. See the diagram below. The minimum size of your picture should be A4, or at least the middle part of an A4 sheet. It can be bigger as we can reduce the size when it is scanned, but if it's too small, detail will be lost or it will become fuzzy. Ideally A4 – A3 size is best. To help, this middle bit in the picture below is the area we will use.



Text (Copy space) – As you will know, the front cover features text. The title of the magazine, information on the bottom left, etc. This is called copy space. When this is added to the cover, it will be over the top of your picture, so you need to keep this in mind when you are creating your entry. You will need to leave some space at the top for the magazine logo. For example, this part of your picture could be sky, or clouds or the top of trees, but it should not be the most important part of the image. Have a look at some past magazines, or the cover of this one, to see what I mean.



We would hate to cover over a really important or good part of your picture with the logo. Also, the white text on the left side needs to stand out, so if this part of your picture is darker it will help. Also, try not to put important parts of your picture in this area. Basically, look at the cover, and see where the text areas are.

Composition – As in photography, your artwork also need a good composition. So, considering some of my past articles, think about using things like leading lines, rule of thirds, etc.

How to Submit – We'll be at the Northumberland County Show on 27 May so you can hand-in your drawing to us in person! Alternatively you can scan your picture and email it to info@tynevalleyexpress.co.uk or carefully post it to
Tyne Valley Express, Cover Competition,
The Lodge, Bays Leap Farm, Heddon on the Wall, NE15 0JW.

Most important! – Send in your best work, and have FUN!



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Integration of Sustainability Measures for the Small-Medium Enterprise (SME)

The Government's (2023) pro-business sustainability challenge, and transition to the new "Net Zero Strategy" for energy and carbon savings (CO₂) is now important for any SME. Therefore, Dr Les Mitchell an Independent Chartered Engineer & Legal Analyst has come out of "retirement" and is willing to impart his theoretical knowledge and practical experience. Thus, integrating **low-cost** sustainability measures for SME's through (i) Consultancy (ii) Tailored One-to-One Training Sessions (iii) Tailored Group Training Sessions. The sustainability measures can be Tailored for Manufacturing Industry; Service Industry; Hospitality Industry; and Workplace-Futures.

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New for 2023 will be a game fair and countryside area with demonstrations of fly fishing, gun dogs, ferreting and falconry. The Military area will have army vehicles and displays. Live music will be playing all day with brass bands, Northumbrian Pipes and local talent show.

Children will love the fun fair, giant tortoises, The Mini Pony Show, The Biking Vikings, face painting, bubble football and ultimate bounce trampolines. The Sheep Show will entertain the crowds with the hilarious dancing sheep.





The main area attraction is Joseph's amazing Racing Camel. These fantastic animals will be thrilling the crowds with their racing antics and lively commentary. The day draws to an end with the Grand Parade of Champions from every section, this incredible spectacle of the finest livestock in the country assembled together is an awesome sight.

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HOLY SPIRIT CHURCH

All Sunday morning services, including Children's Club, are held at Holy Spirit Church. For other services and venues see our website. Venue hire is also available at St John's Community Hall at very reasonable rates.

Crawcrook. Rev. Tom Brazier
info@greensideparish.org

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St Johns Community Hall
Kevin Pattison. 07145955238

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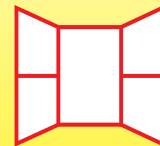
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The Pound In Your Pocket Sacrificed for House Prices.

Money or currency is never a simple topic even though it should be. Back on November 19, 1967, Prime Minister Harold Wilson said the following after the pound was devalued by 14.3% versus the then "good as gold" dollar: "It does not mean, of course, that the pound here in Britain, in your pocket or purse, or in your bank, has been devalued." Technically he had a point as the pound in the foreign exchange market dropped from \$2.80 to \$2.40 but what he did not explain to the public is that the purchasing power of the pound would drop in the coming months and years. The rising prices of the 1970s, or what is also known as inflation, was a direct consequence of that 1967 devaluation.

Today we will look at how our current political class has been devaluing the pound for the last couple of decades. Nowadays, currencies are not indirectly pegged to gold via the dollar like the pound was in 1967. On August 15, 1971, President Nixon detached the American currency from gold. Why is gold still so important you might ask. I'd say that gold has been one of the best measures of wealth in the last few thousand years and despite our political and central bank masters saying gold is not important anymore, we will ignore them. After all, central banks still hold around 36,000 metric tonnes of the barbarous relic as a reserve asset.

So what do house prices have to do with gold? Until 1914, £1 and one gold sovereign were the same, so a £1 bank note was just a bearer instrument with which you could turn up at a bank and demand payment in gold or a sovereign. Nowadays bank notes, despite the promise to pay by the Bank of England cashier, are an empty promise. Unfortunately, the currency we use has been gradually detached from reality or gold. The first step was in 1914 on a domestic basis and the final one was in 1971 on an international basis. I do not have to tell you about Britain's obsession with house prices and the fact that buying one's "castle" has become harder and harder especially for the younger generations.

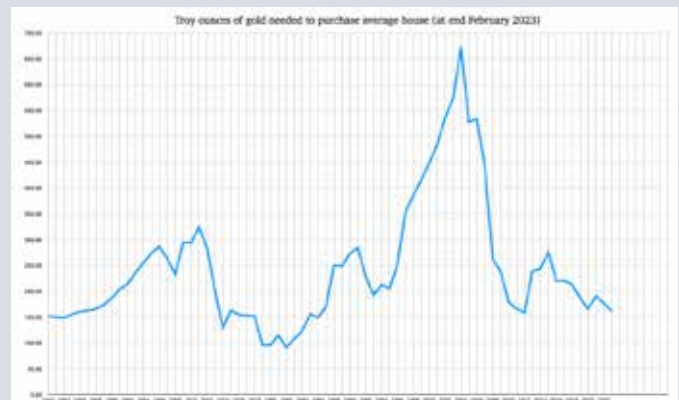
We are told that houses have become unaffordable because of lack of supply or too many immigrants moving into the country. That might affect prices somewhat, but I would say that the constant devaluation of the pound since the beginning of the 21st century is the biggest culprit. Back before 1971, devaluations were not constant, the 1967 devaluation was the first one since 1949 so what that meant is that our currency had a semblance of stability as it could not be created willy nilly as it needed a corresponding amount of gold to match the increase in supply. There have been some other property price booms other than the current one, but we will focus on the latest one that has, in my opinion, been ongoing since around 1997. There have been some crises in the meantime like in 2008 and in 2020, but every time our governments, with the help of the money printers at the Bank of England, have made sure that house prices keep rising.

What we will look at now is the Nationwide average U.K. house price to gold ratio. Don't worry, it is not rocket science. All this ratio means is how many troy ounces of gold one needs to buy the average U.K. house. Why gold? Mainly because as we saw earlier, gold is still the premier measure of value and central bankers still care to hold thousands of tonnes of it so why not look at house prices in terms of gold? First let us have a look at the price of gold and houses in pounds since 1952.

What we can notice in both charts is how both were fairly stable until the early 1970s. They also took off after the turn of the 21st century. After

August 15, 1971 the previously "good as gold" dollar was no more and as a consequence the pound was now also not as 'good as gold' and politicians with the help of central bankers could borrow and spend without limit. This inflationary policy really took off around the late 1990s and is it any wonder that we are now seeing massive price rises our basic necessities like food, energy and shelter?

Let us go back to the NWAHP/gold ratio now as it will show us that what we think are the increase in the value of houses, is nothing more than the massive debasement in the pound in our pockets and purses. What has happened since 2004 when one needed 672 troy ounces of gold to buy the average house is that the gold price has moved higher quicker than then house prices, which means the real value of houses have gone down despite the fact that the average house cost has moved from around £152k in 2004 to around £260k to the present day. The ratio now stands just above 160 and the average since 1952 is 242 while the low was 90.87 in 1982.

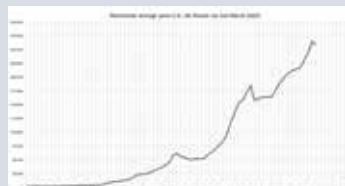
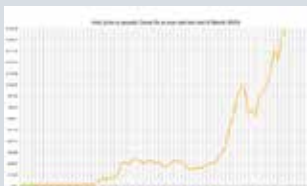


So what has happened since 2004 and why has the price of gold moved so much faster than the average house price? My opinion is that we have seen the government and the Bank of England push their inflationary policy to the limit via deficit spending (more debt) and money printing and gold is warning us that the pound is in terminal decline and that is one of the reasons why we are seeing the cost of living rise - the consequences of which are strikes, unaffordable housing, higher taxes and increased poverty. Just to give you an idea the UK Government debt has increased from around £300 billion in 2003 to around £2,800 billion while the Bank of England has printed almost £1,000 billion out of thin air (Quantitative Easing). What can we do? I'd say knowing what is really going on is the most important thing. In my next article I will go over what I think one can do to protect oneself and loved ones in the coming maelstrom.

Mario Innecco

Mario Innecco

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Women's Institute
Ann Allsopp. 01661820568

HEDDON LOCAL HISTORY GROUP

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

www.heddonhistory.weebly.com
Place: Heddon Methodist Church on Towne Gate. Andy Curtis. 01661853095

HEDDON WOMEN'S INSTITUTE

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

Heddon WI Hall. 01661 853365

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Looking after the willow tits at Gibside

The UK's fastest declining resident bird has been spotted at National Trust Gibside. The willow tit (*Poecile montanus*) is a red-listed species and has been in severe decline since the 1970's, with a drop of around 90% in its population to-date. It is estimated that there are only 3,500 breeding pairs remaining and they have now become locally extinct across some areas of the UK.

The cause for its rapid decline is uncertain but it's thought to result from habitat loss of their very specific breeding requirements, increased predation, and increased competition. The initial analysis at Gibside indicated a healthy population along a stretch of the river Derwent. Willow tits prefer a habitat of wet, boggy woodland, so the rangers at Gibside are confident this small area of the site is currently providing the perfect draw for the struggling species.

Rangers' attention turned to expanding willow tit territory by creating a vital habitat corridor, helping willow tits to move freely through cover, and increase the number of potential nesting sites.

Work started in the winter of 2020, when rangers constructed nest boxes for the area, as well as creating standing deadwood, which provided the perfect natural nesting material for the willow tit. As deadwood begins to decay and soften, the willow tit can then excavate its own nest hole and use the wood chippings as the base for the nest.

Vegetation surrounding the Octagon Pond was also cleared to create flight openings and the standing deadwood from young willow trees conserved a new patch of 'willow carr', another name for wet woodland or a wet environment created by the likes of willow, birch, alder and fallen deadwood.

This year, temporary damming of the Old Mill race has help to reflood Old Mill Pond, found on the wider estate. This will extend the willow tit habitat further and increase the biodiversity of the area, introducing more amphibians and waterfowl.

"The work wouldn't have been possible without the hard work of volunteers. Our work isn't always visible to the visitors, but we're delighted to see the results of a new pond on the estate." – Ranger, Stephen Purvis

Spring marks the the beginning of the official willow tit surveying period, which is used to identify breeding pairs in the area and signify any further increase in numbers. Surveys will be completed at various locations across the estate, with the help of volunteers. With habitat management plans firmly in place, it's hoped they will prove successful results.

Willow tits are hard to spot, they appear when they're feeding but prefer to stay low to the ground near shrubbery. They are often



confused with marsh tits due to their colouring of white, black and brown but the willow tit is adorned with a dull-black cap and pale whitewash in its wings. However, the most notable and reliable identifier is its distinctive nasal call.

Ranger Nick Wilson-Smith says, "It goes without saying that we are absolutely thrilled to have a willow tit presence at Gibside and we can assure you that we will be doing everything we can to aid the recovery of this endearing little bird."



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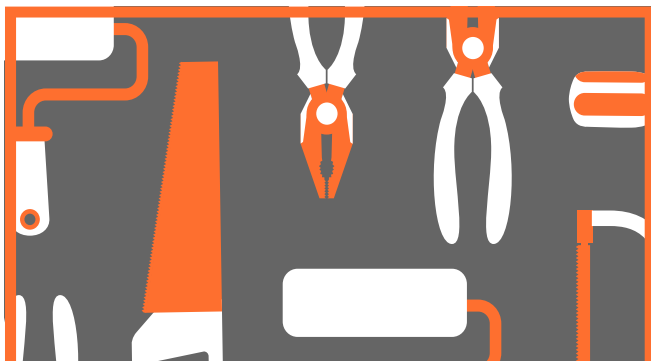


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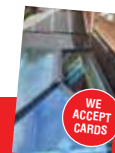
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A warm welcome awaits you. Regular services and activities throughout the week, please get in touch for details. Rooms are also available for hire for meetings /parties etc Chapel Lane, Wylam Alan Smart. 01661832717

ST OSWIN'S

Church Services are at 9.30am* Thursday and 8.00am & 10.00am* Sunday (*are currently live streamed). All, including children, are welcome. Church Hall also available to hire. See www.stoswainschurchwylam.chessck.co.uk/

Church Road, Wylam. Rev Tom Birch. wylamst.oswin@hotmail.co.uk

WYLAM CHURCH HALL

Now fully reopened with extended up to date facilities, has its own sheltered private garden and is available for hire. Suitable for most functions including children's parties. The home of Wylam's uniformed organisations. See our website www.stoswainschurchwylam.btck.co.uk for further details.

Church Hall, Church Road Helena Bates. 07947116735

WYLAM WOMENS INSTITUTE

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

Wylam Institute Eleanor Kirkland. 01661 854563

PHYSIO-LED PILATES

Physio-led Pilates - small and friendly classes. Tuesday mornings: 9-10am - Level 2, 10.10-11.10am Level 1 (suitable for clients with low bone density). 11.20-12.20 Level 1. Please get in touch if you have any queries or would like to join! Wylam Institute. Angela McClintock pilatesphysio4you@gmail.com

LOCALLY GROWN VEGETABLES

Growing and sharing veg across the Tyne Valley. Working with nature, linking with other local producers, a community enterprise for you to join. Check out all the details and sign up at www.golocalfood.org.uk Ovington & Matfen. GO Local Food admin@golocalfood.org.uk

WYLAM SUMMER FAIR

Wylam Summer Fair returns on 24th June 12 - 5pm on Wylam Jubilee Field. Entertainment includes a Rock Choir and Prudhoe Community Band. Activities include: Tug o' War, fun run and childrens' races alongside local craft and food stalls.

Place: Wylam Jubilee Field
Organiser: Alison Charlton
Contact: wylamsf@gmail.com

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. St Mary's Church, Ovingham Christine. 01661 832296

CHRYSALIS CLUB TYNEDALE

Provides activities, stimulation and social opportunities for people with dementia, carer support, information and counselling. The outreach group for Prudhoe district is held every 1st

and 3rd Tuesday pm of the month. Place: St Oswin's Church Hall, Wylam Chrysalis Club. 07760124539

EXERCISE CLASSES

Mondays: Pilates 9.30 - 10.20am. Post Natal Exercise Class 10.30 - 11.20am. Tuesdays: Strength & Conditioning 7.00 - 7.50pm. Men's Conditioning Class 8.00 - 8.50pm. Thursdays: Pilates & Conditioning 9.15am - 10.05am. Beginners Pilates 10.15am - 11.05am Anna Little. 07747624541 Methodist/St Oswins Hall

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. Ovingham Reading Room Ian Warburton 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.ssfitnesspt.co.uk or contact Diane on 0783292542. In Ovingham.

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 for payment and collection at the door, £10 adults, £5 children. Ovingham Reading Room. Bill Clegg. 07528 948776



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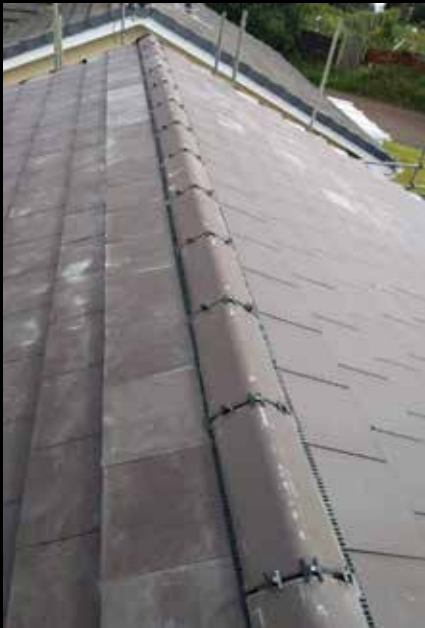
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Do you have a happy gut?

Chances are that your first port of call for discomfort in your digestive tract has been your GP. Belching, reflux, heartburn, gas, bloating are all signs of an 'acid stomach', right?

Wrong. In fact, the most likely root of your problems is hypochlorhydria, yet you'll be prescribed something like Gaviscon, Omeprazole, Ranitidine... medications either designed to create a barrier preventing the movement of 'acid' up into your oesophagus, or to lower the production of acid in the stomach.

However, as you get older the production of acid (HCl) by your stomach reduces, not increases (unless you have a very serious problem). This is called hypochlorhydria.

Other causes of hypochlorhydria include B12 deficiency (pernicious anaemia), medications, a poor diet, overeating, chronic stress, gastric bypass surgery and autoimmune disorders such as Sjogren's syndrome, Lupus (SLE), Rheumatoid Arthritis and Celiac disease.

So, ask yourself, are you addressing your digestive issues correctly?

Your stomach acid is essential to your wellbeing and plays a very important role in immunity in several ways.

Firstly, HCl plays an important role in the breakdown of proteins from food. A lack of HCl impairs protein digestion leading to malabsorption of essential amino acids. These amino acids are critical to produce antibodies essential for fighting off infections.

Secondly, HCl is an important barrier against harmful bacteria and other microorganisms that can be ingested through food and water. 'Sickness bugs' that result in diarrhoea and vomiting are typical examples. Without sufficient stomach acid, these microorganisms can survive and reach the intestines, where they can cause infections or overgrowth of harmful bacteria.

Helicobacter Pylori is a typical example of a bug that proliferates because it is not kept 'in check' by sufficient HCl. H. Pylori is instrumental in the development of duodenal and gastric ulcers which can be life threatening. Furthermore, ulceration, in turn, contributes further to hypochlorhydria.

Lastly, HCl helps to activate digestive enzymes and other processes in the gut that help to maintain a healthy gut microbiome (beneficial organisms). The gut microbiome plays a critical role in regulating the immune system and an imbalance in gut microbiome can lead to dysregulation in immunity resulting in increased risk of infection.

In terms of digestion, hypochlorhydria results in fermentation of food. Your food is literally putrefying in your stomach. Sounds awful, doesn't it? For those of you who remember a bit of school biology, you'll possibly know that one of the by-products of fermentation is CO₂ (carbon dioxide).

The gas 'bubbles up' creating discomfort, bloating, heartburn etc. What's more, food (and acid) is carried up with it to cause inflammation to the oesophagus. Over a longer period, this can lead to something more sinister such as Barrett's Oesophagitis, and Oesophageal cancer.

Adding medications to the pot does nothing to help address the real root of the problem, and potentially makes things worse.

So, what can you do to help?

One of my favourite natural solutions is Apple Cider Vinegar (ACV) – a tablespoon in a glass of water before meals stimulates the production of stomach HCl. Ensure that its organic and still contains 'the mother'. Supplementing with Betaine HCl before meals can also increase stomach acid production.

You can also take digestive enzymes in supplemental form which will help improve the breakdown of your food, and thus, nutrient absorption. Foods containing digestive enzymes include papaya, pineapple, and ginger. Ginger is also a great anti-inflammatory, and you can make a fabulous ginger rich drink by adding sliced ginger root into boiled filtered water.

Probiotics can help improve gut health and support the production of stomach acid. Additionally, consuming probiotic rich food such as non-dairy kefir and yoghurts, as well as prebiotic food (food for the healthy gut bugs) such as kimchi and sauerkraut are also great options. Certain foods can trigger symptoms of hypochlorhydria including spicy food, caffeine, alcohol, and processed food. Avoiding these can certainly help manage symptoms.

It is also worth bearing in mind that intolerances to dairy (cow's milk specifically) and gluten (non-celiac) can cause similar symptoms to hypochlorhydria such as bloating, gas, abdominal discomfort, and cramps.

Food sensitivities and hypochlorhydria can often be seen together, and a holistic view is essential, including considering other underlying health conditions that may warrant further investigation. Self-diagnosis and management are all very well, but you can't be truly objective about your own health and consulting a health professional is essential to getting a rounder view and the correct advice for your needs.

Stay tuned for the next article which will focus on your gut microbiome, I'll discuss how your microbiome develops, what goes wrong with it, and how to 'fix' it!

Yours in abundant health,



Belinda Ambrose

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BORDER REIVER ARCHERS



We are a Target Archery Club shooting outdoors at Ovingham Middle School on Sunday mornings during the summer.

Our next Beginner's Course begins on Sunday 25th June. These 3x3 hour courses are for anybody from age 12+ (with parent/guardian present) who would like to take up archery and join an Archery GB recognised club.

For those who simply wish to try archery for the first time, our 'Taster Sessions' offer a full hour of shooting with 1 to 1 coaching. These sessions are great for friends, couples, families and groups to enjoy together. The next Taster Sessions are scheduled for 7th & 14th May and must be pre-booked.

For full information please see our website and book your course by e-mail or 'phone.

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- **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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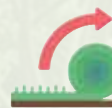
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PRUDHOE LIBRARY

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

THE GATE CHURCH

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

RENEW WELL-BEING OASIS

Renew Wellbeing Oasis Prudhoe is currently meeting at the Parish Hall every Tuesday afternoon from 1.00pm - 3.30pm. You'll find a warm and welcoming space where "it's OK not to be OK"! Free refreshments, activities and time for peaceful reflection. Prudhoe Parish Hall Lynda Telford. 07766142105

HOT CHOCOLATE - AFTER SCHOOL YOUTH CLUB

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

GLEEMEN MALE VOICE CHOIR

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

com or join <https://www.facebook.com/groups/prudhoegardenersassociation> Prudhoe. Christine Hewitt. allotmentassociation@hotmail.com

BORDER REIVER ARCHERS

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

Ovingham Middle School

Border Reiver Archers

borderreiverarchers@yahoo.com

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

Prudhoe Methodist Church

Martyn Johnson. Facebook Page

BAIRNS & BREWS

Café & Toddler Group at Prudhoe Methodist Church Hall, Thursdays 10-11.30am (termtime). Play-time for the bairns, chill-time for you.

£1 per cuppa with free refills. Book your place - 07421018976. Further details from Youth & Families Worker: ruthlindridge@cloud.com

Prudhoe Methodist Church Hall Ruth Lindridge. 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 Prudhoe Parish Hall. Felicity 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! Spetchells, Low Prudhoe Tyne River Keith Shaw. 07962658230

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WEST WYLAM RESIDENTS ASSOCIATION

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

PRUDHOE GROUND FORCE

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

PRUDHOE COMMUNITY CHOIR

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

PRUDHOE COMMUNITY ALLOTMENT

PCA is set up to support local people who would like to garden and need a bit of help. We meet on Tuesday and Friday mornings. If you can help us we would love to hear from you. Prudhoe Community Allotment, Redwell Court Ann Curran. 01661 844675

ST MARY MAGDALENE

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

COFFEE & CHAT

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

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Prudhoe High School Sports Hall Hollie Pearson. prudhoenetball@outlook.com

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CHRYSALIS CLUB TYNE DALE

Provides activities, stimulation and social opportunities for people with dementia, carer support, information and counselling. The outreach group for Prudhoe district is every 1st and 3rd Tuesday afternoon of the month. St Oswin's Church Hall, Wylam Chrysalis Club. 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 for details. Highfield School, Prudhoe 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. Spetchells Centre Healthwatch Northumberland 03332 408468

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Free things to do in Northumberland

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Everyone's feeling the pinch, but a trip to Northumberland doesn't have to break the bank. From free attractions to activities that cost less than £10 per person, use this guide for your next budget break.

Explore Northumberland's beaches

A Northumberland beach trip is one of the best ways to spend a free day out in Northumberland and you can expect nothing less than pristine beaches perfect for a family day out, picnic, sunbathe or sea dip (if you're brave). Quiet bays, the Northumberland Coast Path and incredible castles are all there to admire, from the tranquil beach at Druridge Bay to the coastal walks and imposing castle at Warkworth.

Discover Bamburgh's hidden gems

Beautiful Bamburgh is a firm favourite for Northumberland visitors, but did you know about the fantastic RNLI Grace Darling Museum that is tucked away just one street behind the picturesque high street? Entry is completely free and the museum commemorates the life of Victorian Britain's greatest heroine, who risked her life to rescue nine survivors from the wrecked SS Forfarshire on 7 September 1838. Head here before your trip to Bamburgh Beach, where you can get a spectacular view of Bamburgh Castle.

Do the Magic Bottles Adventure in Alnwick

Take a virtual tour of Alnwick with The Escape Key's Magic Bottles Adventure. Inspired by the cursed bottles that hang in the window of The Dirty Bottles pub, you will use your skills to solve clues and win ingredients for the spell to save the town. It's a fantastic family activity, costs less than £10 per person and you can admire amazing Alnwick Castle en-route. Then, pop into Barter Books (free entry) to browse through their secondhand book selection, enjoy the warmth of the roaring fireplace and grab a bite to eat or drink.

Discover ancient history

Hadrian's Wall is one of the most spectacular remaining ancient structures in the world and it is completely free to pull on your hiking boots and explore it. There are a number of car parks available depending on which section of the wall you would like to explore, and if you are travelling car-free you can take the AD122 bus service in the summer which stops at all of the main sites along the wall. There are also attractions, forts and museums you can visit if you would like to learn more about Northumberland's history that cost £10 per person or less, including Vindolanda, The Roman Army Museum and Sycamore Gap.

Walk all over the lady of the north

Northumberlandia, otherwise known as The Lady of the North, is a fantastic, free spot to spend the day in Northumberland. The site is the world's largest human landform sculpture and this landmark feature resembles a woman who is carved out of the landscape, rising around 34m high and 400m in length. This country park is free to access, dogs are welcome (but must be kept on leads) and the site boasts magnificent views across the Northumberland countryside.

Explore Ford and Etal

Ford and Etal is an incredibly picturesque, quirky hidden treasure in Northumberland and is completely open to the public. Step back in time and stroll along the quintessentially British, old-fashioned streets, browse the Pre-Raphaelite paintings in Lady Waterford Hall, and explore the grounds of Etal Castle. Then, pick a picturesque spot to enjoy your pre-packed picnic, or enjoy a bite to eat in the Lavender Tea Rooms. Be sure to visit Heatherslaw Corn Mill and browse the gift shop for locally sourced sweet treats and souvenirs, and have a tour of the corn mill for a small cost.



Stargaze

Northumberland's Dark Sky Discovery Sites are designated sites that have been awarded special status due to the outstanding quality of their dark skies. Positioned beneath the Northumberland Dark Sky Park, which includes the whole of Northumberland National Park and most of Kielder Water & Forest Park, they are completely free to access and offer a breathtaking evening of solitary stargazing. You can see thousands of stars, the Milky Way, and the Andromeda Galaxy (2.5 million light years away) with the naked eye.

Try a waterfall walk

Wandering to a waterfall is a magical experience that doesn't cost a penny. Linhope Spout, Hareshaw Linn, Harthope Linn and Hindhope Linn are just a few examples of Northumberland's stunning waterfalls that can be reached on foot, with amazing scenery to admire along the way. With varying levels of difficulty, length and terrain, be sure to do your research prior to your adventure by looking on specific walking route websites, such as Northumberland National Park.

Head to Holy Island

The journey across the causeway to Northumberland's tidal island is an experience in itself. You will feel like you are heading into the world's best-kept secret, and once you're there you can enjoy breathtaking sea views, a beautiful beach, a spectacular view of Lindisfarne Castle and free samples of Lindisfarne Mead from St Aidan's Winery. If you do want to visit some of the island's attractions, explore Lindisfarne Priory for less than £10 per adult and less than £5 per child, or head into Lindisfarne Castle for similar pricing. Make sure to check safe tide times before you visit.

Now you are set to discover Northumberland and enjoy a budget friendly day out without compromising on experience, enjoyment or adventure.



Jenni Meikle

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

Photography: Till Fishing

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PRUDHOE COMMUNITY PARTNERSHIP @The Hub Prudhoe Community Hub

Coronation Celebration
Monday 8 May 2023
1pm - 5pm
Tea and Music on the Glade
Boxed teas - scone, sausage roll, cookie
Music and entertainment all afternoon

PRUDHOE COMMUNITY PARTNERSHIP

Prudhoe Healthy Living Week
Prudhoe Community Hub
Monday 15 - Friday 19 May 2023
10am - 3pm
Call in and have a chat with health experts

PRUDHOE COMMUNITY HUB @The Hub Prudhoe Community Hub

PRUDHOE GOES GREEN

Saturday 10 June - 10am - 4pm

The impact of climate change along with the rising costs of fuel is impacting on all our lives.

- Free help and advice on home insulation and saving on household fuel - advised from Community Action Northumberland
- Biodiversity - planting for bees
- Electric Car sharing scheme
- See some E-bikes in action
- Cycling Without Age - take a short ride around town
- Financial advice on Renewable Energy Loans from the Northumberland Community Bank
- Citizens Advice
- Activities for children
- Goody bags
- ...and more...

Prudhoe Arts Festival 2023

Prudhoe Community Arts Trail 8 - 22 July

Welcome to the Prudhoe Community Arts Festival, promoting the town, business communities, creative and performing artists

The Arts Trail brings together artists and retail - visit the shops and businesses along Front Street, Riverside Park and Eastwood Park to see a wide range of arts and crafts

Prudhoe Library is displaying examples of all the artists' work

Music by the River - Saturday 15 July - Prudhoe Riverside Amphitheatre - 12noon - 10.30pm

Bookworms - Mon 10 July - 1.30-3.30pm - Creative Writing workshop with Mari Hannah, help to create a Prudhoe crime story

Radio Prudhoe - broadcasting 2 - 23 July over the internet www.prudhoe.co.uk

Prudhoe Community Hub acts as the base for the project.

PRUDHOE COMMUNITY PARTNERSHIP

Crime Writing Workshop with Mari Hannah - Monday 10th July, 1.30-3.30pm

In this two-hour participatory workshop, bestselling author Mari Hannah will guide you through the essentials of writing crime fiction. You'll learn how to create the perfect premise and memorable characters, write suspenseful investigations, and construct the perfect murder. The workshop will involve a creative task to create a gripping crime story set in Prudhoe itself.

Wherever you are in your writing journey, whether on the first chapter or the final draft, you're guaranteed to pick up pointers which will help polish your prose and perfect your plot.

Multi-award-winning Mari Hannah is the author of the Kate Daniels series of police procedurals, the Ryan and O'Neil thrillers and the Stone and Oliver series.

Book your place - call into Prudhoe Library

PRUDHOE COMMUNITY PARTNERSHIP @The Hub Prudhoe Community Hub

radio Prudhoe

Broadcasting from the heart of Prudhoe over the Internet from **Monday 3 - Sunday 23 July 2023**
24hrs a day

Wide range of music, local information, interviews, sport and general chat

www.radioprudhoe.co.uk

Twitter: @radioprudhoe
Facebook: Radio Prudhoe
Instagram: Radio Prudhoe

PRUDHOE COMMUNITY PARTNERSHIP

Working together to make Prudhoe a great place to live and work. We have a busy summer of events planned. For more information about the work of the Partnership please visit: **website: www.prudhoe.co.uk** or email: **spetchells@prudhoe.org**

CORONATION CELEBRATION - TEA AND MUSIC ON THE GLADE - Monday 8 May, 1pm - 5pm

Free boxed tea with music from local musicians. Come along, chat with friends, have a lovely tea and hear some great music.

PRUDHOE HEALTHY LIVING WEEK 15 - 19 May, 10am - 3pm

Prudhoe Community Hub. Call in to chat to health professionals, pick up a wide range of information.

PRUDHOE GOES GREEN

Saturday 10 June, 10am - 4pm

Prudhoe Community Hub and the surrounding area. Displays, advice and guidance around coping with the impact of climate change and biodiversity issues. Call in for a chat with experts and help us to form the Prudhoe Climate Change Action Plan.

PRUDHOE ARTS FESTIVAL - ARTS TRAIL AROUND THE TOWN - 8 - 23 July

The Arts Trail starts at Prudhoe Library and takes you around the Town visiting local businesses to see the displayed art. Stop and have a cuppa and chat whilst you see some beautiful artwork.

PRUDHOE ARTS FESTIVAL - MUSIC BY THE RIVERSIDE Saturday 15 July, 12noon - 10.30pm

This is the second year of Music by the Riverside held at the Prudhoe Riverside Park. This year there will be 15 local artists and groups performing throughout the day. Bring a picnic and local food providers will be there as well. The event is free with fund-raising activities including a raffle taking place.

PRUDHOE ARTS FESTIVAL - BOOKWORM

Crime Writing Workshop with Mari Hannah Monday 10th July, 1.30 - 3.30pm

In this two-hour participatory workshop, bestselling author Mari Hannah will guide you through the essentials of writing crime fiction. You'll learn how to create the perfect premise and memorable characters, write suspenseful investigations, and construct the perfect murder. The workshop will involve a creative task to create a gripping crime story set in Prudhoe itself.

RADIO PRUDHOE runs out of the Prudhoe Community Hub twice a year with local news and information as well as a wide range of music, fun and laughter.

VISIT PRUDHOE WEBSITE

This is our new Prudhoe website, packed full of information about our town, local businesses, local walks and local events

www.visitprudhoe.org



Prudhoe Community Partnership present...

Sat 15 July 2023 - 12noon - 10.30pm

Music by the Riverside
Prudhoe Riverside Park Amphitheatre

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Our centre offers a range of activities such as:

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Arts and crafts - Baking ... and many more.**

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

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

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

Our 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/
www.instagram.com/communitybuddies/**

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STOCKSFIELD COMMUNITY CENTRE

We have a wide range of events and activities available. For more detailed information please visit our website at www.stocksfieldda.org.uk or contact us on the details below.
SCA, Mount View Terrace
Terri Anne. admin@stocksfieldda.org.uk

STOCKSFIELD WI

Meets on the first Wednesday in the month except August at SICA in Stocksfield, we have a varied program of speakers and activities. If you wish to come along, please get in touch.
SICA, Stocksfield. Lorraine Dickinson. loidickinson@aol.com

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 Stocksfield Community Centre
Anne Davison.
07754156099

STOCKSFIELD BAPTIST CHURCH

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

STOCKSFIELD METHODIST CHURCH

You are invited to join us for Cafe Connect at 4.00-5.30 pm, on Saturday, May 20th, 2023. Friendly chat, fun crafts, and tasty snacks. Family FUN.
Stocksfield Methodist Church
Jacqui Cameron. 01661 842153

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.
Baptist Church Hall
Rosemary Newton.
01661843163

STOCKSFIELD TENNIS CLUB

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

STAY AND PLAY

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

LIVE & BREATHE YOGA

Hatha Yoga For All Abilities.
Wednesday Evenings 6-7.15pm £8.
Friday mornings 11.15-12.30pm £8. Please bring own mat & blanket.
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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
Stocksfield. Rev. Dr. Pat Moran, Vicar

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.
07515 107 774 St. John's Church Hall

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. Further details at www.stjameschurchridingmill.com.
St James Church
David. mckenzie.d@btinternet.com

ART GROUP

Supportive, self-help group for anyone interested in art. Held every Monday and Thursday morning, 9-12.00am. Please contact Maria for more information. Address: 85 Guessburn, New Ridley, Stocksfield NE43 7QP
1st Stocksfield Scouts
Maria Coleman. 07756961354

SPINNERS/WEAVERS/DYERS

Tynedale Guild of Weavers, Spinners & Dyers meets 3rd Sat. of every month 10am-4pm. Visitors & new members very welcome if you would like to try your hand at these mindful textile crafts. Programme available at www.wsd.org.uk/guilds/tynedale
Stocksfield Community Centre
Janet Padgett.
tynedale.secretary@gmail.com

RIDING MILL PARISH HALL

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

RIDING MILL MILLENNIUM HALL

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

YOGA WITH ROSE

New Wednesday Morning Yoga Class Hatha/Somatic practice. Millennium Hall 9:30am-11am. Must be booked in advance. You will need to bring a yoga mat and Blanket. (Monday class at 11am-12.30 is full)
Millennium Hall. Rose.
07515107774

MATTERS AND CRAFTERS

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

SPINNERS GATHERING

Tynedale Guild of Spinners Weavers and Dyers' annual open day, the Spinners Gathering, Sat. 20 May at SICA, Stocksfield. £2. Traders stalls, exhibition of members's work & light refreshments available to buy. All welcome!
Place: Stocksfield Community Centre
Organiser: Tynedale Secretary tynedale.secretary@gmail.com

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📍 80 Front Street, **Prudhoe**,
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Tel: (01661) 593 288

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Spend a week at Minsteracres following in the footsteps of the Northern Saints such as Aidan, Cuthbert, Oswald, Hilde and Bede. Find out about their spirituality and motivation, early Celtic spirituality and visit the iconic places where they lived out their faith. Includes visits to Holy Island, Bamburgh, Durham and Hadrian's Wall.

Monday, 22nd May: Arrival, welcome and introductions

Tuesday, 23rd May: Holy Island and Bamburgh with associations with St Cuthbert, St Aidan, and St/King Oswald

Wednesday, 24th May: Whitby associated with St Hilda and the Synod of Whitby. Visit to the remains of the Priory. There will be a charge for entry to the Priory/Museum.

Thursday, 25th May: Jarrow Hall/Bede Museum and St Pauls associated particularly with St Bede. Followed by visit to Durham Cathedral with associations particularly to St Cuthbert and St Bede. Opportunity to visit new Monastic museum.

Friday, 26th May: Visit to Heavenfield, site of the battle associated with King Oswald on the line of the Roman Wall, and Hexham Abbey with associations to St Wilfrid.

Please bring suitable clothing for the outside visits in case of poor weather and if you have one a bus pass [for the visit to Durham] and membership of English Heritage [useful but not essential for Holy Island]. There will be a modest charge for the Jarrow Hall Museum [about £5] and although there is no fixed charge it is now difficult to enter Durham Cathedral without a contribution! Also there is a charge for the Monastery Library Museum if visited.



For more information contact us as follows: email:

info@minsteracres.org
or call 01434 673 248

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Winter turns to Spring at GO Local Food



My arrival at the Ovington GO Local Food fields on 20th March was accompanied by the sound of the wonderfully cheerful chiffchaff calling, a sure sign that Spring had arrived. I was there to meet with Jala, one of the two lead horticulturists at the grower's cooperative for our Springtime catch up and we decided to start our tour in the polytunnels, the perfect place to see the plants that bridge the gap between winter and summer. As a new member, I was keen to learn more about the

seasonal rotations and what is growing at this time of year.

As we all know it has been an unusually cold and wet March, which of course impacts our growing ability, highlighting the important part polytunnels play in our growing plans. Jala was very buoyant about "the Autumn planted, chard, spinach and winter lettuce have been very successful, look how green and lush they are. It's one of the nicest treats seeing plants making very slow progress through the winter, and for them to pop up so healthily just in time for spring". The first polytunnel we visited was full of rich green spinach ready for picking and it was clear to see that the varieties planted back in November had fared well providing the crop shares with a healthy harvest in the Spring weeks.

Another of the 5 polytunnels, had been adapted using bubble wrap to create a tunnel within a tunnel, giving seedlings extra protection from the worst of the cold and allowing the growing season to shift forward; "anything below 5 degrees and there is no growth, and we don't want to stress the plants. We have been growing seedlings of broad beans, beetroots, leeks and alliums ready for planting in the fields." Seedlings move between the propagating cupboard, polytunnel and cold frames, until they are ready (and the land is ready) for planting out. We walked to the outdoor cold frames which were full of broad beans hardening off in their transition to the fields. Nurturing seedlings, pricking out into pots, and digging beds ready for planting (whilst dodging the rain), make for a very busy time in the fields.

We walked around the outside fields where five volunteers were busy preparing them for planting, with much of the work completed by hand. Apart from the lush leaves found under cover, there is very little ready to harvest in the open fields as the growing transitions from polytunnel to field, a time of year commonly known as the 'hungry gap'. This can make May a bit of a leaner month. This balancing act between tunnel and fields will take us through to June depending on the success of the early growth.

Jala explained that this year the growers are also trialling a new no-dig area as well as different seed compost. She showed me sample bags from the trial. "As we are moving to no peat compost for our seedlings, we are trialling several alternatives over the coming months". Two of the five trial bags were made from sheep's wool, and we reflected on that being a wonderfully sustainable solution. An excellent article on going peat free can be found in GO Local Food's news section on their website which will also feature regular updates on the peat-free trials in the future.



I stopped to talk recipes with Duncan, an enthusiastic cook and one of the work shares working that day whose weekly efforts are rewarded with a share of the harvest. He enjoys using every part of any vegetable that is possible, "beetroot leaves make great salads, so no need to discard them. Stir-fries are just perfect with the current harvest of tatsoi (related to bok choy), purple sprouting broccoli and spinach making an ideal dish". I was amazed at how exotic some of the varieties are with the winter salad providing a real spiciness and everything is so seasonally fresh. A real member benefit is being able to share the many seasonal recipes suited perfectly for enthusiastic foodies.

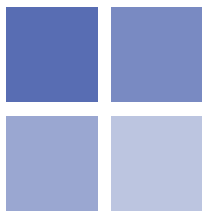
That week the crop shares were collecting from the Ovington field a bounty of fresh winter salads, chard, spinach, brussels sprouts, onions, leeks, and turnips. On my way home, I popped into the local supermarket as I was keen to see where the same varieties would be sourced from with Spain, Morocco and even Kenya featuring on the labels for spinach and chard. GO Local Food provides that perfect solution for reducing your environmental impact whilst at the same time enjoying the freshest produce.

Members can join GO Local Food for £30 per year with a single weekly share costing as little as £36 per person per month. Being part of a community with shared environmental interests was what really drew me to join. And a group of member volunteers (otherwise known as the events team) makes sure there are lots of opportunities to meet others with similar interests. Looking forward to summer already!



David Murray

David Murray
Go Local Food Field Reporter
www.golocalfood.org.uk



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Sat 10 & Sun 11 June

"A Celebration of Good News"

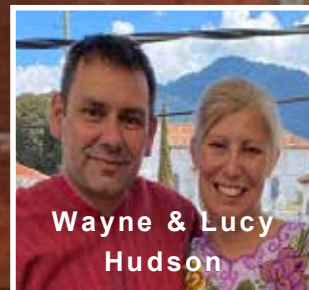
Sat and Sun 6.00pm: Come and hear the heart-warming story
of Wayne Hudson - a man freed from a troubled life of drugs
and darkness

Also: Sat 10.00am - 2.00pm Practical workshop and training in evangelism

Wayne was dramatically changed and transformed
from the moment he encountered Jesus!
Your new life can begin TODAY



TheGateChurch
Love God Love People Love Life



Wayne & Lucy
Hudson



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Ministries

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All Welcome

Swalwell Close, Prudhoe

NE42 6EX More info: 07944 118314

Entrance free - offering will be taken

WIN

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QUADBIKING EXPERIENCE for TWO!

This month we've teamed up with our friends at Turboventure to offer 2 vouchers for the awesome JUNGLE CHALLENGE. This is quad biking, but not as you know it and attracts enthusiasts from all over the country. Riders are tested through muddy terrain, water obstacles and the deepest forest.

This amazing 2 hour experience includes PPE (Helmet, Visor, Overalls) and an induction session to teach you all the techniques. Ages: 16+

Competition runs throughout June. For details please see:

www.tynevalleyexpress.co.uk/competitions

Good luck everyone.



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CORBRIDGE PARISH HALL

Lots of mixed classes running from Monday to Saturday ranging from Zumba to Karate to Film Nights. Please get in touch for latest programme.

Corbridge Parish Hall
Mandy Senior. corbridge@ukpc.net

CHILDREN'S NURSERY

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

CORBRIDGE PRESCHOOL CIC

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

CORBRIDGE PARENT AND TODDLER GROUP

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

ST ANDREW'S CHURCH

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

SCOTTISH DANCING

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

TYNEDALE CHESS CLUB

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

CORBRIDGE INDOOR MARKET

Our monthly indoor markets are held one Saturday a month in Corbridge

Parish Hall. We have lots of fantastic local traders with high quality products. For full details find us on Facebook or at www.chevent.co.uk

Corbridge Parish Hall
CH Event. 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.

Corbridge Parish Hall
Gil Dye. 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.

Corbridge Parish Hall
Shelly Dronfield.
Shelly.dronfield@gmail.com

ZUMBINI (0 TO 4 YEARS)

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

Corbridge Parish Hall
Shelly Dronfield
Shelly.dronfield@gmail.com

HADRIAN'S WALL ROTARY CLUB

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

RAFA Club
Guy Galpin. guy.galpin@uwclub.net

ELVASTON BOWLS CLUB

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

Place: Hexham Elvaston Bowling Club
Mark Terry. 01434 682910

HEXHAMSHIRE WI

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

CREATIVE WRITING

These classes will inspire and encourage you to write poetry, fiction and memoir and to share and develop your writing through stimulating workshop sessions in a friendly and supportive group.

Tuesday evenings/Thursday lunchtimes. Try a session for free.

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

HEXHAM TENNIS CLUB, TYNEDALE

All standards welcome. We meet for casual play on Tuesday evenings from 5.30 & Saturday afternoons from 1.30. www.tynedaletennisclub.co.uk
Eilansgate (shared entrance with Tynedale CC).
George Miller. 01434606300

WARDEN IN HEXHAM WOMENS INSTITUTE

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

HEXHAM AND DISTRICT FLOWER CLUB

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

FAMILY CEILIDH - DANCE SCOTTISH

Fun, fitness, and friendship with easy Scottish dances. Suitable for children at first and middle school but whole family is invited. First Saturday afternoon of every month at 2pm.
West End Methodist Church
Carol. 01434 602431

TYNEDALE LIONS CLUB

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

HEXHAM ART CLUB

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

TYNEDALE COMMUNITY CHOIR

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

MORRIS DANCING CLASSES

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

MACULAR SOCIETY

Meets 11am last Thursday in the month at the Therapy Centre, opposite Hexham Hospital.
Therapy Centre
Jeanne. 01661833988

ART VENTURERS

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
St Marys Church Hall
Justine. 07737108061

HEXHAM ROBUS 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.
Tynedale Mart
Hon. Secretary. 01434607798

TYNEDALE ROTARY

We support local charities, and Rotary's international activities. We are an active club, always keen to welcome potential new members. Our recent donations have benefited foodbanks, schools and other worthy causes. Meetings: Wednesday 12 noon.
Place: County Hotel Hexham
Rotary Club... 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
Chrysalis Club. info@chrysalisclub.org.uk

ACTIVE NORTHUMBERLAND

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

HEXHAM LIBRARY

Library is open for time limited browsing and prebooked PC access. We are operating amended hours so please check website before visiting www.mylibrary.co.uk Hexham Library. Fiona Corbett hexham.library@northumberland.gov.uk

HEXHAM BRIDGE CLUB

Hexham Bridge Club meets on Thursday evenings at 6.45pm. Friendly, competitive duplicate bridge. Tuition for beginners is available. New members and visitors are always welcome. Hexham Community Centre Alan McKendrick. secretaryHBC@btinternet.com

FAMILY HISTORY BRANCH

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

JIVE ALIVE

Tyndale's Modern Jive Group – Wednesday 8.00pm. Join an enthusiastic and friendly group of dancers. No need for a partner, all abilities welcome, expert tuition offered. Contact us for more information Torch Centre, Corbridge Road Sheelagh. 07712108685

HEXHAM TOWN WI

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

HEXHAM RAMBLERS

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

TYNEDALE ARCHERS

We are a friendly community archery club based in Tynedale (Hexham and Haydon Bridge) in Northumberland. We meet in Hexham and all details are at www.tynedalearchers.co.uk Hexham. John Hope. 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 or join our Facebook group. More than 50 interest groups organise their own

activities.

Hexham Abbey Great Hall Tynedale u3a. tyneu3apublicity@gmail.com

HEXHAM ARMY CADETS

We parade each Monday and Thursday between 7pm and 9pm. For both girls and boys 12yrs (yr 8 at school) to 18yrs. We do lots of activities such as Fieldcraft, Shooting, Expeditions, First Aid and the Duke of Edinburgh award. Army Reserve centre, Hexham Capt. Sean Ferguson. 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. Hexham Brian Massey. 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. West End Methodist Church James Walmsley. 07771715574

MUSIC AND MOVEMENT FOR PRE SCHOOL CHILDREN

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

HEXHAM AND DISTRICT PHOTOGRAPHIC SOCIETY

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

LITTLE OAKS NURSERY

Early morning activities over breakfast from 8am, for children age 2yrs plus. Our after school club opens from 3pm until 6pm and includes dinner. Nursery places offer a cooked lunch, high staff ratios and forest school. Ofsted Outstanding. Acomb, Northumberland Catherine Fergus. 01434 613422

NATIONAL TRUST TYNE VALLEY ASSOCIATION

Monday 15 May at 2.30pm will be the AGM followed by a talk from Geoff Hughes on The Top 10 Places to visit in Co. Durham. Tea/coffee served at 2pm. On 29 June will be a day trip to Keswick. Great Hall, Hexham Abbey Jackie Wood. 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! Church office. 01434 601113 Hexham, Beaumont Street

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. Trinity Methodist Hall Mel Wall. 07568 451241

HEXHAM INDOOR MARKET

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

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! E.T Fitness and Therapy. Simon phoenixmartialarts@hotmail.co.uk

HEXHAM HIGHLIGHTS NETBALL

Do you love netball and want to return to the court? As well as being great for fitness, netball is a way to create new friendships, have a laugh, to destress and exercise (a bit!). Every Monday, 7.30pm - 9pm Wentworth Leisure Centre Dill. 07974 811351

TYNEDALE ARCHERS

A friendly community archery club

based in West Northumberland and affiliated to the Grand National Archery Society (Archery GB). Our members are all ages from 8yrs upwards, from beginners to experienced archers using Recurve, Barebow, Longbow and other traditional bows. Hexham/Haydon Bridge. John Hope. tynedalearchers@yahoo.co.uk

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. West End Methodist Church Hexham Brass. info@hexhambrass.co.uk

TYNEDALE BRIDGE CLUB

We are a friendly club and meet every Wednesday afternoon from 1-4pm. All bridge levels welcome. No partner needed. Come and enjoy an afternoon with us. Cricket Club premises, Eilansgate Hexham. Mrs Roberta Waugh. Tel: 07546422859

SOUND BATHS

Deeply relax to the ancient sounds of the gong and singing bowls at one of our monthly sound baths on the first Wed of each month at 7.30pm. Booking essential. Email us at. gongsonguk@gmail.com or: www.gongsong.co.uk/who-are-we-1 Hexham Abbey



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
or ring – 07598 620599**

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

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

All Welcome!

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

www.northumberlandcancersupportgroup.co.uk



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Would you like to join our wonderful team at Journey Enterprises?
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Generously funded by the Henry Smith Charity, our new Work Coaches will support adults with learning disability to progress in to employment, self-employment or volunteering. The role will involve frequent travel across our area of operations and to each of our four Hubs.

We offer a generous benefits package including Benenden Healthcare, discounted meals, holiday buy-back scheme and 36 days annual leave.

Why not give us a ring and come and see for yourself:

Call Maggie Leadbeater (Operations Manager) on 01434 724036 or
Elspeth McPherson (Chief Executive Officer) on 01434 724039

Applications online at

www.journeyenterprises.co.uk

info@journeyenterprises.co.uk



Hexham Events

New Skateboard Park

A new skateboard park is now open for skaters to enjoy on the Sele. It has taken a lot of planning and we thank all those who have funded the park and the Hexham Youth Initiative for their input into the scheme.

The Big Coronation Picnic - Sun 7 May

The Bandstand hosts the Tyne Valley Big Band, a FREE bouncy slide for the kids, street art, a giant game of rounders on the Sele, crafting activities and a vintage fire engine. Bring your own picnic and relax in our lovely park. This free event takes place 12-3pm and is part of the Big Coronation Lunch.

Jazz Festival - Fri 12 To Sun 14 May

A rich array of local talent and internationally renowned stars including Jo Harrop, Rachel Sutton, Freddie Benedict and Paul Edis accompanied by others from the North East and around the U.K. Friday and Saturday evenings' concerts are held in Hexham Abbey and hosted by Jazz FM's Nigel Williams. On Sunday afternoon there will be a premier performance of a jazz accompaniment to a classic comedy silent movie at the Forum Cinema. Sunday night's concert will be held at Queen's Hall, opened by BOREALIS with the Festival closed by the multi-award winning and international star, Claire Martin.

Saturday 13 May and Sunday 14 May afternoon offer opportunities to hear local youth and community jazz bands and musicians performing at the bandstand and in the Abbey cloisters.

Further information is available on the Jazz Festival website or for tickets, visit queenshall.co.uk

Pride Month - June

June is Pride month and Hexham will be celebrating its diversity with a number of cultural events spread across different venues and organisations throughout the month.

Hexham Regatta - Sat 3 June

Hexham Regatta 2023 is a huge sporting event. Racing is over a full day from 8.30am to 6pm. The regatta attracts rowing clubs from across the North and Scotland and Durham University college rowers, as a warm up to Durham Regatta. Refreshments and food will be available at Tyne Green, with commentary on all races.

Hexham Hidden Gardens - Sun 25 June

Take a tour through Hexham and visit unseen private gardens as well as some public ones you may not have noticed and enjoy a variety of entertainment along the way. Visit visithexham.com/events/hexham-hidden-gardens-2023 for more info.



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
Email: Derekhexham@gmail.com



May

Music

She Shanties

Saturday 6 May, 7.30pm

She Shanties are a women's shanty crew who've been singing up a storm for over 10 years.

Strictly Smokin' Big Band: Harlem '58

Saturday 20 May, 7.30pm

A musical tour through the iconic photograph featuring Strictly Smokin' Big Band and Alice Grace.

Family

Twirlywoos Live

Thursday 18 May: 1.30 & 4.30pm

Join Great BigHoo, Toodloo, Chickedy, Chick and their friends as they discover the wonderful world around us! Expect mischief, music and plenty of surprises as they set sail in their big red boat.

I Spy With My Little Eye -

The Party!

Sunday 28 May: 2pm

Molly and Bingo the puppy are having a birthday party and, best of all, you're invited!

Film

Women's Adventure Film Tour

Wednesday 17 May, 7.30pm

A diverse collection of short films that inspire and open conversations around inclusivity and equality, and how we can use time in nature and adventure to help fuel and rejuvenate our souls.

Theatre

Door-to-Door Poetry: Nationwide

Tuesday 16 May, 7.30pm

Rowan McCabe is the world's first Door-to-Door Poet. Knocking on strangers' doors, he writes poems for them, for free, on any subject of their choosing. It's a bit like the Avon lady, except with rhymes.

Workshops

Mindful Stitched Collage

Saturday 13 May, 2pm

Learn how to marry together mixed media materials with simple stitching to create your very own stitched collage portrait.

Writing for the Terrified

Wednesday 17 May, 6pm

Led by David Wibberley experienced freelance writer, journalist and tutor, this workshop is for those who have always wanted to write and didn't think they could or didn't know where to start.

The Hot Trod: Life and times of a Steel Bonnet

Saturday 27 May, 2pm

A session with John Sadler's Time Bandits: John Sadler & Bev Palin. Expect lots of weapons, plenty of swordplay and a chance to experience their extensive handling collection.

June

Comedy

Tom Houghton: Absolute Shambles

Thursday 15 June, 7.30pm

Tom departs on a second triumphant tour across our nation armed with even more outrageous takes, unbelievable tales and biblical chat to leave you bowled over with laughter.

Music

Sunday Jazz at Queen's Hall

Zoe Gilby Quartet

Sunday 18 June, 3pm

Zoe Gilby is a vocalist and songwriter, making a stunning impression on the music scene today. Her compelling original compositions are written with double bassist husband Andy Champion.

Barbara Dickson with Nick Holland

Wednesday 21 June, 7.30pm

In this special acoustic performance, Barbara Dickson and her pianist Nick Holland explore her catalogue of songs at an intimate level.

Special Events

Tashi Lhunpo Monks: Wisdom and Insight

Sacred Prayers and Monastic Dance

Wednesday 14 June, 7.30pm

From The Panchen Lama's Monastery.

The Dr Will See You Now with Alan Fletcher

Thursday 29 June, 7.30pm

Join Alan Fletcher (AKA Karl Kennedy) Ramsay Street's most famous doctor, as he looks back and celebrates almost three decades of the TV hit series Neighbours while looking ahead to its future.



Twirlywoos Live

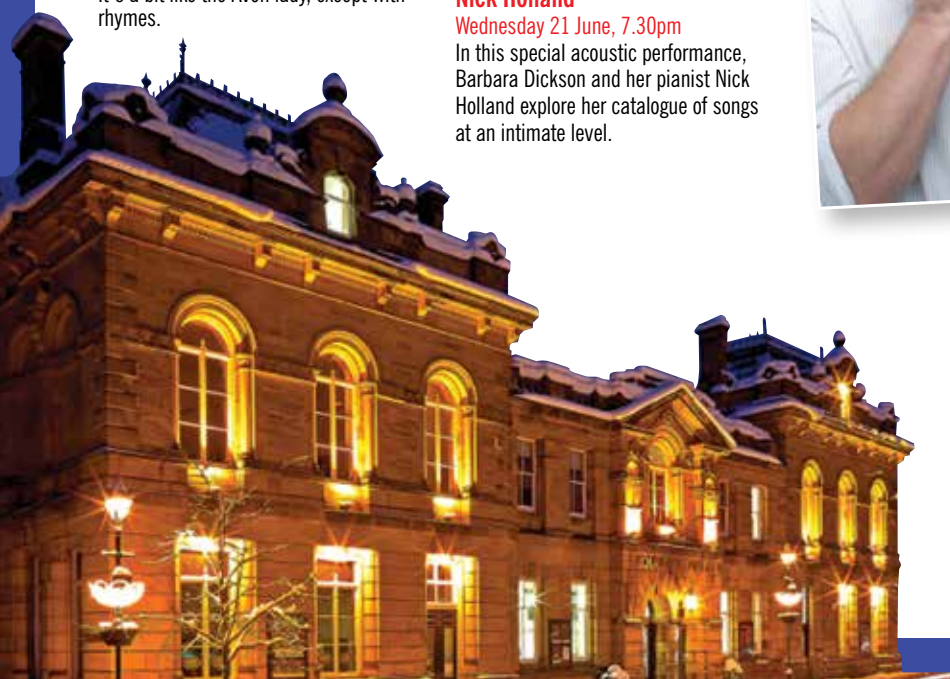


Tom Houghton:
Absolute
Shambles

Door-to-Door Poetry:



Barbara Dickson
with Nick Holland





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David Castonguay

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PONTELAND RAMBLERS

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

BELSAY HALL CROQUET CLUB

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

ST MARY'S PONTELAND & HOLY SAVIOUR MILBOURNE

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

PONTELAND HEALTH WALKS

Meet every Tuesday at Ponteland Leisure Centre before 10:30 for a walk between 60 and 90 minutes. All are welcome. Ponteland Leisure Centre Gordon Allan. 07936135469

PONTELAND VILLAGE WI

We meet on the second Tuesday of the month at 7.30pm. Subgroups include Walking Group, Dining Out, Dog Walking, Book Club. If you would like to give us a try, drop us email. Look for Ponteland Village WI on Facebook. St Mary's Parish Centre Jeni. pontelandvillagewi@hotmail.com

CREATIVE WRITING

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

PONTELAND BADMINTON GROUP

Adults Tue. 12:30-13:30 & 19:20-20:30 @ 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. Ponteland Phil Hall. 078100 84153

PONTELAND LADIES CHOIR

Held every Monday 7:30pm at Ponteland Community Primary School, NE20 9EY. We sing a wide variety of music. New members welcome and no auditions required. Ponteland Community Primary School Susan. 07710418780

PONTELAND LOCAL HISTORY SOCIETY

Meeting held at St Mary's church hall, Thornhill Rd, Ponteland at 7.30pm Regular talk programmes Annual membership Single £8 - Couple £10 - Visitor £2. For more details call. St Mary's. Anne Kelway. 01661820396

PONTELAND SENIOR GENTLEMANS CLUB

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

St Mary's Parish Centre, Thornhill Road Bill Schardt. 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. St Mary's church hall Emma Denham. emmadenham52@gmail.com

FRIENDS OF KIRKLEY HALL

Talk by Gwen Keating 'Seedy and Sophisticated' based in 18th century Newcastle. Following Thomas Bewick's route to work from his little cot on the Forth to St Nicholas yard. 10th May at 7pm, all welcome no booking necessary Kirkley Hall, Ponteland Enid Saint. 07582711873

TAI CHI IN PONTELAND

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

ROTARY CLUB OF PONTELAND

We meet every Tuesday, alternating

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

RAF AIR CADETS

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

INNER WHEEL CLUB OF PONTELAND

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

METHODIST CHURCH

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

PONTELAND U3A

Meetings are held on the first Wednesday of each month at 2pm. Our next talks are: 3rd May - The Magic of Morocco by Kath & Harry Gilbert. 7th June - Swinging 60s by Freda Thompson. For enquiries please call 01661 824953 t Mary's Parish Centre John Hewett. john.hewett@tiscali.co.uk

WALKING SCOTTISH DANCE!

Scottish dance for those who can no longer move as nimbly as they did! We meet in 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. St. Mary's Church Hall Gerry Turk. Tel 01661 822056

SEIKEN RYU KARATE CLASSES

Seiken Ryu Karate Association runs family friendly karate classes for all

ages and abilities in the village halls in Stannington (Tuesday 6pm) and Stamfordham (Wednesday 6.30pm). All instructors are fully DBS checked and insured. For more details www.seikenryu.co.uk Stannington/Stamfordham Steve Reed. 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 St Mary's Parish Centre Ponteland Wildlife Group pontelandwildlife/talks

PONTELAND WI

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

PLANT HERITAGE GROUP

May 13th at 2.30pm Linda Heywood presents an illustrated talk about "Echiums". Refreshments and plant raffle to follow. June 3rd Plant Fair Ushaw Durham DH7 9RH. 10am -3pm. Adults £8, Children £5 includes House, Chapels and Garden. Memorial Hall Ponteland Patricia Skews. pat.skews@btinternet.com

PONTELAND UKULELE BAND

We are a group of friendly, mixed ability ukulele players. We meet every Tuesday at Ponteland CIU club from 1pm to 3pm to sing and play various music styles. New members are very welcome, come and join us. Ponteland CIU club Alan Atkinson. aatkinson13@talk21.com

CALLERTON GARDEN & FLOWER CLUB

Flower arranging demonstrations and talks on various garden topics take place at our club on the second Wednesday in the Month at 2pm. Visitors welcome for a fee of £7. Refreshments are available. CIU Club Ponteland Vivien Jackson. 07467035013



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Northumberland Woodland Burial & Crematorium

Northumberland Crematorium

Nestled within the woodlands, our stone built chapel sympathetically settles into its natural surroundings. Officially opened by the Duchess of Northumberland in October 2022, the calming and modern chapel is spacious with its vaulted ceiling and is flooded with natural light.

78 seater chapel

Webcasting & tribute screens

The chapel can be used for both cremation and burial memorial services.

Woodland Burial

Burial plots are located in Clarefield Meadow & Coquette Glade, both are wild flower meadows surrounded by native woodlands. Memorial trees such as Oak, Rowan and Apple Blossom scatter the meadow, in years to come this will turn the meadow into a thriving woodland and nature reserve.

Ashes plots and traditional burial plots can be purchased in advance or at time of need.

We have woodland and wildflower scattering areas.

Pet Burials

Griffon Wood offers a beautiful, natural and peaceful final resting place for your beloved pets and companions. Losing a pet can be like losing a member of your family, and it is important to give them the farewell and remembrance that they deserve.

Visiting

Our site is open 7 days per week and visitors are welcome during daylight hours.

We are situated just off the A1, 8 miles North of Morpeth and 11 miles South of Alnwick. Our junction has both North and South entrances signposted as 'Bockenfield'.

Northumberland Woodland Burial & Crematorium

Bockenfield Wood, Felton, Northumberland, NE65 9QJ

Site office hours: Monday – Friday 08:30 – 4:30

Telephone: 01670 708 479

Email: info@northumberlandwoodlandburial.co.uk
info@northumberlandcrematorium.co.uk

Please visit our website for more information

www.northumberlandwoodlandburial.co.uk



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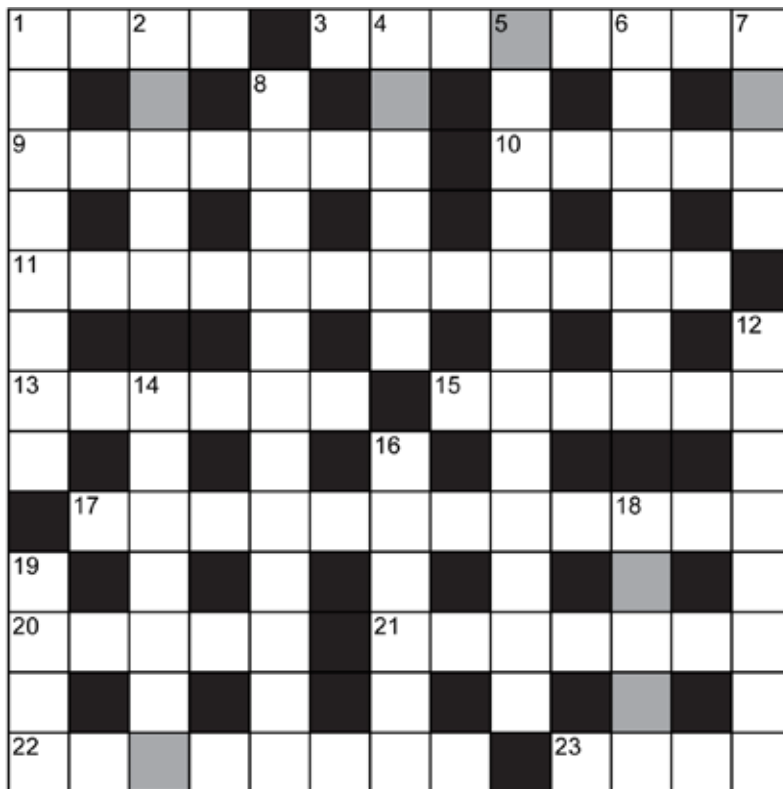
Technology Made Easy

Across

- 1 Arrived (4)
- 3 Yellowish edible seed (8)
- 9 Unfasten (7)
- 10 Customary practice (5)
- 11 Reticent and secretive (12)
- 13 Encrypt (6)
- 15 Sum of money demanded to release a captive (6)
- 17 Strengthen; confirm (12)
- 20 Imitative of the past (5)
- 21 Anxious and afraid (7)
- 22 Evil (8)
- 23 Chopped (4)

Down

- 1 Sticks used as supports (8)
- 2 Very masculine (5)
- 4 Type of music (3-3)
- 5 Military judicial body (5,7)
- 6 Game participants (7)
- 7 Mocks (4)
- 8 Children's toy (12)
- 12 Driven to action (8)
- 14 Harsh; corrosive (7)
- 16 Loud blast of sound (6)
- 18 Attach (5)
- 19 Increased in size (4)



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

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

H	C	S	Q	M	E	D	I	C	I	N	E	S	H	L	AWARENESS
W	F	U	T	U	R	E	H	P	T	B	L	E	O	I	BEACH CLEAN-UP
A	W	A	R	E	N	E	S	S	D	E	L	A	K	E	CLIMATE
W	D	O	I	H	T	W	L	O	R	A	G	L	T	W	ECOSYSTEM
T	C	E	J	O	R	P	N	A	E	C	O	E	H	T	FOOD SOURCE
S	T	C	E	T	O	R	P	C	T	H	O	V	E	Q	FUTURE
G	R	H	C	I	M	W	O	A	U	C	E	E	T	N	GLOBAL
G	D	T	E	P	S	S	K	Q	M	L	N	L	A	E	HEALTHY OCEAN
L	G	U	P	T	Y	E	I	A	X	E	U	R	M	G	JUNE
O	L	J	M	S	A	R	T	O	Q	A	J	I	I	Y	MEDICINE
B	P	T	T	C	S	R	N	C	A	N	T	S	L	X	OXYGEN
A	I	E	T	T	J	U	P	F	J	U	A	E	C	O	PROTECT
L	M	I	G	E	T	X	L	A	H	P	A	Z	A	W	SEA-LEVEL RISE
R	O	T	I	L	F	O	O	D	S	O	U	R	C	E	TAKE ACTION
N	U	N	A	E	C	O	Y	H	T	L	A	E	H	H	THE OCEAN PROJECT

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

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73% of Brits plan to grow their own fruit and vegetables this spring

73% of Brits plan to grow their own fruit and vegetables this spring. Spring has sprung, and research from the UK's leading garden centre, Dobbies, has found that almost three-quarters of Brits (73%) plan to grow their own fruit, vegetables and herbs this spring.

Almost half (49%) of those surveyed said it was because they thought they would taste better, and almost half (49%) also hoped it would be fun. 46% think that growing their own will and give them a sense of accomplishment, and 40% said it was to cut down on bills.

The research, from Censuswide, looked into what people have grown in the past, what produce they found the tastiest, and the reasons they're planning to grow their own this spring.

Almost two thirds (64%) of those surveyed already had experience of growing their own vegetables. When asked about their tastiest crop, 15% said tomatoes and strawberries came out on top.

Tomatoes are set to be the most popular crop for this year (51%), followed by strawberries (42%), potatoes (38%), carrots (32%) and fresh mint (32%). Dobbies' Horticultural Director, Marcus Eyles, encourages budding gardeners across the UK to make the most of fresh produce by sharing his top tips for growing tomatoes.

Marcus said: "We're excited to hear that people across the UK are looking to grow their own tomatoes as they're fantastic for beginner and seasoned gardeners alike, and can easily be grown in small spaces, making them ideal for those with compact gardens.

"Tomato plants can take on a lot of water, so the larger the container, the easier it is to keep your tomatoes evenly watered. These plants thrive in a sunny spot, so position your container in a bright area with direct sunlight for maximum growth. Taller tomato plants will benefit from being supported by a bamboo cane, and you should pinch out the side shoots of these varieties to concentrate the energy into creating fruit.



"Smaller bush and trailing varieties are fine left to grow without pruning, but once the first trusses start to set fruit, you should begin feeding your tomato plant weekly with tomato fertiliser, and ensure you water frequently, especially during high summer when the weather warms up."

Dobbies' Food Development Chef, Adam Veysey, shares his recommendations for how gardeners can incorporate tomatoes into their cooking this spring.

Adam said: "Tomatoes are a wonderful, versatile ingredient for your kitchen in spring and summer and work just as well on their own as they do cooked in your favourite dishes. Put your tomatoes at the forefront of your cooking and enjoy them in seasonal salads with a simple dressing, or use them to bring freshness to burgers and pizzas when alfresco dining in the warmer months."

For more information on what's in stock at your local Dobbies' store, visit www.dobbies.com



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 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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