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Crawcrook Fair
Family Days Out
Alpine Plant Show
Intermittent Fasting
A Wilder Wallington
A History of Winlaton
Franchise Opportunity
Hexham Abbey Festival
Campervan Business For Sale
WIN – National Trust Family Pass
WIN – 2 x £10 Costa Vouchers
WIN – Rington's Tea Hamper



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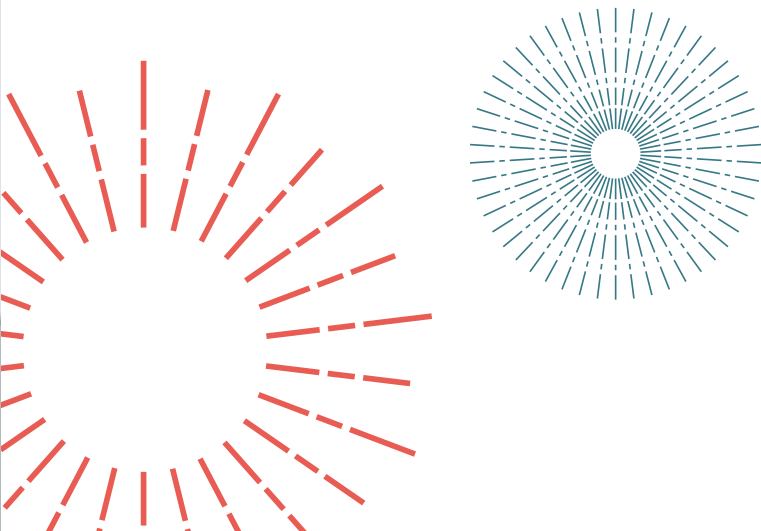
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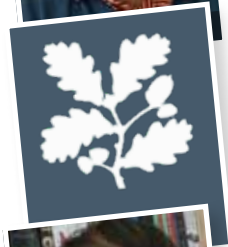
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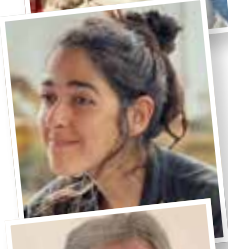
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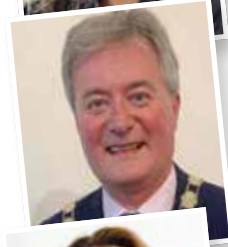
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Welcome to Issue 87

Another bumper magazine featuring 80 pages packed with articles, stories, competitions and a raft of local events.

In datal order, the Ad Murum choir will begin its new season 5th Sep at the Methodist Church in Heddon (p35), following Storm Antoni, the rescheduled Crawcrook Fair now takes place on 9th Sep (p24), the Hexham Abbey Festival of Music and Arts runs from 21st – 24th September (p67), there's the Barmoor Hub open day on 30th Sep (p17) and lastly, the Alpine Plant Fair and Show takes place at Hexham Mart on 7th Oct (p69). On top of our 200 What's On listings this issue, that's a lot to keep you busy this Autumn!

Feature wise, we have great articles from regular contributors Katie Pharoah, Roy Frankland, Derek Kennedy, Mario Innecco, Belinda Ambrose, The National Trust and Visit Northumberland. We also bring you the second piece from our A.I. writer Elizabeth Allen, who presents a fascinating look into the rich history of Winlaton on p12.

There are two fab new competitions starting with a chance to win a luxury Gold Gift Box from Rington's Tea below. There's also a chance to win a Family Day Pass for the National Trust on p37.

To celebrate this year's Halloween, we have a special double-page of puzzles in our Coffee Break on p75 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.

Lastly, there are job vacancies on p7 opposite, an interesting franchise opportunity on p9, volunteering places p58, and a successful Northeast Campervan business for sale on p71.

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

Stephen McHugh

Stephen and the Tyne Valley Team.

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Email: stephen@tynevalleyexpress.co.uk

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

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www.tynevalleyexpress.co.uk/competition



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Nick Gray qualified as a Hearing Aid Audiologist in 2007, passing the Hearing Aid Council exams with Merit. He has extensive experience in hearing tests and fitting hearing aids, having worked for some of the major hearing specialists. He is trained in and has been performing ear wax removal for over 8 years.

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ALL HERITAGE OPEN DAYS

Church open with displays from Winlaton Camera club and Blaydon and Winlaton History Society, Saturday 9th September 10am-4pm and Sunday 10th September 12-4pm. Refreshments. Place: St Cuthbert's Church
Organiser: Revd Diane Ryan
rev_dianeryan@btinternet.com

WINLATON ART CLUB

ANNUAL EXHIBITION AND PICTURE SALE Sat Sept 23rd and Sun Sept 24th. 10.00-4.00 at the Winlaton Community Centre. All pictures are original work by local artists (oils, acrylics, watercolours, pastels and pen/pencil drawings). Tea, coffee and sweet treats available. Place: Winlaton Community Centre
Organiser: Angela Elliott
angela.elliott1846@gmail.com

FLOWER CLUB

Flower arranging demonstrations, practical workshops, talks take place first Tuesday of each month except August at 7.30pm in St Anne's R C Church Hall, Winlaton. Visitors welcome £6 including refreshments. Place: St Anne's church hall Winlaton
Organiser: Pam Greenhill
01914132366

ST CUTHBERT'S CHURCH

All welcome to join us for Sunday services of Holy Communion at 10.15am. Lite Bite cafe Thursdays 11.15am-12.45pm. Get in touch to arrange baptisms or weddings, and for monthly Messy Church family sessions. Place: St Cuthbert's Church
Organiser: Revd Diane Ryan
rev_dianeryan@btinternet.com

ST ANNE'S RC CHURCH

St. Anne's Sunday Mass 9.00am. 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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Organiser: Anne Readshaw
01914145061

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

ST JOSEPH'S RC CHURCH

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

WINLATON LOCAL HISTORY SOCIETY

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

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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 WOLVES

Meets every Wednesday from 1-3.30pm in St Cuthbert's church hall, Shibdon Road, Blaydon. Only £2 per session with free tea/coffee and biscuit. No experience needed.
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

Worship every Sunday 10.45am everyone welcome. Monday needle craft 12.45-2.45pm. Tuesday 7.30pm Irish set dancing. Wednesday craft club 10-12/1-3pm. Cafe church 3rd Sunday month. Coffee morning 1st Saturday month.
Place: Lucy Street, Blaydon
Organiser: Rev Dave Charter
0191 460 6411

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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

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

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

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

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
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 always 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 or 0191 4336418
Place: Winlaton Library
Organiser: Anne Greener
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Place: Derwenthaugh Rd
Organiser: Gareth 07711798297

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arthurcoulson@hotmail.co.uk



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The Rich History of Winlaton

Nestled in the picturesque landscape of England's North East, the village of Winlaton stands as a testament to the passage of time and the resilience of a community deeply intertwined with history. With its origins dating back centuries, Winlaton's journey from a modest settlement to a vibrant village is a fascinating narrative that weaves together threads of industry, innovation, and the enduring spirit of its inhabitants.

Ancient Roots and Early Settlement:

The history of Winlaton can be traced back to ancient times, with evidence of human habitation in the area stretching back to the Roman era. The village's name is believed to have Old English origins, derived from "Win," meaning meadow, and "Latun," referring to a settlement. These etymological roots hint at the village's pastoral beginnings and its connection to the land.

As with many regions in England, Winlaton's early history is marked by the influence of various invading forces, including the Vikings. It is said that Winlaton was once part of the "King's Forest," where hunting and forestry were prominent activities. This historical context underlines the village's strategic location and its role in supplying resources to local powers.

Industrial Revolution and the Rise of Innovation:

Winlaton's trajectory took a pivotal turn with the onset of the Industrial Revolution. The abundant natural resources in the area, including coal and iron ore, became crucial factors in shaping the village's future. The growth of coal mining and iron production in the 18th century transformed

Winlaton into a hub of industry.

One of the most notable figures in Winlaton's history is Sir Ambrose Crowley, a visionary industrialist who played a significant role in the village's development. Crowley's innovative contributions to iron production and mining techniques elevated Winlaton's status in the industrial landscape. His efforts led to the establishment of ironworks in the area, attracting a workforce and triggering a period of rapid growth.

The Birth of Wrought Iron:

One of Winlaton's most enduring legacies is its association with the birth of the wrought iron industry. During the late 18th century, innovation was in the air, and the village was at the forefront of new techniques that would transform the world of iron production. It was in Winlaton that the famed industrialist Ambrose Crowley introduced the "Winlaton process" – a revolutionary method for producing wrought iron that involved the use of coal and coke.

This process marked a departure from traditional charcoal-based methods and revolutionised the iron industry. The Winlaton process allowed for the production of higher-quality iron, which was essential for the construction of machinery, railways, and infrastructure during the rapidly evolving Industrial Revolution. Winlaton's contribution to this pivotal moment in history cannot be overstated, as the village's innovations helped pave the way for the modern world.

Community and Resilience:

As Winlaton prospered, the community's character was shaped by the challenges and triumphs of the times. The village's residents, composed of both skilled workers and labourers, were bound together by a shared sense of purpose and a determination to improve their lives. This strong community spirit was evident in various aspects of daily life, from social gatherings to support networks that emerged to aid those facing hardships.



However, like many industrial regions, Winlaton also faced the harsh realities of working conditions, including long hours and challenging labour. The resilience of the people of Winlaton in the face of adversity is a testament to their dedication and determination.

Transformation and Heritage:

As the industrial era waned, Winlaton underwent a transformation. The decline of heavy industries led to changes in the village's economic landscape, and the close-knit community that had emerged over centuries began to adapt to new realities. While the coal mines and ironworks diminished in prominence, Winlaton's historical significance remained intact.

Today, Winlaton stands as a picturesque village that has preserved its historical character while embracing modernity. The legacy of its industrial past can still be seen in the architecture and landmarks that grace the landscape. The ruins of former ironworks, the cobbled streets that once echoed with the sounds of industry, and the stories of generations past all contribute to the village's rich tapestry.

Preserving the Past:

Recognising the importance of their history, Winlaton's residents and local authorities have taken steps to preserve the village's heritage. Restoration efforts, the establishment of local museums, and historical societies dedicated to recording and sharing the village's stories have all contributed to ensuring that Winlaton's past remains a vital part of its present.

Visitors to Winlaton can now explore its historical sites, such as the Winlaton Cottage Forge - which is the last remaining link in the village with Crowley's, a firm that dominated the iron manufacturing trade in the North East throughout the 18th Century.



Elizabeth Allen

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

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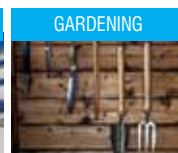
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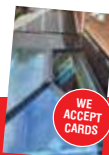
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Place: Barmoor Hub, Ryton
Organiser: Amanda Greener

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Organiser: Tyne Physio Pilates
Tyne-physiopilates@outlook.com

RYTON METHODIST CHURCH

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

Place: Ryton Methodist Church
Organiser: Rev. Dave Charter
0191 4606411

HOLY CROSS CHURCH

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

Place: Holy Cross Church
Organiser: Rev. Alison Stewart Smith
01914529381

HOLY CROSS CHURCH HALL

Thinking of holding party or celebration, this may be the perfect venue for you. Church Hall has COVID-19 measures in place. For further details please telephone us using the details provided.

Place: Holy Cross Church
Organiser: Sue 01914135233

RYTON OUTDOOR BOWLING

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Place: Ferndene Park
Organiser: Colin Diball 01914133872

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Place: Ryton Methodist Church
Organiser: Daverytonmensshed@proton.me

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Place: Ferndene Park, Ryton.

Organiser: Friends Of Ferndene Park
friendsofferndene@outlook.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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Place: Stargate community centre
Organiser: Fiona Todd
fiona.todd33@gmail.com

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Place: Clara Vale
Organiser: Joan Atkinson
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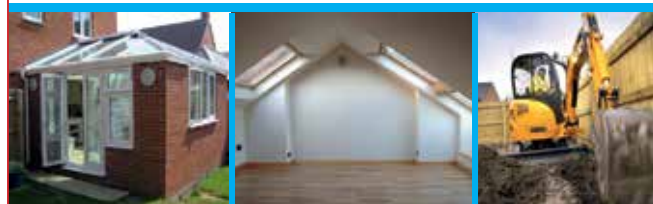
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Packages

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Bronze Package - £2550

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

Silver Package - £2795

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

Gold Package - £3150

A cremation service including third party costs (doctor's fee, cremation fee, minister or non religious celebrant fee and professional services). Includes hearse and two limousines. Options of coffin include The Raby (light oak), The Langdale (dark oak) or a bespoke coloured wood effect coffin of your choice.

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Equipment ...

(What to take or what not to take, that is the question!)



(Part 1)

As there's a lot to talk about on this subject, and limited space, I'll do this in two parts. We have gone through a lot in my various photography articles, but I haven't gone into too much detail of the actual equipment itself. I touched on it in my first article, discussing phone cameras vs. actual cameras but that's all. What I left you with in that first article was this...

Photography is not just about the tools. Of course, it helps to understand light, apertures, shutter speeds and exposure, but you still need to 'see' the image and compose it correctly. Composition is in your mind. After you take the shot, it's what you do with it afterwards that creates the final image. There are three main things you need for a good photograph. See the image, take the image, and then finally, process the image. The camera influences only one of these three.

This is true, but the camera is still the main 'tool' we use to capture that image, so it's only fair that we look more at the equipment. After all, there's a huge choice out there, differing vastly in price, specification and ability. It can get quite confusing and overwhelming for anyone.

Before digital cameras, the difference was more about film/negative size, with a bigger negative giving better detail and allowing a bigger print to be made. Film sizes ranged from 16mm in little 'spy' cameras to the most common 35mm format, to medium format, (e.g. 6x6cm, 6x7cm, 6x9cm), all the way up to huge, large format, field and studio cameras (5"x4", up to 20"x24"). These days, with digital cameras, it's more about pixels and resolution, however, there are still options in terms of sensor size (similar in fact to film negative size), with 'full frame' and 'cropped' sensors (more on this later), and then we have DSLR (Digital Single Lens Reflex) cameras, compact cameras, bridge cameras, mirrorless cameras and of course there's your phone cameras too. So what do you choose if you want to get into photography? What I'm not going to get into, is camera branding. There are a multitude of good brands out there including Canon, Nikon, Pentax, Sony, Leica, Panasonic, etc., I can tell you what I use, but branding will come down to personal choice, usability and budget, as they all do much the same thing.

There are a few things to consider. Firstly, your budget is probably the most important. Don't spend more than you can afford, and don't be afraid to look at used equipment if you cannot afford what you think you need. Secondly, think about what you want to photograph as this will define the correct tool for the job, and then thirdly, what do you want to do with what you photograph. This will determine the quality level you need for your camera and range of lenses. For instance, do you want to sell your work; do you want to make large prints; do you just want to put something on social media? You don't need a sledge hammer to tap in a nail, in other words. One other thing to consider, certainly if, like me, you are a bit older and less inclined to carry a lot, is the size and weight of



your equipment. Some cameras and lenses can be very heavy and bulky to carry around and travel with. So, we will look at some options and their pros and cons to try and help you make your decision.

As for your budget, well, only you know that. I'll reiterate though, only spend what you can afford, and don't be influenced by peer pressure, 'what the other guys are using', or otherwise, into spending excessively. Do consider second hand as some lenses in particular can be very expensive! Like thousands of pounds! My own DSLR (Digital SLR) is 12 years old now and has been superseded many times with new models, but it still does a job so I haven't changed it. So again, you can get very capable, perhaps once high end cameras, at quite reasonable prices now, if you look at the used camera market.

I'm out of space for now, so in part 2, we will look at details of the equipment options you have.



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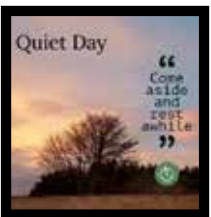
Friday 1st – Friday 8th September

This retreat is held in silence and will be led by members of the Ignatian Spirituality Centre from Glasgow in collaboration with the Minsteracres Team. Opportunities for reflection, spiritual direction and spiritual accompaniment are available throughout the retreat.



Walking Retreat - £15 - Saturday 9th September. 10am-5pm

Walk through the beautiful countryside around Minsteracres for about seven to ten miles, making time for prayer and reflection, whilst absorbing the beautiful creation all around us. You will need suitable walking boots, warm, weatherproof clothing and a packed lunch.



Quiet Day - £30 - Minsteracres Team

Saturday 9th September. 10am-5pm

Walk through the beautiful countryside around Minsteracres for about seven to ten miles, making time for prayer and reflection, whilst absorbing the beautiful creation all around us. You will need suitable walking boots, warm, weatherproof clothing and a packed lunch.



The Embodied Contemplative - £190 - Terry Doyle

Friday 15th - Sunday 17th September

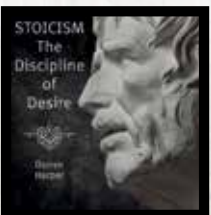
The Embodied Contemplative Retreat will explore finding inner stillness and peace through the practice of both Christian Meditation and gentle Tai Chi movement and breath work. It is suitable for all ages and abilities. Come with a beginner's mind and enjoy learning!



Season of Reflection - Autumn - Creative Poetry, Darren Harper, £45

Tuesday 19th September 10am-4pm

What does Autumn mean to you? Is it the season of philosophical meditation? This day course, suitable for aspiring or more advanced poets, will begin by exploring exemplars, including John Keats, Edna St. Vincent Millay and Ted Hughes. After that we shall start crafting our own poems inspired by the Autumn setting of Minsteracres. Lunch and Refreshments included..



Stoicism - The Discipline of Desire - Darren Harper, £220

Friday 29th September - Sunday 1st October 6.30pm - 2pm

This retreat will increase our understanding of Stoicism as a guide to life by focusing on the Discipline of Desire. Using lectures, discussion and meditation, we will explore the Stoic framework of fate and free will, their attitude of joyful acceptance, and their approach to love and friendship, as well as their ideal of the Sage.

For more information contact us as follows: email:

info@minsteracres.org or call 01434 673 248

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HOLY SPIRIT CHURCH

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Place: Crawcrook

Organiser: Rev. Tom Brazier
info@greensideparish.org

CENTENARY METHODIST CHURCH

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

Place: Centenary Methodist Church

Organiser: Trevor Peart
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Place: Crawcrook Library
Organiser: Lynne Corder

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Place: Barmoor Hub, Ryton
Organiser: Amanda Greener
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PRINTMAKING SESSIONS

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

Place: Crawcrook Library

Organiser: Equal Arts. 0191 2611619

CRAWCROOK JUDO CLUB

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

Place: St Johns Community Hall

Organiser: Kevin Pattison 07145955238

CHAIR YOGA CLASS

Chair based yoga class Thursdays from September 14th. Gentle exercises, breathing exercises and relaxation.

10.30am-11.30am

Place: Crawcrook Pavillion

Organiser: Rose Romani 07515 107 774

OUR VILLAGES

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

Place: Crawcrook & Greenside

Organiser: Members of Our Villages
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Place: Clara Vale

Organiser: Joan Atkinson
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Place: St John's Community Hall

Organiser: Angela McClintock,
Chartered Physiotherapist
pilatesphysio4you@gmail.com

ST JOHN'S COMMUNITY HALL

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Place: St John's Community Hall

Organiser: Cath. 07719776906

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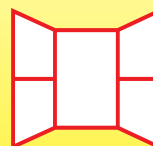
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The Biggest Monetary Event of the 21st Century?



Up until World War I there was no world or global monetary system as nations used gold and silver as money and national currencies or bank notes were just receipts for specie or coins. There were some rules nations followed but it was not as official and institutionalised. The nations of the world had not set up institutions like the UN, IMF or World Bank which seem to be necessary in the modern day. Whichever way you look at it the two World Wars changed the way nations and people looked at money and that is what we will look at today and whether a summit of the BRICS that will be taking place a few days from when I am writing this will change the way we look at money.

Before we look at what the BRICS is we have to go back to 1944 and the Bretton Woods summit that took place at the Mount Washington Hotel in Bretton Woods, New Hampshire, U.S.A. By 1944 the Allies under the leadership of the U.S. and the U.K. convened at their summit to set up a new monetary system for the post-war era. The IMF and the World Bank would subsequently become a part of a system with the founding of the UN a year later. The agreement at Bretton Woods made the American dollar the dominant currency as the U.S. held about two thirds of all the official gold reserves. America had become an economic behemoth as it was left unscathed by the two world wars and its economy was the biggest and most industrialised. The other currencies like the pound sterling, the French franc, the Dutch guilder, the Italian lira and so on would now have their exchange rates fixed to the dollar and the dollar would be fixed to gold at \$35 per troy ounce.

So even though the US and Western Europe had left the gold standard domestically international trade settlement between nations would be done in dollars and gold. So if the UK had a dollar surplus it could go to the US Treasury and exchange it for gold or keep the dollars as they were as the saying went 'as good as gold'. By 1971 the US broke the Bretton Woods agreement as it started to basically create too many dollars without the gold backing which is another word for inflating the currency. America was basically printing money, buying things from other countries while other countries had to earn dollars if they wanted to buy US goods. The international markets realised this and countries like France and the UK demanded gold for surplus dollars but President Nixon defaulted or closed the gold window on August 15, 1971.

For 52 years the world's monetary system has been run as a fiat currency system where the money has no backing but the Americans were able to keep dollar hegemony going as they did a deal with the Saudis in the mid-1970s in which the biggest oil exporter in the world would be protected militarily by the US and would only sell their oil in dollars. What this deal did was make sure that other nations would need dollars to buy oil and so demand for the dollar would remain relatively strong for decades. This was called the Petrodollar. This made sure that despite having no backing by real money or gold the dollar has remained the major reserve currency for the world. The problem is that what we have had is a non-monetary system since the Bretton Woods agreement was torn up by President Nixon. America has been able to inflate the currency supply almost ad infinitum, its trade balance has been in deficit for decades and its national debt has gone from just under \$400 billion in 1971 to almost \$33 trillion as of now.

Some world leaders like Saddam Hussein and Moamar Qaddafi tried to challenge the Petrodollar as they could see that it gave America the exorbitant privilege to print currency out of thin air to buy valuable commodities from the poorer emerging market countries. In this system countries had to use the dollar to buy not only oil but virtually everything else from other nations. We saw what happened to Saddam Hussein and Qaddafi. The US with its allies have made sure until now that dollar hegemony will not be challenged.

So where do the BRICS come into the story? BRICS is an acronym for Brazil, Russia, India, China and South Africa. It was coined by a Goldman Sachs banker in 2001 and by 2010 these countries created a formal group called BRICS and it would be an alternative to the G-7 and the Western countries that have been under the Bretton Woods system and then the petrodollar system. With the growth of not just the BRICS but other emerging markets or Global South countries their economic, political and even military clout has been growing and especially after the 2008 Global Financial Crisis which was really a Western financial crisis. The BRICS now represent 26.6% of world GDP, 41.5% of global population and 26.7% of the world's land surface and that is not adding dozens of other countries like Saudi Arabia that want to join BRICS.

The other reason there is great interest from other nations in joining BRICS is that the US and its allies have been using the dollar and the global trade and payment system to punish nations that don't agree or play ball with the US. So under the leadership mainly of China and Russia the BRICS have been building an alternative monetary infrastructure to the petrodollar for almost a decade and that is why the 2023 BRICS Summit to be held in Johannesburg, South Africa from August 22 -25 is so important. There is a great deal of speculation whether a new monetary or trade settlement system outside the dollar will be announced. By the time you read this this summit will have been history, but you might not be told how important it is not just for the Global South but for us in the West by the BBC or other news media. Whatever happens in Johannesburg we in the UK and the West will continue to see a relative economic decline as the BRICS and others stop using the dollar and the US's allies currencies for trade. We are already seeing the effects of this through higher prices and a weaker pound. We will have to tighten our belts and start working harder to compete with the BRICS & Co.

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 play readings.

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

HEDDON BALLROOM DANCING CLASSES

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

Place: Knott Memorial Hall

Organiser: Jenian School of Dancing
01912365878

THE HEDDON PATCHERS

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

Place: Women's Institute
Organiser: Ann Allsopp 01661820568

HEDDON LOCAL HISTORY GROUP

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

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

HEDDON WOMEN'S INSTITUTE

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

HEDDON ART GROUP

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

Place: Heddon W.I. Hall
Organiser: David Chambers
chambers497@btinternet.com

AD MURUM SINGERS

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

Place: Heddon Methodist Church
Organiser: Christine Champion
01912740217

HORSLEY VILLAGE CHURCH

Services each Sunday at 11am. Please visit our website at horsleyvillagechurch.chessck.co.uk for more information

Place: Horsley Village Church
Organiser: Horsley Village Church

horsleyvillagechurch@gmail.com

DRU YOGA CLASSES

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Place: The Hearth
Organiser: Rachel
07545865009

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Place: James Knott Memorial Hall
Organiser: Pauline Wright
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Place: The Hearth Art Centre
Organiser: Ali Wilkes
office@thehearth.co.uk

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Summer's ending. Feeling in need of a boost? Try Singing!

Why singing? Well, research has shown that singing can be good for you on many levels. There's an increasing amount of evidence that it can cause your body to release certain chemicals, endorphins, serotonin and dopamine – the 'happy' chemicals that boost your mood and make you feel good about yourself. Scientists believe that's one of the reasons why people report feeling positive during choir sessions and continue to feel uplifted and motivated afterwards.

Singing may help lower stress, boost immunity and lung function, enhance memory, improve mental health, and help you cope with physical and emotional pain. Beyond physiological effects, singing can also help to raise your self-confidence, and one of the best things about singing is that you don't have to be good at it to reap the rewards!

Joining a choir is a great way of enjoying the benefits that singing can offer, as well as becoming a member of a community with a common interest. The Ad Murum Singers is a community choir located in Heddon on the Wall. It began 35 years ago and since then as a result of summer and winter concerts and other performances it has raised thousands of pounds for local and national charities.

Having survived the inevitable disruption brought about by the pandemic, the choir is now looking to swell its ranks by recruiting new members, and adding to the existing bass and tenor lines would be especially helpful.

Joining the choir doesn't require you to have a wonderful voice – just an enthusiasm for singing and a willingness to 'have a go'. There are no auditions and don't be put off by the name (which means 'at wall' and refers to the location of the village). The choir sings a wide range of music from an ever-expanding repertoire.

If you think this might appeal to you, check out the website admurumsingers.org.uk, or ring Christine on: 0191 274 0217.

On Tuesday, 5th September at 7.30pm the choir will begin its new season at the Methodist Church in Heddon. It would be an ideal time to come along and see if you might enjoy being part of a community choir and reaping the benefits that singing can bring. You'd be made very welcome, either on the 5th or any Tuesday after that.



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A Wilder Wallington

Codger's Fort at Wallington. National Trust Images/Andrew Butler

Bequeathed to the National Trust in the 1940s by socialist MP Sir Charles Philips Trevelyan, Wallington stretches for 20-square-miles (5,323ha) from the River Wansbeck along its southern boundary all the way to Harwood Forest in the north. The extensive estate is home to a wide range of valuable habitats, including the registered park and garden surrounding the house, broadleaf and coniferous woodlands, grassland and meadows, lakes and ponds, and the bogs and wet heath on the northern peatland. As with much of the UK, Wallington has seen a decline in the abundance and variety of wildlife over the last 100 years. Extreme weather in recent years has also left its mark as we increasingly face into the effects of climate change. Approximately 40 hectares of woodland were destroyed by Storm Arwen in 2021, recovery work for which is still ongoing, and the heatwaves and drought of recent summers has led to struggles for flora and fauna alike.

In 2021 the National Trust started a new programme of nature restoration and conservation across the whole estate. The goal is to ensure Wallington is a place where nature can thrive, alongside sustainable agricultural businesses and the public access for which Sir Charles was a passionate advocate. Our ambitions include protecting the 50km of waterways across the estate, the creation of new hedgerow and woodland, restoring wetlands and blanket peat bog, championing nature-friendly farming, the protection of threatened species, and improving the network of public rights of way and other paths across the estate.

None of this can happen without the support of our tenant farmers who are actively making space for nature. Since the programme started approximately 120,000 native trees have been planted and 6.5km of river corridor protected from erosion. The Wallington ranger team also have an ongoing programme of work to monitor and protect species such as red squirrel and our native white-clawed crayfish, for which the Wansbeck and its tributaries are one of the few places in England where they can thrive free from the invasive signal crayfish.

This summer saw the release of a family of four Eurasian beavers into a 22ha enclosure on the estate, in partnership with the Beaver Trust and Seven Sisters Zoo in Edinburgh, funded by the Reece Foundation. The family of ecosystem engineers will help us restore some of our wetland areas through building dams and ponds and will slow the flow of water on a stream which is prone to flash flooding. They've shown just how industrious they are by creating three dams in their first month. We'll be monitoring the site to map the changes in hydrology and ecology, including a study by the Environment Agency on the interactions between the beavers and the white-clawed crayfish which will provide data to support beaver releases on other sites.

Later this year will see the final phase of replanting areas damaged by Storm Arwen and the first phase of planting for Newbiggen Community Woodland, between the villages of Cambo and Scots Gap. These areas are being planted with a native species mix including oak, hawthorn, rowan



Wallington Beavers. National Trust



Visitors enjoying an autumnal walk at Wallington. National Trust Images/Chris Lacey

and Scots pine amongst others. Providing valuable sources of food and shelter, these trees will also capture and store carbon, slow the flow of water across the land, and provide shelter for livestock as they mature. Our ambition is to plant 1 million trees across the estate in woodland, hedgerow and wood pasture by 2030.



National
Trust

You can get involved in events taking place across the year, from tree planting to bat walks and so much in between. Check out www.nationaltrust.org.uk/wallington for the latest information on events and activities taking place.

Wallington also has a wonderfully dedicated and passionate team of volunteers. If you'd like to know more about how you can volunteer, visit

www.nationaltrust.org.uk/visit/north-east/wallington/volunteering-at-wallington

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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/

WYLAM INSTITUTE

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

WYLAM METHODIST CHURCH

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

ST OSWIN'S

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Place: Church Road, Wylam
Organiser: Rev Tom Birch
wylamstoswin@hotmail.co.uk

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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

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

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Place: Ovington & Matfen

Organiser: GO Local Food
admin@golocalfood.org.uk

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

CHRYSALIS CLUB TYNEDALE

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

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

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 Oswin's 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


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Place: Based in Ovingham
Organiser: SSFitness
Diane - 07830292542

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Theatrics



So far, 2023 has been marked by some exceptional theatre visits. There have been four so far; two iterations of Neil Gaiman's *Ocean At The End of the Lane*, then there's been *SIX*, and the *Ghosts of Metroland*. I have even planned some more over the course of the rest of the year.

I'll go through the premise of each show briefly.

First was the arrival of the *Ocean at The End of the Lane* at Sunderland Empire. Based on Neil Gaiman's novel of the same name, the play follows a man who returns to his childhood home and encounters the family of a long-lost friend. Through his memories, he is transported to his twelfth birthday when his friend Lettie claimed that the pond in the back garden of her home was not a pond but rather an ocean. Through this friendship, they are plunged into a magical world full of powerful forces and consequences, with their survival depending on their ability to rely on one another.

This play shows what it is like to have that first childhood friend, all whilst playing with lighting and mystery to build a fantastical and awe-inspiring cinematic play. So inspiring, in fact, that I saw it twice to try and figure out all the different tricks they used to transport characters from one side of the stage to the other (surprise, surprise, I still haven't entirely figured it out).

SIX is a musical based on Henry the Eighth's six wives. In this iteration, the wives tell their side of the tale (albeit in a more modern way) through song and humour. In celebration of 21st-century female power, five hundred years of heartbreak and female injustice are wrapped into a 90-minute musical rendition, and the songs are very catchy. With both powerful voices and powerful stories, this play keeps you hooked while the story touches on female rights and gender equality.

While the previous plays were in iconic theatres such as Sunderland Empire and the Theatre Royal in Newcastle, the next play was in a more indie setting. The *Ghosts of Metroland* grabbed my attention straight away due to the nostalgia. I'm just old enough to remember *Metroland* before it closed, and this play capitalised on that, all in tune with a cheesy '80s and early 2000s musical soundtrack. At the Live Theatre, a smaller theatre on Newcastle's quayside, no matter where you sat you could get a good view of the play. Two teens who worked at *Metroland* become stuck there when the apocalypse strikes. The rides are now alive, and management – nicknamed the White Shirts – has become insane. They must rely on one another to survive while going through all the intricacies and complications of being teenage retail workers.

I found myself laughing hysterically throughout this play at all the nuances. It may have been a bit whacky for some, but if you suspend your belief for a while, you can sit back and enjoy the ride.

Theatre brings people together for a single purpose: to make them laugh, cry, or even get angry at what they see on the stage. Some other reasons why you should go to theatres include:

1. Theatre allows us to escape reality.

Reality can be cruel, and sometimes you need a break from it. Stepping into a theatre and letting the lights go down around you means that you can immerse yourself in a different world and story, completely erasing what's happening outside for an hour or two.

2. It allows the chance to connect with our fellow humans.

What is life without the connections we have with other people?

Theatre allows us to form connections with other audience members who are all experiencing the same thing at that moment. It is a wonderful and easy way to bond with people. For example, during an intermission, the two women sitting next to me asked me if I'd seen the play before, and we got chatting about theatre and drama in general. It turned out that one of the women used to teach at the college I went to. Sometimes it is a small world.

3. Theatre gives us a new appreciation for the arts.

I believe that the world would not be the same if it wasn't for the Arts. These forms of expression are vital to the self and can instantly transform something into a beautiful depiction. Seeing a show allows us to open our eyes while exposing us to influential works and new ideas.

4. It offers us new perspectives.

In life, we must challenge ourselves and expand our horizons. Theatre offers many different perspectives, which can help us with that and change how we look at life. There are so many stories to be told through plays, from what life is like in war-torn countries to what fantastical worlds may look like. It all expands our imaginations and inspires us.

5. Theatre can bring out the best in us.

It is easy to see the negative effects, such as sadness or anger; however, theatre performances can also bring out the best in us. By allowing us to take in the words and actions of the performers, we are given the chance to feel empowered and inspired.

Even on the stage, drama, in general, uses a lot of the same practices that we use to get through life – imagination, memory, improvisation, and emotion. Theatres prove almost vital to human expression.

It's important to keep protecting these spaces, so show your local theatres some love. There are the three mentioned here, but also Northern Stage in Newcastle, Tyne Theatre and Opera House, Playhouse Whitley Bay, Queens Hall Hexham and many more. There's also *Mortal Fools* in Northumberland, which uses drama and creative interventions to support the well-being and personal development of young people and their communities. They have many initiatives to get young people involved in drama and have many interesting performances. They even put on *Fools Fest* in Hexham and the Tyne Valley, which they hope to bring back later this year.

With so much to choose from, in theatres and performances, maybe I'll see you at my next theatre visit.



Katie
Pharoah

Katie Pharoah

Writer for Tyne Valley Express

katie@tynevalleyexpress.co.uk



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www.mortalfools.org.uk/the-bigger-picture

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

CASTLE TRIATHLON CLUB

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Place: Regents Drive and Waterworld
Organiser: Castle Triathlon Club
castletri@outlook.com

PRUDHOE INDOOR MARKET

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

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 group!
Place: Swalwell Close, NE42 6EX
Organiser: Bert and Margaret
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
Lynda Telford 07766142105

GLEEMEN MALE VOICE CHOR

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

PRUDHOE GARDENERS ASSOCIATION

The Prudhoe Gardeners Association manages allotment sites in Prudhoe

and supplies members with economically priced inputs from the Hut behind the West Wylam Inn, Saturdays 10-12. For more information email prudhoegardeners@gmail.com or join [facebook.com/groups/prudhoegardenersassociation](https://www.facebook.com/groups/prudhoegardenersassociation)
Place: Prudhoe
Organiser: Christine Hewitt
prudhoegardeners@gmail.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
Message via Facebook Page

BAIRNS & BREWS

Café and Toddler Group, Thursdays 10-11.30 am (termtime). Play-time for the Bairns and chill time for you. Kids free and just £1 per cuppa (free refills). Info from Youth and Family worker: ruthlindridge@icloud.com, Facebook: (Prudhoe Methodist Church friends) or peter@thischurch.com
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
Place: Prudhoe Parish Hall
Organiser: Felicity
chairmanprudhoeu3a@yahoo.com

SPETCHELLS CONSERVATION INTEREST GROUP

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

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

PRUDHOE COMMUNITY CHOIR

Meets on Wednesday evenings from 7.30pm to 9.30pm. We are a mixed voice choir, singing a wide variety of popular songs in harmony. New members are always welcome. Ability to read music is helpful but not essential. No audition required.
Place: Stocksfield Baptist Church Hall
Organiser: Catherine Edge
07432054753

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

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Place: St Mary Magdalene church
Organiser: Rev Dan Freyhan
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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
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Place: Prudhoe Parish Church Hall
Organiser: Hayley Langston
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Place: Prudhoe High School Sports Hall
Organiser: Hollie Pearson
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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
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PRUDHOE COMMUNITY BAND

Prudhoe Community Band rehearse on Saturday mornings during school term times. Always happy to welcome new musicians. No auditions necessary. Come along and say hello. Website prudhoecommunityband.co.uk for details.
Place: Highfield School, Prudhoe
Organiser: Prudhoe Community Band
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Place: Spetchells Centre
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Place: Prudhoe Methodist Church
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Our day centre is situated in Mickley, Northumberland.

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

You must book in advance.

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

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Five family days out in Northumberland

Looking for things to do with kids this summer? Lucky for you, Northumberland is full of action-packed family days out. From brand new attraction Lilidorei, to boarding the steam train at Ford and Etal, there is so much to do as a family here in Northumberland.

1) A DAY OF MAGIC IN ALNWICK

Visiting spellbinding Alnwick is guaranteed to make for a magical family day out. Lilidorei at The Alnwick Garden, Alnwick's newest family attraction, is a magical village where woodland creatures prepare for Christmas all year round. Home to the world's largest play structure, it is an absolutely unmissable attraction for families in Northumberland.

Make sure to admire the Grand Cascade, mysterious Poison Garden and romantic Rose Garden at The Alnwick Garden too. Then, enjoy lunch in the twinkling treetops of The Alnwick Treehouse before heading to Alnwick Castle, known for its starring role as Hogwarts School of Witchcraft and Wizardry.

Don't miss Bailiffgate Museum & Gallery, which holds over 10,000 years of history in its charming stone walls, before heading to The Hogs Head Inn for a delicious homemade evening meal.

Make it an overnight stay at Village Farm Cottages, a superb self-catering holiday cottage accommodation with an on-site Health Club equipped with a swimming pool and spa.

2) A DAY OF TIME TRAVEL IN FORD AND ETAL

Stepping out of your car at Ford and Etal Estates is like stepping out of Marty McFly's DeLorean Time Machine. Start your day by visiting Heatherslaw Cornmill, the traditional, 700 year old corn mill that is still a working mill today. Take a bag of freshly ground flour with you and head to Boes Café for coffee and cake, before boarding the steam train at Heatherslaw Light Railway to Etal.

Visit beautiful Etal Castle, currently offering free entry. Then, grab a bite to eat at the only thatched pub in Northumberland, The Black Bull. Take the perfect post-lunch walk down to the banks of The River Till and watch canoeists glide by on the sparkling water.

Head to Ford and pop into Lady Waterford Hall to admire Pre-Raphaelite artwork, then end your day by walking or driving to Hay Farm Heavy Horse Centre to see the adorable horses, foals and piglets.

Extend your stay at Till River Fishing Holiday cottages, which lie only 200 yards away from the River Till, offering a large lawn area, a path leading down to the river, an apple and plum tree, and even a tennis court closeby.

3) A DAY TO ROAM LIKE THE ROMANS IN HEXHAM

Visit Hexham on a Tuesday and start your morning with a mosey around Hexham Market. Freshly baked bread, organic fruit and veg, and locally sourced meats are just a few of the exquisite culinary offerings.

Otherwise, head straight to Hexham Old Gaol, the prison that dates back to the 1300s, before heading into Hexham Abbey to admire the striking architecture. The monastery-turned-abbey was built in 674 AD using ancient stones from Hadrian's Wall. Then go for a wander around the idyllic Tyne Green's lush green spaces, passing trickling streams and views of Hexham Bridge.

Make your way to Vindolanda and The Roman Army Museum to see live excavations taking place by expert archaeologists (during summer only), then enter The Roman Army Museum to learn about the history of the site and see collections of incredible ancient finds that were dug up onsite.

Extend your stay at Carraw Farm, just a ten minute drive from Vindolanda. Their two luxury, self-catering holiday homes sit quite literally on Hadrian's Wall and within easy reach of Hexham.

4) A DAY TO AL-PACA YOUR WETSUITS IN KIELDER

Fill your day with activities and adventures in Kielder. Start with much-needed coffees and hot chocolates to fuel up for the day ahead at The Forest Bar and Kitchen.

Northumbrian Water's newest activity offering means you can admire Kielder reservoir from the water itself. Test dad's balance on a stand up paddleboarding session, or discover the reservoir on a guided canoe tour.

Having surely worked up an appetite, drive to The Pheasant Inn for a delicious lunch and beautiful countryside views. Then, continue the adventure with a visit to Ferny Rigg, who run Alpaca Walks through Northumberland National Park.

If the kids have enough energy after a day of exploring, take them to a fascinating dark skies event at Kielder Observatory. They offer a number of family events, even in the summer months.

Make it a staycation at Clear Sky Lodge Park in Kielder is set in 45 acres with views of the North Tyne in the peaceful Ravenshill Forest.

5) A DAY OUT FOR THE TENS AND OVER IN CORBRIDGE

Have a day filled with history and hair-raising activities in the beautiful market town of Corbridge. We highly recommend starting your day by exploring the town, perhaps picking up a pastry from Corbridge Larder and checking out The Pele Tower in Corbridge Market Place.

Then, it's time for the history portion of the day, as you visit Corbridge Roman Town. Just a short walk from Corbridge centre, the site was once a bustling town and supply base where Roman civilians would pick up food and provisions.

If your kids are 10 and over, make your way to Matfen Hall's Go Ape course for a Treetop Challenge. You are guaranteed to have an amazing day out with the family here and have the added bonus of admiring the grounds of stunning country house hotel Matfen Hall. *The minimum age for Tree Top Challenge is 10 as long as they are over 1.4 meters high and supervised by participating adults over 18.

Extend your time at Matfen Hall by booking your stay here. Rich in heritage, the estate provides a 5 star, unequalled paradise to stay, spa and golf in, nestled away in the heart of historic Northumberland.



Jenni Meikle

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

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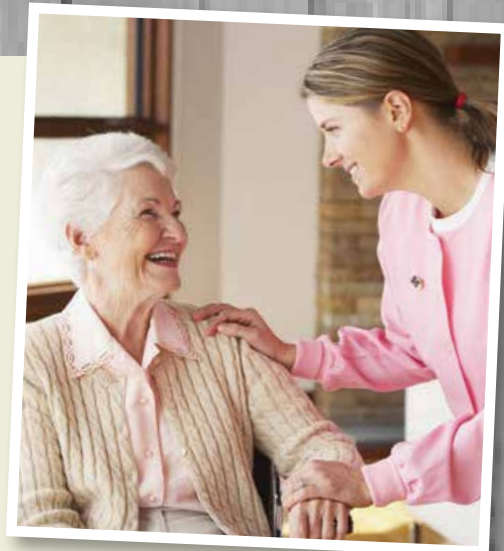
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- **Companionship Services** - This service can be from a few hours to a full day of shopping, attending you to appointments. Having a cuppa and a chat to playing games and completing cross words. Or having your hair washed and dried, nails painted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

DEMENTIA DAY CARE CENTRE

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



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CAFÉ CONNECT

Come along and chat with friends and neighbours at Café Connect, at Stocksfield Methodist Church, Sat 16th Sept, at 4.00-5.30. The theme is Harvest Feasts. Fun for all the family. Place: Stocksfield Methodist Church
Organiser: Jacqui Cameron
jacquic074@gmail.com

STOCKSFIELD LOCAL HISTORY SOCIETY

SLHS meets on the second Wednesday of each month (excluding December) from September to April at Stocksfield Methodist Church, Mount View Terrace from 7:30 - 9:15 pm, with a varied programme of talks on the local area. New Members welcome. Place: Stocksfield Methodist Church
Organiser: Karen Webster
slhs@k-webster.co.uk

STOCKSFIELD PLANTS AND GARDENS SOCIETY

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

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 or contact us on the details below. Place: SCA, Mount View Terrace
Organiser: Terri Anne
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

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](tel:07754156099)

STOCKSFIELD BAPTIST CHURCH

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

STAY AND PLAY

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

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](tel:07794459268)

STOCKSFIELD ANGLICAN CHURCHES

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

HATHA & SOMATIC BASED YOGA

Hatha/Somatic yoga practice, breathing practices and relaxation. Wednesdays 9.30am-11am, booking is essential. Contact Rose for more information and to book your place. Place: St John's Church Hall
Organiser: Rose Romani
[07515107774](tel:07515107774)

ST JAMES CHURCH

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

ART GROUP

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

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

RIDING MILL MILLENNIUM HALL

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

YOGA WITH ROSE
New 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](tel: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
[01434682478](tel:01434682478)

MATTERS AND CRAFTERS

We are a friendly group of crafters meeting at Newton and Bywell Village Hall every Thursday from 10.30 until 3.00. Visitors and new members welcome. For more information tel: 07810 286 285 or by email: dorothy43@uwclub.net. Place: Newton and Bywell village hall.
Organiser: Dorothy Peacock
[07810286285](tel:07810286285)

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It's a win-win... not sure where pests come into the equation. We seem to be midst an invasion of slugs – which all gardeners and allotmenters will recognise. The slugs appear in many shapes and sizes and have munched through 250 lettuces, 200 runner beans and 250 french bean plants... infact they have had some of pretty much everything on the fields! Our growers have dubbed them arch enemy no 1 this year (was it moles or pigeons last year?!). Jala commented on "... the first cabbage

white butterflies which we spotted a couple of months ago. Their damage is now very visible and regular caterpillar checks are essential on our young brassica plants before they get planted out. We net these crops too which protects against the butterflies and pigeons.

We're also noticing an increase in the number of aphids. However the lady bird (a known aphid predator) population has also been strong this year! Although the aphids have popped up on our chard, broad beans and tomatoes, the damage hasn't been so detrimental. It's nice to see this predator/prey balance being naturally kept in check."

Over the past few months our growers have bombarded us with pictures of insects some unidentified required research to find out what they are and what they do. As a result we now have a range of interesting posts on our website with lots of information on different insects; bees, beetles, flies, butterflies, wasps, moths, ladybirds... do check them out <https://golocalfood.org.uk/news/>

But less of the pests and insects and more of the people and veg. Jala one of our horticulturalists summarised the month, "July was a busy month getting all the outdoor planting done in the fields. It's not been the best season for tractor work with our wet spring followed by heatwave which has meant a lot more manual work (thank you workshares!!). Bed preparation was held up by the weather, as a consequence young plants were ready for planting out before the beds were ready. We lost a lot of plants and this meant sowing seeds again to get the quantity of plants needed. However bit by bit the rows and fields are getting filled and it's a delight to see the results. We've been harvesting some of our earliest planted crops of the year and have had some gorgeous cabbages and cauli's (including the unusual and beautiful Romanesco Cauliflowers!!)"

Having achieved all of this there is the briefest of pauses for everyone to catch their breath and enjoy the sight of plants in their beds before we hurtle into frantic harvesting and getting our winter planting established. We are very lucky to have around 11 field workshares (each giving 4 hours per week), along with a merry band of 6 regular field volunteers and these with our contracted horticulturalists provide @ 100 hours of labour each week. Small scale farming and the way we do it is heavily reliant on manual labour – vegetables need people! To prepare the beds (weed and dig), grow and transplant seedlings, water the tunnels, lay ground membrane etc etc and put on the kettle for a tea break! "... we gain a lot by being involved, there is always more to learn, spending time outdoors (particularly when it is not raining!) is great for physical and mental health, there is a sense of achievement when you see the plants grow and taste



the results, and the camaraderie with fellow growers makes you feel well supported." Lindsey, one of our workshares.

In addition to the growing routines we often have an experimental project on the go. At the moment there are two. First there is our ongoing quest to find a good alternative to peat based compost for seed growing... you will find several posts and details of our progress on our website <https://golocalfood.org.uk/peat-free-growing-media-experiments/>

A new experiment appeared a few weeks ago. Taking an idea used by Halls of Heddon to protect their dahlias, we now have special wire 'bed' frames in one of our polytunnels to support pepper plants, and another set of frames for outdoor bush tomatoes. By supporting the plants in this way we are hoping to stop fruit touching the ground and rotting. The wire frames do look like old style dormitory beds minus their mattresses! The plants are growing well, we'll have to see how harvesting goes. There's a lot of DIY in growing another set of skills that our growers and members bring to the fields.

What of the vegetables that we need? Growing is always a challenge, and adapting to weather conditions a regular occurrence. This year is offering growers a very particular set of challenges... "The memories of the heat wave are long gone and July gave us an extreme mix of wet and windy weather! We've been filling up sacks of soil to secure down nets and ground membrane while the wet weather has meant we've had to plan our bed preparation a bit more carefully. Of course we take the rough with the smooth, it's been a delight and a real time saver that all our outdoor crops have been well watered by the rain.

Currently all the vegetables in the weekly crop shares are made up of produce completely grown by us! The hungry gap has come to a close - our field and tunnel veg have come into their own which means we've stopped buying in veg to supplement our crops. We are expecting more fennel, cabbages, calabrese, tomatoes, cucumbers, french beans and of course.. courgettes and unintentional marrows! We've also had a brilliant garlic harvest!" And the veg of the month – or Jala's pride and joy for July – the fennel forest, "strong healthy plants that have all grown (no failures, no gaps)."



Jala Haidar

Jala Haidar
Good Local Food Horticulturalist
www.golocalfood.org.uk

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IT

- Staying safe with tech
- Using apps and programmes
- Sending emails
- Finding information
- Online shopping
- Health and nutrition
- Journey planning
- Connecting safely on Zoom



Money

- Staying safe with money
- My benefits
- Budgeting
- Paying by card
- Saving money
- Banks and Post Offices
- Earning money



Inclusion

- Increasing confidence
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- Combatting social exclusion
- Enabling choice & control
- Reducing the digital divide
- Enabling movement to work
- Enabling access to key services
- Improving skills in self care

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HARLEY-DAVIDSONS AT CHRYSALIS

Saturday 23rd September, 10:30 - 12:00, come and see the bikes, meet the riders and take photos, with tea and cake and our patron Mari Hannah. Proceeds go to Chrysalis charity, supporting families living with dementia in the Tyne Valley
Place: Unit 1 Dene Park
Organiser: info@chrysalisclub.org.uk
07760124539

HEXHAM PROBUS CLUB

Provides regular gatherings for retired or semi-retired professional or businessmen aged over 55. We meet most months in Hexham Abbey Function Rooms for a talk preceded by lunch. New members from the Tynedale area are always welcome.
Place: Hexham Abbey
Organiser: Peter Coxon. 01434 607798

KINGDOM HALL

Of Jehovah's Witness. Rather than knocking on your door - come knock on ours! The extension to the hall is now complete. We welcome all to our meetings. Sunday morning 10am or Tuesday 7pm.
Place: Fellside, Hexham
Organiser: Tyne Valley Kingdom Hall

SCOTTISH COUNTRY DANCING
Fun, fitness and friendship, Wednesday evenings starting on September 13th. Beginners to Intermediate 7.30 pm to 9.30 pm. £4 per session. No partner needed.
Place: Moothall, Hexham
Organiser: Carol. 07718248502

ALPINE PLANT SHOW

Alpine Show and Plant Fair will be held 7th October 2023 at Hexham Auction Mart. Plant sales start 10.00am Show opens approx 11.00am. Several plant nurseries will be in attendance plus members sales table. Large FREE car park. Admission £3.00
Place: Hexham Auction Mart
Organiser: Alpine Group
alan.alpine1@gmail.com

NATIONAL TRUST TYNE VALLEY ASSOCIATION

Our new season starts on Monday 18 September with David Waugh's talk Corbridge's Roman Legacy. Monday 16 October will be A Vet and his Animals given by Malcolm Wright. Tea/coffee available at 2pm. Talks commence at 2.30pm. Visitors welcome.
Place: Great Hall, Hexham Abbey
Organiser: Jackie Wood
jackie.wood@gmx.co.uk

CORBRIDGE PARISH HALL

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

Organiser: Mandy Senior
corbridge@ukpc.net

CHILDREN'S NURSERY

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

CORBRIDGE PRESCHOOL CIC

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

CORBRIDGE PARENT AND TODDLER GROUP

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

ST ANDREW'S CHURCH

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

TYNE DALE CHESS CLUB

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

CORBRIDGE INDOOR MARKET

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

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, TYNE DALE

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

Organiser: George Miller
01434606300

HEXHAM AND DISTRICT FLOWER CLUB

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

FAMILY CEILIDH - DANCE SCOTTISH

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

TYNE DALE LIONS CLUB

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

HEXHAM ART CLUB

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

TYNE DALE COMMUNITY CHOIR

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

MORRIS DANCING CLASSES

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



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MACULAR SOCIETY

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

ARTVENTURERS

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

HEXHAM PROBUS CLUB

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

TYNEDALE ROTARY

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

ACTIVE NORTHUMBERLAND

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

HEXHAM LIBRARY

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

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

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

discussion on family history related topics.

Place: Community Centre, Gilesgate
Organiser: Tynedale Family History
tynedalebranch@ndfhs.org.uk

JIVE ALIVE

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

HEXHAM TOWN WI

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

HEXHAM RAMBLERS

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

TYNEDALE ARCHERS

We are a friendly community archery club based in Tynedale (Hexham and Haydon Bridge) in Northumberland. We meet in Hexham and all details are at: www.tynedalearchers.co.uk
Place: Hexham
Organiser: John Hope. 07887364433

TYNEDALE U3A

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

Place: Hexham Abbey Great Hall
Organiser: Tynedale u3a
tynedu3apublicity@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

HEXHAM AND DISTRICT PHOTOGRAPHIC SOCIETY

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

LITTLE OAKS NURSERY

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

MESSY CHURCH

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

HEXHAM BEACON CLUB

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

Place: Trinity Methodist Hall
Organiser: Mel Wall
07568 451241

HEXHAM INDOOR MARKET

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

Place: Hexham Abbey

Organiser: CH Event Facebook

MARTIAL ARTS

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

fitness and self defence skills while having fun!

Place: E.T Fitness and Therapy

Organiser: Simon
phoenixmartialarts@hotmail.co.uk

HEXHAM HIGHLIGHTS NETBALL

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

Place: Wentworth Leisure Centre
Organiser: Dill
07974 811351

TYNEDALE ARCHERS

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

Place: Hexham/Haydon Bridge

Organiser: John Hope
tynedalearchers@yahoo.co.uk

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

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 or visit our website: www.gongsong.co.uk/who-are-we-1

Place: Hexham Abbey

Organiser: Gong Song

Email: 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
Hexhampoppyappeal@gmail.com

Organiser: Chrysalis Club
info@chrysalisclub.org.uk



HEXHAM ABBEY FESTIVAL OF MUSIC & ARTS

21 – 24 September 2023

Thursday 21 September
11am
'A Peaceful World' -
Youth Singing Project with
Fiona Lander
8pm
Whapweasel

Friday 22 September
1pm
Piano Recital by
Cristo Harijan
7.30pm
Classico Latino

Saturday 23 September
7.30pm
Hexham Abbey Festival
Chorus & Orchestra

Sunday 24 September
7.30pm
Candlelight Concert:
The Gesualdo Six

Tickets: Queen's Hall
Box Office, Hexham
www.queenshall.co.uk
(01434) 652477

hexhamabbeyfestival.org.uk



Jewitts COACH TOURS 2024

18th - 22nd March - 5 Days
Spring breakaway to the Norfolk Broads

29th Mar - 1st Apr - 4 days
Easter in Fort William & Jacobite Steam Railway

11th - 15th Apr - 5 days
Enchanting Bulb Fields

27th April - 6th May - 9 days
Treasures of the Rhine, Moselle & Main
river cruise

10th - 13th May - 4 days
Peak District & Buxton

19th - 25th May - 7 days
IOW delights

29th - 31st May - 3 Days
Royal Botanic Gardens Scotland

12th - 18th June - 7 days
Orkney & The Spectacular North Coast 500

21st - 23rd June - 3 Days
Blenheim Palace Flower Show

8th - 11th July - 4 days
Oban & The Isle of Mull

23rd - 25th July - 3 days
Sandringham Flower Show

26th July - 2nd Aug - 8 days
English Riviera, Cornish villages & Vintage Trams

8th - 9th Aug - 2 days
Edinburgh Tattoo

11th - 15th Aug - 5 days
Portmeirion & Llandudno

1st - 5th Sept - 5 days
Glorious Kent, Castles, railways & Call the midwife

22nd - 26th Sept - 5 days
Beautiful Pembrokeshire Coast & Tenby

11th - 14th Oct - 4 days
Isle of Bute & Trossachs

20th - 26th Oct 7 - days
Kilkenny, Waterford & The Wicklow Mountains

11th - 15th Nov - 5 days
T&T in the Cairngorms

22nd - 24th Nov - 3 days
Christmas at Blenheim Castle & Oxford

27th - 29th Nov - 3 days
Tatton Park at Christmas & Liverpool

1st - 5th Dec - 5 days
All-inclusive turkey & tinsel in the highlands

11th - 15th Dec - 5 days
Holly & Mistletoe festive break in Llandudno

**JEWITTS ANNUAL 'MEET & GREET'.
SAVE THE DATE!!**

Please join us for our 2024 brochure launch & open day.
10th September from 10am at Humshaugh Village Hall,
enjoy a cup of tea and a slice of cake and meet the team.
2024 brochures available week commencing
11th September.

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For further information please contact us on:

01434 681 325 or email: helen.jewitt@jewittscoaches.co.uk

www.jewittscoaches.co.uk



Hexham Events

Hexham's has had a super summer season featuring the 3rd year of the Bandstand Session including a whole weekend of the Blue Grass Festival. Work continues on the main street with the public realm being replaced and new wider footpaths and other improvements expected in the coming months.

The Autumn season includes the following exciting ventures and we look forward to join us the enjoyment,

Hexham Abbey Festival of Music & Arts, 21-24 September 2023

Hexham Abbey Festival will present an exciting programme that offers some wonderful diversity – from the exotic energy of Classico Latino to a Candlelight Concert with The Gesualdo Six, celebrating one of this country's greatest composers, William Byrd. Thrilling piano music from Christo Harijan and turbo-charged music from ska-folk fusion band, Whapweasel, complement a magnificent programme by the Hexham Abbey Festival Chorus & Orchestra. More details at hexhamabbeyfestival.org.uk

Museum of the Moon, 29 September - 11 November

The Hexham Town Council and Hexham Abbey bring you the exciting Museum of the Moon installation. Measuring six metres in diameter the display is a fusion of lunar imagery and moonlight, featuring a surround sound composition. Accompanying the exhibition is a celebration of the 50th anniversary of Pink Floyd's "Dark Side of the Moon", The Sixteen in concert, a Gala dinner and Moongazing with Will Cheung. More details at hexhamabbey.org.uk

Find Festival, 30 September

Find Festival is a brand-new festival for the Tyne Valley, which has been created, organised and run by young people as part of Youth Music's Key Change programme. Find Festival is all about finding new things and is a family-friendly festival. We will have a selection of exciting artists from the North East spanning many genres on our main stage and a Young Stars Stage, showcasing young and emerging musicians from the region. There will also be workshops, activities and some culinary treats from our food vendors.

FREE (no tickets needed)

10am - 7pm - Hexham, Sele Park

More information:

www.queenshall.co.uk/key-change-northumberland

Spook Night, 28 October

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

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

New members always welcome!

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

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

Remember we are here for you.

To get in touch...

**info@northumberlandcancersupportgroup.co.uk
or ring - 07598 620599**

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

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

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

www.northumberlandcancersupportgroup.co.uk

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- No vehicles or premises are included - so this opportunity would suit someone with their own campervan or motorhome wanting to rent it out or to expand with more vehicles
- Fantastic earning potential working from home
- You will receive full training and support

Offers invited
For more information call:
07434 880176

FRIENDS OF KIRKLEY HALL

Friends of Kirkley Hall invite you to an old-fashioned Bring and Buy. Bring along something nice and pick up a bargain for yourself. Starting at 2 pm on 23 October. Proceeds go to supporting the students in the coming year.

Place: Kirkley Hall
Organiser: Enid Saint
07582711873

PONTELAND VILLAGE WI

Wild in Botswana will be the talk at our meeting Tuesday, September 12 and Riding for the Disabled on October 19, both at 7.30pm. Subgroups include Dining Out, Walking Group and Book Club. We have a new members' waiting list.

Place: St Mary's Parish Centre
Organiser: Jeni
pontelandvillagewi@hotmail.com

WILDLIFE GROUP TALKS

Tuesday September 5th Harvest Mice: Sophie Webster. Tuesday October 3rd Mushrooms and Toadstools: Gordon Beakes. Tuesday November 7th Alaska and Pribilof Islands: John Lumby. £2 includes refreshments
Place: St Mary's Parish Centre
Organiser: Ponteland Wildlife Group
pontelandwildlife/talks

PONTELAND RAMBLERS

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

BELSAY HALL CROQUET CLUB

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

ST MARY'S PONTELAND & HOLY SAVIOUR MILBOURNE

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

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

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 please get in touch

Place: St Mary's
Organiser: Anne Kelway
01661820396

PONTELAND SENIOR GENTLEMANS CLUB

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

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

PONTELAND FRIENDLY STITCHERS

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

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

METHODIST CHURCH

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

Place: Ponteland Methodist Church
Organiser: Ann Cooper
anncooperx@gmail.com

PONTELAND u3a

Meetings are on the first Wednesday of the month at 2pm. Our next talks are: 6th September - Victorian Customs and Superstitions by Linda King; 4th October - Northumbria Blood Bikes by Nigel Barlow. For inquiries please call 01661 824953.

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

WALKING SCOTTISH DANCE!

Scottish dance for those who can no longer move as nimbly as they did! We meet in 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

Place: Stannington/Stamfordham
Organiser: Steve Reed
07456 657308

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

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

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

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
01434 600 384



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

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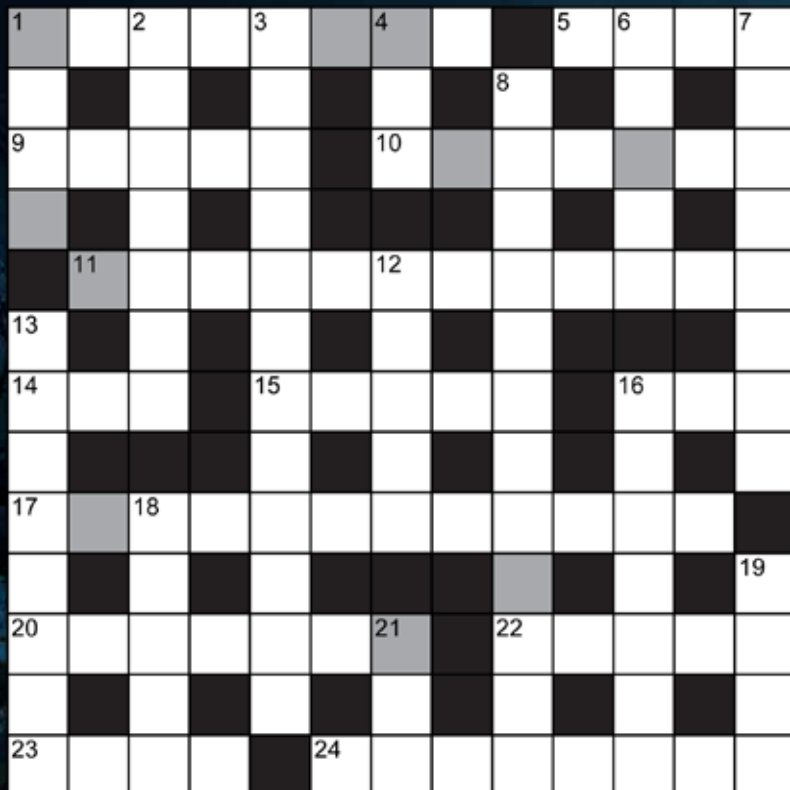
www.tynevags.cc



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Celebrate Halloween

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



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



ACROSS

- 1 Comes into flower (8)
- 5 One of the continents (4)
- 9 Beer (5)
- 10 Cleaning item (7)
- 11 Incurably bad (12)
- 14 Monstrous humanoid creature (3)
- 15 Female relation (5)
- 16 Male child (3)
- 17 Significantly (12)
- 20 Angers (7)
- 22 Alphabetical list in a book (5)
- 23 Look for (4)
- 24 Fully aware (4-4)

ACROSS

- 1 Large mass (4)
- 2 Derived from living matter (7)
- 3 Environment (12)
- 4 Title of a married woman (3)
- 6 Clean thoroughly; vegetation (5)
- 7 Concurring (8)
- 8 Gathering of people (12)
- 12 Pass a rope through (5)
- 13 Coupons (8)
- 16 Firmly (7)
- 18 Care for; look after (5)
- 19 Chopped; cancelled (4)
- 21 Vital plant juice (3)

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

APPLE BOBBING
BLACK CAT
COSTUME
DRACULA
GHOST
HAUNTED
MASK
MONSTER
OCTOBER
PUMPKIN
SKELETON
TOMBSTONE
TREAT
TRICK
ZOMBIE

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



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| | A | B | C | D | E | F | G | H | I | J | K | L | M |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 10 | | 19 | | 21 | | | | 15 | | 12 | | 19 |
| 2 | 15 | 20 | 24 | 2 | 25 | 14 | | 19 | 9 | 15 | 7 | 23 | 24 |
| 3 | 26 | | 24 | | 14 | | 1 | | 25 | | 26 | | 6 |
| 4 | 25 | 4 | 8 | 25 | 14 | 14 | 20 | | 14 | 25 | 25 | 9 | 25 |
| 5 | 22 | | 14 | | 20 | | 2 | | 19 | | 24 | | 12 |
| 6 | 19 | 1 | 25 | 3 | | 22 | 13 | 25 | 22 | 6 | | | |
| 7 | 2 | | 24 | | 18 | | 15 | | 2 | | 14 | | 17 |
| 8 | | | | 22 | 19 | 11 | 26 | 25 | | 21 | 25 | 2 | 19 |
| 9 | 19 | | 1 | | 14 | | 15 | | 21 | | 2 | | 3 |
| 10 | 11 | 14 | 25 | 19 | 1 | | 18 | 26 | 19 | 16 | 7 | 3 | 18 |
| 11 | 13 | | 2 | | 25 | | 20 | | 22 | | 3 | | 26 |
| 12 | 15 | 22 | 25 | 19 | 3 | 24 | | 23 | 25 | 26 | 8 | 5 | 25 |
| 13 | 14 | | 24 | | 2 | | | | 2 | | 25 | | 23 |
| | A | B | C | D | E | F | G | H | I | J | K | L | M |

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|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | | | | | K | | | | P | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | | Z | | | | | | | | | | |

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

| | | | | | | | | | | | |
|----|----|----|-----|----|-----|-----|----|----|----|----|----|
| 8J | 9E | 6A | 10L | 3M | 13K | 12E | 2C | 7I | 4D | 2K | 9M |
| | | | | | | | | | | | |

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| | 5 | | | 6 | | | 9 | |
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| 4 | | | 2 | | | | | |
| | 8 | | | | | | 4 | 7 |

| | | | | | | | | | |
|----|----|----|----|----|--|----|----|----|----|
| 15 | 14 | 16 | | | | 14 | 15 | 6 | 11 |
| | | | 9 | 16 | | | | | |
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| | 9 | | | 10 | | | 18 | | |
| 14 | | | 13 | | | | 12 | | 22 |
| 23 | 16 | 12 | | | | 18 | | | |
| | | | 13 | | | | 15 | | |
| | | | 9 | | | | | 13 | |

Intermittent Fasting- Unveiling its Remarkable Health Benefits for Women



In recent years, intermittent fasting has gained significant attention for its potential health benefits, particularly for women. This dietary approach involves alternating periods of eating and fasting, with various methods to suit individual preferences. While the concept of fasting might seem intimidating, emerging research suggests that intermittent fasting could offer a range of health advantages for women, beyond just weight loss. From improved metabolic health to enhanced cellular repair, let's delve into the fascinating world of intermittent fasting and its potential benefits for women's well-being.

1. ****Weight Management****: Intermittent fasting has shown promise as an effective tool for weight management in women. By restricting eating windows, the body's insulin sensitivity improves, helping to regulate blood sugar levels and prevent overeating. Furthermore, fasting may lead to a reduction in overall calorie intake, which can contribute to weight loss over time.
2. ****Metabolic Health****: A key benefit of intermittent fasting is its positive impact on metabolic health. Research indicates that fasting periods can enhance the body's ability to burn fat for energy, which may lead to a decrease in fat mass and overall body weight. Additionally, fasting has been linked to improvements in cholesterol levels and blood pressure, reducing the risk of cardiovascular diseases.
3. ****Hormone Regulation****: Women's hormonal balance can greatly benefit from intermittent fasting. Fasting periods help regulate insulin levels, which in turn influences other hormones such as estrogen and progesterone. This balance may alleviate symptoms of polycystic ovary syndrome (PCOS) and contribute to more regular menstrual cycles.
4. ****Cellular Repair and Longevity****: Intermittent fasting triggers a process called autophagy, where cells remove damaged components and regenerate. This cellular "spring cleaning" is believed to contribute to a lower risk of chronic diseases and potentially extend lifespan. For women, this could translate to improved aging-related concerns.
5. ****Brain Health****: Emerging evidence suggests that intermittent fasting may promote brain health by reducing oxidative stress and inflammation. These factors are implicated in neurodegenerative disorders like Alzheimer's disease. Improved brain health can lead to better cognitive function and enhanced mental clarity for women.
6. ****Enhanced Energy Levels****: Contrary to expectations, many women who practice intermittent fasting report increased energy levels during fasting periods. This phenomenon is attributed to the body's shift from glucose utilization to utilizing ketones for energy. The sustained energy can help women remain active and productive throughout the day.
7. ****Reduced Risk of Type 2 Diabetes****: Intermittent fasting has been shown to enhance insulin sensitivity, reducing the risk of developing type 2 diabetes. This is particularly relevant for women with a history of gestational diabetes or those at risk due to family history or lifestyle factors.
8. ****Inflammation Reduction****: Chronic inflammation is linked to a range of health issues, including autoimmune diseases and metabolic disorders. Intermittent fasting has the potential to reduce inflammation

markers in the body, thereby decreasing the risk of these conditions for women.

9. ****Cancer Prevention****: While more research is needed, some studies suggest that intermittent fasting might have a role in cancer prevention. Fasting-induced autophagy could potentially help eliminate precancerous cells and reduce the risk of tumor development.
10. ****Improved Gut Health****: Intermittent fasting may contribute to a healthier gut microbiome, which plays a crucial role in digestion, immunity, and overall well-being. A balanced gut microbiome is particularly important for women, as it can impact hormone regulation and mood.



It's important to note that intermittent fasting may not be suitable for everyone, and consulting with a healthcare professional before making significant dietary changes is recommended.

Pregnant or breastfeeding women, those with a history of eating disorders, and individuals with specific medical conditions should exercise caution and seek personalized guidance.

In conclusion, intermittent fasting holds immense potential for promoting women's health and well-being. From weight management and metabolic improvements to hormone regulation and brain health, the benefits are far-reaching and intriguing. As research in this field continues to expand, women seeking to explore intermittent fasting should do so under the guidance of a qualified healthcare provider. Embracing this dietary approach with mindfulness and an understanding of individual needs can pave the way for a healthier and more vibrant life.



*Belinda
Ambrose*

Belinda Ambrose
BSc, MChiro, BSc (1st Hons), LicAc
Doctor of Chiropractic
www.aligned-chiropractic.co.uk

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

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

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Banks WANTED
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Churches Hexham Abbey Festival p67
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 Maid 2 Sparkle p26
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 Ramsay Cleaning p32
 Jesmond Jet Clean p47
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