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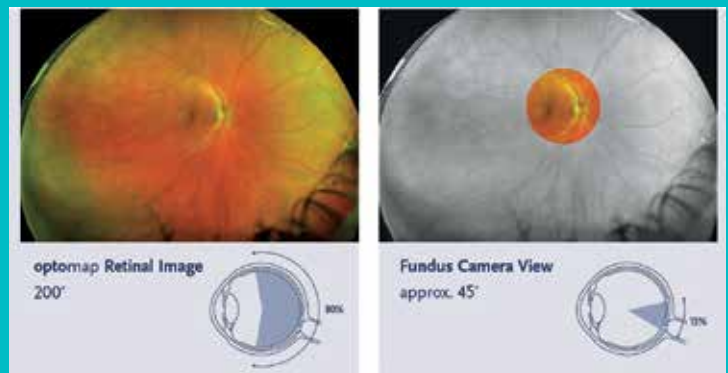


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# CONTENTS

- 4 Contents Page
- 6 Editors Comments
- 6 **WIN** - £100 Go Ape voucher
- 8 What's On - Blaydon & Winlaton
- 12 Article - Wonders of Nature
- 16 What's On - Ryton & Clara Vale
- 20 Article - Depth of Field
- 24 What's On - Crawcrook & Greenside
- 28 Article - Universal Basic Income
- 32 What's On - Heddon & Horsley
- 36 Article - Cherryburn Garden Project
- 39 **WIN** - Dog Festival Tickets
- 40 What's On - Wylam & Ovingham
- 44 Article - History of the Tyne Valley
- 48 What's On - Prudhoe & Mickley
- 52 Article - Dog Friendly Northumberland
- 56 What's On - Stocksfield & Riding Mill
- 60 Article - Heading into Summer
- 64 What's On - Corbridge & Hexham (1)
- 66 What's On - Corbridge & Hexham (2)
- 68 Article - Gut Linked to your Mood?
- 72 What's On - Darras Hall & Ponteland
- 74 DOUBLE Coffee Break Puzzle Page
- 75 **WIN** - 2 x £10 Costa Vouchers
- 76 Article - Women and Coal
- 77 Traders Index

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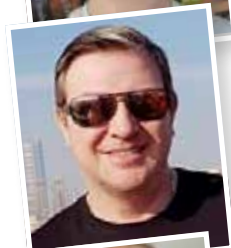
## In this issue...



### Katie Pharoah

Wonders of Nature

Page 12



### Roy Frankland

Depth of Field

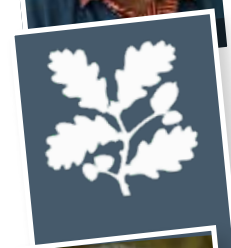
Page 20



### Mario Innecco

Universal Basic Income

Page 28



### National Trust

Cherryburn Garden Project

Page 36



### Elizabeth Allen (A.I.)

History of the Tyne Valley

Page 44



### Jenni Meikle

Dog Friendly Northumberland

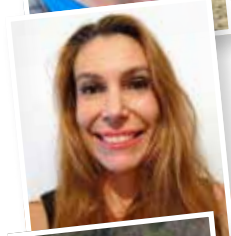
Page 52



### David Murray

Heading into Summer

Page 60



### Belinda Ambrose

Gut Linked to your Mood?

Page 68



### Rachel Bourne

Women and Coal

Page 76





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## Hi everyone, hope you are all enjoying the warm weather.

In the blink of an eye, issue 86 is upon us, and we have our trusty team of writers back with a fresh batch of articles. In a first for Tyne Valley Express, we introduce a historical journey through time on page 44, which is written completely by Artificial Intelligence (A.I.). The content, the profile picture and even the name were generated by computer and the images sourced online. This is made possible through cutting-edge technology, and we hope to present a new historical feature every issue which focuses on the individual towns and villages throughout the valley. More to come soon.

August sees us celebrate Women's Equality Day, and we proudly present a special piece on A Woman's Work: A short history of women and coal in the Tyne Valley by Rachel Bourne on page 76.

On the theme of Women's Equality Day, we have a special double-page of puzzles in our Coffee Break on Page 75 with a chance to win 2 x £10 vouchers for Costa Coffee. Answers to last month's puzzles are now live online at [www.tynevalleyexpress.co.uk/puzzles](http://www.tynevalleyexpress.co.uk/puzzles).

There are two fab new competitions this edition starting with a chance to

win £100 Go Ape voucher below. There's also a chance to win 2 x Family Tickets for the upcoming North East Dog Festival on page 39.

You will also have noticed the wonderful front cover, which was the winning entry in our first ever Kids Competition. Congratulations to Emily McIntyre, Age 9 from Crawcrook, who wins a £100 WHSmith voucher. Well done to everyone who entered, there were some fabulous entries which we will post on our social channels.

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

*Stephen McHugh*

Stephen and the Tyne Valley Team.

**Tel: Stephen: 01661 852684**

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

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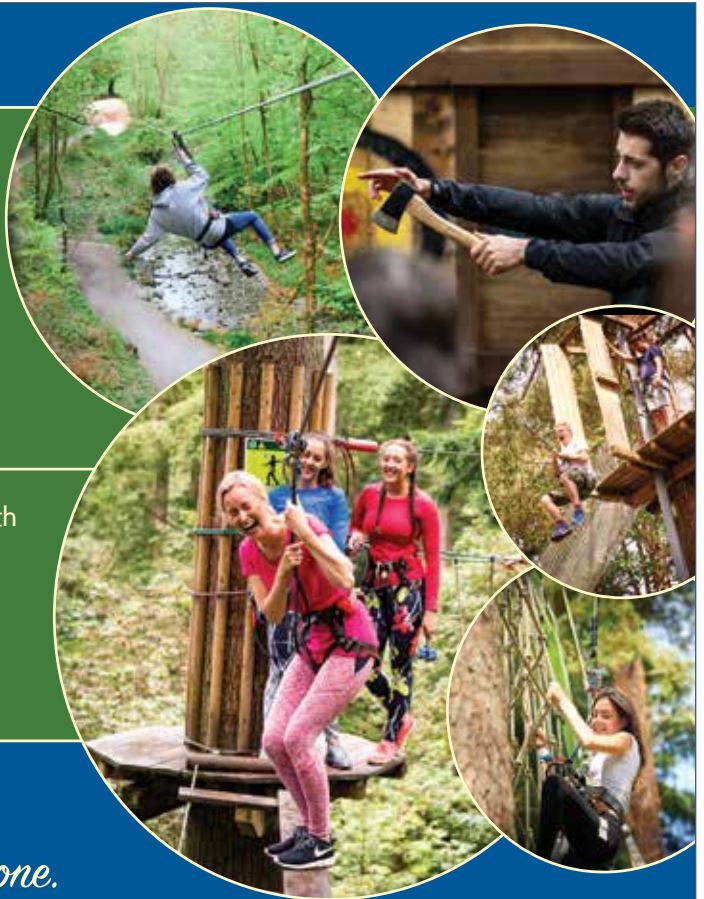
To be used at Go Ape Matfen, Newcastle.

Will you opt for their famous Treetop Challenge? A Goliath of a high ropes course with super-fast ziplines and free-fall Tarzan Swings. Or, if you prefer to keep your feet on the ground, why not try Axe Throwing? It's a perfect social activity which is both therapeutic and will get your competitive juices flowing amongst your Tribe.

Competition runs throughout July. For details please see:

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

*Good luck everyone.*





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Organiser: Revd Diane Ryan  
rev\_dianeryan@btinternet.com

### ST ANNE'S RC CHURCH

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

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

### ST PAUL'S CHURCH

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

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Place: St Cuthbert's Community Hall  
Organiser: Chris blaydonstcuthbert@gmail.com

### ST JOSEPH'S RC CHURCH

St. Joseph's Sunday Mass at 11.00am. For enquiries please email or contact 0191 4142654  
Place: St Joseph's RC Church, Blaydon  
Organiser: Adrian Tuckwell  
st.annewinlatonrc@gmail.com

### WINLATON LOCAL HISTORY SOCIETY

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

### GATESHEAD LIBRARIES, ARTS & HERITAGE

Gateshead Arts Team delivers a wide range of friendly, creative workshops for all ages through our Gateshead Live programme and projects like Gateshead Art Diamonds, which is for people of retirement age. For more details, please email ColleenDewing@gateshead.gov.uk.  
Place: Gateshead Libraries  
Organiser: Colleen Dewing

### BLAYDON CARPET BOWLS

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

### WINLATON EVANGELICAL CHURCH

Sunday Worship Service: 10.30am. Bible Study & Prayer Meeting: Tuesday 1.00pm. All warmly welcome.  
Place: Next to Public Library NE21 6AS  
Organiser: Winlaton Evangelical Church. winlatonevch@talktalk.net

### TRINITY METHODIST CHURCH

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10-12/1-3pm. Cafe church 3rd Sunday month. Coffee morning 1st Saturday month.

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

### WINLATON PARKHEAD ESTATE GARDENS ASSOCIATION

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Place: Winlaton Parkhead Estate  
Organiser: Frank & Pat Smith  
01914144337

### WINLATON MILL VILLAGE HALL

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

### KARATE

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Place: Winlaton Mill Village Hall  
Organiser: Seiken Ryu Karate Association. 07912 533164

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Place: Trinity Church Blaydon  
Organiser: Emma Bell  
[www.kalmalifeuk.co.uk/gatesheadwest](http://www.kalmalifeuk.co.uk/gatesheadwest)

### WINLATON CAMERA CLUB

During summer months we meet each

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

### CHAIR BASED YOGA

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

### WINLATON ART GROUP

We are a small group of like-minded minded people who just love to paint. We meet every Wednesday evenings at Winlaton Community Centre 6.15/8.15. New members welcome.  
Place: Winlaton Community Centre  
Organiser: Angela Elliott  
angela.elliott1846@gmail.com

### WINLATON LIBRARY

Welcome to our friendly library. We offer: Knit/Natter and sewing (Mon and Fri), Rhymetime, (Fri 10 a.m.) books for sale and free refreshments. Special events throughout the year so come and join us at [www.winlatonlibrary.org.uk](http://www.winlatonlibrary.org.uk) or 0191 4336418  
Place: Winlaton Library  
Organiser: Anne Greener  
0191 4336418

### LEARN TO ROW

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Place: Derwenthaugh Rd  
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# The Wonders of Nature

With the warmer weather this month, I've appreciated outdoor spaces more.

For example, just last week, I spent a good few hours in a park, lounging like a tired cat chasing after the sun, with a smoothie in one hand and a book in the other. It was a pleasant way to pass the afternoon (make sure you remember to apply sunscreen liberally and often).

The Japanese have a word for just a scenic time – forest bathing. Otherwise known as *shinrin yoku* in Japanese, Forest Bathing is the method of being calm and quiet amongst nature, observing the trees and flowers around you whilst breathing deeply. This process can help both adults and children de-stress and boost health and well-being in a natural way.

## Tips for getting the maximum use out of Forest Bathing:

The first step is finding a natural space, this could be anything from your local nature walk, to a National Trust Site (more on local National Trust sites later).

Then whilst relaxing, take in your surroundings using all your senses. It's a common way to reduce anxiety to name three things that you see, three things that you can smell, three that you can touch and possibly three that you could taste (you can get inventive with that last one). Be observant, spy nature's small details; the light shining on that one leaf, the small sparrow in the branches above. Did you know that studies have shown that people relax best when seeing greens and blues?

Sit quietly and try to empty your mind of the issues in your daily life, for example, swipe your to-do list out of your mind.

Turn off your devices to give yourself the best chances of relaxing, and slow down, take your time whilst breathing deeply into your abdomen. Extend the exhalation of air to twice the length of inhalation, which sends a message to the body to tell it to relax. This means that if you inhale for the count of four, you exhale for the count of eight, for example.

Stay as long as you can - start with a comfortable time for you, you'd be surprised at how quickly 15 minutes go by when you're just lying down and breathing. Build up the amount over time, it's recommended that for the full forest bathing experience, you spend two hours doing it.

## Exploring local spaces

I didn't realise just how many natural spaces are around our local area until I went somewhere else in the country.

Manchester for example, is very city-like and industrial, and yes whilst it does have a few green spaces tucked away, there is always something concrete nearby.

Immediately near me, there is the local park, as well as two different lakes with ducks in them. My childhood was spent taking birdseed or bread down for them and being mindful of swans and their tenacious moods.

Over near Newcastle, there is Jesmond Dene, with its sprawling trails, waterfall, and small petting zoo.

Over Gateshead, there is the Land of Oak and Iron Heritage Centre in Winlaton Mill. The Land of Oak and Iron covers 177 square miles of the beautiful and historical Derwent Valley and surrounding areas; once an iron and steel industrial area, nature has reclaimed the space, creating a lovely patchwork of woodlands, riverbanks, and grasslands. It's a gorgeous area – there is a wide range of signposted long and short walks, and cycle routes and it's great for dog walking. It even attracts deer, red kites and many more animals. You can take a break from the walking and sit down for a coffee at the Heritage Centre. There you can expect creative workshops, guided walks and talks and the shop also sells produce from local artisans.

It's also on my bucket list to explore more National Trust sites – and I didn't know how many there are around us until I signed up for a membership.

To name a few there are:

**Gibside in Rowlands Gill.** Gibside is a Georgian landscape garden with loads of walking trails, some of which take you past the ruin of Gibside Hall. Towering above nature there is the Column of Liberty, which gives a glimpse into the history of Mary Eleanor Bowes.

**Craggside in Rothbury, Morpeth.** Illuminated by hydroelectricity and powered by hydraulics, the stunning home is set in a landscape which looks plucked straight from a fairy tale. Man-made lakes, waterfalls and towering trees create a beautiful background for your walks.

**Cherryburn in Mickley, Stocksfield.** Tranquil gardens with views across the Tyne Valley, this farmstead was the birthplace of artist Thomas Bewick. Explore both the grounds and the museum which shows Bewick's pioneering wood engravings.

**Seaton Deleval Hall in Seaton Sluice.** The Hall bears the scars of a fire 200 years ago. Known for their extremes of behaviour, the 'gay Deleval' family were said to be the most notorious of all Georgian partygoers and their dramatic moods are matched by the architecture. Outside there is an extensive garden, which includes a beautiful and sprawling wisteria plant, and a forest walk, both have plenty of benches and places to picnic.



**Wallington in Cambo, near Morpeth.** This rural corner of Northumberland is a large estate, which was once home to the unconventional Trevelyan family. The estate is full of collections, whilst the outdoor area is amongst rolling hills filled with native wildlife such as red squirrels, white-clawed crayfish, and otters.

So, take advantage of the sunny skies and embrace nature, you'll never know what you may find out there tucked away from civilisation. If you can spare it, contributing to memberships or conservation work also helps to protect areas like these. Nature needs us more than ever, and with the benefits that nature has for us, demonstrated through acts like forest bathing, humanity needs nature spaces too.



Katie  
Pharoah

Katie Pharoah  
Writer for Tyne Valley Express  
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### RYTON METHODIST CHURCH

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

### HOLY CROSS CHURCH

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

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Place: Ferdenepark, Ryton.

Organiser: Friends Of Ferdenepark  
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Place: Ye Olde Cross  
Organiser: RCCS  
rytoncross@gmail.com

### RYTON & DISTRICT CAMERA CLUB

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

in photography will be made welcome whether an expert or beginner.

Place: Ryton Community Centre  
Organiser: Camera Club  
www.rytoncc.weebly.com

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Organiser: fiona.todd33@gmail.com

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Place: Clara Vale  
Organiser: Joan Atkinson  
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# Depth of Field, (how to make your subject really stand out!)



If you cast your minds back a few editions, we discussed exposure, and the various things you have at your disposal to get your exposure correct. We talked about the balance between ISO setting, shutter speed and aperture and very briefly, I went through each of those and the effect they have on your image. Well, I've recently been on holiday in South Africa which included a safari visit for some wildlife and bird photography. This got me thinking about a subject for this article, as control of depth of field is very useful when it comes to photographing wildlife and birds as well as portraiture. So, what we will look at this time in more detail is how to control your depth of field to really help your subject stand out. Depth of field is defined as the distance between the closest and farthest objects in a photo that appears acceptably sharp. Your camera can only focus sharply at one point, but the transition from sharp to un-sharp is gradual, and the term 'acceptably sharp' is subjective!

When you are shooting subjects such as birds or portraits, and sometimes wildlife too, you want the subject to really stand out separately from the background and a good way to do this is to make the background blurred and out of focus, while keeping your subject nice and sharp, in other words, a shallow depth of field. This is achieved through control of your aperture, (the hole through which light enters your camera). The aperture is the size of the opening in your lens and is expressed as an 'f'-number or f-stop, e.g. f2.8, f8, f11 etc. The smaller this number, the bigger the aperture (hole) and the bigger the number, the smaller the aperture. So f2.8 will be a wide opening whereas f22 would be very small. The maximum/minimum will depend on your lens capability and specification. The smaller the f-number, the less depth of field and the bigger the f-number, the greater your depth of field.

So, to get back to our bird or portrait images, what we want to do is make your subject sharp and well defined, while taking away any distractions in the background by blurring it out. You can see examples of this in the accompanying images. In some wildlife shots, you may want to include the environment of the animal which would then require a wide depth of field, but for the purposes of this article, let's assume you want to focus in of the animal itself, as you would with birds or portraits. When focussing, always try to focus on the eyes!

Firstly, ensure you have a lens suitable for what you want to shoot. For wildlife and birds, (which are likely to be far from you), for example, I use a Sigma 150mm – 600mm f5-6.3 lens on my SLR, although there are many other suitable lenses available. Then you need to select the lowest aperture (f-number) that you can on your lens. This will give you a shallow depth of field and reduce the depth of sharpness in your shot. Another important factor to consider, that affects depth of field, is the distance between the camera and the subject, although admittedly it's sometimes hard to control. The shorter the distance of your camera to the subject, the smaller the depth of field, so try to get as close as you can.

Remember too that for a good exposure, aperture will need to be balanced with shutter speed and lighting conditions, so if depth of field is most important to you, then you could select aperture priority on your camera and select the lowest option and it will select the best shutter speed for your chosen aperture. When I'm shooting birds and wildlife, I usually keep a high ISO setting of around ISO1600 to make sure of a fast shutter speed to reduce hand shake as I like to shoot handheld as much as possible.

Experiment with your camera, find what works for you, and finally, whatever you do, remember to enjoy it!



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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.

Place: Crawcrook

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

### CENTENARY METHODIST CHURCH

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Place: Centenary Methodist Church

Organiser: Trevor Peart  
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Place: Crawcrook Library

Organiser: Lynne Corder  
[LynneCorder@Gateshead.Gov.Uk](mailto:LynneCorder@Gateshead.Gov.Uk)

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Place: Barmoor Hub, Ryton

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### OUR VILLAGES

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Place: Crawcrook & Greenside

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Place: St John's Community Hall  
Organiser: Angela McClintock,  
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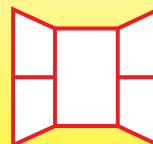
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# Will Universal Basic Income (UBI) Eradicate Poverty?

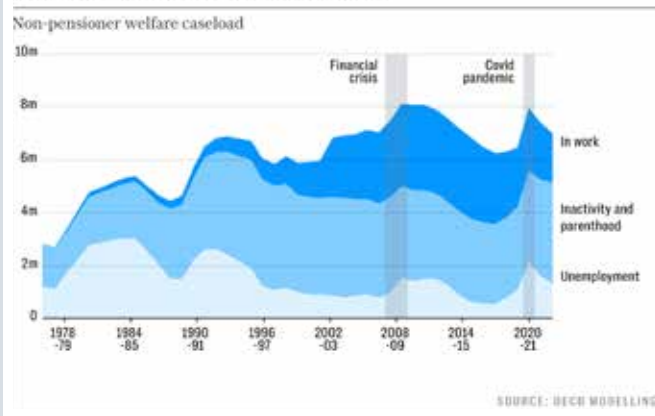
There is an old saying that goes like this: 'The road to hell is paved with good intentions' and this is why I want to talk about the concept of universal basic income today. This idea has been around for a long time but seems to be getting some traction of late as we have heard that Autonomy think tank will be conducting a social experiment in universal basic income (UBI) in two regions of England in the next two years. Autonomy will pick 15 people over 30 from Jarrow in South Tyneside and 15 from east Finchley in London and pay them £1600 (pre tax) per month for two years with no strings attached. It sounds great if you are one of these lucky Group of 30 or G30! It is like being left a trust fund by a rich uncle you didn't even know.

So, before we look into why I think UBI is a bad idea, I want to look at the moral side of this concept. Even though Autonomy and its leftist and socialist donors will be providing the funds for this social experiment, I would speculate that this is a stepping stone to reforming the Welfare State which will mean that you, the taxpayer, would eventually fund UBI. We all know that there are universal laws that apply to any culture and one of them is the one concerning theft. One of the ten commandments says: 'Thou shalt not steal'. What does that have to do with UBI? I'd say it is not just UBI that is immoral but also the concept that the State should take from Peter to pay Paul. If the State or government is supposed to protect the individual, certainly it should be protecting the individual's private property and not steal it. Government can only spend by taxing, and taxing you in order to pay someone else for doing nothing does not seem fair to me.

Now we will go over some of the arguments made by those pushing the idea of UBI. I would say it is very similar to those arguments made by the proponents of the welfare state and universal credit but it differs somewhat as there are no strings attached in that eventually almost every adult would get "free" cash from the government. I do understand that there are those who might need help and that the welfare state provides a safety net, but as I alluded to earlier, good intentions don't always lead to good results. The proponents of UBI say that the extra cash would help many become entrepreneurs and start businesses, create specialised communities or focus on skills like the arts, literature and music. That could well be true and some recipients might very well put their UBI income to good use - but knowing human nature, I would say that vast majority would probably squander the chance to do something productive and worthwhile. Why do I say that? I think most would say: 'Why bother doing anything if I can just get by doing nothing?'

I would like to jump back to the welfare state and the concept is a good one. You pay into your National Insurance account during your working life and it helps cover illnesses through the NHS and when you retire it is supposed to pay you a living wage. Nothing wrong with that, but the problem is that since the Old Age Pensions Act of 1908 and the creation of the NHS in 1948, the purpose and scope of the welfare state has ballooned and the change in demographics has also created a debt time bomb for the government. Taxation, deficit spending and the national debt are ballooning out of control to pay for the welfare state, whereas in 1908 most people died before they were eligible for the Old Age Pension. Back in the 1970s and 1980s the baby boomers easily financed the system as there were about seven people working for every pensioner. Now it is down to around three to one and decreasing as the baby boomers, who had less kids than their parents, are now retiring. So how exactly would we, the taxpayers, possibly be able to fund another addition to the welfare state or UBI?

Britain's growing dependence on benefits

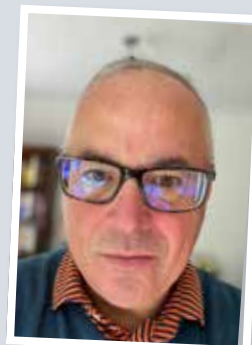


My final argument will be to use an analogy to try and convince the reader why any kind of government social or welfare program to help the less fortunate invariably ends up having the exact opposite effect. Simply said, when a child is born the parents have the responsibility to nurture, care and support the child until the child is ready to go out into the world and become an independent member of society adding value and contributing. We can of course, as parents, sometimes spoil our children but in general we try to prepare them for the real world as generally we will be gone way before they are still around and we want to make sure they are not dependent on mum and dad. It is this dependence that, in my opinion, is the paradox of socialism and welfare programs like UBI. The other effect that dependency has is to discourage action and therefore entrepreneurship - which is one of Autonomy's goal with their pilot UBI program.

In conclusion, I know it would be very tempting to just take money for nothing, but I think one question you should ask is: 'Why am I being given this money?'. Does the state really care about my well-being or doesn't just want to make me more dependent on it? Afterall, if the great majority of society is happy and living in prosperity, what is the purpose of big government? With that I will end with a famous epigram by 19th French statesman, essayist and economist Frederic Bastiat: 'The state is that great fiction by which everyone tries to live at the expense of everyone else'.

Mario Innecco

Mario Innecco  
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Place: Heddon Methodist Church  
Organiser: Deacon Maggie Patchett  
01661 854073

### HORSLEY BOOK CLUB

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

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

### HEDDON BALLROOM DANCING CLASSES

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

### THE HEDDON PATCHERS

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Place: Women's Institute  
Organiser: Ann Allsopp. 01661820568

### HEDDON LOCAL HISTORY GROUP

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

Place: Heddon Methodist Church on Towne Gate  
Organiser: Andy Curtis. 01661853095

### HEDDON WOMEN'S INSTITUTE

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

Heddon WI Hall  
Organiser: Secretary. 01661 853365

### HEDDON ART GROUP

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

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

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Place: Heddon Methodist Church  
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Place: The Hearth  
Organiser: Rachel. 07545865009

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Place: The Hearth Art Centre  
Organiser: Ali Wilkes  
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# Cherryburn Garden Project - a place for nature and people to thrive

Our recently renovated garden is bursting into summer bloom. The new paths and plant beds are now established, and this year will be our most floral yet.

## A Summer Garden

The garden space at Cherryburn is an accessible space with more seating, wheelchair-friendly and pushchair-friendly paths. It's the perfect spot to take in the summer wildflowers and to enjoy the incredible foxgloves that take centre stage in front of the museum throughout summer.

Our gardener has sown some garden beds with seed mixes while leaving some to self-seed. Others have been planted with flowers including foxgloves, geranium and ox eye daisies to help give colour and support wildlife throughout the year. The grass has been left longer in places to allow the wildflowers to come through. There are several whites and softer tones, attracting bees and butterflies and a of the natural landscape as Thomas Bewick would have experienced it.

In fact, the key 'rules' for the garden are that all the plants must be recognisable to Bewick and/or that they will encourage wildlife to thrive.

The garden now has a more natural look and a wilder feel, with easy to source plants to inspire you to create your own planting schemes at home.

The garden project celebrates the legacy of Thomas Bewick with features and designs inspired by him and his work, ready to delight many more generations of visitors. Join us for what we hope will be our most floral year to date and enjoy the summer colour.

## Going Forward

By reimagining the garden at Cherryburn, our hope is that the space is now accessible to more visitors – including wildlife – and that the changes ensure it remains sustainable for the future.

Our aim is to let the garden progress naturally – last year's garden will be different to this year's as it continues to mature and is nurtured by the new gardener and volunteers – so it will be wonderful to see the garden change and flourish across time. Next steps include the planting of trees and plants for pollinators.

An allotment will be a welcome new addition coming to the Cherryburn garden soon. The raised beds will be at a variety of heights to enable comfortable and accessible garden whether standing or seated.

Bewick used a woodblock print of his own thumbprint as a mark of authenticity in many of his publications, together with the handwritten inscription 'Thomas Bewick his Mark.' We are fundraising to produce a large-scale reproduction of Bewick's thumbprint and inscription, in mosaic



form. Visitors could choose to walk on the mosaic barefoot, which, with accompanying planting, would create a sensory garden experience.

We are also fundraising for a bird hide, inspired by Bewick's knowledge of birds, which he illustrated extensively in *The History of British Birds*. The hide brings Bewick's work into the garden, extending the museum into the outdoor space and enabling visitors to 'notice nature' through Bewick's eyes. The hide won't be set up as a silent space to spot rare birds in the traditional sense, but a place to see common birds and draw, paint or photograph them.

Do share your photos of the garden from your visits, we'd love to see them and hear what you thought about this new space. Follow us or tag us on Facebook @ CherryburnNT







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

### WYLAM METHODIST CHURCH

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

### ST OSWIN'S

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

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organisations. See our website [www.stoswinschurchwylam.btck.co.uk](http://www.stoswinschurchwylam.btck.co.uk) for further details.

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

### WYLAM WOMENS INSTITUTE

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

Place: Wylam Institute  
Organiser: Eleanor Kirkland  
01661 854563

### PHYSIO-LED PILATES

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

Place: Wylam Institute  
Organiser: Angela McClintock  
pilatesphysio4you@gmail.com

### LOCALLY GROWN VEGETABLES

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Place: Ovington & Matfen  
Organiser: GO Local Food  
admin@golocalfood.org.uk

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

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

### CHRYSALIS CLUB TYNEDALE

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

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

### EXERCISE CLASSES

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  
Organiser: Anna Little  
Place: Methodist/St Oswins Hall  
07747624541

### OVINGHAM AND DISTRICT CHOIR

Ovingham and District Choir (Mixed Voice) meets for practice in the Reading Room on Tuesday evenings from 7.45 to 9.30pm. A wide repertoire is sung but the ability to read music is not essential. New

members are always welcome.  
Place: Ovingham Reading Room  
Organiser: Ian Warburton  
ianwarburton25@gmail.com

### PILATES & FITNESS

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Place: Based in Ovingham  
Organiser: SSFitness  
Diane - 07830292542

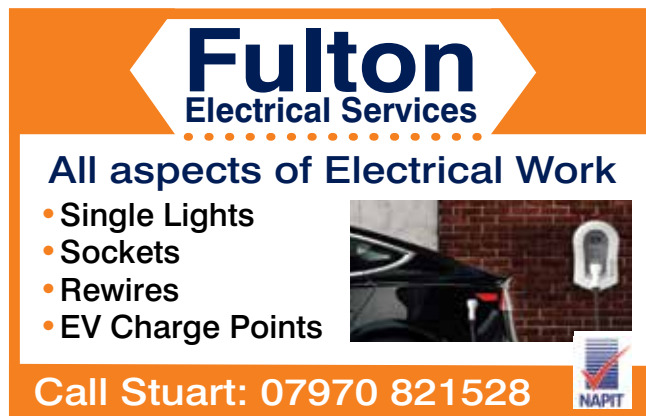
### OVINGHAM DRAMA GROUP PANTOMIME

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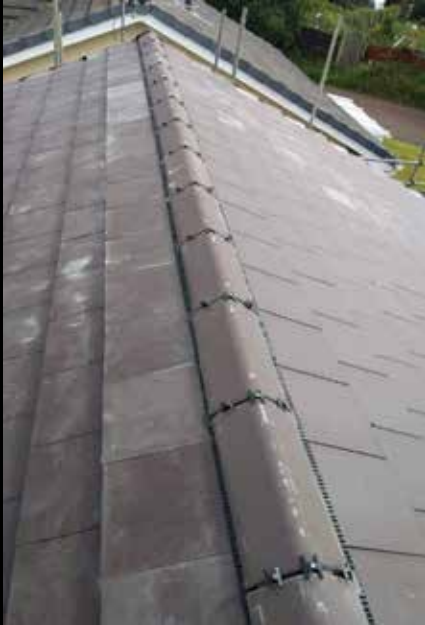

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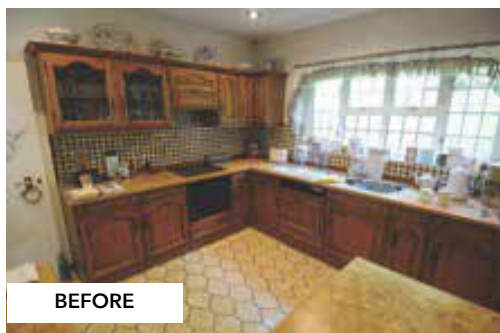
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# History of the Tyne Valley

## A Journey through time

### Introduction:

The Tyne Valley, nestled in the picturesque landscapes of North East England, boasts a fascinating history that stretches back thousands of years. This region, characterised by the meandering River Tyne, has witnessed the rise and fall of civilisations, the development of industry, and the evolution of communities. Join us on a captivating journey through time as we delve into the rich tapestry of the Tyne Valley's past.

### In The Beginning:

The story of the Tyne Valley begins in prehistoric times when ancient settlements thrived along the riverbanks. Archaeological evidence reveals that the area was inhabited as early as the Neolithic period, with evidence of stone tools and burial mounds found in the vicinity.

### Roman Legacy and the Corbridge Hoard:

The region's history took a significant turn during the Roman occupation of Britain. The Romans recognised the strategic importance of the Tyne Valley and established the fort of Pons Aelius (later known as Segedunum) at the eastern end of Hadrian's Wall. This fort served as a vital supply base and garrison town, providing a glimpse into the Roman way of life.

One of the most significant archaeological discoveries in the area was the Corbridge Hoard, unearthed in 1964. This collection of Roman-era artifacts, including jewellery, weapons, and household items, provides invaluable insights into the lives of the Romans who inhabited the valley.

### Medieval Times and the Norman Conquest:



Following the decline of the Roman Empire, the Tyne Valley witnessed the influx of Angles, Saxons, and Vikings, each leaving their mark on the region. During the medieval period, the Tyne Valley became a bustling hub of activity, playing a vital role in regional trade. The Norman Conquest of England in 1066 brought significant changes to the valley as William the Conqueror established a series of castles and fortifications along the River Tyne to maintain control. Prudhoe Castle, dating back to the 11th century, stands as a remarkable testament to this era. Once a formidable stronghold, it now offers visitors a glimpse into the region's medieval past.

### Industrial Revolution and the Birth of Railways:

The Tyne Valley witnessed a dramatic transformation during the Industrial Revolution, emerging as one of the cradles of the world's industrialisation. Coal mining became the backbone of the local economy, and the valley's vast coal reserves were exploited to fuel the growth of industries across the nation. The development of railways played a pivotal role in facilitating the transportation of coal and other goods, connecting the Tyne Valley to major cities like Newcastle and Carlisle.

One iconic figure associated with the region's railway history is George Stephenson, often referred to as the "Father of Railways." Stephenson's pioneering work in locomotive engineering led to the construction of the world's first public railway, the Stockton and Darlington Railway, in 1825. The historic Tyne Valley Railway, which opened in 1838, further solidified the region's prominence in railway transportation.

### Mining Heritage and Social Impact:

The Tyne Valley's coal mining industry left an indelible mark on the landscape and the lives of its inhabitants. Collieries sprung up across the valley, with mining communities developing around them. The iconic black slag heaps and colliery structures dotted the horizon, bearing witness to the toil and perseverance of countless miners.

Mining was arduous and dangerous work, and the communities that emerged around the mines were tightly-knit and resilient. Mutual support networks, such as friendly societies and trade unions, played a crucial role in providing assistance and fostering a sense of solidarity among the mining communities.

### Decline and Regeneration:

The decline of coal mining in the late 20th century dealt a heavy blow to the Tyne Valley's economy and identity. As collieries closed down, communities faced significant challenges. However, the region has shown remarkable resilience in its journey towards regeneration. Former mining sites have been repurposed for new industries and recreational spaces. The Derwent Walk Country Park, once a railway line serving the collieries, now offers visitors an opportunity to explore the region's natural beauty.

### Conclusion:

The Tyne Valley's history is a tapestry woven with threads of ancient Roman legacies, medieval fortifications, industrial might, and communal resilience. It stands as a testament to the remarkable journeys undertaken by the people who called this region home. As the valley continues to evolve, embracing new opportunities and preserving its heritage, the Tyne Valley remains an enchanting destination that invites visitors to explore its past and appreciate its enduring spirit.



*Elizabeth Allen*

Elizabeth Allen  
A.I. Writer for Tyne Valley Express  
elizabeth@tynevalleyexpress.co.uk



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- **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.
- **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

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

### PRUDHOE LIBRARY

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

### THE GATE CHURCH

Everyone is welcome at The Gate Church! Sunday Celebration is at 10.30am with a super Children and Youth Church starting a little later. During the week there are activities for various age groups - come along and meet the family!  
Place: Swalwell Close, NE42 6EX  
Organiser: Bert and Margaret Boonstra  
[thegatepcc@hotmail.co.uk](mailto: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.  
Place: Prudhoe Parish Hall  
Organiser: Lynda Telford  
07766142105

### GLEEMEN MALE VOICE CHOIR

New members welcome. [www.prudhoegleemen.org.uk](http://www.prudhoegleemen.org.uk). We meet 7.15pm every Monday night for our practices. Everyone who would like to join in can just come along. You do not need to read music.  
Place: Prudhoe Methodist Chapel  
Organiser: Members. 01661832162

### PRUDHOE GARDENERS ASSOCIATION

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

### BORDER REIVER ARCHERS

The club shoots on Sundays in Ovingham in summer and a local

school hall in winter. We offer one hour outdoor Taster Sessions for anyone wishing to try archery. Details on the website and book sessions by e-mail.  
Place: Ovingham Middle School  
Organiser: Border Reiver Archers  
[bordeireiverarchers@yahoo.com](mailto:bordeireiverarchers@yahoo.com)

### PRUDHOE METHODIST CHURCH

A warm welcome awaits you at morning worship every Sunday at 10.30 and at the many meetings throughout the week. For more information please check out Prudhoe Methodist Church Friends on Facebook or our webpage  
Prudhoe Methodist Church  
Place: Prudhoe Methodist Church, West Rd, Prudhoe  
Organiser: Prudhoe Methodist Church  
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Place: Prudhoe Methodist Church  
Organiser: Ruth Lindridge

### PRUDHOE & DISTRICT U3A

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

### SPETCHELLS CONSERVATION INTEREST GROUP

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

### CREATIVE WRITING

These classes will inspire and encourage you to write poetry, fiction and memoir and to share and develop your writing through stimulating workshop sessions in a friendly and supportive group. Thursday afternoons. Try a session for free.  
Place: Online on Zoom  
Organiser: Claire Lynn  
[claire@claire276.plus.com](mailto:claire@claire276.plus.com)

### WEST WYLAM RESIDENTS ASSOCIATION

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

### PRUDHOE GROUND FORCE

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

### PRUDHOE COMMUNITY CHOIR

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

### PRUDHOE COMMUNITY ALLOTMENT

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

### ST MARY MAGDALENE

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

### COFFEE & CHAT

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

### LITTLE TREASURES

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

### PRUDHOE NETBALL CLUBS

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

### WALKING NETBALL

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

### CHRYSLIS 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 held every 1st and 3rd Tues afternoon of the month.  
Place: St Oswin's Church Hall, Wylam  
Organiser: 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](http://prudhoecommunityband.co.uk)  
Place: Highfield School, Prudhoe  
Organiser: Prudhoe Community Band  
[prudhoecommunityband@gmail.com](mailto:prudhoecommunityband@gmail.com)  
**HERE TO HEAR DROP-IN**

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

### ARMY CADET FORCE

Armys youth organisation for 12-18yr olds. We offer DofE, Btech, first aid, life skills, make friends, represent your Detachment, company, region and country at lots of sports.  
Place: Swalwell avenue prudhoe.  
Organiser: Northumbria army cadet force. Nation acf website

### BEREAVEMENT CAFE

We host a fortnightly coffee morning in a safe and comforting space. Come along and share a cup of tea or coffee in the company of others who understand. All welcome. Drop in 10am - 12pm 2nd and 4th Thursday.  
Place: Prudhoe Methodist Church  
Organiser: Tynedale Hospice  
01434 600 384



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Prudhoe Community Partnership  
present...

Sat 15 July 2023 – 12noon – 10.30pm

## Music by the Riverside

Prudhoe Riverside Park Amphitheatre

All day event from  
12noon - 10:30pm  
Performers include...  
Local Bands, Choirs,  
Singers and Musicians

Free event for all ages

Please bring a picnic, rugs, chairs and blankets  
Stalls from some local food and drinks providers  
Community stalls will also be available  
Toilets provided on-site  
This is a FREE event - but donations are welcome

Sponsored by the Prudhoe Community Partnership,  
Northumberland County Council (Community Chest), Cllr Angie Scott,  
Thompsons of Prudhoe, Essity and a number of Anonymous donors.

## Prudhoe Arts Festival 2023

We are delighted to announce the lineup  
of artists taking part in Music by the  
Riverside 2023

Prudhoe Community Band  
Tyne Valley Big Band  
Dragon Tale Theatre Group  
Northern Stars Dance Academy  
Rock Choir  
Prudhoe Gleemen  
Tom Cantwell and Caroline Guirr  
Prudhoe Community Choir  
Cherry Pickers  
Shotley Singers  
Wild Women of Wylam  
Jet Lag  
Whistle Testers  
Calum Tordoff  
Heartbeat

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Participants might  
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YOUTH THEATRE

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Our groups run in term time and are Pay What You Can.

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



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# Dog friendly things to do in Northumberland

Do you love a dog friendly break, or can't bring yourself to leave your four legged friend at home? Then look no further, as we have rounded up some of the best dog friendly attractions in Northumberland so you can have a fantastic day out with your dog.

## FORD AND ETAL ESTATES

Ford and Etal is an excellent option for taking your dog on a day out in Northumberland. Nestled in the valley of the River Till, Ford and Etal Estates and the hamlet of Heatherslaw which lies in between are surrounded by staggering walking routes great for getting the dog out for a long walk. In the estate itself, there are a number of dog friendly attractions to make the most of such as Lady Waterford Hall, Etal Castle and Hay Farm Heavy Horse Centre. Dogs are even allowed on Heatherslaw Light Railway, the steam train that offers a great way of getting between the three villages.

## WALLINGTON NATIONAL TRUST

Wallington Hall is the perfect place to walk your pooch, as although dogs aren't allowed in the house itself, they are welcome year-round in the stunning surrounding landscapes there. The historical property has miles of woodland walks to explore and a picturesque walled garden to stroll, and well behaved dogs are allowed in almost all outdoor areas including the surrounding woodland, along the river and farm routes and in the walled garden.

## KIELDER FOREST

Another fantastic dog friendly day out in Northumberland is a trip to Kielder Water and Forest Park. Kielder Forest is dog friendly throughout and there are so many sights, viewpoints and wildlife for you and the dog to enjoy en-route. Wonderful, waterside routes can be enjoyed along Kielder Reservoir, the biggest man-made lake in Northern Europe, and fantastic outdoor architecture structures are scattered throughout the forest just waiting to be admired and explored.

## BAMBURGH CASTLE

Treat your dog like royalty on a day at Bamburgh Castle as the grounds and Victorian Stables are completely dog friendly. The views from Bamburgh Castle's grounds are second to none, as it offers an exceptional viewpoint for Bamburgh Beach and the everlasting Northumberland coastline stretching out into the distance. While you're in Bamburgh, it's worth exploring the village and stopping for a coffee in one of the dog friendly cafes, and head to the beach for a windswept walk.

## CRAGSIDE HOUSE AND GARDENS

Cragside House and Gardens is another spectacular dog friendly attraction that is not to be missed. Surrounded by acres of incredible landscapes, you can enjoy woodland, trickling streams and beautiful fauna while you explore. Dogs are not allowed inside the house itself, but are welcome in all parts of the estate, including the grounds, gardens, shop and tea rooms, where you can pick up a pot of doggy ice cream! Dogs must remain on leads at all times to protect the wildlife and for dog safety as there are steep drops and crags at Cragside.

## COASTAL CASTLES

Northumberland's coastal castles are great for a day out with the dog in Northumberland as many of them sit along the Northumberland coast path, a perfect dog walking route. Warkworth Castle, Lindisfarne Castle and Dunstanburgh Castle all welcome dogs into their grounds, so you can delve into Northumberland's history and admire our romantic ruins. As always, do be mindful of the coastal wildlife when walking your dog and follow local signage regarding lead walking and other potential guidance.



## FARNE ISLANDS BOAT TRIPS

Take your dog out on a boat trip to The Farne Islands with Billy Shiel or Serenity Boat Tours, where well behaved dogs are welcome on board to admire the grey seals, puffins and sometimes even dolphins that can be seen from the boat. There are unfortunately no landings on the Farne Islands at the moment as the seabird colony was sadly devastated by bird flu last year. Nonetheless, seeing them from the comfort of the boat is a fantastic experience and you should be sure to explore Seahouses after your trip.

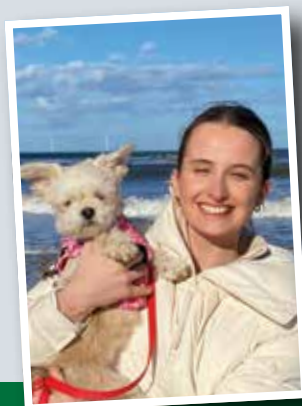
## HERITAGE WALKS

Relax and don't worry about the route on a guided walk with Heritage Walks, who welcome dogs on their Northumberland routes. Ranging from the Pilgrim's Path over to incredible Holy Island, to the fascinating Yeavering Bell in Northumberland's countryside, there are a number of routes to choose from that your dog will absolutely love.

## BEACHES

Northumberland's beaches make for excellent dog walking routes, as most of them welcome well behaved dogs throughout the year. Staggering Druridge Bay and beautiful Budle Bay are just a couple of examples of pristine, dog-friendly beaches. There is a summer restriction for breeding shorebirds in the middle of Beadnell Bay, so make sure to observe signs and put your dog on a lead before you reach the site. Outside the AONB, there are restrictions at Blyth and Newbiggin, so again be sure to follow local signage. Please also take a look at the AONB's guidance to bringing your dog to the coast.

So, now you are fully prepared to explore Northumberland with your dog, enjoy a dog friendly day out in Northumberland without worrying about whether your dog is welcome. Remember to always follow local signage and guidance in regards to exploring with your dog.



*Jenni Meikle*

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

*Photography: Till Fishing*



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

### STOCKSFIELD COMMUNITY CENTRE

Entries for the Blooming Doorsteps Competition are now closed. Judges will be coming round in next few days to assess entries. Our autumn/winter series of monthly talks (3rd Tuesday) on topics relating to plants and gardening resumes in October. Place: Stocksfield Community Centre  
Organiser: Sue Sinclair  
[stocksfieldpg@gmail.com](mailto:stocksfieldpg@gmail.com)

### STOCKSFIELD COMMUNITY CENTRE

We have a wide range of events and activities available. For more detailed information please visit our website at [www.stocksfieldca.org.uk](http://www.stocksfieldca.org.uk) or contact us on the details below.  
Place: SCA, Mount View Terrace  
Organiser: Terri Anne  
[admin@stocksfieldca.org.uk](mailto:admin@stocksfieldca.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.  
Place: SICA, Stocksfield  
Organiser: Lorraine Dickinson  
[loidickinson@aol.com](mailto: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  
Place: Stocksfield Community Centre  
Organiser: Anne Davison.  
07754156099

### STOCKSFIELD BAPTIST CHURCH

We are a warm, welcoming and informal church that meets every Sunday 10am - 11.30am. All are

welcome, wherever you are on your faith journey. For all events see [Stocksfieldbaptistchurch.net](http://Stocksfieldbaptistchurch.net).

Organiser: Kevin Frost  
Place: Stocksfield Baptist Church  
[enquiriesstocksfieldbc@gmail.com](mailto:enquiriesstocksfieldbc@gmail.com)

### STOCKSFIELD TENNIS CLUB

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

### STAY AND PLAY

A toddler group run by volunteers from Stocksfield Baptist Church for children from birth to starting school and their carers. It runs every Tuesday (term time) from 10-11.30am. A variety of activities are provided in a relaxed and informal setting.  
Place: Stocksfield Baptist Church  
Organiser: Lynda Telford  
Facebook: [www.stocksfieldbaptistchurch.net](http://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. Monthly block booking savers available  
Place: Stocksfield SICA  
Organiser: Pam Snowball  
07794459268

### STOCKSFIELD ANGLICAN CHURCHES

For information on services at,

and contacts for Bywell St Peter's, Stocksfield St John's and Mickley St George's, please visit our website at [www.stocksfieldchurchofengland.org](http://www.stocksfieldchurchofengland.org)

Place: Stocksfield  
Organiser: Rev. Dr. Pat Moran, Vicar  
[www.stocksfieldchurchofengland.org](http://www.stocksfieldchurchofengland.org)

### HATHA & SOMATIC BASED YOGA

Hatha/Somatic yoga practice, breathing practices and relaxation. Wednesdays 9.30am-11am, booking is essential. Contact Rose for more information and to book your place.  
Place: St. John's Church Hall  
Organiser: Rose Romani.  
07515 107 774

### ST JAMES CHURCH

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

### ART GROUP

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

### SPINNERS/WEAVERS/DYERS

Tynedale Guild of Weavers, Spinners & Dyers meets 3rd Sat. of every month 10am-4pm. Visitors & new members very welcome if you would like to try your hand at these mindful textile crafts. Programme available at [www.wsd.org.uk/guilds/tynedale](http://www.wsd.org.uk/guilds/tynedale)

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

### RIDING MILL PARISH HALL

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

### RIDING MILL MILLENNIUM HALL

Regular events throughout the week. For bookings and enquiries please email us or ring Suzanne on 07587 068210.  
Place: Riding Mill Millennium Hall  
Organiser: Suzanne Barker  
[Suzanne.barkerrmvht@btinternet.com](mailto:Suzanne.barkerrmvht@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.  
Place: Millennium Hall  
Organiser: Rose. 07515107774

### ART CLUB

A friendly self guided group with occasional guest artist, meet on the 1st and 3rd Wednesday at 7-9pm. Visitors and new members very welcome.  
Place: Millennium Hall  
Organiser: Janet. 01434 682478

### MATTERS AND CRAFTERS

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

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You can do so by ringing our office on: **01661 844456**  
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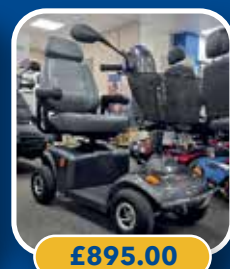
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# Heading into Summer whilst thinking about Christmas?

## GO LOCAL FOOD

May passed in a rush with the long-wet March and April quickly becoming a distant memory and as Jala (one of GO Local Food's Horticulturalists) noted "... all at once it felt like the real beginning of everything ... the list of tasks grew, fast, along with the weeds."

May also saw the beginning of tunnel transformation, "saying goodbye to our wintry leafy tunnel of chard and spinach, which has nourished us so well (though members

were probably glad to know the end of extreme gluts was in sight) and welcoming summery favourites, tomatoes and cucumbers."

"We've been wildlife friendly during tunnel turnaround - leaving any crops that have started flowering in place until new plants are ready to go into the beds. It was nice to let some of the spicy mustard salads go to flower and watch the pollinators enjoy and rest amongst them."

And whilst all that was happening some great workshops; Evening Birdsong, Foraging, Composting and Soil Health, took place.

Then along came June and my visit to the Ovington fields on the first Friday harvest of June. The indoor salad new potatoes were ready to be shared and Ian was busy wheelbarrowing the ripe potatoes from the polytunnels to the composting bays to be emptied. "This feels like the beginning of summer" Ian glowed as each of the recycled plastic pots was tipped upside down, and with a shake of the dry soil through his fingers the ripe golden new potatoes were revealed. The harvest, planted last February in the polytunnels has been a real success this year. Missing the frosts, the potato yield has been really positive.

Ian refers to this valuable crop as 'white gold' and his recommendation for enjoying newly harvested potatoes is:

"Wash the potatoes and warm them through until just soft (steaming is best). While they are cooking finely chop a green onion and make a homemade mayonnaise. When the potatoes are just soft enough crush gently then fold in the chopped onion. Allow to cool a little then fold in the mayonnaise, there is nothing more delicious at this time of year."

The fields and polytunnels were looking spectacular, so green and lush with such notable differences in growth since my last visit in May. There was such an abundance of colour with many flowering wild plants and a diversity of insects buzzing freely. There seemed to be many more swallows and swifts gliding above capturing their feasts, with a blackbird and robin merrily chirping.

Although the temperature that day must have been over 20 degrees the cool evenings have offered up challenges to the growers. "With it being hot in the day then down to 2 or 3 degrees at night. We've had chard and spinach in beds for six weeks and they've hardly grown, in contrast, the tunnel crops". Sue, John and Anne, the harvesting work shares were busy in the polytunnels picking the last of the chard. "... next week more tomatoes peppers cucumbers and French beans will have taken their place in the polytunnels. The high temperatures and dry weather are starting to



affect the overwintered onions, causing some to bolt to seed. This is not a huge problem as they'll be included in the crop share as green onions".

As we walked around the outdoor fields Ian explained that now is the right time to sow the Christmas vegetables, particularly the brassicas such as sprouts, kale, cauliflower, and red cabbages. "While the sun is blazing away, and we are kept on our toes keeping the young plants watered our thoughts turn to sowing the winter crops. On top of that we need to keep the successional sowings on track such as radish, lettuce, turnips, and beetroot". It has become very clear that successful growing on any scale requires considerable planning, months in advance.

Friday is also the beginning of the weekly crop share routine for members. All harvested crops are weighed and divided by the weekly tally of members. The allocation of shares between three sizes; small, medium, and large is recorded on a whiteboard. Members visit the fields anytime from Friday afternoon to Monday morning - the earlier the tastier the vegetables! - to weigh their own share, whilst sharing stories of slugs, recipes, and recent escapades, checking shelves for new products, and refilling their washing-up bottle... a very social occasion.

The horticulturalists have also found time to play with some shiny new tools - designed to be timesaving and to support gardeners and "allotmenters" who may be less mobile than they once were. A demonstration workshop offering participants the chance to 'have a go' will be taking place as this copy goes to print. There's always something happening on those fields! And you can now catch up with us at Hexham Farmers Market, at the end of each month. The next market date is 24th June.



David Murray

David Murray  
Go Local Food Field Reporter  
[www.golocalfood.org.uk](http://www.golocalfood.org.uk)

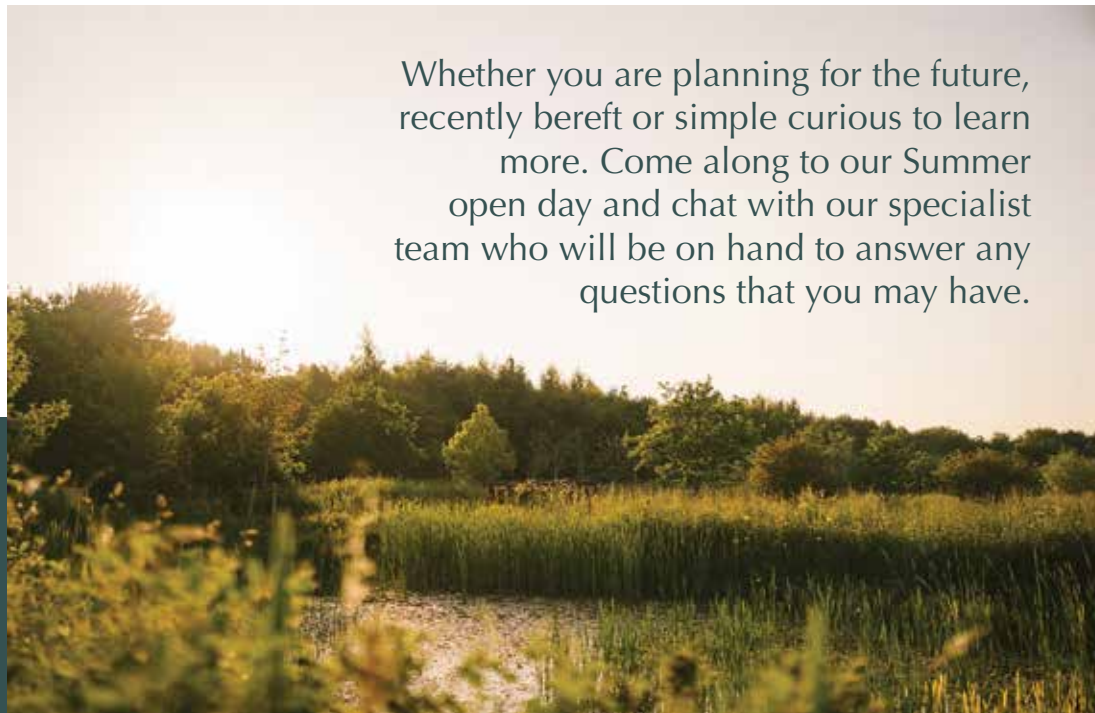


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### CORBRIDGE PARISH HALL

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

### CHILDREN'S NURSERY

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

### CORBRIDGE PRESCHOOL CIC

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

### CORBRIDGE PARENT AND TODDLER GROUP

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

### ST ANDREW'S CHURCH

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

### SCOTTISH DANCING

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

### TYNEDALE CHESS CLUB

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

### CORBRIDGE INDOOR MARKET

Our monthly indoor markets are held one Saturday a month in Corbridge Parish Hall. We have lots of fantastic local traders with high quality products. For full details find us on Facebook or at [www.chevent.co.uk](http://www.chevent.co.uk)  
Place: Corbridge Parish Hall  
Organiser: 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. Place: Corbridge Parish Hall  
Organiser: Gil Dye  
email: gildye6@gmail.com

### ZUMBA KIDS & JUNIORS

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

### ZUMBINI (0 TO 4 YEARS)

The Zumbini® program incorporates best practices for an early childhood musical curriculum and movement program. We will sing, dance and play together providing opportunities for your child to develop fine and gross motor skills, musical awareness, cognitive, emotional, social skills. Place: Corbridge Parish Hall  
Organiser: Shelly Dronfield  
Shelly.dronfield@gmail.com

### HADRIAN'S WALL ROTARY CLUB

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

### ELVASTON BOWLS CLUB

Ever thought of lawn bowls. Great fun for mind and body. Play at a private club, on a lovely green. Make new friends. Only one fee allows access all year. Give it a go at one of our coaching sessions or just contact me. Place: Hexham Elvaston Bowling Club  
Organiser: Mark Terry.  
01434 682910

### HEXHAMSHIRE WI

1st Wed in month at Whitley Chapel

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

### CREATIVE WRITING

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

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

### HEXHAM TENNIS CLUB, TYNEDALE

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

### WARDEN IN HEXHAM WOMENS INSTITUTE

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

### HEXHAM AND DISTRICT FLOWER CLUB

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

### FAMILY CEILIDH - DANCE SCOTTISH

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

### TYNEDALE LIONS CLUB

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

### HEXHAM ART CLUB

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

### TYNEDALE COMMUNITY CHOIR

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

### MORRIS DANCING CLASSES

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

### MACULAR SOCIETY

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

### ARTVENTURERS

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

### HEXHAM PROBUS CLUB

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

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## NORTHUMBERLAND CANCER SUPPORT GROUP

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

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

**New members always welcome!**

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

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

*Remember we are here for you.*

**To get in touch...**

**[info@northumberlandcancersupportgroup.co.uk](mailto:info@northumberlandcancersupportgroup.co.uk)  
or ring – 07598 620599**

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

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

*All Welcome!*

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

Charity number 519373

**[www.northumberlandcancersupportgroup.co.uk](http://www.northumberlandcancersupportgroup.co.uk)**

### TYNEDALE ROTARY

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

### CHRYSLIS CLUB TYNEDALE

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

Place: Dene Park, Corbridge Road, Hexham  
Organiser: Chrysalis Club  
[info@chrysalisclub.org.uk](mailto:info@chrysalisclub.org.uk)

### ACTIVE NORTHUMBERLAND

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

Place: Northumberland  
Organiser: Lorraine.  
01670622368

### HEXHAM LIBRARY

Library is open for time limited browsing and prebooked PC access. We are operating amended hours so please check website before visiting [www.mylibrary.co.uk](http://www.mylibrary.co.uk)  
Place: Hexham Library  
Organiser: Fiona Corbett  
[hexham.library@northumberland.gov.uk](mailto: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.  
Place: Hexham Community Centre  
Organiser: Alan McKendrick  
[secretaryHBC@btinternet.com](mailto:secretaryHBC@btinternet.com)

### FAMILY HISTORY BRANCH

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

### JIVE ALIVE

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

Organiser: Sheelagh  
07712108685

### HEXHAM TOWN WI

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

### HEXHAM RAMBLERS

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

### TYNEDALE ARCHERS

We are a friendly community archery club based in Tynedale (Hexham and Haydon Bridge) in Northumberland. We meet in Hexham and all details are on our website [www.tynedalearchers.co.uk](http://www.tynedalearchers.co.uk)  
Place: Hexham  
Organiser: 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](http://www.u3asites.org.uk/tynedale) or join our Facebook group. More than 50 interest groups organise their own activities.  
Place: Hexham Abbey Great Hall  
Organiser: Tynedale u3a  
[tyneu3apublicity@gmail.com](mailto:tyneu3apublicity@gmail.com)

### HEXHAM ARMY CADETS

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

### HEXHAM ROTARY

Hexham Rotary is very welcoming group of men and women of all ages who meet up, do volunteer work, raise money for charities and have an extensive events calendar. Give us a try you will find something that floats your boat.

Place: Hexham  
Organiser: Brian Massey  
01434 603827

### HEXHAM MALE VOICE CHOIR

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

### MUSIC AND MOVEMENT FOR PRE SCHOOL CHILDREN

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

### HEXHAM AND DISTRICT PHOTOGRAPHIC SOCIETY

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

### LITTLE OAKS NURSERY

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

### NATIONAL TRUST TYNE VALLEY ASSOCIATION

Our Association does not meet in July and August, but will start a new season on 18th September 2023. Membership is £18 for a single and £25 for a couple. Guests are welcome for 2 meetings free of charge.  
Place: Great Hall, Hexham Abbey  
Organiser: Jackie Wood  
[jackie.wood@gmx.co.uk](mailto:jackie.wood@gmx.co.uk)

### MESSY CHURCH

Messy Church at Hexham Community Church, Beaumont Street. We've restarted and now meet on the second Sunday of every month, 10.30am to 12.30pm. Crafts, activities and songs for all ages - and a free lunch! We'd love to see you!  
Place: Hexham, Beaumont Street  
Organiser: Church Office  
01434 601113

### HEXHAM BEACON CLUB

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

Place: Trinity Methodist Hall  
Organiser: Mel Wall. 07568 451241

### HEXHAM INDOOR MARKET

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

Place: Hexham Abbey  
Organiser: 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!

Place: E.T Fitness and Therapy  
Organiser: Simon  
[phoenixmartialarts@hotmail.co.uk](mailto:phoenixmartialarts@hotmail.co.uk)

### HEXHAM HIGHLIGHTS NETBALL

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

### TYNEDALE ARCHERS

A friendly community archery club based in West Northumberland and affiliated to the Grand National Archery Society (Archery GB). Our members are all ages from 8yrs upwards, from beginners to experienced archers using Recurve, Barebow, Longbow and other traditional bows.  
Place: Hexham/Haydon Bridge  
Organiser: John Hope  
[tynedalearchers@yahoo.co.uk](mailto: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.  
Place: West End Methodist Church  
Organiser: Hexham Brass  
[info@hexhambrass.co.uk](mailto: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.  
Place: Cricket Club premises, Eilansgate Hexham.  
Organiser: 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](mailto:gongsonguk@gmail.com) or visit our website: [www.gongsong.co.uk/who-are-we-1](http://www.gongsong.co.uk/who-are-we-1)  
Place: Hexham Abbey  
Organiser: Gong Song  
Email: [gongsonguk@gmail.com](mailto:gongsonguk@gmail.com)

### BEREAVEMENT CAFE

We host a fortnightly coffee morning in a safe and comforting space. Come along and share a cup of tea or coffee in the company of others who understand. All welcome. Drop in 10am - 12pm first and third Thursday.  
Place: Hexham Community Centre  
Organiser: Tynedale Hospice  
01434 600 384

### ROYAL BRITISH LEGION

We will be visiting businesses in the coming weeks to see if they will support this year's Remembrance and collating contacts for all local groups regarding wreaths etc. Please get in contact if you are willing to support the charity.  
Place: Remembrance 2023  
Organiser: Sean Ferguson  
[eangferguson@yahoo.co.uk](mailto:eangferguson@yahoo.co.uk)



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# Is your gut linked to your mood?

The human microbiome is an incredibly complex and fascinating area of research that has the potential to revolutionise our understanding of human health. With trillions of microorganisms living in and on our bodies, the microbiome is a diverse ecosystem that plays a critical role in many aspects of human health, including digestion, immune function, and even mental health.

The development of the microbiome starts even before birth, as bacterial colonisation of the gut can begin in the womb. Recent studies have shown that the placenta is not a sterile environment as previously thought, and bacterial colonisation of the foetus can occur. Factors such as maternal diet, stress levels, and antibiotic use during pregnancy can influence the composition of the microbiome in both the mother and the new-born.

Once the baby is born, the mode of delivery is one of the most significant factors influencing the development of the microbiome. During vaginal birth, the baby is exposed to bacteria from the mother's birth canal, leading to the initial colonisation of the gut with beneficial bacteria. This initial colonization can have a long-lasting impact on the composition of the microbiome. In contrast, babies born by C section may miss out on this initial colonization, leading to a different composition of the microbiome.

Breastfeeding is another critical factor that can influence the development of the microbiome. Breast milk contains a range of prebiotic compounds that can promote the growth of beneficial bacteria in the gut, leading to a healthier microbiome. Studies have shown that breastfeeding can reduce the risk of various health conditions, including allergies, asthma, and obesity, and may even impact long-term health outcomes.

As the baby grows and develops, the diet becomes a critical factor influencing the microbiome. A diet rich in whole foods, including fruits and vegetables can promote the growth of beneficial bacteria in the gut. Prebiotic and probiotic foods can also support the growth of beneficial bacteria. In contrast, a diet high in processed foods and sugar can promote the growth of harmful bacteria in the gut.

But the microbiome is not just affected by what we eat. Environmental factors can also play a significant role in the development of the microbiome.

Exposure to toxins, medications (especially antibiotics) and pollutants can alter the composition of the microbiome and potentially increase the risk of health problems. On the other hand, exposure to natural environments, such as forests and green spaces, has been shown to promote the growth of beneficial bacteria in the gut.

The importance of the microbiome goes beyond just physical health. Recent research has linked the gut microbiome to mental health, suggesting that the gut-brain axis plays a critical role in regulating mood and behaviour. The microbiome produces neurotransmitters and other molecules that can affect brain function and influence mental health, making it an exciting area of research for the treatment of mental health problems.

For example, studies have linked the microbiome to anxiety, depression, and other mental health disorders. A study conducted on mice found that when the mice were given antibiotics to disrupt their gut microbiome, they

displayed symptoms of anxiety and depression. In contrast, when the mice were given probiotics to restore their microbiome, their symptoms improved.

Similarly, studies have shown that certain strains of bacteria in the gut can produce neurotransmitters that can affect brain function. For example, *Lactobacillus* and *Bifidobacterium* have been shown to produce GABA, a neurotransmitter that has a calming effect on the brain. This suggests that by promoting the growth of these beneficial bacteria in the gut, we may be able to support better mental health.



The potential impact of the microbiome on mental health is a promising area of research, and it has the potential to lead to new treatments for various mental health disorders. By understanding how the gut microbiome impacts the brain, researchers can develop new therapies and treatments that target the microbiome to improve mental health outcomes.

In conclusion, the microbiome is a complex and fascinating ecosystem that plays a critical role in human health. By taking care of our microbiome through healthy lifestyle choices, we can support our overall health and well-being and potentially reduce the risk of various health problems. For a more personalised look at your health, a visit to a health professional is always advised, and a holistic view essential.

**Yours in abundant health,**



*Belinda Ambrose*

**Belinda Ambrose**  
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call Erica on 01434 724035/07419 740 871 (Acomb)

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

### BELSAY HALL CROQUET CLUB

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

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

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

### PONTELAND HEALTH WALKS

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

### PONTELAND VILLAGE WI

A town crier will be addressing the meeting on Tuesday, July 11, at 7.30pm. No meeting in August. If like to give us a try, send us an email or look for Ponteland Village WI on Facebook.  
Place: St Mary's Parish Centre  
Organiser: Jeni  
[pontelandvillagewi@hotmail.com](mailto:pontelandvillagewi@hotmail.com)

### CREATIVE WRITING

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

### PONTELAND BADMINTON GROUP

Adults Tue. 12:30-13:30 & 19-20:30. Juniors Mon. 16-17:00, Thu. 17-18:00 & Sat. 10-11:30. Also Adults Fri. 10-11:00 @ Pont. Comm. Prim. School.

Walbottle BClub Mons 19-21:00 all new players welcome  
Place: Ponteland Leisure Centre  
Organiser: Phil Hall. 078100 84153

### PONTELAND LADIES CHOIR

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

### PONTELAND LOCAL HISTORY SOCIETY

Meeting held at St Mary's church hall, Thornhill Rd, Ponteland at 7.30pm Regular talk programmes Annual membership Single £8 – Couple £10 – Visitor £2. More details get in touch  
Place: St Mary's  
Organiser: Anne Kelway. 01661820396

### PONTELAND SENIOR GENTLEMANS CLUB

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

### PONTELAND FRIENDLY STITCHERS

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

### FRIENDS OF KIRKLEY HALL

Adam Greenwold will speak about hardy herbaceous perennials, alpine and shrubs tolerant of conditions in the North Sea coast. He will provide expert information and answer questions. Wednesday 12 July, StartS 2pm with tea/coffee. All welcome. Cost £3 for non-members.  
Place: Kirkley Hall, Ponteland  
Organiser: Enid Saint  
07582711873

### TAI CHI IN PONTELAND

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

Organiser: Steve Oliver. 07989171701

### ROTARY CLUB OF PONTELAND

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

### RAF AIR CADETS

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

### METHODIST CHURCH

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

### PONTELAND U3A

Meetings are on the first Wednesday of each month at 2pm. Our next talks are: 5th July – Happy Days Digging up Northumberland's Past by Barry Mead. 2nd August – Performance Poet & Comedian – David Roe. For enquiries please call 01661 824953  
Place: St Mary's Parish Centre  
Organiser: John Hewett  
[john.hewett@tiscali.co.uk](mailto:john.hewett@tiscali.co.uk)

### WALKING SCOTTISH DANCE!

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

### SEIKEN RYU KARATE CLASSES

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

Organiser: Steve Reed  
07456 657308

### PONTELAND WILDLIFE GROUP

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

### PONTELAND WI

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

### PONTELAND UKULELE BAND

We are a group of friendly, mixed ability ukulele players. We meet every Tuesday at Ponteland CIU club from 1pm to 3pm to sing and play various music styles. New members are very welcome, come and join us.  
Place: Ponteland CIU club  
Organiser: Alan Atkinson  
[aatkinson13@talk21.com](mailto: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.  
Place: CIU Club Ponteland  
Organiser: Vivien Jackson  
07467035013

### KNIT & NATTER

Knit & Natter group meet at Ponteland Library every Tuesday 1-3pm  
Place: Ponteland Library  
Organiser: Julie Ennis  
[julie.ennis@northumberland.gov.uk](mailto:julie.ennis@northumberland.gov.uk)

### BEREAVEMENT CAFE

We host a fortnightly coffee morning in a safe and comforting space. Come along and share a cup of tea or coffee in the company of others who understand. All welcome. Drop in 10am - 12pm first and third Wednesday.  
Place: Merton Hall, Ponteland  
Organiser: Tynedale Hospice  
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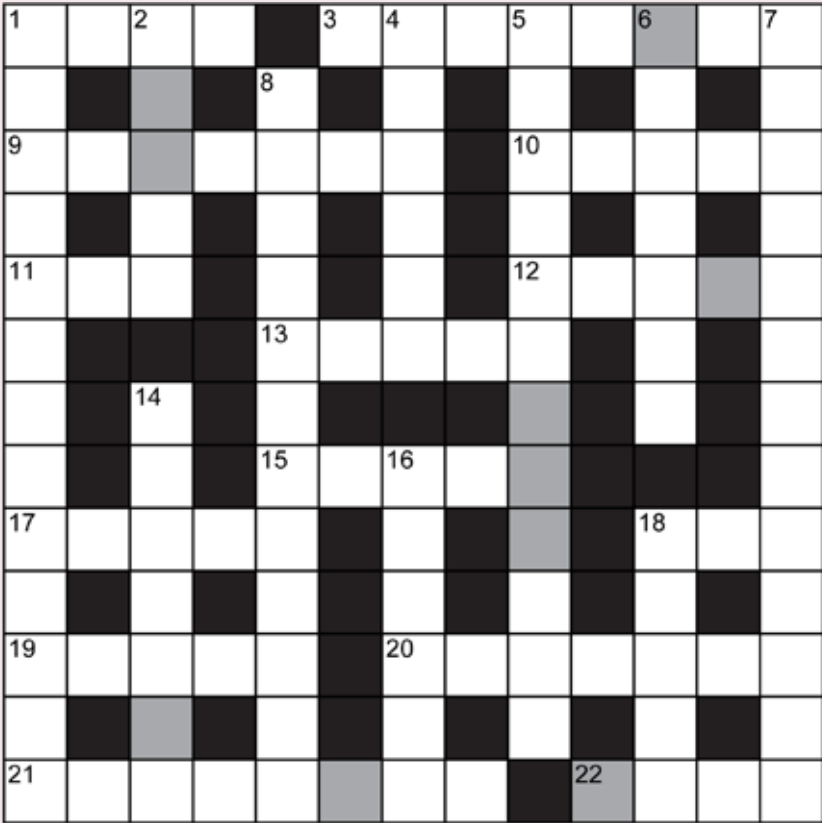
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**CROSSWORD** Unscramble the letters in the shaded squares to reveal a **THEMED WORD**

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

- Across**
  - 1 Salvage (4)
  - 3 Intensified (8)
  - 9 Disavowals; rebuttals (7)
  - 10 Peers (5)
  - 11 Quantity of money (3)
  - 12 Supply with; furnish (5)
  - 13 Spiked weapon (5)
  - 15 Red-chested bird (5)
  - 17 Prohibited by social custom (5)
  - 18 Hearing organ (3)
  - 19 Nationality of Oscar Wilde (5)
  - 20 Eg from Rome (7)
  - 21 Inconceivably large (8)
  - 22 This place (4)
- Down**
  - 1 Very funny (4-9)
  - 2 Snake toxin (5)
  - 4 Make certain of (6)
  - 5 Advantageous; superior (12)
  - 6 Bring up (7)
  - 7 Act of vanishing (13)
  - 8 Extremely harmful (12)
  - 14 One of the archangels (7)
  - 16 Minimal bathing suit (6)
  - 18 Select group of people (5)

F	S	S	S	T	S	U	G	U	A	G	G	P	D	E	AUGUST
C	X	Z	U	R	A	B	A	G	V	B	E	Y	I	M	BELLA ABZUG
S	G	Q	A	S	I	A	I	R	P	Q	O	T	S	P	DISCRIMINATION
U	S	E	Q	S	R	Q	O	O	U	E	U	E	C	L	EDUCATION
U	N	I	T	E	D	S	T	A	T	E	S	I	R	O	EMPLOYMENT
K	G	U	Z	B	A	A	L	L	E	B	P	C	I	Y	EQUAL RIGHTS
T	J	N	I	P	B	R	G	E	S	K	M	O	M	M	FEMINISM
O	T	H	A	L	I	T	E	Q	J	S	Q	S	I	E	HISTORICAL
O	X	R	E	G	A	R	F	F	U	S	L	A	N	N	MOVEMENT
T	K	E	H	A	M	O	V	E	M	E	N	T	A	T	RIGHT TO VOTE
S	H	T	Y	R	I	G	H	T	T	O	V	O	T	E	ROSA PARKS
R	S	L	A	C	I	R	O	T	S	I	H	C	I	A	SISTERHOOD
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F	E	M	I	N	I	S	M	E	K	H	R	C	N	T	SUFFRAGE
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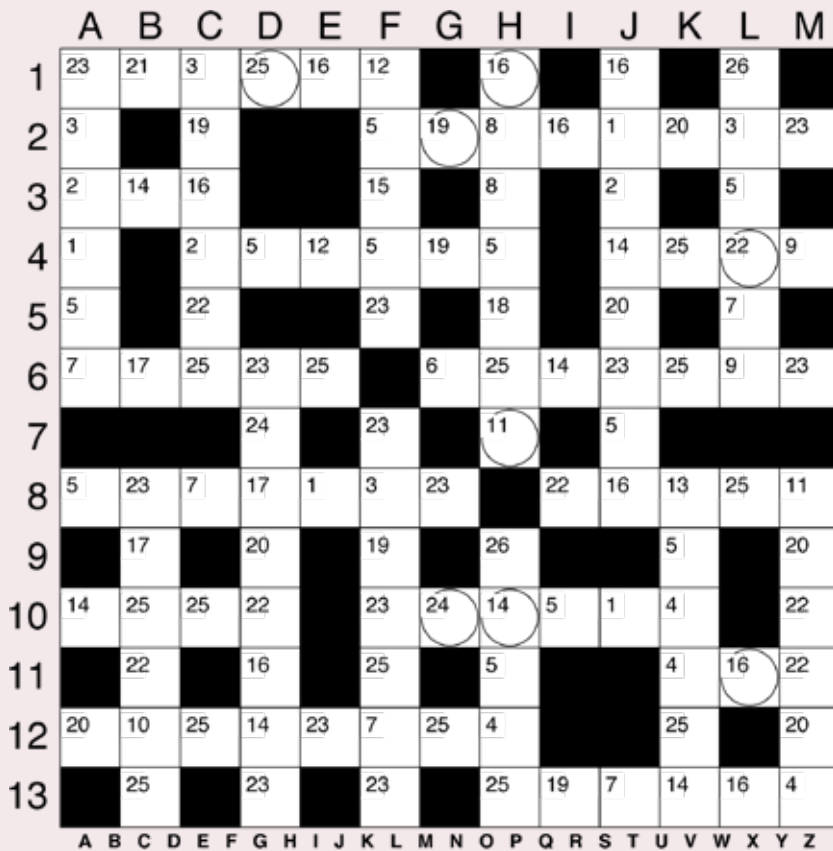
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## VOUCHERS

For double the chance to win £10 Costa Vouchers, Email the 'themed word' from the **CROSSWORD** and the 'themed answer' to the **CODEWORD** to: [puzzles@tynevalleyexpress.co.uk](mailto:puzzles@tynevalleyexpress.co.uk)

Winners will be chosen at random from the correct entries. Solutions will be available on our website from the next edition.



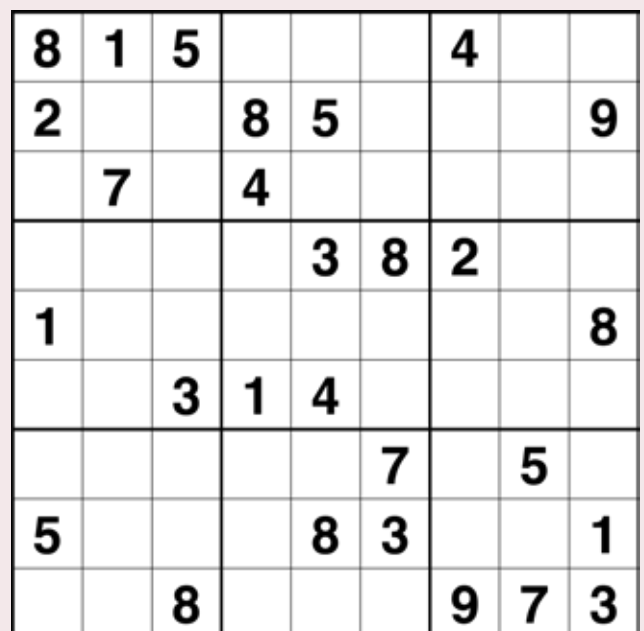
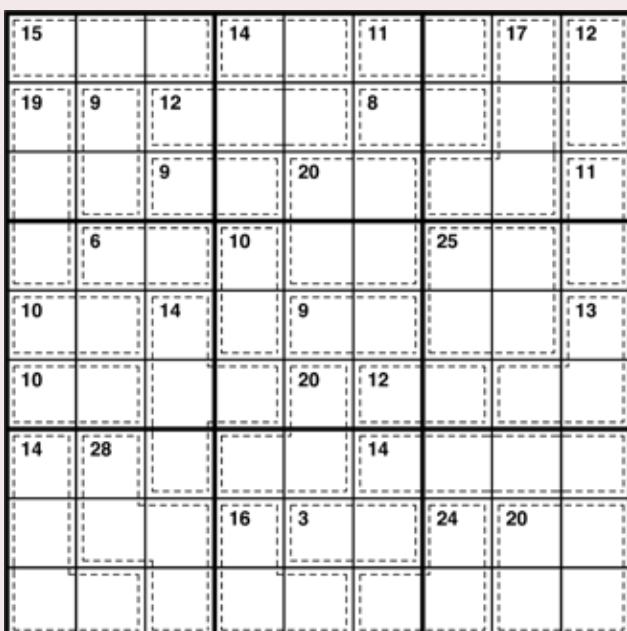
1	2	3	4	5	6	7	8	9	10	11	12	13
M				I								

14	15	16	17	18	19	20	21	22	23	24	25	26
												G

Enter the letter in each circled cell in the order given below to reveal a **CODEWORD THEMED ANSWER**

10G	1H	4L	1D	2G	7H	11L	10H



# A Woman's Work: A short history of women and coal in the Tyne Valley



Rachel Parsons must have laughed on hearing James Wignall proclaim that 'man must be the toiler and the woman must attend to her own duties' in the House of Commons in June 1919, during a debate about passing a law which limited opportunities for women to work. As a child, Parson assisted her father, Charles Parson, the inventor of the modern steam turbine, in his invention workshop in Wylam. As a teenager, she worked alongside female engineers, including her self-taught mother, at the C. A. Parson's and Co., turning coal into power through steam turbines. Aged 25 she was England's first woman to study mechanical sciences at Cambridge University, and by the outbreak of WWI, she was a director of Parson's company. In 1915, she volunteered to train thousands of women to work in Tyneside munition factories. Growing up around female workers in her parents' factory, building machinery that ran on coal from pit villages dependent on 'Women's labour, Parson understood, as much as any Tyneside woman, that a woman's duty was to toil.

Rachel was unusual for her time. Not because she was a toiler, but because she made it into the history books for being one.

History books would have us believe that until the last century, men did the hard labour. When we take a closer look at the history of coal in the Tyne Valley, we see that this isn't true.

## Women at the coal face

For two millennia, coal has been dug from the Tyne Valley. Until the Industrial Revolution, most mines were family-run. The women of a family, or women who lived on the family's land, worked in the mine. Generally, the work was divided so men did the jobs requiring the most strength, such as the hewing, and women and children would break up, wash, sort, and transport the coal, however, this wasn't always the case. One of the earliest written records of women mining in the UK is about women working underground in Winlaton in 1587 because there was simply a 'lack of men'. Everyone fit enough to help worked in the mine - although women got paid half as much!

## Women in the boardroom

Money and status did not stop women from toiling in the mining industry but meant that they did so without getting their hands dirty. Lady Jane Clavering, an impressive businesswoman, inherited several mines in Durham and Derwentside when her husband died in 1726. Along with her partner Lady Elizabeth Bowes (relation of the late Queen's mother) they, not only successfully managed the mines in Blaydon and Whickham, but they also oversaw the construction of wagon to transport coal to the Staiths along the Tyne Valley, where it was shipped to London. These wagonways transformed the industry and made Durham coalfields some of the most productive in the county.

Thanks to these innovations, there was less demand for labour, and women and children were not required down the mines long before it was outlawed in 1842. Formal employment opportunities for women in pit villages in the Tyne Valley were limited, however, the rigour of running a household in a mining community was a full-time job.

## Women in the home

Around 1750, toiling in the mines was replaced by toiling out of them. The 'domestic duties' for the women were gruelling. Whereas previously

the division of labour in households had been more even, once men started working shifts of up to 18 hours down the mines, women project-managed the household. Jobs involved managing finances, growing and preparing food, making, mending and cleaning clothes, scrubbing and furnishing the household. Jack Lawson, from Boldon Colliery, recalls the efforts his mother and elder sister endured: 'And how they worked! Clean! They rubbed and scrubbed, washed and dusted, from morning until night ... when the pit worked, the cleaning started again as soon as it ended ... When I grew to years of understanding I vowed that the wrestle and risk of the pit was infinitely preferable to life in that kitchen.' Even on top of this, women undertook informal employment to supplement the household income, working as farm labourers, making goods to sell at markets, and mending clothes. Some women did have jobs as servants, shopkeepers, seamstresses, and innkeepers, however, the unpaid labour of running a household took priority, especially after marriage. Women did whatever work was needed to keep their households afloat and were prepared to get political to achieve it.

## Women with beef.

In 1872, miners' wives in the North East sparked national protests about the cost of living, known as the 'Anti-Beef' agitations. In villages across the region, women met in numbers of up to 1500 to decide on a fair price for staples including meat, dairy and potatoes in their village. They then picketed butcher's shops, preventing anyone from buying products above this price. Committees were set up to go around the houses inspecting families' cooking pots on a Sunday to make sure there was no 'blackleg' meat. The women won - after less than 6 weeks, butchers lowered their prices, and everyone was able to afford to eat well again. At these meetings, women and men discussed better wages for men and female suffrage. Grassroots organising was the foundation on which the Votes for Women campaign was built.

As we can see, for the majority of the centuries in which coal has been dug in the Tyne Valley, women and men were both at the coal face. Even when women were no longer needed in mining, when we consider the breadth of the work women did to sustain mining communities, no one could argue that it wasn't toil. James Wignall was very out of touch with what 'women's own duties' really were.



Rachel  
Bourne

Rachel Bourne

Any comments or questions?

Please get in-touch

[bournehouserachel@gmail.com](mailto:bournehouserachel@gmail.com)



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

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

<b>Accountants</b> ..... Paul Axcell p08	<b>Florist</b> ..... WANTED	<b>Physiotherapy</b> ..... Hexham Physio p71
..... Graham Turner p18	<b>Funeral Directors / Plans</b> ..... Lowther p17	<b>Private Tuition</b> ..... WANTED
<b>Antiques</b> ..... WANTED	..... E. Peart p18	<b>Reclamation / Timber</b> ..... Prudhoe Timber p55
<b>Architects</b> ..... Blaydon Architects p07	..... All Seasons p39	<b>Restaurants / Pubs / Clubs</b> ..... WANTED
<b>Arts &amp; Photography</b> ..... Roy Frankland p40	..... Northumberland Woodland Burials p61	<b>Roofing</b> ..... Falcus Roofing p14
<b>Auctioneers</b> ..... Tyne Valley Auctions p67	<b>Furniture</b> ..... Furniture Clinic p34	..... L. Richardson Roofing p31
<b>Bakers / Catering</b> ..... WANTED	..... The Bed and Chair Centre p51	..... Elliott Spoons p41
<b>Banks</b> ..... WANTED	<b>Garden Centre</b> ..... WANTED	..... Sky Light Roofing Services p47
<b>Bathrooms</b> ..... Blaydon Bathrooms Express p11	<b>Garden Services</b> ..... Tyne Valley Landscapes p07	<b>Scaffolding</b> ..... WANTED
..... Hadrian Bathrooms p32	..... Terra Firma Ground Care p21	<b>Schools / Classes</b> ..... High School for Girls p30
<b>Bird Food</b> ..... Feed The Birds p57	..... Fencing North East p26	<b>Security</b> ..... WANTED
<b>Blinds</b> ..... Blinds Ryton p19	..... Double Green Care p32	<b>Sheds / Out Buildings</b> ..... Inside Out p21
..... Signature Window Shutters p33	<b>Garage Doors</b> ..... Garolla p24	<b>Shops / Retail</b> ..... Winlaton Handishop p13
<b>Builders</b> ..... Robin Building Services p18	..... Newcastle Garage Doors p23	<b>Skips / Waste Removal</b> ..... J&R Recycling p62
..... Watson Builders p22	<b>Garage Services</b> ..... WANTED	<b>Solicitor</b> ..... WANTED
<b>Business Support</b> ..... WANTED	<b>Gift Shop</b> ..... The Emporium p45	<b>Sports / Clubs</b> ..... Border Reiver Archers p45
<b>Café / Tea Room</b> ..... Buddies Tea Room p56	<b>Gold &amp; Silver</b> ..... NE Jewellery Exchange p22	..... Prudhoe Golf Club p54
<b>Car Services</b> ..... Handy Andy Carwash p49	<b>Groundworks / Paving</b> ..... BA Paving p30	<b>Storage</b> ..... Secure Container Storage p55
..... Plate Services p62	..... BL Paving p38	<b>Tattoo / Removal</b> ..... WANTED
<b>Care Homes / Assistance</b> ..... WANTED	<b>Hair / Beauty</b> ..... AB Aesthetics Ncl p17	<b>Taxi Service</b> ..... Ford Cabs p67
<b>Carpentry</b> ..... Dunham Fitted Furniture p65	<b>Handyman</b> ..... Handy-O p39	<b>Theatre / Cinema</b> ..... Mortal Fools p50
..... Nook Design p73	..... David Castonguay p57	<b>Tiler</b> ..... WANTED
<b>Carpet Cleaning</b> ..... IR Cleaning Services p53	<b>Health / Wellbeing</b> ..... WANTED	<b>Travel Agent</b> ..... WANTED
<b>Carpets / Flooring</b> ..... Karpet Mills p78	<b>Hearing</b> ..... Elizabeth Evans p03	<b>Tree Surgeon</b> ..... T.C Tree Services p35
..... Designer Flooring p79	..... Lisa Graham Hearing Care p65	..... Tyne Valley Woodlands p45
<b>Central Heating Services</b> ..... DMAC p08	<b>Hobbies / Collections</b> ..... Northern Stamps p22	<b>TV and Aerials</b> ..... WANTED
..... Appollo Gas Services p14	<b>Home Care</b> ..... Community Buddies p47	<b>Tyres</b> ..... WANTED
<b>Charity</b> ..... Journey Enterprise p69	<b>Home Improvement</b> ..... Invictus Interiors p07	<b>Vets</b> ..... WANTED
<b>Chimney Sweeps</b> ..... WANTED	..... Inside Transformations p09	<b>Website / Hosting</b> ..... Ridgetek Web Solutions p55
<b>Chiropractors</b> ..... Tyne Valley Foot Care p67	..... Simmer & Soak p14	<b>Wheelie Bin Cleaner</b> ..... WANTED
<b>Chiropractic</b> ..... WANTED	..... TC Home Improvements p29	<b>Windows / Doors</b> ..... Metal Services p02
<b>Churches</b> ..... WANTED	..... Access 4 Lofts p29	..... Fortify Locksmiths p19
<b>Cleaning (Inside)</b> ..... Polish Maids p23	..... CPM Property Maintenance p35	..... M B C Double Glazing Repairs p27
..... Inside Sparkle p25	..... Tyne Valley Restorations p63	..... In2Locks p56
..... Maid 2 Sparkle p30	<b>Housing Developments</b> ..... WANTED	<b>Window Cleaner</b> ..... WANTED
..... Double Green Care p32	<b>Interior Design</b> ..... Sandra Gallon Interiors p27	
<b>Cleaning (outside)</b> ..... Ramsay Cleaning p07	..... Foam Firm p58	
..... Jesmond Jet Clean p21	<b>Ironing</b> ..... The Iron Lady p67	
..... The Glean Team p63	<b>Jewellers</b> ..... WANTED	
<b>Coffee Shops</b> ..... Kathleen's Coffee p19	<b>Joiner</b> ..... Nook Design p11	
<b>Community</b> ..... Cancer Support Group p65	<b>Key Cutting</b> ..... WANTED	
..... Community Buddies Day Centre p57	<b>Kitchens</b> ..... Inside Transformations p09	
<b>Computers / IT</b> ..... WANTED	..... Dream Doors p42	
<b>Counselling</b> ..... WANTED	..... Dunham Fitted Furniture p65	
<b>Dancing</b> ..... WANTED	<b>Legal Services</b> ..... WANTED	
<b>Decorators</b> ..... Brian Hewison p13	<b>Libraries</b> ..... WANTED	
<b>Dentist</b> ..... Ponteland Dental Studio p73	<b>Locksmith</b> ..... Fortify Locksmiths p19	
<b>Driving Instructor</b> ..... WANTED	..... In2Locks p56	
<b>Dry Cleaning / Laundry</b> ..... WANTED	<b>Loft Conversion</b> ..... WANTED	
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..... Solar Battery Solutions p25	<b>Massage</b> ..... Total Health p32	
<b>Electrician</b> ..... Fultons Electrical Services p40	<b>Mobility</b> ..... Bewick Mobility p10	
<b>Entertainment</b> ..... Cirque Du Hilarious p15	..... Mobility Direct p59	
<b>Estate Agents</b> ..... Kirsty Hodgson p37	..... Acorn Stairlifts p67	
..... Goodfellows p80	<b>Motorhomes</b> ..... Motorhome Depot p16	
<b>Events</b> ..... Crawcrook Fair p25	<b>Music Classes</b> ..... WANTED	
..... North East Dog Festival p39	<b>Opticians</b> ..... Elizabeth Evans p03	
..... Prudhoe Arts Festival p50	<b>Oven Cleaning</b> ..... Oven Clean p26	
..... Music By The Riverside p50	<b>Outdoor Activities</b> ..... WANTED	
<b>Farm / Farm Shop</b> ..... Bays Leap Dairy p38	<b>Pet Services</b> ..... City Dogs Day Care p24	
..... N Acomb Farm Shop p58	<b>Plasterer</b> ..... WANTED	
<b>Financial Adviser</b> ..... Prism Financial Advice p05	<b>Plumber</b> ..... Appollo Gas Services p14	
<b>Fitness Trainer</b> ..... WANTED	..... Robin Building Services p18	

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