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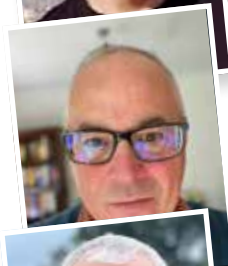
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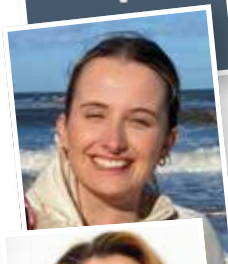
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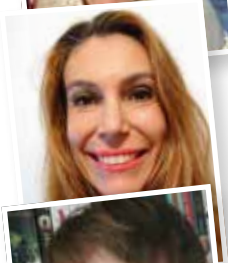
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Welcome to Issue 88 - What a lovely festive edition it is!

We've got a chance to win a scrumptious Chocolate hamper below, as well as 3 copies of 'Love Lindesfarne' from local writer Kimberley Adams on page 41. There's a fresh set of puzzles in our 'Winter Solstice' themed coffee break and another chance to win a £10 Costa voucher.

There are fabulous articles from our dedicated contributors, including a poignant message from Katie Pharoah and a debut piece from Ian Todd, Food Horticulturalist for GO Local Food. Belinda Ambrose is also offering our readers a Chiropractic Assessment (worth £350) for only £47 opposite article on p55.

Special mentions go out to Santa Claus at Barmoor Hub p15, Christmas Tree Festival at Crawcrook p22, Christmas at The Gate Church p43 and music night with Mark Thompson at Prudhoe Methodist Church p45.

As we head into the winter, it's important to look out for one another and support your local businesses.

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

Stephen McHugh

Stephen and the Tyne Valley Team.

Tel: Stephen: 01661 852684 - Email: stephen@tynevalleyexpress.co.uk
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Place: St Anne's church hall Winlaton
Organiser: Pam Greenhill
Contact: 01914132366

ST CUTHBERT'S CHURCH

9th December - Christmas Coffee Morning 11-2pm, Music from the Hoose Band and friends by Candlelight 6.30pm tickets £5 including mulled wine. 17th December Carol Service 4pm. 24th December Crib service at 3pm. Christmas Day 10.15am. All are very welcome.

Place: St Cuthbert's Church, Blaydon
Organiser: Revd Diane Ryan
Contact: rev_dianeryan@btinternet.com

ST CUTHBERT'S COMMUNITY HALL

Large hall in the centre of Blaydon now taking bookings for regular or one-off events. Contact Steve on 07966 496971 or by email.

Place: St Cuthbert's
Organiser: Steve
Contact: blaydonstcuthbert@gmail.com

ST ANNE'S RC CHURCH

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

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

ST PAUL'S CHURCH

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Place: St Paul's Church, Winlaton
Organiser: The Reverend Alison Stewart Smith
Contact: 01914529381

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

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

Place: St Joseph's RC Church, Blaydon
Organiser: Adrian Tuckwell
Contact: st.annewinlatonrc@gmail.com

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
Contact: 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

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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
Contact: 07949265987

WINLATON EVANGELICAL CHURCH

Sunday Worship Service: 10.30am. Bible Study & Prayer Meeting: Tuesday 1.00pm. All warmly welcome.

Place: Next to Public Library NE21 6AS
Organiser: Winlaton Evangelical Church
Contact: winlatonevch@talktalk.net

TRINITY METHODIST CHURCH

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

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Contact: 01914144337

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Place: Winlaton Mill Village Hall
Organiser: Dawn
Contact: info@winlatonmillvillagehall.com

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

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We meet Tuesday to Thursday at Swalwell Visitors Centre. We're a small team who help protect local nature reserves (Shibdon Pond, Milkwellburn Woods, Cross Lane Meadows etc) including installing fencing and gates, removing invasive species, coppicing trees and litter picking.

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

KALMA LIFE

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

WINLATON CAMERA CLUB

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

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

CHAIR BASED YOGA

Chair based yoga classes, seated

practice and standing practice using chair for support in balances. Fridays 10-11am only £3.50 per class.

Place: Winlaton Community Centre
Organiser: Rose Romani
Contact: 07515107774

WINLATON ART GROUP

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

Place: Winlaton Community Centre
Organiser: Angela Elliott
Contact: angela.elliott1846@gmail.com

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Place: Winlaton Library
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Contact: 0191 4336418

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Equipment ...

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

Part 2

So, following on from last time, let's first look at the Digital Single Lens Reflex (DSLR) camera. If you are really serious about getting into photography, then really, you should be looking at one of these. As I mentioned, the brand you choose is up to you, they all do basically the same thing.

The first thing to consider is sensor size. You will find full frame sensors and cropped (smaller) sensors. Full frame cameras tend to be more expensive, cropped sensor cameras generally cheaper. A 'full frame' sensor means that the sensor is the same size as a 35mm film negative, so lenses will be true to the focal length of that lens. E.g. a 50mm lens on a full frame sensor camera will give you a 50mm angle of view, as it would on a 35mm film camera. Many cameras have a smaller sensor, such as; APS-H, APS-C, Micro Four Thirds, and several others, they are mostly similar. If your camera has a smaller sensor, it will change the angle of view of any lens you use, so then a 50mm lens on an APS-C sensor camera would be more like 85mm. A smaller sensor will generally extend the focal length of a lens and give a narrower field of view. You can, of course, get lenses designed specifically for small sensor cameras too, but if you use a lens designed for a full frame camera, the range will be extended.

So, why the difference? Well, a smaller sensor means a smaller and lighter camera. Additionally, extending the focal length of your lens can be very useful if you like wildlife photography. A 600mm telephoto lens will become a (roughly) 720mm lens, giving you better reach. By the same token, if you prefer wide angles for landscape, then you lose some of your angle of view with a smaller sensor.

These days, another option is a 'mirrorless' camera. In a DSLR camera, the light enters through the lens, and the camera has an angled mirror to deflect the light up to the viewfinder, so, this is an optical viewfinder, looking through the lens with the aid of an angled mirror. When you click the shutter, the mirror lifts up as the shutter opens, exposing the sensor to the light, and then it lowers again. By removing the mirror, you can make the camera body smaller and lighter, but you lose the optical viewfinder. In a mirrorless camera, the viewfinder is a digital image, which may take some getting used to. Another modern 'plus' is connectivity. Most mirrorless cameras offer wi-fi connection to get your shots onto social media super quick! So, the advantage is smaller and lighter cameras and wi-fi connection, the down side is worse battery life as the camera is powering the viewfinder too and some may not like the digital viewfinder. They tend to be more expensive too!

What we have discussed here is mainly the camera body, you then need to add a lens or several lenses. For landscapes most likely you will want a wide angle lens, and for things like wildlife photography, a telephoto lens, and then there are many special use lenses such as macro. There are hundreds of options so we will leave lens choice for another time. Keep in mind, if you want more detail, there are masses of articles out there and all I am doing here is giving a brief overview.



On the other end of the scale from your DSLR's are compact cameras and smart phones. Compact cameras are basically your point and shoot type camera and these are rapidly going out of fashion now with the onset of cameras in smart phones. Given the choice, I'd use my phone camera these days over a compact camera and for mainly social media use, a phone camera will be ideal.

If you want something in between a DSLR with all the lenses, and the simplicity of your phone camera or compact, then there is the bridge camera, and there are some really excellent bridge cameras available. A bridge camera comes with a fixed zoom lens so no additional lenses to buy, usually mirrorless, and usually with a very long zoom reach. They are quite small, (most have smaller sensors), and can be very easy to use and give great versatility. Newer ones also have wi-fi connectivity too. The extreme zoom means they are good for wide angle landscapes and also for wildlife and birds! They are light and compact too so easy to travel with if you don't want to take your big heavy lenses when you go out, and you can get a lot of functionality at relatively little cost. My wife uses one to great effect!

Obviously, in an overview article like this, its impossible to give all the details you may need, but as you see, there's lots of choice out there when it comes to equipment but don't forget the most important things:

1. The best camera is the one you have with you!
2. Above everything, enjoy what you do!



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Ladies choir, Pop, rock, gospel, musicals. Regular performances in the community. Lots of socialising and events too!

Place: Stargate Hall

Organiser: Joanna Tarpey

Contact: [facebook.com/rytonsingers](https://www.facebook.com/rytonsingers)

RYTON YOUTH SINGERS

Youth choir for young people ages 11-16. Regular performances in the community. Rehearsals run every Sunday 12-1pm

Place: Stargate Hall Ryton

Organiser: Joanna Tarpey

Contact: [facebook.com/profile.php?id=61551260005195](https://www.facebook.com/profile.php?id=61551260005195)

SLIMMING WORLD

Come and join us at Barmoor Hub on Tuesdays 9:00am, 10:30am, 5:30pm and 7:00pm. Amanda 07894 284343.

Place: Barmoor Hub, Ryton

Organiser: Amanda Greener

Contact: 07894 284343

TYNE PHYSIO PILATES

Mat-work Pilates classes and 1:1 Pilates sessions led by chartered physiotherapist. Classes suitable for all levels and abilities. Mondays Barmoor

Hub 9.30am. Wednesdays Ryton Community Centre 6.15pm & 7.15pm.

1:1 sessions are available on request.

Place: Ryton Community Centre and Barmoor Hub

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

Contact: 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

Contact: 01914529381

MEN'S SHED RYTON

Carving out companionship, good old-fashioned conversation in a wi-fi free environment. Meetings every Tuesday and Thursday 10-3.

Place: Ryton Methodist Church

Organiser: Dave

Contact: rytonmensshed@proton.me

RYTON & DISTRICT CAMERA CLUB

Ryton & District Camera Club meets

every Tuesday at 7.30 pm in the Ryton

Community Centre, Cross House,

Ryton, NE40 3QP. Anyone interested

in photography will be made very

welcome whether an expert or

beginner.

Place: Ryton Community Centre

Organiser: Camera Club

Contact: www.rytoncc.weebly.com

STARGATE COMMUNITY CENTRE

Monday & Tuesdays Darby and Joan

bingo 1.00 to 3.00. Monday slimming

World 5.30. Wednesday stargazers

baby and toddler group 9.30am to

11.00. Thursday 2.00 to 3.00 Yoga.

Thursday 6.00 to 7.00 ryton singers.

Sunday 11.00 ryton mini singers.

Place: Stargate community centre

Organiser: Fiona Todd

Contact: fiona.todd33@gmail.com

YOGA FOR ALL

A variety of Yoga techniques for all abilities with Carol. Held every Thursday from 2pm until 3pm at

Stargate hall, opposite fish & chip shop.

Pay £6 on the day. For more info tel.

07895417870.

Place: Stargate Hall Organiser: Carol

Contact: 07895417870

BABY AND TODDLER GROUP

Baby and toddler group Wednesday

morning 9.30 to 11.00 term time only

Place: Stargate and Crookhill

community centre

Organiser: Fiona Todd

Contact: fiona.todd33@gmail.com

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Place: Clara Vale

Organiser: Joan Atkinson

Contact: bookings@claravale.org.uk

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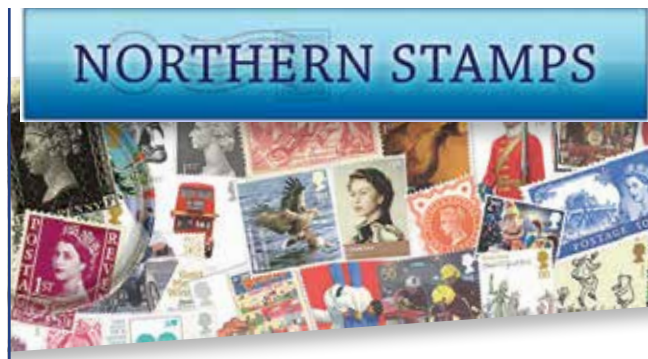
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Bronze Package - £2655

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Silver Package - £2920

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Gold Package - £3245

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2020's: A Decade of Crises



Since the beginning of 2020, the world is changing in ways most of us did not expect it to. First it was the covid-19 crisis and what evolved from it: like lockdowns, draconian rules and new medical procedures. By the beginning of 2022 covid-19 seemed to be a thing of the past, and then the Ukraine War popped up its ugly head. In the first three weeks of October 2023, a new war between old foes has flared up again in the Middle East and the Ukraine War is now almost forgotten. The focus of this article will not be on these crises themselves, but governments' reaction to them and how they have and will continue to affect our domestic economies.

The common denominator for all the crises we have seen since 2020, has been heavy government and Central Banking intervention, and this has to be linked back to the nature of our monetary system - which has been one based on heavy dependence on debt and credit. This system evolved from when President Nixon detached the American dollar from gold in 1971. Prior to the "closing of the gold window" as it was called, all national currencies had a link to gold and also somewhat to silver. What this link did was provide stability to currencies as governments and Central banks could not inflate at will, as the currency had to have a fixed amount (or weight) of gold backing.

So, in 2020, most Western countries and banking systems were already heavily indebted as the Crisis of 2008 resulted in major bailouts by taxpayers of the whole banking system. The only saving grace was that governments and Central Banks had been able to keep interest rates artificially low - which not only helped governments to keep borrowing and spending, but also keep consumers doing the same. With the outbreak of the covid-19 crisis, the powers that be had an excuse to take out the inflationary bazooka once again as governments, with the help of the money printers at the Central Banks, were able again to borrow trillions at very cheap rates in order to keep hundreds of millions of us placated, while we were told to stay at home and do nothing for almost two years.

The only problem with printing money and shutting down the economy was that it disrupted not only domestic supply chains, but also international ones - so when the covid-19 crisis started waning and the economy was supposed to go back to normal, it never did, but people's spending habits had not changed and that of course led to pent up demand which put upward pressure on prices. So, by late 2021, we started seeing inflation as measured by CPI going up to levels not seen for many years. The inflation problem was accentuated by the breakout of the Ukraine War in February of 2022 as it led to even more supply chain problems in the energy sector, as the West sanctioned Russia, and Russia decided to demand payment for its energy in rubles. Explosive oil and gas prices in 2022 led to even higher prices to go along with the monetary and fiscal bazooka of 2020 and 2021. Inflation rates, as measured by CPI, went to double-digit levels in the UK and Europe for the first time in about forty years.

Again, like with the pandemic, governments in the West provided consumers with more help which always means more fiscal spending - and therefore more inflation down the line. Here in the UK, some energy providers were bailed out, the households got financial help with their

utility bills and other schemes too. Towards the middle of 2023, both the covid-19 and Ukraine crises economic side-effects had started to wane as the inflation rate dropped somewhat and interest rates on mortgages had started to stabilise. The problem of debt had not been solved though and, if anything, had gotten worse as the very low rates instituted during 2020 and 2021 helped the government and the public load up on even more debt.

As was said earlier, interest rates had recently started to stabilize, so many had hoped this would alleviate the debt load - but then came the Israel-Gaza War on October, 7, 2023 and why would that have an impact on interest rates and our domestic economy you might ask? Ecclesiastes 1:9 says: the thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun. Back on October 6, 1973, virtually 50 years to the day from the start of the current Israel-Gaza War, the Yom Kippur War between Israel and the Arabs kicked off and had major consequences for the whole world. Even though it is still too early to tell what the current consequences of the present war will be, we can look back 50 years ago to see what happened.

The biggest impact of the Yom Kippur War of 1973 was that it drove Saudi Arabia and OPEC to embargo oil shipments to any country that backed Israel in that conflict. This led to a massive spike in oil prices from around \$3 per barrel to \$12 by the spring of 1974. Inflation had already been a problem prior to 1973 as President Nixon had floated the dollar and fiscal spending for the Vietnam War and the Great Society spending were starting to devalue the dollar. So, as you can see, things are not too different today and back in the 1970s we continued to see rising inflation and interest rates after the 1973 War. It was only by 1981 when the US central bank, the Fed, decided to let short term interest rates rise to 20% that inflation was brought under control.

The conclusion then is that like in the 1970's we do not see the inflation situation nor interest rates stabilising anytime soon and the current war in the Middle East will, in my opinion, make things even worse - much like in the 1970's. Governments and Central Banks have used all their ammo (spending and printing) and if they try again to take out their bazookas, I think inflation could possibly go even hyper. One thing is for sure; the pound in our pockets or internet accounts will not be buying as much in the years to come.

Mario Innecco

Mario Innecco

Founder of YouTube Channel
Maneco64 - "The home of alternative
economics and contrarian views"
Blog: maneco64.net





Minsteracres

Retreat Centre

**2024
RETREAT
PROGRAMME**

Welcome to our Retreat Programme for 2024 where you will find details of various residential and day retreats we have on offer in the coming months.

Welcoming guests of all faiths and none, this Passionist retreat centre is set in 110 acres of gardens, park and woodland and is situated in beautiful countryside on the border of Northumberland and County Durham

Founded in Italy in 1720, the Congregation of the Passion of Jesus Christ "The Passionists" have a special ministry to promote the Memory of the Passion of Jesus by both word and deed for the Passion of Jesus is truly the greatest story of God's love for humanity and His creation.

In 2024, we celebrate the 75th anniversary of the arrival of the first Passionists at Minsteracres. So, our retreat theme for 2024 is "The Saving and Transforming power of the Cross" in which we will explore what The Passion of Jesus means for each of us as Christians today because it is through the story of the Cross that Jesus touches us and brings us His salvation.

We hope that this programme will be able to offer ways in which we can all connect with the consoling power of the Passion of Jesus as we journey together in exploration of what St Paul of the Cross describes as both a sea of sorrows and an ocean of love.



FEBRUARY - Friday 16th February from 6:30pm to Sunday 18th at 2pm - Donation

FRIENDS RETREAT - MINSTERACRES TEAM

The Saving and Transforming Power of the Cross." A retreat exploring Passionist spirituality. We will begin by 'Entering the desert' a gentle introduction to the weekend giving people time to find space and try to leave behind them their cares, worries and problems. This will be followed by sessions on Passionist Spirituality, The Transforming Power of the Cross, Sharing the meaning of the cross in our own lives, Living the Passion in the love of God and ending the weekend with Mass and Sunday lunch.



MARCH - All from 10am to 4pm, with lunch provided. - £30

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Wednesday 6th March

Wednesday 13th March

Thursday 21st

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MARCH - Friday 8th March from 6:30pm to Sunday 10th at 2pm - £250

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MARCH - Thursday 28th March from 6.30pm to Sunday 31st at 2pm - £240.

HOLY WEEK RETREAT - MINSTERACRES TEAM

Join the resident community on their journey towards Easter, with time for reflection and the opportunity to take part in the Easter Triduum.

MINSTERACRES' MISSION

Minsteracres Retreat Centre provides a space where people feel welcome, can be themselves and are enabled to find healing and wholeness in their relationship with God, with themselves, with others and with creation.

For more information contact us as follows: email:

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Organiser: Neil Christey
Contact: 07543268926

HOLY SPIRIT CHURCH

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

Place: Crawcrook
Organiser: Rev. Tom Brazier
Contact: 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

information@centenarymc.org.uk

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Place: Crawcrook Library
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LynneCorder@Gateshead.Gov.Uk

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Place: Emma Hall Crawcrook
Organiser: Emma Bell
www.kalmalifeuk.co.uk/gatesheadwest

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sessions also available for Junior and Senior classes. Interested? Get in touch for more details.

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

OUR VILLAGES

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

Place: Crawcrook & Greenside
Organiser: Members of Our Villages
Contact: ourvillagescag@gmail.com

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Place: Clara Vale
Organiser: Joan Atkinson
Contact: bookings@claravale.org.uk

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

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

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

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

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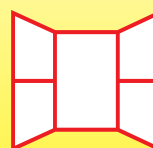
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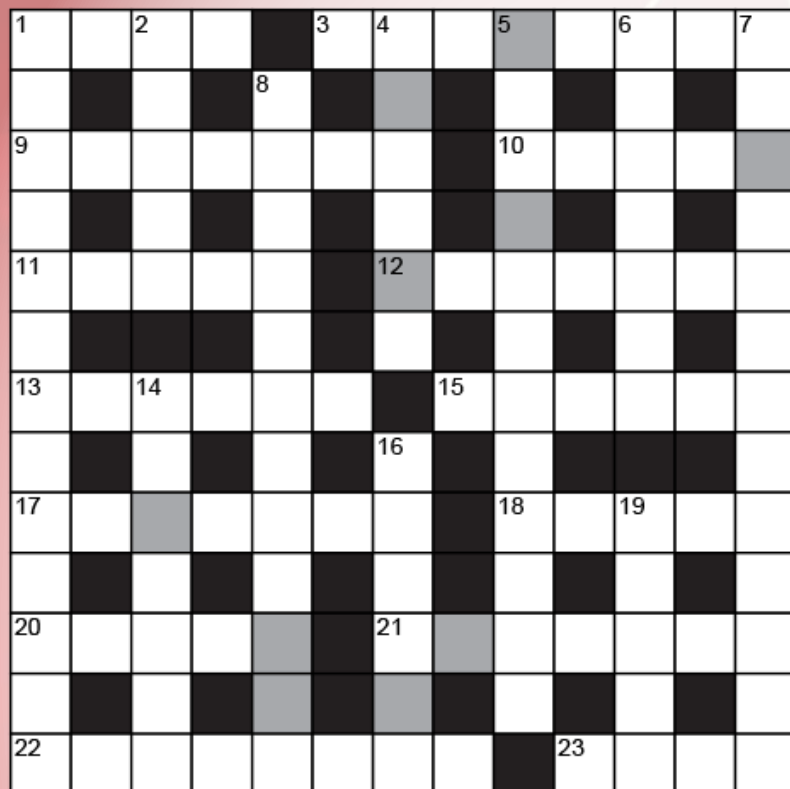


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Re-trimming is available for both classic and modern cars. As leather specialists, we can custom match panels and seats to blend in with the rest of the leather, rather than re-trimming the full interior. This option saves you a lot of time and money, and will help retain the authenticity of a classic car.

In addition, French polishers are able to clean, repair and carry out full restorations to any wooden items.

As industry experts, Furniture Clinic serve many large national business needs, such as hotel and restaurant chains. Their diverse and respected client base means that you can feel confident knowing Furniture Clinic is the right company for you.

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HEDDON METHODIST CHURCH

If you would like to receive Holy Communion in your home, would like a visit, or to arrange a baptism, marriage or funeral please get in touch via our website www.heddonmethodists.org.uk. Also we have Rooms to Hire (very good rates).

Place: Heddon Methodist Church
Organiser: Deacon Maggie Patchett
Contact: 01661 854073

HORSLEY BOOK CLUB

Horsley Book Club meets every first Friday of the month in The Hearth cafe from 3 pm. We read a variety of books and sometimes have fun play readings. Place: The Hearth cafe in Horsley
Organiser: Hazel Holliday
Contact: 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
Contact: 01912365878

THE HEDDON PATCHERS

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

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

HEDDON LOCAL HISTORY GROUP

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

Place: Heddon Methodist Church on Towne Gate

Organiser: Andy Curtis
Contact: 01661853095

HEDDON WOMEN'S INSTITUTE

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

Heddon W.I Hall

Organiser: Secretary
Contact: 01661 853365

HEDDON ART GROUP

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

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

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
Contact: 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

Dru Yoga Classes every Wednesday at the Hearth, 6:30pm till 7:30pm. Place: The Hearth
Organiser: Rachel
Contact: 07545865009

KEEPING FIT AND FLEXIBLE

This is a dance based fitness class aimed at the over 50's. If you enjoy moving to music come and give us a try. 10.00-11.00am on Wednesdays.

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

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Place: The Hearth Art Centre
Organiser: Ali Wilkes
Contact: office@thehearth.co.uk

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Growers and wildlife prepare for winter

**GO
LOCAL
FOOD**

On the field we are gradually moving from summer crops to winter ones. The warm spell gave us a bit of a ripening boost and the sudden cold snap will be telling the rest of the plants to fruit up. This leads us away from fruiting crops like tomatoes and peppers to leafy crops like mustards chards kales and broccolis and root crops such as beetroots swedes carrots and potatoes. We may experiment with some pea shoots for added interest. We will also be bringing in the squashes and

pumpkins and giving them a close inspection to see if they will store. It hasn't been a brilliant ripening season for them.

The tasks started last month are ongoing we hope to get a few more weeks of polytunnel crops as the next crops are still growing on ready for transplanting. This month is the big push for planting onions and garlic; all 6,000 of them.

Some good news, slugs are on the decrease as the temperature drops, however we have noticed that mice and voles have been helping themselves to seedlings, peppers and chillies in the polytunnels, so the hanging shelf accommodating trays of seedlings has been reinstated as mice and voles can't fly!

One of the ways schemes like ours can improve the environment is to leave plant banks and long grasses over the winter as nesting or hibernation sites around the fields and in the spring not be too keen to clear them away. Personally, I'm happy for all insects to thrive as each one is part of the feeding chain and even pests which attack our crops can be food for protectors of our veg.

This year I have been more aware of how we are coping environmentally overall. Our site is as diverse as any woodland walk space. We have achieved this in part by leaving weeds as ground cover, providing water ways, not hoeing every weed that grows, leaving dying crops in the ground until new crops are planted, and maintaining areas that aren't walked over all the time.

I have managed to capture more of the insects on my phone, from; a humming bird hawk moth, to a variety of flies, beetles and ladybirds, white tailed bumble bee, large yellow underwing moth, peacock butterfly, red spider mite and lots of different spiders. My photos have been shared with members and Abi has prepared a great range of very informative blog posts for our website check out the news section...
<https://golocalfood.org.uk/news/>

Cold nights and morning frosts brought us very suddenly into autumn and we know that the wildlife around us will be preparing for the winter. Insects hibernating, hedgehogs creating nests; both animals and insects fattening themselves up for the lean period, squirrels storing food, badgers digging up the ground looking for worms and slugs, rodents making warm nests in any dry location – even better if there is a pantry full of food next door!



And we do the same, the jumper comes out, a thicker jacket, waterproofs and thick socks. Now is the time to make soups, preserve veg, fill the larders. Store the veg.

Keeping our food supply local and seasonal presents lots of challenges (as you'll be used to reading in this column!), storage is one of them. We do not have access to electricity on our site, nor any strong pest proof buildings. As growers we constantly juggle crops trying to find the best ways to keep veg at its best. Some veg can be kept in the ground until needed parsnips, kales, purple sprouting broccolis and winter cabbages, but they are subjected to vagaries in weather and each in a different way. Too warm and parsnips will start producing a flower stem too cold and you can't dig them out. Potatoes can stay in the ground if they are deep enough to avoid being frozen. We know this because there are always 'volunteer' spuds coming up from the previous year! But the longer they are in the ground the higher chance pests will get them. We can dig them all out but then they need drying in a dark place, sorting and then storing in a damp dark frost free place all 2 tons of them! Then there is the other side of the coin, Squashes prefer warm dry sunny places where they can harden and stay fresh until the spring. Tomatoes and peppers need cool light dry areas and close watching as when they hit peak they will dissolve to mush releasing their seeds. Apples and pears need cool dark well ventilated areas and not touching each other even then some varieties that will just not store for more than a few days (russets can store for months) unless you have special equipment to slow down the ripening process. All this is part of the planning process, growing crops that make best use of resources.

Of course there are other options, taking a leaf from the wildlife on our fields, each of us could build or create a store, we could be more adventurous in our cooking styles and we could get more adept at preserving or preparing veg for storage; pickling, fermenting, jarring (canning), juicing, freezing and drying, tried and tested methods and a new set of skills to learn?



*Ian
Todd*

Ian Todd
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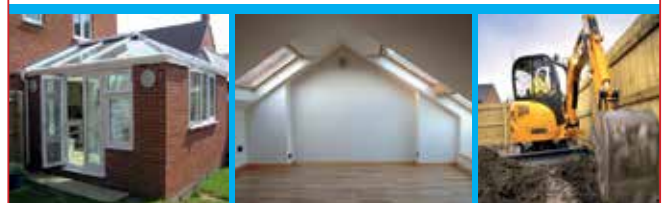
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WYLAM MAKERS MARKET CHRISTMAS MARKET

Join us on Sunday 26th November from 11-4pm for Wylam Makers Market Christmas market and season finale. Featuring an eclectic selection of local artists, designers, craftspeople and artisan food traders. We look forward to seeing you there. Free Entry
Place: Wylam Institute
Organiser: Maisie Henderson
Contact: 07951202931

WYLAM INSTITUTE

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

WYLAM METHODIST CHURCH

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

ST OSWIN'S

Church Services are at 9.30am* Thursday and 8.00am & 10.00am* Sunday (*are currently live streamed). All, including children, are welcome. Church Hall also

available to hire. See <https://stoswinschurchwylam.chessck.co.uk/>
Place: Church Road, Wylam
Organiser: Rev Tom Birch
Contact: wylamst.oswin@hotmail.co.uk

WYLAM CHURCH HALL

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

WYLAM WOMENS INSTITUTE

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

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

PHYSIO-LED PILATES

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

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

LOCALLY GROWN VEGETABLES

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

CHRYSALIS CLUB TYNEDALE

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

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

EXERCISE CLASSES

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

OVINGHAM AND DISTRICT CHOIR

Ovingham and District Choir (Mixed Voice) meets for practice in the Reading Room on Tuesday evenings from 7:45 to 9:30pm. A wide repertoire is sung but the ability

to read music is not essential. New members are always welcome.
Place: Ovingham Reading Room
Organiser: Ian Warburton
ianwarburton25@gmail.com

PILATES & FITNESS

SSFitness, a wealth of knowledge and experience. Classes are based in Ovingham and surrounding areas. Pilates sessions Tues, Wed & Friday in Ovingham. Full timetable is available on www.ssfitnesspt.co.uk or contact Diane on 0783292542

Place: Based in Ovingham

Organiser: SSFitness

Contact: Diane - 07830292542

UPLIFTED!

A relaxed opportunity to sing with other women across the Tyne Valley. 2nd & 4th Wednesdays in the month, 8 pm. No need to audition or read music! Lots of different styles of music - something for every woman.
Place: St Mary's Church, Ovingham
Organiser: Christine
Contact: 01661 832296

TYNEDALE CHESS CLUB

Tynedale Chess Club meet every Monday in Ovington Social Club from 7-10pm. Whether you are new to game or been playing for years you are welcome to come along.
Place: Ovington Social Club
Organiser: Colin Ripley
Contact: email



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Farne Islands



The Farne Islands are a very special collection of islands just off the Northumberland coast.

A designated National Nature Reserve, Special Area of Conservation, Special Protection Area, Special Marine Protection Area and Site of Special Scientific Interest. Cared for by the National Trust since 1925, the Farnes are one of the UK's most important wildlife habits, home to around 100,000 breeding seabirds and an important breeding colony for hundreds of adult grey seals in late autumn and early winter.

A collection of 28 islands in total, but the most well-known, and accessible are Inner Farne, Staple Island and Longstone.

Inner Farne is characterised by puffin burrows, dive bombing Arctic terns and cliffs packed with the sights and sounds (and smells) of nesting guillemots, kittiwakes, razorbills and shags. The cultural significance of the island is also, well, significant with links to early Christianity. There is also a Grade 1 listed Pele tower, and the beautiful St Cuthberts chapel, a tranquil space to sit and admire the beautiful stained-glass window and 17th century woodwork.

The landscape of Staple Island is more rugged, but no less inundated with wildlife, and is well known for its breeding colonies of puffins, kittiwakes and razorbills. Longstone is perhaps best known for its distinctive red and white striped lighthouse and the story of local heroine Grace Darling.

It has been a challenging breeding season here this year and the team of 9 National Trust rangers have been working hard to look after our beloved seabirds. Sadly, we saw the return of Avian Influenza (bird 'flu) part way through the season, after seeing it rip through the colony in 2022. Last year, the team collected over 6,000 dead birds across the islands, with the guillemot population particularly impacted. The good news is that this year, the number of birds collected has been almost half that number (3647) in part, based on our own experience, due to daily picking up by the rangers, which has helped to limit the spread of infection. Despite the return of H5N1, a number of chicks did fledge, across all the species that come here to breed.

The rangers were able to carry out a modified puffin census, using observational techniques such as checking for fresh digging and guano. The results will be published for this soon.

Last spring, we had to make the difficult decision to remain closed for visitor landings for a second season, to minimise disturbance to the birds, and therefore spread of the disease. These birds are already facing multiple pressures due to climate change, food availability and habitat loss, and we had to give them the best possible chance of a successful breeding season beneath the shadow of AI.

Fortunately, visitors to the Northumberland Coast have still been able to experience the magic of the Farne Islands, and the wonderful wildlife, by taking a sail – around trip with one of the boat operators based out of the harbour at Seahouses.

The migratory birds have left the islands now, some to undertake incredible journeys. The Arctic Terns have the longest migration of any animal on earth and will see two summers a year, and this years' puffin chicks won't return



to land to breed for 4 – 5 years. As they depart, the rangers have turned their attention to the vital habitat management work of pulling out invasive hemlock and dock and creating more nesting habitat for the terns, by building gravel plots for them. This work will ensure that the birds return in the spring to optimum habitat for a successful breeding season.

Also, at this time of year, "seal season" is just around the corner. The islands are home to one of the UK's largest colonies of Atlantic Grey Seals, which are one of the rarest seal species and are a protected marine mammal. Approximately 3000 pups are born here each year, and we have started to see the first of the "white coats" in the last couple of days.

Ian Telfer and Grace Watt (Hickling) established the first long term study of the seal population on the islands in 1950, which involved weighing and measuring the seal pups. This is now the longest running data set studying Grey Seals in the world.

Today, this work continues.

Prior to 2018, the rangers counted the seal pups every four days, and marked them using a harmless dye. In 2018, we used a drone for the first time to help with counting, using, at the time, cutting edge technology. This year, the rangers are working with partners and a licensed drone operator, with permission from Natural England, to continue trials counting the seals with a drone that uses two separate cameras, one to film the seals from above as visible with the naked eye, and the second using a thermal imaging camera.

Using drones to monitor and count wildlife is a relatively new practice. It allows conservationists to look at large areas easily and quickly, count whole populations rather than just a sample, and is far less intrusive and stressful for the animals than the close interaction of human led surveys. It also allows the team to count pups on outlying islands in difficult conditions.

Visitors can see the seals and their pups by taking one of the grey seal boat tours that sail out of Seahouses harbour – sail around tours are available with Billy Shiel's Boat Trips and Serenity.

We are hopeful that we will be able to welcome visitors back onto Inner Farne in the spring – please keep an eye on our website and social media for updates at [nationaltrust.org.uk/north-east/farne-islands](https://www.nationaltrust.org.uk/north-east/farne-islands) & follow us on Instagram @northumberlandcoastnt and X @NTNorthd_Coast.

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Win Signed Copies of *Love Lindisfarne* by Kimberley Adams

Kimberley Adams released her debut novel *Love Lindisfarne* a matter of weeks ago and has been stunned by the way in which the romantic comedy has been received, with copies flying off the shelves.

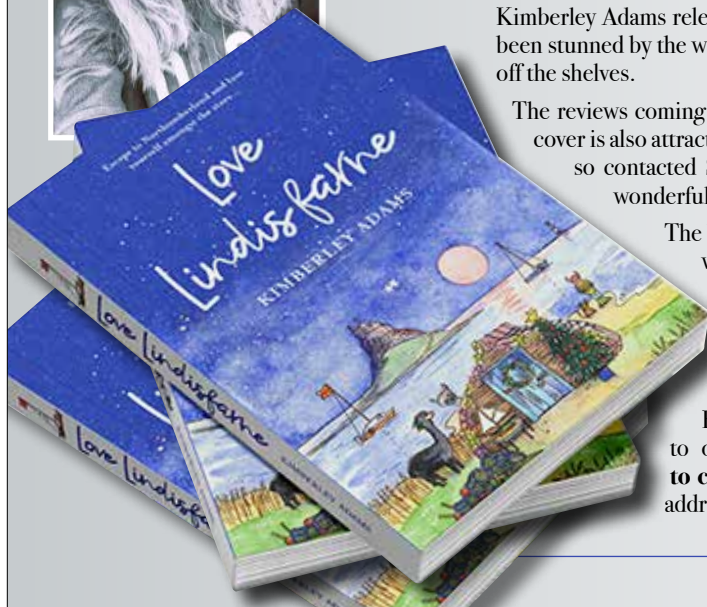
The reviews coming in for *Love Lindisfarne* are what every writer dreams about, and the cover is also attracting attention. Kim wanted to try and keep the book as local as possible so contacted Sarah Farooqi, an artist based in Gallery 45 in Felton who creates wonderful local images of the region.

The book has been described by one reviewer as 'a love letter to the North wrapped around an inspiring tale.'

Love Lindisfarne by Kimberley Adams can be found in a range of independent retail outlets across Northumberland, online from Amazon and Waterstones, or by asking your local bookshop to order it in.

Kimberley has generously donated three signed copies to give away to our readers this Christmas, just email the word **LINDISFARNE** to competitions@tynevalleyexpress.co.uk with your name and postal address. Winners will receive their books before Xmas.

Good luck!



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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.**

For more information visit:

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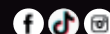
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Organiser: Prudhoe Methodist Church
Contact: Facebook Page

BORDER REIVER ARCHERS

We meet at Ovingham on Sundays at 10.00-13.00. Interested parties can visit us, chat and see archery in action. (phone or email in advance please). Check the website for unique Gift Vouchers, ideal for Christmas or Birthday surprises.
Place: Ovingham Middle School
Organiser: Dave Bell
borrerreiverarchers@yahoo.com

CASTLE TRIATHLON CLUB

Come and join your friendly, local triathlon club with free coached running sessions on Monday nights at 7:30pm and coached swimming sessions on Wednesdays at 7pm and 8pm. For information email castletri@outlook.com or head to <https://www.facebook.com/CastleTri2015/>
Place: Regents Drive and Waterworld
Organiser: Castle Triathlon Club
Contact: 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: 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 family!
Place: Swalwell Close, NE42 6EX
Organiser: Bert and Margaret Boonstra
Contact: thegatepcc@hotmail.co.uk

RENEW WELL-BEING OASIS

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

GLEEMEN MALE VOICE CHOIR

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

PRUDHOE GARDENERS ASSOCIATION

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

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!
Spetchells, Low Prudhoe Tyne River
Organiser: Keith Shaw
Contact: 07962658230

CREATIVE WRITING

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

Place: Online on Zoom
Organiser: Claire Lynn
Contact: claire@claire276.plus.com

PRUDHOE GROUND FORCE

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

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
Contact: 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
Contact: 01661 844675

ST MARY MAGDALENE

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

LITTLE TREASURES

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

PRUDHOE NETBALL CLUBS

Junior (Yr 4-7), intermediate (yr 8-11) and senior netball (yr 12+) available Wednesday evenings during term time at Prudhoe High School. Are you looking for somewhere to make friends and develop netball skills? Training sessions with opportunities to play

league netball.

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

WALKING NETBALL

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

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
Contact: 07760124539

PRUDHOE COMMUNITY BAND

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

HERE TO HEAR DROP-IN

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

ARMY CADET FORCE

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

BEREAVEMENT CAFE

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

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Some of the cosiest pubs in Northumberland

When Northumberland's pubs light their fireplaces and load their log burners in preparation for the frosty days and bitter nights, you know that autumn is in full swing. We have rounded up some of the cosiest pubs in Northumberland, all with open fires, so you can hide away from the cold, wrap your hands around a hot cup of tea and fill your belly with some hearty pub grub.

THE LORD CREWE ARMS - BLANCHLAND

The Lord Crewe Arms in Blanchland is a pub like no other. This incredibly atmospheric hotel and eatery is one of the oldest hostelries in the country, dating back to the 12th century. Its roaring fireplaces, stone wall interiors, rustic wooden beams and flickering candles make it top of our list of cosy pubs in Northumberland. Set in Blanchland, often coined the prettiest village in England, you can admire the cobbles, hanging baskets and winding lanes of this honeystone village.

What's Nearby?

Blanchland is nestled in the North Pennines, meaning it is surrounded by incredible, sweeping landscapes and attractions, such as beautiful Derwent reservoir, are nearby.

THE SHIP INN - LOW NEWTON

The seafront Ship Inn offers sunny beach beers in the summer and a cosy haven in the winter. Based in Low Newton, its coastal location and sea views lure in its guests, and they stick around for the toasty open fire, freshly cooked seafood and exquisite local ingredients. With its whitewashed exterior, exposed stone interior, open fire and live music, what more could you wish for after a long walk by the sea.

What's Nearby?

See Dunstanburgh Castle in the distance and set off on foot, through idyllic Embleton Bay, to see it up close.

THE HOLLY BUSH INN - GREENHAUGH

Tucked away in Northumberland National Park, it doesn't get much more quintessentially British than The Holly Bush Inn. The flower-filled entryway, stone front and remote setting make stepping inside irresistible. Once you're in, you can expect fantastic food, excellent service and a warm and cosy ambience that will warm you up on the coldest of days. The pub also sits beneath the Northumberland Dark Sky Park, perfectly located for a spot of stargazing in the autumn and winter months.

What's Nearby?

Take advantage of The Holly Bush Inn's position near Hadrian's Wall and step into your hiking boots to enjoy the numerous attractions and viewpoints along the wall.

THE PHEASANT INN - KIELDER

The exterior of The Pheasant Inn becomes cloaked in bright orange and red ivy when the season turns to autumn. Surrounding stone walls, wooden beams overhead and a roaring fire in the centre of the restaurant greet you as you walk in. Relax in one of the lounge bars, lovingly restored with warmth and cosiness at their heart, or dine in the restaurant which boasts sweeping views across Kielder's countryside.

What's Nearby?

The Pheasant Inn sits near staggering Kielder Water & Forest Park, excellent for walks, bike rides, nature and stunning views. Spend the evening at Kielder Observatory for an inspiring night of stargazing.

REDESDALE ARMS - HORSLEY

Redesdale Arms sits in remote Redesdale, near the historical village of Otterburn. Echoing the area's history, the oldest part of the pub is 600 years old and is a former bastle house, and is known as the "First & Last" Inn on

route to Scotland. Inside, enjoy the glow of the log burner, locally-sourced, home cooked dishes and a selection of real ales from Allendale Brewery and First and Last Brewery to wash it all down with.

What's Nearby?

Head to the Redesdale Valley where walking and cycling routes are waiting to be explored.

BARRASFORD ARMS - HEXHAM

Barrasford Arms is a traditional beauty in the Northumbrian countryside, serving exceptional, freshly cooked, award winning pub food. Take in their breath-taking beer garden views as they overlook the North Tyne Valley, before unwinding in the cosy bar area. Proudly championing local suppliers, and serving vegetables from their very own polytunnel, their exquisite seasonal menu is sure to replenish your energy levels after a chilly walk in the surrounding landscape.

What's Nearby?

Nip to nearby Hexham to explore Hexham Abbey, Hexham Old Gaol and more. Or visit incredible ancient Roman sites such as Vindolanda, one of Europe's richest archaeological resources.

THE ANGEL OF CORBRIDGE

The Angel of Corbridge sits in the centre of cobbled Corbridge and is a firm favourite for visitors discovering the area's numerous historical sites. Sit by the crackling log burner while you tuck into a hearty pub meal from their menu of fresh, local ingredients. The Lounge and Angel's Table areas are both dog friendly, meaning your four legged friend can curl up by the glow of the fire while you dine.

What's Nearby?

Don't miss Corbridge Roman Town, which is just a stone's throw away from The Angel of Corbridge.

THE WHITTLING HOUSE - ALNMOUTH

This delightful country hotel opened in 2021 and its rooms have been full ever since. Sitting within minutes of Alnmouth beach, it has homely but elegant interiors with roaring open fires in the fantastic bar and restaurant. Their Head Chef and his expert team have handpicked local suppliers who source only the highest quality, freshest Northumbrian produce. Plus, as you would expect from a restaurant nestled on the coast of Northumberland, they serve fantastic, freshly caught local seafood.

What's Nearby?

Explore Alnmouth beach and estuary, head to nearby Alnwick to see The Alnwick Garden, or visit Warkworth for fantastic Warkworth Castle. The world is your oyster in Alnmouth as you are perfectly located on the Northumberland Coast.



Jenni Meikle

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

Photography: The Holly Bush Inn

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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/

SOUTH OF TYNE FLOWER CLUB

Stocksfield Thursday 2nd November Demonstration by Jean Mclure AD "Frameworks" at 1.45 pm in Stocksfield Community Centre. OPEN meeting Friday 15th December Christmas Demonstration by David Ryland ND "Fundamentally Festive" at 7.00pm. New members welcome. Place: Stocksfield Community Centre Organiser: Janess Irving Contact: 01434 682 639

CAFÉ CONNECT

Come along and enjoy Café Connect at Stocksfield Methodist Church on Saturday 25th November at 4pm. Advent theme: getting ready for Christmas. Come along and make an Advent Calendar. Fun for all ages. Place: Stocksfield Methodist Church Organiser: Jacqueline Cameron Contact: 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 Contact: email: slhs@k-webster.co.uk

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 Contact: 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 Contact: loldickinson@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 Contact: 07754156099

STOCKSFIELD BAPTIST CHURCH

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

Place: Stocksfield Baptist Church enquiriesstocksfieldbc@gmail.com

SCOTTISH COUNTRY DANCING CLUB

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

Place: Baptist Church Hall Organiser: Rosemary Newton Contact: 01661843163

STAY AND PLAY

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

Place: Stocksfield Baptist Church Organiser: Lynda Telford

Facebook: www.stocksfieldbaptistchurch.net

LIVE & BREATHE YOGA

Hatha Yoga For All Abilities. 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 Contact: 07794459268

HATHA & SOMATIC BASED YOGA

Hatha/Somatic yoga practice, breathing practices and relaxation. Wednesdays 9.30am-11am, booking is essential. Contact Rose for more information and to book your place.

Place: St John's Church Hall Organiser: Rose Romani Contact: 07515 107 774

ST JAMES CHURCH

Sundays 8:00am Holy Communion and 10:00am Parish Worship; Wednesdays 9:30am Holy Communion and 7.00pm Quiet Evening Prayer. Services are also accessible via Zoom. For further details please visit our website at www.stjameschurchridingmill.com.

Place: St James Church

Organiser: David Contact: mckenzie.d@btinternet.com

SPINNERS/WEAVERS/DYERS

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

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 Contact: 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

Contact: 01434 682478

MATTERS AND CRAFTERS

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

Place: Newton and Bywell village hall.

Organiser: Dorothy Peacock

Contact: 07810 286285

SOUND RELAXATION (SOUND BATH)

Deep relaxation and nurturing restoration with soothing sounds of relaxing instruments that transport you to healing state of mind. This holistic wellbeing experience is for mind, body, and soul. 2nd Wednesday of the month from 7 pm to 8:30 pm £25.

Place: Riding Mill Milennuim Hall

Organiser: Neil Christey

Contact: 07543268926

WOODLAND PLAYGROUP

Playgroup on Fridays (term time) 9.15 - 11am. Tea/coffee/snacks. All ages welcome. £5 per family (suggested). Fire pit, stories, singing, crafts

Place: Riding mill outdoor preschool

Organiser: Ruth brown

Contact: 07852 308948

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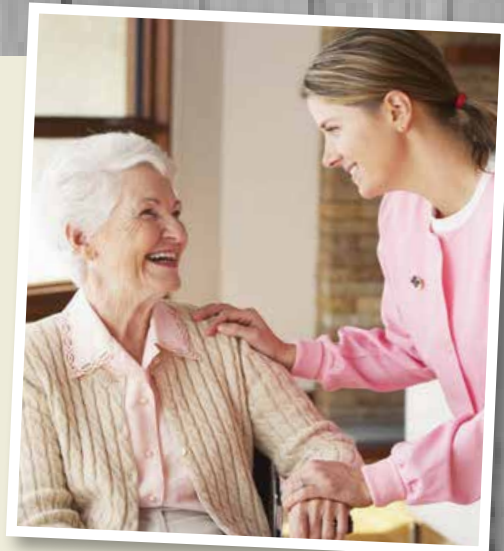
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- **Companionship Services** - This service can be from a few hours to a full day of shopping, attending you to appointments. Having a cuppa and a chat to playing games and completing cross words. Or having your hair washed and dried, nails painted 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.

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How Your Sore Joints Might be Messing with Your Brain



Injuries often bring to mind the physical pain they cause, but did you know that they can have far-reaching effects beyond the point of injury? Recent research has uncovered a surprising connection between peripheral joint injuries and brain function. This link reveals that our physical and mental well-being are more intertwined than we might have imagined. In this article, we'll explore how joint injuries in your arms and legs can affect your brain in simpler terms for everyone to understand.

Understanding Peripheral Joint Injuries

To begin, let's clarify what we mean by peripheral joint injuries. Peripheral joints are those found in your limbs, such as your knees, shoulders, elbows, and ankles. These joints are highly mobile and are prone to injury through accidents, overuse, or sports-related incidents.

Your Brain's Role in Recovery

When you experience a joint injury, your brain plays a vital role in your recovery. Initially, it sends signals to your body to alert you about the pain, but its involvement goes far beyond this.

1. Changing Brain Structure

Think of your brain as a complex puzzle, with various pieces performing different functions. When you injure a joint, these puzzle pieces can change their shape. This alteration can affect how you remember things and make decisions.

For example, research has shown that people with knee injuries may have less grey matter in certain areas of their brains. Grey matter is crucial for pain management and controlling movement. When there is less grey matter, it can impact more than just the injured joint; it can affect other cognitive functions, such as memory and decision-making.

2. Messing with Your Sense of Balance

Joint injuries can also disrupt your "proprioception," a term that refers to your body's ability to sense its position in space. When your proprioception is thrown off by a joint injury, it can affect your balance, coordination, and how well you can control your body's movements.

Picture this: you're trying to walk or reach for something, but your brain is receiving incorrect signals about your body's position. This can be disorienting and make daily tasks more challenging. Your brain must work extra hard to maintain your balance, and this extra effort can tire it out.

3. Emotional Impact

Joint injuries aren't just physical; they can also take a toll on your emotions. Dealing with persistent pain, limited mobility, and the fear of reinjury can lead to feelings of anxiety or even depression. These emotional challenges, in turn, can affect your brain. When you're stressed or anxious, it can be difficult to concentrate and make decisions.

Your brain and emotions are closely connected. When you're in pain, it can be challenging to think clearly and stay positive.

The Brain-Body Connection

It's essential to recognise the close connection between your brain and



body. It's a two-way street: joint injuries can affect your brain, but your brain can also influence your recovery.

Rehabilitation: Finding Balance

Thankfully, there's a way to strike a balance. Chiropractic is a valuable resource to help you restore the harmony between your brain and body. Through targeted hands-on therapy, Chiropractors can assist you in not only healing the injured joint but also in addressing cognitive and emotional challenges.

Chiropractic is effective because your brain is highly adaptable. It can rewire itself and learn new pathways. Chiropractic provides your brain with the exercise it needs to establish new connections and get you back on track.

Conclusion

The link between joint injuries and brain function is a captivating area of research. It underscores how deeply our bodies and minds are interconnected. If you're dealing with a sore joint, there's hope. With the right care and a bit of time, you can heal not only your body but also your mind. Remember, your brain is a powerful tool, and with the right support, you can get back on your feet and thinking clearly again. Your journey to recovery is a comprehensive one, addressing not only your physical well-being but also your emotional and cognitive health.

Yours in health



Belinda Ambrose

Belinda Ambrose
BSc, MChiro, BSc (1st Hons), LicAc
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CHRISTMAS MARKET WEEKEND

2 Day Christmas Market Saturday 25th & 26th November 10am till 3pm each day. Upstairs in the Priors Building at Hexham Abbey. Over 30 local traders each day. Free entry
Place: Hexham Abbey
Organiser: CH Event
Contact: cherylchevent@hotmail.com

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
Contact: 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
NATIONAL TRUST TYNE VALLEY ASSOCIATION

On 20 November at 2.30pm the talk will be Great North Air Ambulance Service by Amanda Simmister. Tea/coffee served from 2 o'clock. Christmas Lunch is 4 December. Menus available at November meeting.
Place: Hexham Abbey
Organiser: Jackie Wood
Contact: 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
Contact: corbridge@ukpc.net

CORBRIDGE PARENT AND TODDLER GROUP

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

Place: Corbridge Preschool
Organiser: Claire Milburn
Contact: 01434 622947

ST ANDREW'S CHURCH

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

Place: St. Andrew's Church
Organiser: St. Andrew's Church
Contact: servicesincorbridge@btinternet.com

TYNEDALE CHESS CLUB

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

Place: Corbridge Parish Hall
Organiser: Dave Humphreys
Contact: dwhump3@yahoo.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: contact@chevent.co.uk

CORBRIDGE LACE GROUP

A friendly group meeting on Wednesday mornings to make lace and chat about a wide variety of textiles. Tuition available for bobbin and needle lace and craft laces including tatting and crochet. Beginners and experienced lacemakers equally welcome.

Place: Corbridge Parish Hall
Organiser: Gil Dye
Contact: gildye6@gmail.com

ZUMBA KIDS & JUNIORS

Zumba® Kids classes (4-11 years), feature kid-friendly routines where we break down the steps and add games and activities. Sessions help develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making exercise fun.

Place: Corbridge Parish Hall
Organiser: Shelly Dronfield
Contact: Shelly.dronfield@gmail.com

HEXHAMSHIRE WI

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

CREATIVE WRITING

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

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

HEXHAM TENNIS CLUB, TYNEDALE

All standards welcome. We meet for

casual play on Tuesday evenings from 5.30pm and Saturday afternoons from 1.30pm. See our website www.tynedaletennisclub.co.uk
Place: Eilansgate (shared entrance with Tynedale Cricket Club).
Organiser: George Miller
Contact: 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
Contact: 01434 602431

FAMILY CEILIDH - DANCE SCOTTISH

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

Place: West End Methodist Church
Organiser: Carol
Contact: 01434 602431

TYNEDALE LIONS CLUB

Meetings every second and fourth Monday evening 7pm. 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
Contact: 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
Contact: gillian.silsbury@gmail.com

TYNEDALE COMMUNITY CHOIR

Monday evenings during term time, 7.30 - 9.00 pm. Come and sing, relax and unwind with folk songs, rounds, gospel, contemporary and more. Led by musical director Kathryn Davison. Suitable for beginners and experienced singers alike.

Place: Trinity Methodist Church Hall
Organiser: Tynedale Community Choir
Contact: tynedalechoir@gmail.com

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
Contact: 01434684705

MACULAR SOCIETY

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

Place: Therapy Centre
Organiser: Jeanne
Contact: 01661833988

ARTVENTURERS

Art and craft classes, parties and events for babies, toddlers and children.

Monday – 9:50am Baby ARTventurers (6-18 months) 11:30am Little ARTventurers (18 months – preschool). For more information please get in touch
Place: St Marys Church Hall
Organiser: Justine
Contact: 07737108061

HEXHAM PROBUS CLUB

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

Place: Tynedale Mart
Organiser: Hon. Secretary
Contact: 01434607798

TYNEDALE ROTARY

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

Wednesday 12 noon.
Place: County Hotel Hexham
Organiser: Rotary Club
Contact:

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

ACTIVE NORTHUMBERLAND

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

Place: Northumberland
Organiser: Lorraine
Contact: 01670622368

HEXHAM 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
Contact: secretaryHBC@btinternet.com

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FAMILY HISTORY BRANCH

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

JIVE ALIVE

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

HEXHAM TOWN WI

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

Place: Hexham Community Centre
Organiser: President Suzanne
Contact: 07858718056

HEXHAM RAMBLERS

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

Place: Various
Organiser: Carol
Contact: 07718248502

TYNEDALE ARCHERS

We are a friendly community archery club based in Tynedale (Hexham and Haydon Bridge) in Northumberland. We meet in Hexham and all details are www.tynedalearchers.co.uk

Place: Hexham
Organiser: John Hope
Contact: 07887364433

TYNEDALE U3A

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

Place: Hexham Abbey Great Hall
Organiser: Tynedale u3a
Contact: tyneu3apublicity@gmail.com

HEXHAM ARMY CADETS

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

HEXHAM ROTARY

Hexham Rotary is very welcoming group of men and women of all ages

who meet up, do volunteer work, raise money for charities and have an extensive events calendar. Give us a try you will find something that floats your boat.

Place: Hexham
Organiser: Brian Massey
Contact: 01434 603827

HEXHAM MALE VOICE CHOIR

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

Place: West End Methodist Church
Organiser: James Walmsley
Contact: 07771715574

MUSIC AND MOVEMENT FOR PRE SCHOOL CHILDREN

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

Place: Trinity Methodist Church
Organiser: Julie
Contact: musicmove79@gmail.com

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
Contact: 01434606967

LITTLE OAKS NURSERY

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

Place: Acomb, Northumberland
Organiser: Catherine Fergus
Contact: 01434 613422

MESSY CHURCH

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

Contact: Church office
Place: Hexham, Beaumont Street
Organiser: Church Office
Contact: 01434 601113

HEXHAM BEACON CLUB

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

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

HEXHAM INDOOR MARKET

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

Place: Hexham Abbey
Organiser: CH Event
Contact: Facebook

MARTIAL ARTS

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

Place: E.T Fitness and Therapy
Organiser: Simon
Contact: phoenixmartialarts@hotmail.co.uk

HEXHAM HIGHLIGHTS NETBALL

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

Place: Wentworth Leisure Centre
Organiser: Dill
Contact: 07974 811351

HEXHAM BRASS BAND

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

Place: West End Methodist Church
Organiser: Hexham Brass

Contact: info@hexhambrass.co.uk

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
Contact: 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
Contact: 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
Contact: 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

Hexham EVENTS

- 4 Nov - Hexham Fireworks** - Set to music
Food and drink concessions open from 5pm.
Fireworks at 7pm
- 11 Nov - Sleep - a farewell to the Museum of the Moon**
7pm at Hexham Abbey
- 12 Nov - Remembrance Sunday** - From around 10:15 at the Park with The Last Post played at 11:00.
- 17 Nov - Lantern Parade** - 6pm at the bandstand
- 24 Nov - Christmas Lights and Trail Launch**
All new Christmas lights for 2023. Traditional fun with Santa at the bandstand from 4.15pm

The Abbey then really takes centre stage during this period, with:

- 6 Dec - Royal Northern Sinfonia by Candlelight**
- 7 Dec - London Film Music Orchestra**
- 9 Dec - Hexham Christmas Market, Hexham Abbey Christmas Fair and Christmas Farmers' Market ...**
Outside stalls from 9am-3pm,
Inside stalls from 9.30am-3.30pm
- 15 Dec - The Unthanks**
- 27 Dec - G4 Christma**



Derek Kennedy

Derek Kennedy - Mayor of Hexham
www.hexhamtowncouncil.gov.uk
Email: Derekhexham@gmail.com



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Permanence

I sat in a tattoo studio thinking about permanence, and the inspiration for this article was born.

With tattoos, the artwork is permanently placed on the body unless you laser it off or cover it up with more artwork. It has a permanent home but, as with everything in life, it changes. Tattoos fade over time; new scars or injuries may impact it, life in general, and ageing can distort it.

And it got me thinking. At the time of writing, the Sycamore Gap tree had been cut down – the investigation of which is still ongoing. I had the privilege of seeing the tree just once, and now I regret not going more often. The tree was more than a landmark, it was a staple of Northumberland, with many memories attached to it. From appearing in Robin Hood: Prince of Thieves to appearing in many spectacular photographs and illustrations, it had history. Although it is gone, it will always be remembered and, in that sense, always have a sense of permanency. Permanency also lingers in how the community rallied around to condemn the destruction and how they came together. There have been many ideas on how the tree can be commemorated and remembered. One such way is that Forum Cinema in Hexham screened Robin Hood, with a portion of the proceeds from ticket sales going to the National Trust to help with the rejuvenation of the site. It is a small way to help, but every little bit helps, and viewers will get to see the tree on screen once more.

In another story, one of my local schools, which had previously sat desolate and closed for years, was finally knocked down in a decision to be remade into a housing estate. It was sad to see part of people's lives and memories be knocked down incredibly fast. But a fact that may have alleviated some of the destruction was that some of the bricks and stones from the school were also going to be used in the construction of the new estate. Whilst the school was no more, a part of it will physically live on. The point is that things are permanent, just not in the way that we expect them to be. Permanency comes with transformation.

Transformation can come in many forms. I recently saw that Queen's Hall in Hexham celebrated their 40th Anniversary with a commemorative cake. The theatre was transformed into a massive, lifelike edible replica thanks to Sticky Sponge. Sometimes transformation can be tasty.

On a more serious note, communities transform all the time, sometimes for the better and sometimes for the worse. My grandmother can recall the exact locations of old bars and hangouts, and when we pass them, she will always talk about a memory associated with each one.

The changing relationship we have with our communities is an important one. And if the felling of the Sycamore Gap Tree taught me anything, it's to experience everything as much as I physically can before it goes or transforms into something else. Our memories of our communities will make them permanent. Their heritage will live on even if they are no longer there.

When this article is published, it will be November, officially autumn, and we'll face the run-up to Christmas and New Year's.

November is always a month where I challenge myself – I take part in Nanowrimo every year, a challenge to write 50,000 words in just one

month. I strive to find inspiration in every corner to assist me with this challenge. Local writers such as LJ Ross and Ann Cleaves have immortalised local areas in their works before, which is another way our communities can live on.

I also know a man who has challenged himself to cycle 365,000ft in elevation this year. He's accomplished most of this, but he'll be encountering the cold and dreary weather again to finish this challenge. And that always makes it hard to exercise. That total is higher than the beginning of space - 330,000ft in elevation. You may have seen him around Hexham and Northumberland, tackling hills and valleys to try and get in as much elevation distance as possible. If you want to donate to that challenge, you can search for Jonny Cycles to Space on Facebook or JustGiving. His challenge was featured in the Chronicle a few months ago, but you can also read about it online. This isn't his first cycling challenge either, throughout the years, he has embarked on various trips cross country to fundraise for various charities.

Even though both challenges will have an end date, they will be permanent in a sense (mine by words on a page, and Jonny's in fundraising efforts, in PR stories, in memories, and in the pain from cycling that far!) Throughout the Tyne Valley, seasonal events will come and go. Calendars always fill up with community events, and I'm sure there will be some published in this edition.

There will be the final chance to see the Museum of the Moon at Hexham Abbey – which concludes on November 11th. The Abbey hosts Luke Jerram's moon installation, which measures six metres in diameter with a display full of lunar imagery and surround sound music composition.

In Newcastle, the Northern Lights Christmas Light Trail will light up Leazes Park from November 23rd to the 1st of January. With immersive lighting and illuminations, this display is a must for the dark nights coming in. With that, you'll have the market season, from local Christmas Markets to smaller town markets. There, you may find Christmas presents or a new favourite small business to support.

As the time comes closer, there will be more and more to do, more ways to support our communities and make memories. With these memories and challenges, even if things change or are destroyed, they will always be permanent. Time may change things, but they will always be there.



Katie Pharoah

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



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MUSIC

Sinatra: RAW

Saturday 4 November, 7.30pm

The critically acclaimed, multi-award-winning show Sinatra: RAW stars actor and singer Richard Shelton, accompanied on piano.

Sunday Jazz at Queen's Hall The Nigel Price Trio

Sunday 12 November, 3pm

Together they form perhaps the most hard hitting, dynamic and exciting jazz groups on the scene today.

Melrose Quartet

Sunday 3 December, 7.30pm

A Christmas concert like no other! Melrose Quartet invite you to join them for an evening of festive songs and good cheer.

The Unthanks in Winter

selling fast!

**Friday 15 November, 3pm
in Hexham Abbey**

At this point in their almost 20 years together, it's easy to imagine that The Unthanks must surely have done a seasonal winter album already, but no!

Paul Edis and Friends: A Jazzy Christmas

Sunday 17 December, 7.30pm

Featuring new arrangements of festive favourites penned by pianist Paul Edis and performed by the 'velvet-voiced' Jo Harrop alongside a 9-piece band, A Jazzy Christmas is coming to Queen's Hall this December.

Core Music House Band: Christmas Special

Tuesday 19 December, 1.30pm

Sing along to festive favourites in a relaxed setting as the Core Music House Band return to Queen's Hall the December with a Christmas special!

COMEDY

Angela Barnes: Hot Mess*

selling fast!

Wednesday 29 November, 7.30pm
Stand-up, stories and jokes from "a gloriously down-to-earth, straight-talking and extremely funny comic" The Guardian.

The Suggestibles: Impro Pantso

Thursday 14 December, 7.30pm

Newcastle's hilarious improv comedy troupe, The Suggestibles return to Hexham with their glorious festive misadventure into the unknown. Unscripted, unrehearsed, unexpected.

FAMILY

There's a Monster in Your Show

Tuesday 21 November, 1pm & 4.30pm

Tom Fletcher's interactive adventures for big imaginations are leaping from page to stage, as the beloved Who's in Your Book? series makes its debut as a brand-new musical show.

The Gingerbread Witch

Saturday 25 November, 2pm

A captivating journey of courage, magic and mystery found in this heart-warming tale.

FILM

Brit Rock Film Tour 2023

Thursday 16 November, 7.30pm

The Brit Rock Film Tour is back for 2023 with another stunning line-up of the UK's best climbing and adventure films.

Christmas for Families

Hey Diddle Diddle

2 - 24 December

Kitchen Zoo's Hey Diddle Diddle features live music, puppetry, laughter and lots of chances to join in. For under 6s and their grown-ups.

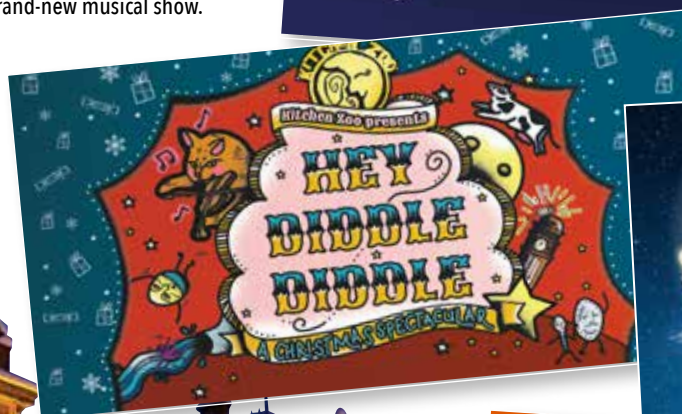
Snow White

9 - 31 December

Join Snow White and Grim for a magical retelling of the classic fairytale. Mad magic combines with ridiculous rhymes, silly songs and more little beards than you can shake a stick at. Perfect fun for children aged 4+ and their grown-ups.



There's a Monster in Your Show



The Suggestibles

Angela Barnes



jewitts COACH TOURS 2024

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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 **SOLD OUT**
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

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

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PLANT HERITAGE NORTH EAST

November 11th, 2.30pm, talk by Fiona Inches, Glass House Manager Edinburgh Botanic Garden "History, Renovation and Plans for Victorian Palm House". December 9th talk by Deborah Crombie, Head Gardener, Belsay Hall "Developments in the garden at Belsay Hall". Visitors £5
Place: St Mary's Parish Centre
Organiser: Patricia Skews
Contact: pat.skews@btinternet.com
PONTELAND VILLAGE WI
The Shoe Lady will be talking at our meeting on Tuesday, November 14 and on December 12 we will be having a Celebration of Christmas. We have a waiting list for would-be members. Look for Ponteland Village WI on Facebook.
Place: St Mary's Parish Centre
Organiser: Jeni
Contact: pontelandvillagewi@hotmail.com

WILDLIFE GROUP TALKS

All welcome, £2 includes refreshments. Tuesday 7th November: John Lumby "Alaska and Pribilof Islands". Tuesday 5th December: Gil Thompson "Waders in the Northumberland National Park". Tuesday 2nd January 2024: George Dodds "College Valley Estates, The Cheviot Jewel"
Place: St Mary's Parish Centre
Organiser: Ponteland Wildlife Group
Contact: 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
Contact: graham_snowdon@sky.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
Contact: 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
Contact: 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
Contact: claire@claire276.plus.com

PONTELAND LADIES CHOIR

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

PONTELAND LOCAL HISTORY SOCIETY

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

PONTELAND SENIOR GENTLEMANS CLUB

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

Place: St Mary's Parish Centre, Thornhill Road
Organiser: Bill Schardt
Contact: pontelandsgc@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
Contact: 07989171701

ROTARY CLUB OF PONTELAND

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

RAF AIR CADETS

733 Sqn Air Training Corps is open to

the ages of 12 to 17 years, Mondays and Fridays, 7pm to 9.30pm. The Squadron activities include flying, gliding, shooting, first aid, cadet camps and the Duke of Edinburgh Award Scheme.

Place: Army Reserve Centre, Kingston Park
Organiser: Flt Lt G Smith RAFAC
Contact: 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
Contact: anncooperx@gmail.com

WALKING SCOTTISH DANCE!

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

Place: St. Mary's Church Hall
Organiser: Gerry Turk
Contact: Tel 01661 822056

SEIKEN RYU KARATE CLASSES

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

Place: Stannington/Stamfordham
Organiser: Steve Reed
Contact: 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
Contact: gillian.tho@googlegmail.com

PONTELAND UKULELE BAND

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

Place: Ponteland CIU club
Organiser: Alan Atkinson
Contact: aatkinson13@talk21.com

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
Contact: 07467035013

KNIT & NATTER

Knit & Natter group meet at Ponteland Library every Tuesday 1-3pm
Place: Ponteland Library
Organiser: Julie Ennis
Contact: 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
Contact: 01434 600 384

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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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