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Issue 96
Mar/Apr 2025

Tyne Valley Express



In this issue....

Life's Lessons

Fed & Watered

Active Ageing pt. 3

A Change of Riverside

Tyne Valley Expressions

What's On in the Tyne Valley

Stay in North Northumberland

WIN – Costa Coffee Voucher

WIN – Easter Hamper

WIN - £200 Raffle



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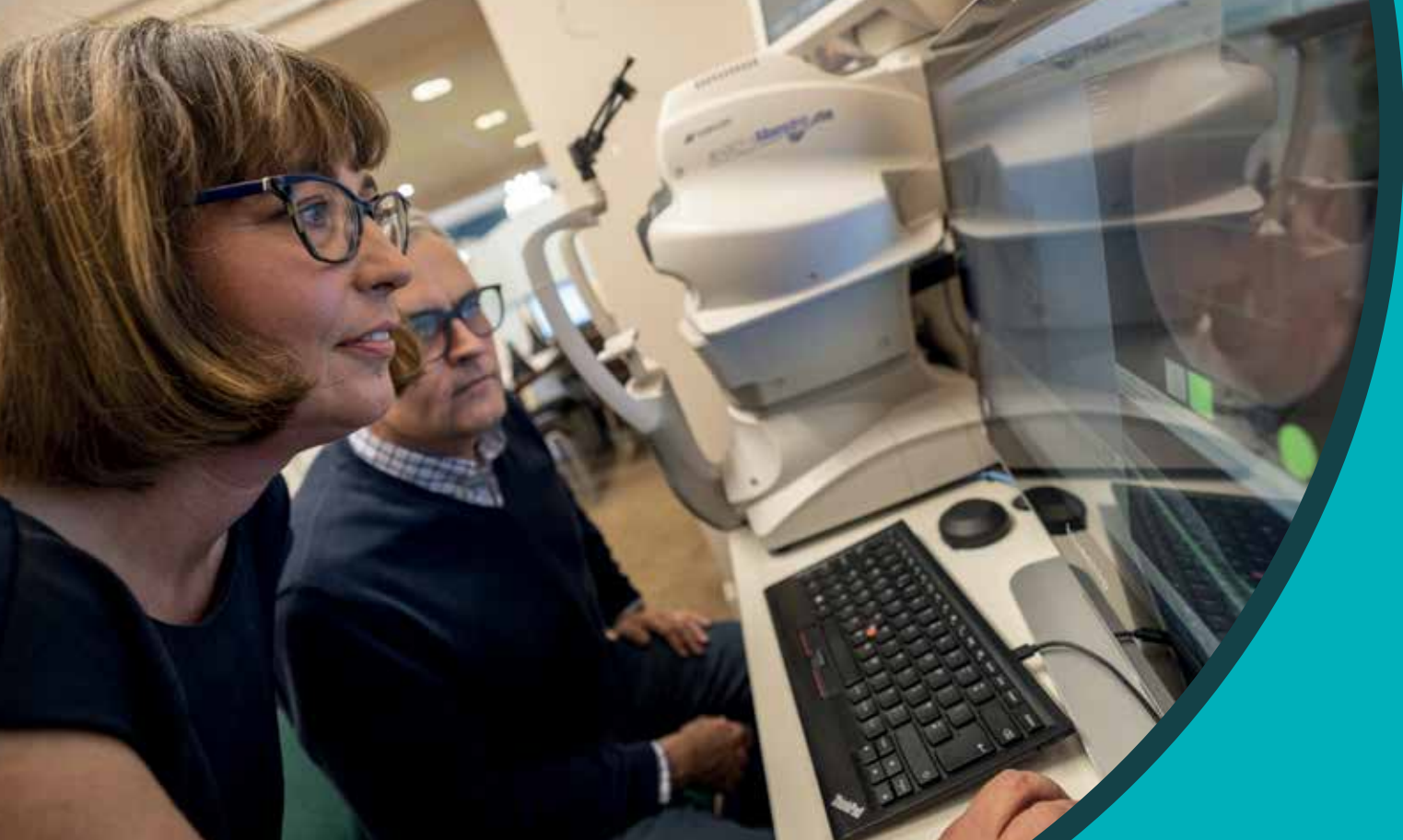
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Editor

Hello readers.

As the first signs of spring emerge, so too does a renewed sense of optimism for our local businesses and community. Just as the season brings fresh growth, this is a time for revitalisation, collaboration, and opportunity.

In this jam-packed magazine, our ever-dependable contributors are back with five wonderful seasonal articles. We also have a fresh set of puzzles in our St. Patricks-themed Coffee Break on Page 54 with a chance to win a £10 Costa voucher.

We're spoiling you with 2 new competitions. Firstly we have a delightful Easter Hamper opposite, and you'll need to visit our website for another opportunity to win £200. Last issue's raffle winner gambled their £50 prize for a chance to win £200. Would you do the same? Go to tynevalleyexpress.co.uk/raffle to see how they got on, plus details on how to enter!

Special thanks go to Roy Frankland for the front cover, which won the recent online poll. We'd also like to direct you to Fed & Watered's ongoing campaign p11, Tynedale Hospice Open Gardens p45, Alpine Plant Fair p56, and the return of North County Show p57.

As spring unfolds, let's embrace the energy and optimism it brings. Whether it's supporting a local shop, attending a community event, or simply enjoying the season's fresh possibilities, every small action helps our local economy and strengthens our connections.

**Stephen and
the TVE Team.**

Stephen McHugh

Tel: 07884 340 451

Email: info@tynevalleyexpress.co.uk

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St Cuthbert's Church
rev_dianeryan@btinternet.com

WOMEN'S WALKING FOOTBALL

Come and join us for a free, and friendly game of Women's Walking Football with Ben Clark. Takes place every Friday from 2-3pm at Winlaton Centre, North Street, Winlaton NE21 6BY. The Winlaton Centre 07949265987

BLAYDON CARPET BOWLS

Come and join a friendly game of carpet bowls in St Cuthbert's Community Hall. Every Wednesday from 1-3 o'clock. No experience needed. A free cup of tea or coffee plus a biscuit is included in the price of £2. St Cuthbert's Community Hall 07949265987

THE BLAYDON SHED

A relaxed friendly drop-in for all men 18+, chat or pursue hobbies. We are currently at Clasper House (Next to Skiff) on a Tuesday 11-2.30pm, and Blaydon Library every Thursday between 11-2.30pm. £1 a session, hot drink and snacks free. infoblaydonshed@gmail.com

WINLATON EVANGELICAL CHURCH

Sunday Worship Service: 10:30am. Bible Study & Prayer Meeting: Tuesday 1.00pm. All warmly welcome. Please visit our website at www.winlatonevangelicalchurch.co.uk

Next to Public Library NE21 6AS
winlatonevangelical@gmail.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. blaydonstcuthbert@gmail.com

FLOWER CLUB

Flower arranging demonstrations, practical workshops, talks take place first Tuesday of each

month except August at 7.30pm in St Anne's R C Church Hall, Winlaton. Visitors welcome £6 including refreshments.

St Anne's church hall Winlaton 01914132366

ST ANNE'S RC CHURCH

St. Anne's Sunday Mass 9.00am. For enquiries please email or contact 0191 4142654
St Anne's RC Church
st.annewinlatonrc@gmail.com

ST PAUL'S CHURCH

Sung Eucharist every Sunday 9am. All-age family service on first Sunday of the month at 9am. Holy Communion Wednesday 10am. St Paul's Church, Winlaton 01914529381

ST PAUL'S CHURCH HALL

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ST JOSEPH'S RC CHURCH

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WINLATON LOCAL HISTORY SOCIETY

No monthly meetings just at the moment but please follow us on our website and facebook pages.

www.winlatonlocalhistorysociety.org.uk. Facebook – Winlaton Local History Society.

Email: winlatonlocalhistorysociety@yahoo.com West End Club

GATESHEAD LIBRARIES, ARTS & HERITAGE

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

Gateshead Libraries

TRINITY METHODIST CHURCH

Worship every Sunday 10.45am everyone welcome. Monday needle craft 12.45-2.45pm. Tuesday 7.30pm Irish set dancing. Wednesday craft

club 10-12/1-3pm. Cafe church 3rd Sunday month. Coffee morning 1st Saturday month. Lucy Street, Blaydon 0191 460 6411

WINLATON PARKHEAD ESTATE GARDENS ASSOCIATION

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Winlaton Parkhead Estate 01914144337

WINLATON MILL VILLAGE HALL

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

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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 email at graemesnowball73@gmail.com Winlaton New West End Club 07552 616909

BLAYDON 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. Winlaton Community Centre 07515107774

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Winlaton Library

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Our volunteer team meets several times a week at Rainton Meadows to help protect local nature reserves (Shibdon Pond, Milkwell-barn Wood, Crosslane Meadows). Tasks include installing fencing, clearing footpaths, invasive species control and scrub clearance. Register at durhamwt.com/volunteer Rainton Meadows Nature Reserve volunteer@durhamwt.co.uk

If you run a local charity, group or a non-profit organisation, you can list it in our What's On diary completely free at: www.tynevalleyexpress.co.uk/whats-on/



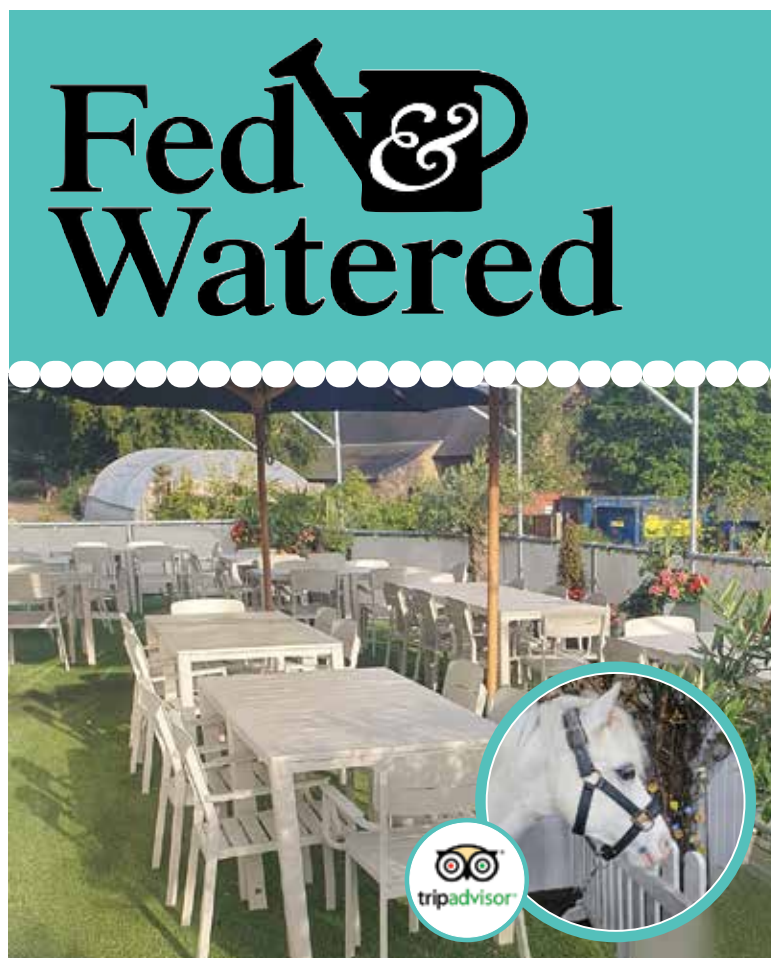
Fed and Watered is a shining example of what a true community hub should be—warm, welcoming, and inclusive for all. It provides a safe space where people can connect, support one another, and feel a true sense of belonging. From hosting gatherings for widowers and survivors of domestic abuse to offering a supportive environment for those facing mental health challenges, the café plays a vital role in the wellbeing of so many.

Beyond its community work, Fed and Watered delights visitors with its delicious breakfasts and wholesome lunches, all made with care and quality ingredients. The menu boasts an amazing selection of hot and cold beverages, ensuring there's something for everyone to enjoy, whether it's a comforting cup of tea or a refreshing iced drink.

With its friendly atmosphere, thoughtful initiatives, and dedication to both people and nature, Fed and Watered is so much more than a café - it's a space of warmth, connection, and community spirit, enriching the lives of everyone who walks through its doors. This includes everything from employing people with disabilities, use of therapy ponies & therapy dogs, teaching life skills to schools and children's groups, and so much more.

After a battle with Gateshead Council, we are struggling to stay open due to planning permission issues that arose during the COVID pandemic. Despite the challenges, we are truly hoping and praying that they reconsider their decision, allowing us to continue serving and supporting our community.

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Life's Lessons



An open letter musing about life, adulthood and the uncertainty of it all:

Dear reader,

Adulthood is a messy, glorious thing.

We go from childhood—a more structured routine juxtaposed with a freer set of responsibilities—into a wild unknown. In adulthood, there are so many twists and turns, a labyrinth of options and decisions, and that can be disorienting and frustrating.

In childhood, we are asked that familiar question, 'What do you want to do, when you grow up?' and you answer confidently - a doctor, a teacher, a world-famous actor. In childhood, becoming those things seems easy, but now you may answer with less certainty. Things seem harder than before.

Life can be turbulent and messy, as well as easy and seamless. Setbacks can come hand in hand with success.

One day you could take a step forward and then three steps back. Other days you take a step forward, pause, then try a risk by taking a step in a different direction. You never quite know where the road will take you.

It's easy to look around and feel like everyone has their life together. But here's the truth: everyone is still figuring things out. No one has all the answers. Everyone has felt lost at one point in their lives. Everyone is still learning.

Even if people seem like they have it all figured out, the reality is that every single person is trying to pave the way for their own journeys. Just like you, they are asking their own questions and wondering if they're behind in some areas of their life.

And figuring it all out can be hard. You can be confident and still feel self-doubt. You can feel anxious but still anticipatory, meeting the future with fearful but open arms. You can crave independence and seek stability and advice all the same.

All of these things are valid. And if you talk to others, you'll be surprised to hear that those around you experience this uncertainty and confusion too.

You are not alone.

If you feel out of sync, unsure of your next step, or find yourself taking risks and experiencing both failure and success, know that it's normal.

It's normal to outgrow people, to do career pivots, to feel lonely sometimes, and not know what you want to do or who you want to be. We don't need to have all the answers, maybe we never will.

And that's okay.

I see journeys as nonlinear, with no definitive end. There are bumps, diversions, and more before reaching any result. The fun lies in exploration and discovery.

Another truth: progress will look different for everyone. And the good thing about progress is that it can happen at any time.

You may be waiting for the perfect time to try something, but the reality is that there is no 'perfect' time. The point is that you try at all.

Some see age as a barrier, for example you may think that if you don't do something by the time you're thirty, that's your youth wasted. But success doesn't have an age limit: at any stage in life, one can pursue new endeavours and achieve their goals.

No one really knows what they're doing, life is a constant learning curve.

Know that it's perfectly okay to not have all the answers yet because no one else does either.



There is no right or wrong way, not really.

You have this one big, beautiful life, and it's okay to not know what to do with it. Along the way, you will slowly figure things out, you will celebrate wins big and small, you will fail but you will get back up and do it all over again. A quote from Arianna Huffington that I remember is, "Fearlessness is not the absence of fear. It's the mastery of fear. It's about getting up one more time than we fall down."

If you take one thing away from this letter, let it be this: wherever you are, know that you are not alone. We'll take this life one step at a time.



Katie Pharoah

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



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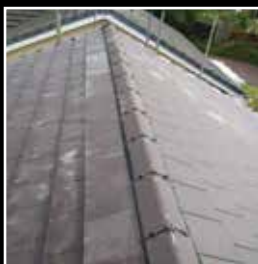
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What's On

RYTON, CRAWCROOK & GREENSIDE

BRIGHTEN RYTON

Community group to support and preserve the work of individuals and groups of volunteers working in the Ryton and Stella ward to restore and maintain the environment including: litter-picking, flower-beds, cemetery, memorial gardens, and heritage sites. Facebook page – www.facebook.com/RytonCommunity. Ryton and Stella ward brighthenryton@gmail.com

YOGA CLASSES

Held at Stargate Community Centre every Thurs at 2pm until 3pm. A variety of Yoga including sound bath. Suited all abilities seeking a more positive, happy, relaxed & confident part to your life. Call Carol for more info. Stargate Community Centre 07895417870

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Breathwork and sound healing. Spiritual event for wellbeing. Highly recommended! Ryton Community Centre 07543268926

TYNE PHYSIO PILATES

Mat-work Pilates classes and 1:1 Pilates sessions led by chartered physiotherapist. Classes suitable for all levels and abilities. Mondays 9.30am & 10.20am. Wednesdays 6.15pm & 7.15pm. Saturdays 8.00am. 1:1 sessions are available Ryton Community Centre Tyne-physiopilates@outlook.com

RYTON SINGERS

Ladies choir, Pop, rock, gospel, musicals. Regular performances in the community. Lots of socialising and events too! Stargate Hall 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 Stargate Hall Ryton facebook.com/profile.php?id=61551260005195

RYTON METHODIST CHURCH

SUNDAY MORNING 10.15am. Contemporary service with children's group followed by Coffee. MONDAY EVENING Girl's Brigade. WEDNESDAY AFTERNOON Ladies Fellowship meeting with guest speakers.

SATURDAY MORNING 10am – 12pm. 2nd Saturday of the month only. Coffee and cake, raising funds.

Ryton Methodist Church 0191 4606411

HOLY CROSS CHURCH

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

Holy Cross Church. 01914529381

HOLY CROSS CHURCH HALL

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

Holy Cross Church. 01914135233

RYTON OUTDOOR BOWLING

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

Ferndene Park - 01914133872

MEN'S SHED RYTON

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Ryton Methodist Church rytonmensshed@proton.me

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We welcome people of all ages and abilities to come and get involved in this wonderful green space. Wednesday mornings from 9:30 (weather permitting!). For more immediate information on events, you can find us at facebook.com/ferndeneparkryton Ferndene Park, Ryton. friendsofferndene@outlook.com

RYTON & DISTRICT CAMERA CLUB

Ryton & District Camera Club meets every Tuesday at 7.30 pm in the Ryton Community Centre, Cross House, Ryton, NE40 3QP. Anyone interested in photography will be made very welcome whether an expert or beginner. Ryton Community Centre www.rytoncc.weebly.com

STARGATE COMMUNITY CENTRE

Wednesday stargazers baby and toddler group 9.30am to 11.00. Thursday 2.00 to 3.00 Yoga. Thursday 6.00 to 7.00 ryton singers. Sunday 11.00 ryton mini singers. Stargate community centre fiona.todd33@gmail.com

BABY AND TODDLER GROUP

Baby and toddler group Wednesday morning 9.30 to 11.00 term time only Stargate and Crookhill community centre - fiona.todd33@gmail.com

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SOUND RELAXATION (SOUND BATH)

Deep relaxation and 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. Fourth Saturday of the month from 7 pm to 8:30 pm £25.

Greenside Community Centre 07543268926

LUNCHTIME RELAXATION

Relaxation and meditation session with soothing sounds of relaxing instruments that transport you to healing state of mind. This holistic wellbeing experience is for mind, body, and soul. Every Friday from 12.30 to 1.30pm – £12. Greenside Community Centre

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.

Crawcrook 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.

Centenary Methodist Church information@centenarymc.org.uk

LIBRARIES, ARTS AND HERITAGE IN GATESHEAD

We are pleased to release a full programme of events taking place across Gateshead Libraries Arts and Heritage. Book events online at gatesheadlibraries.eventbrite.com or visit your local library.

Crawcrook Library LynneCorder@Gateshead.Gov.Uk

PRINTMAKING SESSIONS

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

Crawcrook Library. 0191 2611619

BABY & TODDLER YOGA

Kalma Life Baby/Toddler yoga classes are childrens' first movements to a foundation of wellness devoted to aiding baby's development in a safe and stimulating environment. Sessions are fun and stimulating using yoga inspired stretches, sensory, song and rhyme. Emma Hall Crawcrook www.kalmalifeuk.co.uk/gatesheadwest

If you run a local charity, group or a non-profit organisation, you can list it in our What's On diary completely free at: www.tynevalleyexpress.co.uk/whats-on/



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10.30-12.30

A drop in for those with memory loss or dementia and their family or carers run by our volunteers.

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COMMUNITY CINEMA

4th Thursday of every month - 7pm

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liz.smithcommunityrccs@gmail.com.



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To be continued...

I really enjoyed this unique take on the journey of the River Tyne meandering its way through the course of history. Paul writes some very interesting pieces from the perspective of the romans in Northumberland, hopefully we might see another story soon! Kim.

Paul is a Financial Education Consultant living in the Tyne valley. He has been writing a wide array of stories and poetry since his school days. He has a large body of work, most of which is yet to be released to a wider audience. Twisting plots infused with his own unique humour are a constant theme. There is a lot more to come from this clever and creative writer.

Down to the sea - the life and times of the River Tyne.

'The source of the North Tyne River,' it says, inscribed on the stone obelisk. I am honoured. My birthplace officially recognised – at last. Better late than never I suppose. In fact, I got two mentions, how good is that! More about my Southern twin another time.

In my youth I rose from the moss beneath the dark brooding fell, full of energy. I just felt the urge to rush forth and explore as much as I could as quickly as possible. It was a blast. However, after many cycles of my life, things became a little mundane. I became aware of reincarnation as I matured, grew old, then disappeared into the sea, only to be reborn once again beneath that dark fell. Then you humans arrived and that was a game changer. Every time I sprang forth, you were doing things. All sorts of things. Let me tell you more on my journey down to the sea.

The land and the people gradually evolved. The last ice age proved to be a very entertaining period. I couldn't go anywhere for a while, then it warmed up a little and I resumed my seventy-three-mile journey to the coast. Your ancestors flourished, especially when hunting woolly mammoths. I used to think your ancestors were a wolf pelt short of a full coat, and maybe they were individually. But working as a team, wow, they were good! Unfortunately, not good news for the mammoth. The great ice flow shaped and etched the landscape, creating steep sided valleys through which I once more worked my way. Your ancestors lived in a bountiful land of rolling hills, moors, and valleys. Wild game was plentiful and the soil rich in nutrients on broad floodplains. Then the Romans arrived.

You must agree they liked to leave their mark. An attitude of 'anything you can do, I can do better' and they built a wall, also seventy-three miles long! The rapid pace of change that they instigated was impressive and some of the characters I got to see, interesting to say the least. Take legionary Junio and his pal Felix. I remember them sitting on the bank there, drinking wine after a summer plodge, and Junio being very upset. He somehow dropped the new shield boss, meant for the First Spear at Corstopitum, into my waters. Unable to swim he decided to avoid the Centurion's wrath and do a runner. Felix reminded him of the death penalty for desertion. Junio explained that he planned to stay low and join the Ninth Legion who were heading north into the highlands.

'I'll come back in a year or so when it has all blown over' he said.

I don't actually recall Junio ever coming back, or the Ninth Legion for that matter.

Reaching Wylam, I recall a young boy, up there in that small white cottage on the bank. He was always busy spinning hoops, making things and I remember he had some kind of fetish for boiling kettles and staring at the steam. But I guess when you are poor anything seems magical. He wasn't always poor, mind you. When he grew into a young man he disappeared for a while. Then one day I was rolling by as usual, and there he was, a dapper young gentleman in his fine clothes and top hat. Clearly a man of means. Seems he went away and became a success riding the gravy train, his career took off like a rocket. Amazing.

Curving past the Newburn ford I am reminded of that battle between the English and Scots. Given that my north artery is almost in Scotland and my south in England, I don't want to take sides here, as I obviously can claim to have a foot in each camp. But it is fair to point out that the way the Scots crossed my waters on to the English side became a textbook move on how to conduct an opposed river crossing. History in the making!

Speaking of which, before they built Holy Cross church and that beautiful steeple at Ryton, it was known as Moot Hill by the Vikings. I recall my tidal reach allowing them to sail their long boats up to New Burgh and crown their kings, right there.

As I reach old age again, I am pleased to say I am the 'coaly Tyne' no longer. The abundant salmon negotiating my currents, along with anglers from far and wide, are testament to how much I have cleaned myself up. A positive note to end on as I complete my journey down to the sea.

I have many more stories to tell you, and I will soon, when I come back. Until then, go with the flow and carve your own way!



Paul Whittle

Paul Whittle - Author
Northumbrian Writers Group



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Knott Memorial Hall
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HEDDON METHODIST CHURCH

Everyone is welcome to our Sunday services which take place every week at 10.30am, as well as the Coffee Morning we host every Thursday 10am - 12 noon. For baptisms, wedding and funerals please contact us.

Heddon Methodist Church
lynda.coulthard@methodist.org.uk
SINGERS

Ad Murum Singers are a community choir. We enjoy a wide range of music, and constantly explore new ways to make singing fresh, fulfilling and fun. Always keen to welcome new members of all ages and abilities
 Heddon Methodist Church
 01912740217

HORSLEY BOOK CLUB

Horsley Book Club meets every first Friday of the month in The Hearth cafe from 3 pm. We read a variety of books and sometimes have play readings for fun.
 The Hearth cafe in Horsley
 01661853919

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.

Women's Institute
 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

Heddon Methodist Church on Towne Gate - 01661853095

HEDDON WOMEN'S INSTITUTE

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

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.

Heddon W.I. Hall
chambers497@btinternet.com

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Knott Memorial hall
sjmm2412@aol.com

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 Horsley Village Church
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 Wylam Institute

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Wylam Institute - 01661 853713

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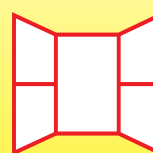
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Active Ageing

How to be more active without exercising

How to be More Active Without Exercising

Being physically active is one of the best things we can do to age well, fight off disease and manage our weight. We know it's good for us, but at the same time it can be so hard to start and keep going. So many people have bad memories of PE at school, or think that exercise means running or getting sweaty in a gym, which definitely isn't for everyone.

However, there are plenty of ways that you can be active every day without having to put on trainers, change your clothes or pay for a gym membership. These everyday tasks can improve your fitness without you even knowing it, which can result in you living a longer and healthier life. The British Medical Journal has recently said that regular daily movement is like a "longevity jab", which can add up to eleven years to our lifespan. Incidental daily movement reduces the risk of aches and pains, boosts your metabolism and mental wellbeing, while also helping you to be more heart healthy.

Taking the Stairs

This is my favourite way to get in a bit of easy activity, when you take the stairs you are using lots of big muscle groups, boosting your hip mobility and reducing the risk of cardiovascular disease. If you have stairs at home try doing a few extra trips every day, and at work try to give the lift a miss and use the stairs, and if you can run up and down you get an even better reward!



Get on Up

If you work from home or spend a lot of time sitting, it can really impact your health, so try to get up and move around every half an hour or so. Sit to stand movements work a wide range of muscles, and also help to improve balance and stability, all of which help prevent falls. And if you have grandchildren, play with them down at their level. This gives you lots of opportunities to get up and down from the floor, which will improve your flexibility and dexterity, as well as joining in the fun with the young ones!

Super Clean

Vacuuming, mopping and dusting can be real chores, but while you are cleaning you are also getting a good workout. You are moving a lot in different ways, and if you try to Hoover

or mop a bit faster you can raise your heart rate and burn more calories, and get the cleaning finished quicker!

The Outdoor Gym

Gardening is a great way to be active, as well as giving you the chance to get some fresh air. Cutting the grass, weeding, bending and lifting all mimic the effects of being at the gym, and are good ways of lifting your heart rate and working your muscles. Even pruning will work the muscles and tendons in your hand, wrist and arm, so try switching hands every now and again for a balanced workout.

Use your Feet

Almost half of people surveyed recently confessed to being so unfit that they would get out of breath having to run for the bus. You don't have to try and run before you can walk though, try and get into the habit of walking more. Even a daily 10 minute walk could add a year to your life, and help you drop a few pounds if you can keep your heart rate up. And walking after a meal can help digestion and contribute to reducing the risk of a number of types of cancer.

Your Active Kitchen

When you are cooking, baking or even washing up you are giving yourself a mini workout. Every time you reach out, mix or stack the dishes you are boosting your flexibility, and reaching into the high cupboards gives your shoulders a good stretch, as well as your legs if you have to stand on tip toe!

A Quick Shop

If you need just one or two things from the shops, try to walk instead of driving, or get off the bus a stop earlier. If you can do small regular shops that involve walking and carrying your shopping you are onto a real winner. Having to go out shopping regularly gives you an excuse to get out and walk, and carrying bags will strengthen your arm and shoulder muscles and improve your balance and mobility.

So if you don't fancy getting your lycra on at the gym, or plunging into the swimming pool why not try and be more active in your everyday life? You'll see the benefits quite quickly, and it might prove to be a great way to help you feel better and age well.



Tim Morton

Tim Morton

Former head of Physical Activity
at Parkinson's UK
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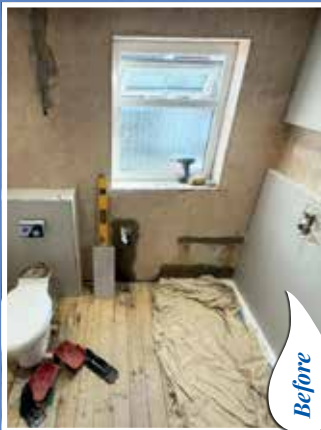
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What's On PRUDHOE & MICKLEY

THE GATE CHURCH

There's a warm welcome for you and your family at The Gate Church every Sunday at 10.30am. You'll find that we believe the Bible and love to sing out our praise – there's plenty of faith and fun for everyone!

The Gate Church
thegatechurch.org.uk

RENEW WELL-BEING OASIS

You'll find a warm and welcoming space at Renew Wellbeing Oasis every Tuesday from 1.00pm – 3.30pm. Lovely refreshments and it's FREE! Meet new people, share hobbies and activities or just sit quietly - it's OK not to be OK!

Prudhoe Parish Hall. 07985473484

PHYSIO-LED PILATES

Tuesday 7.30pm Pilates for Riders. Wednesday 5.50pm level 1 / 7pm level 2. Thursday 9am Men's mixed ability / 10.10am level 2 / 11.20am level 1 (osteoporosis safe). Pilates improves core strength, balance and movement. Booking essential.

St Matthew's Wellness Centre
07787158957

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claire@claire276.plus.com

PRUDHOE GLEEMEN MALE VOICE CHOIR

We meet on Monday evenings 7pm at Prudhoe Methodist Church. Our next concert: Ovingham Reading Rooms, Sat 15 March 7.30pm. Tickets £10 Ovingham Reading Rooms gleemen@uwclub.net

PRUDHOE GARDENERS ASSOCIATION

To find out about renting a Prudhoe Town allotment contact us by email or through our community Hut behind the West West Wylam Inn in Prudhoe (Saturdays 10am to 12 noon only), by Facebook (groups/prudhoegardenersassociation) or by email at prudhoegardenersassociation@hotmail.com Prudhoe

BORDER REIVER ARCHERS

Meet at Ovingham Middle School on Sundays, 10.00 – 13.00, with some winter sessions indoors elsewhere. Interested parties may visit us to observe and chat or even try our 1 x hour Taster Session. (advance booking required). Full details www.borreiverarchers.co.uk.

Ovingham Middle School
bordreiverarchers@yahoo.com

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 Prudhoe Social Club prudhoecommunityband@gmail.com

PRUDHOE & DISTRICT U3A

We are a friendly organisation offering day-time meetings for talks, coffee mornings, and a wide variety of interest groups from Art Appreciation to Walking. Our principle is enjoying shared learning, with everyone contributing. For further information please visit prudhoe.u3asite.uk Prudhoe Parish Hall chairmanprudhoeu3a@yahoo.com

SPETCHELLS CONSERVATION INTEREST GROUP

Please join our group and help protect the Spetchells, our beautiful unique chalk grassland which provides an important habitat for rare species of butterfly and mining bees. Volunteers are needed to remove invasive plants and carry out ecosystem surveys. Spetchells Riverside Park SCIG.co.uk

PRUDHOE COMMUNITY ALLOTMENT

Meets every Tuesday and Friday morning for friendly, supported gardening. Join our group to grow fresh veg and flowers, sharing and learning gardening skills and helping to maintain our Community Allotment. Look out for events on our facebook page. PCA Redwell Court PCA@jobentley.plus.com

BAIRNS & BREWS

Café and Toddler Group, Thursdays 10-11.30am (termtime). Play-time (songs, crafts & toys) for the Bairns and a chill time for you. Kids free and just £1 per cuppa (free refills). Info from Facebook (Prudhoe Methodist Church Friends) orpeter@thischurch.com. Prudhoe Methodist Church Facebook Page

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/> Regents Drive and Waterworld 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. Find us on Facebook or www.chevent.co.uk Prudhoe Parish hall contact@chevent.co.uk

PRUDHOE LIBRARY

Library is open for time limited browsing. We are operating amended hours so please check website before visiting www.mylibrary.co.uk

Prudhoe Library
prudhoe.library@northumberland.gov.uk

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 Prudhoe Methodist Church. Message via Facebook Page

WEST WYLAM RESIDENTS ASSOCIATION

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

PRUDHOE GROUND FORCE

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

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. Stocksfield Baptist Church Hall 07432054753

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.prudhoechurch.org.uk. St Mary Magdalene church vicar@prudhoechurch.org.uk

COFFEE & CHAT

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

If you run a local charity, group or a non-profit organisation, you can list it in our What's On diary completely free at: www.tynevalleyexpress.co.uk/whats-on/





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- **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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A Change of Riverside

Recently I have been rather distracted from the Tyne Valley by another Northumbrian great river and its environs. So, I hope you will forgive me this time for telling you something of my work in Coquetdale, and the Rothbury Estate. Here, Northumberland Wildlife Trust has just taken on a large part, including Simonside, and is fundraising to secure the rest of nearly 4000ha, or 10,000 acres of land to create a national exemplar of nature restoration. But don't worry, I'll be back down your Tyne way very soon, in fact it's all connected anyway, as I will explain.



This connectivity of rivers and their catchments is all part of a very large vision for nature conservation. Joining up the Rothbury estate next to the Coquet and onto the hills and farmland beyond with places like Wallington and Crag-side, Hepple and sites in nearby Redesdale could amass the biggest continuous nature area in England. In a wider sense it may positively impact longer term in all river environments in Northumberland and beyond, including of course the Tyne.

Looking at Wilder Druridge, that we are developing on the coast and the ambition of Wild Kielder and College Valley and parts of the Hadrian's wall area, you can see the start of a vast 'Northumberland Nature axis, from the northern coast to Kielder, through the Tyne Valley and the borders and then coast to coast beyond. Nowhere else is such big thinking for nature possible.

I've been doing a lot of 'future-casting' whilst walking the Coquet and Tyne, envisaging a wide area north of the Tyne and out west from Druridge, where every opportunity to enhance and blend wildlife habitats with sustainable farming is taken. Where, in its midst, a great traditional estate, has become the beating heart of nature and land restoration, alongside nature focussed farming; where over the years wildlife abundance and diversity is greatly increased and is one of the richest areas in England; a magnet for local people and visitors to see wildlife and experience wilder places. All in all, a very special nature landscape spectacle.

It would be something all Northumbrians could be truly proud of, in helping put nature back where it belongs, at the centre of a living working landscape, with a thriving rural economy and

communities too. The lessons learnt there could spread into the wider farmed landscape as the so we see gains for wildlife everywhere.

That is what is about to start to happen at Rothbury.

We've been working behind the scenes for months to help make this happen! We have now secured a large part of it in perpetuity, and agreed to purchase the rest within 24 months. We have a giant fundraising campaign to do this and to help fund the management of the whole thing into the long term. It is a very exciting prospect indeed and already many supporters inspired by the whole vision are contributing in all sorts of ways.

Alongside the work of many other landowners and the National Park and other charitable and local private landowners the potential is staggering, a big push towards the 30% we need to help nature fully thrive. Maybe about as far as a Northumbrian golden eagle might one day fly in a day?

We want to work with partners and communities to create a national flagship of how nature and restorative farming can work together. It will still be productive, from extensive mixed grazing to local community food, but all with an emphasis on 'nature first and friendly' approaches.

All of that is only possible with local people involved and long-term funds available, and with local farmers and community on board. Before we do anything, we will survey and create a data bank of what's there to inform what is possible.

We have many plans, but there is a lot of shaping and ideas to be generated around this still to be taken into consideration, community engagement will be a big part of our approach, with plenty of opportunities for people from across the county who love this area to be involved.

Local engagement will start very soon so look out for information on where and how to get involved and comment. We are fundraising from now to raise a total of £30m to guarantee this land is secured and managed as a whole for nature by October 2026, so if you think you can help can or want to donate, please contact me at Northumberland Wildlife Trust or visit our website at www.nwt.org.uk



Mike Pratt

Mike Pratt - Chief Executive
Northumberland Wildlife Trust
www.nwt.org.uk

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RICHIE
Managing Director

I'm Richie, MD of IR Cleaning Services and our parent company Independent Restoration.

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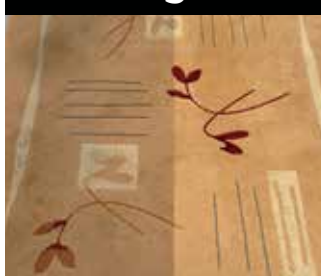
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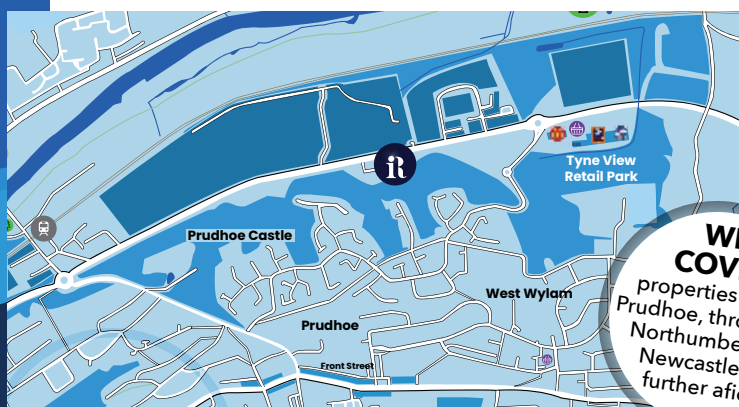


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What's On STOCKFIELD & RIDING MILL

EMMA & ELLIKA FOLK DUO

Deeply rooted in the old fiddle tradition Emma & Ellika play tunes and improvised second voices with power and variety. Wed 19 March Concert Tickets on the door show 7.30pm £12/£8/children free Parish Church of St James <https://emmaellika.com>

GARDEN VISITS AND TALKS

Derek and Patricia Hodgson OBE open their garden, called "inspirational" by Alan Titchmarsh on Love Your Garden, from May to September. Patricia also gives gardening talks and piano recitals and stand up comedy to fundraise for the NSPCC on request.

Stocksfield for visits and venue of choice for talks - 07765862384

STOCKSFIELD STRIDERS

We're a small friendly running club that meets on Tuesday and Thursday (Regents Drive Industrial Estate) evenings at 7pm.

Stocksfield Cricket Club stocksfieldstriders.chessck.co.uk

STOCKSFIELD PLANTS AND GARDEN SOCIETY

18/3/25 Nick Johnson "Northumbrian Veteran Tree Project" highlighting ancient, notable and veteran trees in our area. 15/4/25 Chris Mullins Former Labour minister and acclaimed diarist will talk about developing his walled garden in Northumberland. Visitors welcome (£5) refreshments available.

Stocksfield Community Centre Stocksfieldpg@gmail.com

LIVE & BREATHE YOGA

Yoga classes for all abilities at Stocksfield SICA. Wednesdays 6-7.15pm £10 per class. Fridays 11.15-12.30pm £10 per class. Monthly pre-payment savers also available.

Stocksfield SICA - 07794459268

CAFÉ CONNECT

Come to Cafe Connect at Stocksfield Methodist Church on Sunday, November 24th, at 4:00 p.m. It will be fun for all the Family on the Theme of Gifts and God's Gift to us at Christmas. There will be crafts, fun, and refreshments. Stocksfield Methodist Church jacquic074@gmail.com

STOCKSFIELD WI

Meets on the first Wednesday in the month except August at SICA in Stocksfield, we have a

varied program of speakers and activities. If you wish to come along, please get in touch.

SICA, Stocksfield maureen.parker@btinternet.com

STOCKSFIELD SOUTH OF TYNE FLOWER CLUB

Thursday November 7th Mrs. Karen Short Florest from Prudhoe will bring a demonstration titled Autumn leaves and Flowers, which will take place in SICA at 1.45. Sadly, this will be our last meeting, due to lack of members and committee.

Stocksfield Community Centre barnowl7630@gmail.com

STOCKSFIELD SING CIRCLE

For women of all ages and stages. Sing a few songs in your natural voice, create beautiful harmonies, and then chat over a cup of tea and biscuits. No experience needed/No sheet music/No judgement. Friendly bunch of people awaits!

Quakers Meeting House lindsey@bodhimama.co.uk

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.

Stocksfield Methodist Church email: slhs@k-webster.co.uk

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

enquiries@stocksfieldbaptistchurch.net

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:

SCA, Mount View Terrace admin@stocksfieldca.org.uk

SCOTTISH COUNTRY DANCING CLUB

We meet on Tuesday evenings

from 7.45 p.m. to 10.p.m. from February to December. No partner needed, and beginners welcome. Baptist Church Hall. 01661843163

STOCKSFIELD TENNIS CLUB

Small tennis club at Guessburn welcoming new members of any standard or age. Visit www.stocksfieldtennisclub.com for information on joining, session timings, coaching and more. All weather courts and floodlighting allows for year-round play. What's stopping you, join now!

Stocksfield Tennis Club Stocksfieldtennisclub@gmail.com

STAY AND PLAY

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

Stocksfield Baptist Church www.stocksfieldbaptistchurch.net

STOCKSFIELD ANGLICAN CHURCHES

For information on services at, and contacts for Bywell St Peter's, Stocksfield St John's and Mickley St George's, please visit our website at www.stocksfieldchurchofengland.org

HATHA & SOMATIC BASED YOGA CLASSES

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. Riding Mill Millennium Hall 07515107774

ST JAMES CHURCH

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

stjameschurchridingmill.com.

St James Church mckenzie.d@btinternet.com

ART GROUP

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

SPINNERS/WEAVERS/DYERS

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

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.

Millennium Hall - 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. Newton and Bywell village hall. 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. Riding Mill Milennuim Hall 07543268926

If you run a local charity, group or a non-profit organisation, you can list it in our What's On diary completely free at: www.tynevalleyexpress.co.uk/whats-on/





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SUNDAY 15TH JUNE

OPEN GARDEN AT BYWELL CASTLE

Where: Bywell Castle, Stocksfield

When: Sunday 15th June

Time: 12pm – 4pm

Tickets: Adult £5

Children under 12 FREE

A range of refreshments available to purchase on the day



Limited tickets available!

SUNDAY 22ND JUNE

OPEN GARDEN AT THE RIDING

Where: The Riding, Acomb

When: Sunday 22nd June

Time: 12– 4pm

Tickets: Adult £25

Ticket price includes lunch by Saathi

STOCKSFIELD *Open Gardens*

SUNDAY 6TH JULY 2025 | 11.00 - 5.00PM
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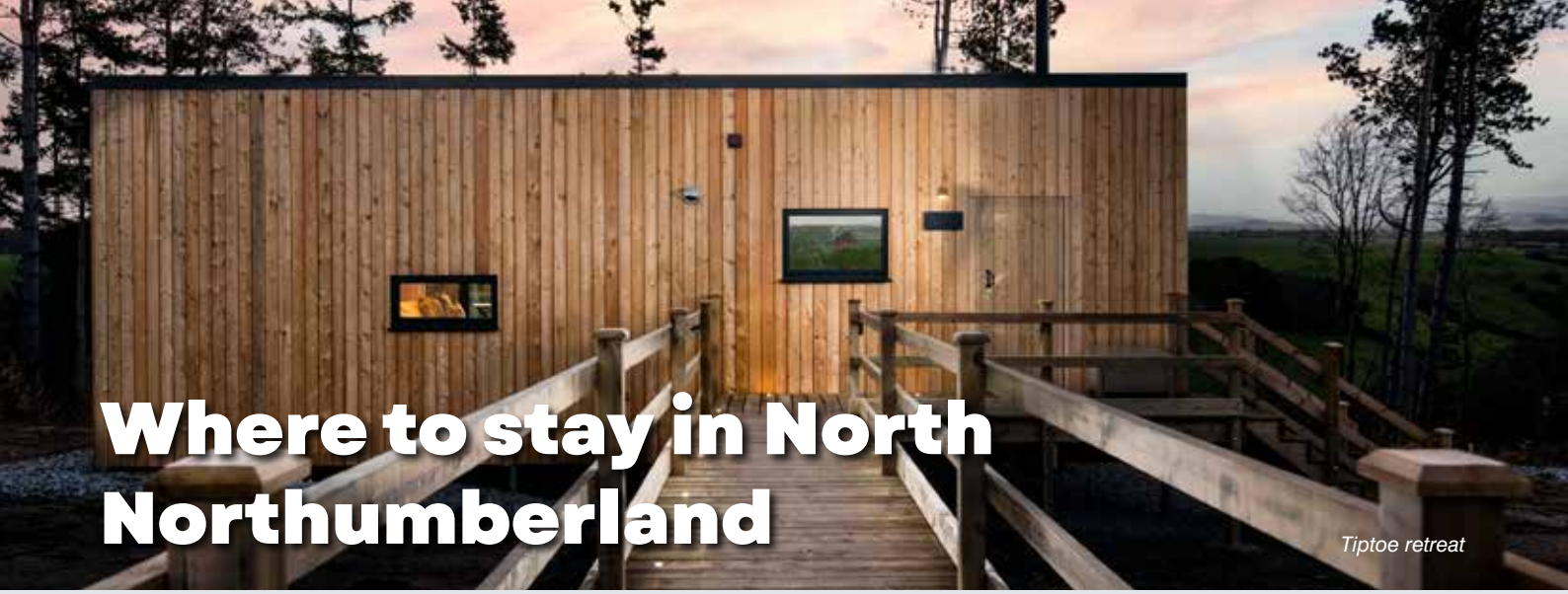
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Where to stay in North Northumberland

Tiptoe retreat

Welcome to North Northumberland, where the remote countryside landscapes are staggering and seemingly secret, and the coast is simply magnificent and scattered with castles. From the Elizabethan town walls of Berwick to the beautiful Etal castle at Ford and Etal Estates, there is so much to do and there are so many excellent places to stay in this area. It's a huge area to cover, but we've put together a mini guide to where to stay to help you plan your next trip:

Where to stay:

LAVEROCK LAW - This amazing self-catering and glamping accommodation keeps nature and sustainability at its heart, and you can relax in your beautiful cottage or treehouse accommodation here.

BREAMISH VALLEY COTTAGES - These are tucked away in Northumberland's staggering countryside, with beautifully decorated cottages, a restaurant with incredible panoramic views of the Breamish Valley, and on-site spa facilities.

GLORORUM CARAVAN PARK - One of Glororum's highlights is its sweeping sea views, as well as being beautifully maintained and positioned just a few minutes' drive from Bamburgh.

SOUTH MEADOWS CARAVAN PARK - South Meadows Holiday Park is a premier destination for caravanning and holiday homes in the North of England, blending the beauty of its surrounding landscapes with fantastic facilities and nearby attractions.

TREES AT TUGHALL - Trees at Tughall lies in a small section of woodland on Tughall Grange Farm, just a ten minute walk or two minute drive from Beadnell. Each cabin is beautifully designed with a calming, Scandinavian feel.

TIPTOE RETREAT - Tiptoe Retreat are based on Tiptoe Farm, offering a unique family holiday destination on the picturesque banks of the River Till. They have added two brand new tree cabin accommodations to their roster and are just a stone's throw away from Berwick-upon-Tweed.

CHERRY TREE & ALMOND APARTMENTS - Cherry Tree and Almond Apartments are set in Beadnell, perfect for anyone wanting to escape to the North Northumberland coast or countryside.

LITTLE HIDEAWAYS - Little Hideaways is a family-owned business offering breathtaking cottages in Seahouses. Close to unspoilt beaches, ancient castles, and fantastic wildlife on the doorstep, their cottages can accommodate 2-6 guests.

WEST ORD HOLIDAY COTTAGES - West Ord is home to three holiday cottages, all within five minutes' drive from the hub of Berwick-upon-Tweed. Ranging from cosy, riverside

cottages to spacious Shepherd's cottage, there is something for everyone here.

BEADNELL TOWERS - Beadnell Towers & Kitchen is a luxury, boutique hotel located in the heart of the charming village of Beadnell, with stunning decor, fantastic views and Beadnell Bay on the doorstep.

LUCKER MILL HOUSE - Lucker Mill House Bed & Breakfast is a beautifully renovated bed & breakfast built in the late 18th Century. Ideally located in quiet Lucker, which is tucked away enough to get you away from the crowds but still just minutes away from peaceful beaches on the Northumberland coast.

MARKET CROSS GUESTHOUSE - Market Cross Guest House is a stunning, Grade II listed Georgian house and 5-star B&B in Belford. Offering four beautifully decorated rooms, you are sure to feel at home here and owners Steve and Amanda cook up freshly baked goods for guests every single day.

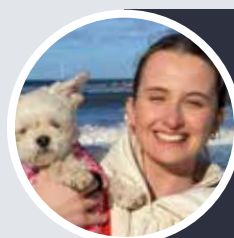
THE BAMBURGH CASTLE INN - The Bamburgh Castle Inn sits in one of the best seaside locations on the Northumberland coast, in beautiful Seahouses, overlooking the picturesque harbour with simply unbeatable sea views.

MARSHALL MEADOWS MANOR HOUSE - Marshall Meadows is nestled within twelve acres of staggering country gardens and is just a stone's throw from Berwick-upon-Tweed. Relax in the elegance of Marshall Meadows Manor House Hotel, or go for a unique stay in one of their luxury 'pods'.

THE WALLS B&B - The Walls is a stunning period townhouse which is perched on the Elizabethan Walls in the historic old town of Berwick-upon-Tweed. It is the only B&B to offer stunning views over the flowing River Tweed.

THE SUNNINGDALE HOTEL - The Sunningdale Hotel is nestled away in the picturesque coastal village of Bamburgh and offers 20 rooms over three floors, with the majority having fantastic sea views looking out towards the Farne Islands and beyond.

We hope you can find something to suit your next stay in this awe-inspiring area of the county and experience its history, wildlife, walking routes, watersports and more.



Jenni Meikle

Jenni Meikle
Content and PR executive at
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What's On

CORBRIDGE & HEXHAM

TAPESTRIES EXHIBITION

This unique collection of over 40 beautiful tapestries showing the history of Methodism will be on display at West End Methodist Church, Hexham, NE46 3DF on Saturday 29th March from 11.00am to 4.00pm. Light refreshments served, Parking. Admission free. West End Methodist Church 01434622135

NATIONAL TRUST TYNE VALLEY ASSOCIATION

17 March is 'From Tyne to Tweed - Artists 1750-1950' by Chris Tipple. 28 April (4th Monday) will be 'The Lit and Phil in Newcastle' given by Ms Margaret Bozic. Refreshments from 2 o'clock. Talk at 2.30pm. The Priors Hall, Hexham Abbey jackie.wood@gmx.co.uk

MESSY CHURCH

Messy Church at Hexham Community Church on Beaumont Street. We meet on the second Sunday of every month (except August) 10.30am-12.30pm. Games, craft, songs, stories and a free light lunch for everyone! We would love to see you! Hexham Community Church 01434 601113

CREATIVE WRITING

These friendly classes will inspire and encourage you to write fiction, poetry and memoir, and offer supportive feedback to help you develop your work. New members very welcome - try a free taster session. Online and in-person. Hexham cafes and Zoom claire@claire276.plus.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. TA Centre, Hencotes. Olivia Ryder

ALPINE PLANT SHOW & PLANT FAIR

To be held 29th March 2025 at Hexham Auction Mart. Plant sales start 10 am, Show hall opens approx 11.00am. Several alpine plant nurseries will be in attendance plus member's table selling plants. Large FREE car park, Admission £3.00. Hexham Auction Mart

alan.alpine1@gmail.com

MORRIS DANCING

Women meet every Monday in West End Methodist Church Hall, Hexham 7.30pm-9pm. Men meet every Thursday in Acomb Village Hall (Sep - May) from 7.30pm. Come and see what we do, no obligation to join. 0780 9609166

HEXHAM BEACON CLUB

Welcomes all retired gentlemen to join us on a Wednesday morning for interesting talks, coffee and biscuits and a chance to meet like-minded fellow retirees. We meet at 10:30 - 1200 each Wednesday and we look forward to meeting you.

Trinity Methodist Church Hall plholmes4@gmail.com

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 welcome.

Hexham Community Centre secretaryHBC@btinternet.com

HEXHAM PROBUS CLUB

Provides regular gatherings for retired or semi-retired professional or businessmen aged over 55. We meet most months in the County Hotel Hexham for conversation and fellowship followed by lunch. New members from the Hexham area are welcome.

County Hotel Hexham 01434 607798

HEXHAM ROTARY

Every Monday Lunchtime (just about). Come and meet us at the County Hotel in Hexham for fun, friendship, speakers, trips, events, fund raising and so much more. Phone Brian on 01434 603827 to experience what we do.

County Hotel mbmassey2@gmail.com

JIVEALIVE

We are Hexham's Modern Jive group, a friendly group meeting weekly Wed 8-10pm at The Torch Centre, Corbridge Road. 18yrs+ No partner necessary. Contact. JiveAlive@googlegroup.com or find us on facebook Torch Centre, Corbridge Road JiveAlive@googlegroup.com

LITTLE OAKS NURSERY

Christmas Shopping evening on

November 22nd, from 7 pm.

Selection of stall holders selling Christmas gifts and handcrafted goods. Raffle prizes to be won. Refreshments are available, including mulled wine, prosecco and Christmas nibbles.

Acomb Village Hall

01434 613422

CORBRIDGE PRESCHOOL CIC

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

Corbridge Preschool

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DANCE SCOTTISH

Scottish country dancing, suitable for beginners, no need to bring a partner, no special clothes just soft shoes. 7:30pm

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07718248502

HEXHAM AND DISTRICT PHOTOGRAPHIC SOCIETY

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

Torch Centre Hexham president@hexhamphotographic.org

ELVASTON BOWLS CLUB

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

Hexham Elvaston Bowling Club hebc.secretary@btinternet.com

HEXHAM TOWN WI

Monthly meetings on the 3rd Monday at 7.15pm for 7.30pm in

the Community Centre. Varied programme of activities and speakers. A great way to meet new people, make friend in a relaxed, warm and welcoming environment. Visitors are always welcome.

Hexham Community Centre 07790 108273

ZUMBA KIDS

Kid-friendly routines based on original Zumba choreography. We break down the steps, add games, activities and cultural exploration. Sessions promote a healthy lifestyle as a natural part of children's lives by making exercise fun! Monday's during term time, 4.30pm-5.30pm.

Corbridge Parish Hall Shelly.dronfield@gmail.com

WHITLEY CHAPEL BADMINTON CLUB

A friendly club with Northumberland league teams. We play weekly 7-9pm from 5th September 2024 to 10th April 2025. All abilities are welcome.

Queen Elizabeth High School angelamjames11@gmail.com

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CORBRIDGE BRIDGE CLUB

Duplicate Bridge Monday nights 7-10 pm and Chicago Tuesday afternoons 1-4pm. New players welcome. Come with a partner or contact us to find one for you. We offer a friendly and relaxed club with a good social calendar. Corbridge Parish Hall secretarycorbridgebridgeclub@gmail.com

If you run a local charity, group or a non-profit organisation, you can list it in our What's On diary completely free at: www.tynevalleyexpress.co.uk/whats-on/





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| | | | | | |
|---------------------|---|-----------------------|------------------------------|--|-----------------------|
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| 15th - 16th March | Coronation Street | 2 Days | 16th - 18th August | Southport Flower Show & RHS Bridgewater | 3 Days |
| 23rd - 26th March | All Inclusive Yorkshire Dales | 4 Days | 7th - 11th Sept | Isle of Man Steam & Rail | FULLY BOOKED ..5 Days |
| 11th - 13th April | Windsor Cruise & Castle | FULLY BOOKED ..3 Days | 15th - 19th Sept | Enchanting Brecon Beacons & Shropshire Hills | 5 Days |
| 26th - 30th April | Dorset Coast & New Forest | 5 Days | 3rd - 6th October | St. Andrews, Scone Place & Whiskey Distillery | 4 Days |
| 11th - 16th May | Cornish Riviera Boats & Gardens | FULLY BOOKED ..6 Days | 19th - 25th October | Westport, Galway & Clare | FULLY BOOKED ..7 Days |
| 29th May - 2nd June | Stratford-upon-Avon, Cotswolds Steam Railway | 5 Days | 8th - 9th November | Edinburgh & Glasgow Christmas Shopper | 2 Days |
| 6th - 8th June | West Coast Gardens & Dunes | FULLY BOOKED ..3 Days | 14th - 17th November | Turkey & Tinsel in Dunoon | 4 Days |
| 12th - 17th June | Isle of Harris & Lewis | FULLY BOOKED ..6 Days | 21st - 23rd November | Festival of Light at Longleat | 3 Days |
| 22nd - 24th June | Ironbridge, Blists Hill Victorian Town & Arley Hall Gardens | 3 Days | 28th November - 1st December | Turkey and Tinsel in Lancashire & Lakes | 4 Days |
| 6th - 7th July | Lincolnshire Bomber Country & Cathedral | 2 Days | 8th - 12th December | All inclusive Trossachs & Loch Katrine | 5 Days |
| 13th - 18th July | Delightful North Devon Cruise & Steam | 6 Days | 14th - 16th December | Thursford Christmas Spectacular | 3 Days |
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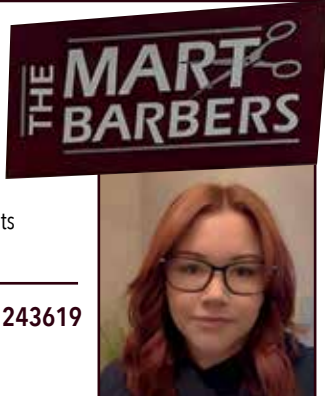
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📍 80 Front Street, **Prudhoe**,
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| | A | B | C | D | E | F | G | H | I | J | K | L | M |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 22 | 9 | 10 | 18 | 22 | 18 | 15 | 5 | | 26 | 12 | 26 | 25 |
| 2 | 4 | | 26 | | 26 | | 26 | | 26 | | 4 | | 13 |
| 3 | 8 | 15 | 18 | 18 | 25 | | 22 | | 15 | 4 | 11 | 13 | 9 |
| 4 | 18 | | 3 | | 5 | | 12 | | 25 | | 5 | | 6 |
| 5 | | | | 24 | 6 | 4 | 23 | 19 | 23 | 2 | 18 | 15 | 5 |
| 6 | 5 | | 14 | | 18 | | 25 | | 24 | | 6 | | 4 |
| 7 | 4 | 10 | 9 | 3 | 4 | 2 | | 9 | 24 | 24 | 26 | 15 | 17 |
| 8 | 21 | | 23 | | 5 | | 25 | | 18 | | 4 | | 18 |
| 9 | 1 | 18 | 6 | 18 | 22 | 1 | 5 | 9 | 6 | 20 | | | |
| 10 | 4 | | 15 | | 18 | | 4 | | 4 | | 7 | | 11 |
| 11 | 20 | 18 | 4 | 6 | 15 | | 15 | | 12 | 6 | 23 | 25 | 13 |
| 12 | 18 | | 2 | | 5 | | 16 | | 2 | | 26 | | 26 |
| 13 | 6 | 26 | 25 | 18 | | 22 | 4 | 14 | 18 | 25 | 5 | 26 | 11 |
| | A | B | C | D | E | F | G | H | I | J | K | L | M |

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| | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|--|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | | | | | | | | | | F | | | |

Enter the letter in each circled cell in the order given below to reveal a themed answer:

| | | | | | | | | | | |
|-----|-----|----|----|-----|----|-----|-----|-----|----|----|
| 13M | 13I | 7F | 5K | 11I | 5E | 10G | 13K | 13L | 1B | 3I |
| | | | | | | | | | | |

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

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

| | | |
|------------|------------|-----------|
| CATHOLIC | IRELAND | RAINBOW |
| CLOVER | LEPRECHAUN | SAINT |
| FOLK MUSIC | LUCKY | SHAMROCK |
| GOLD | MARCH | TRADITION |
| GREEN | MYTHS | WISH |

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

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What's On PONTELAND & DARRAS HALL

PONTELAND WILDLIFE GROUP

All welcome £3 includes refreshments. Tuesday March 4th Chris Redfern 'Arctic Terns'. Tuesday April 1st 50th Anniversary celebration of this WLT group. Talk by Mike Pratt Chief Executive of NWLT. Last talk this season, next talk Tuesday 2nd Sept 2025 St Mary's Parish Centre pontelandwildlife/talks

PLANT HERITAGE NORTH EAST GROUP

Saturday March 8th at 2.30pm, Ben Preston, Cliff Bank Nursery will present a talk "York Gate through the Seasons. Saturday April 12th. Speaker to be confirmed. Visitors welcome. £5. Plant raffle and refreshments.

St Mary's Parish Centre pat.skews@btinternet.com

PONTELAND U3A

Meetings & talks are on the first Wednesday each month at 2.00pm. Next talks: Wednesday 5th March – Foreign Devils on the Silk Road by Kath & Harry Gilbert. Wednesday 2nd April – Finding and Recovering Sunken Treasure by Linden Stephenson St Mary's Parish Centre 0780 1233579

PONTELAND BADMINTON GROUP

ADULTS Tue 13:30-14:30 no strings & 19:30-20:30 @ Pont. L/ Centre, also Mons W/Nomads Club 20-22:00. Fridays 10-11:00 @PCPSchool. JUNIORS Mons 16-17:00 (Term time), Thurs 17-18:00 no strings all year and Sats 10-11:00 (term time).

Ponteland - 078100 84153

PONTELAND RAMBLERS

Join us for walks 5-10 miles in the Northumberland countryside year round on Wednesday & Sunday. Non-members are very welcome and it's a great way to meet new people. Walk, lunch (picnic) coffee and a chat. Find out more: www.ramblers.org.uk/ponteland

Various locations - 07942673632

PONTELAND VILLAGE WI

MacMillan Cancer Support will be talking at our meeting on Tuesday, November 12, and there will be a Celebration of Christmas on December 10. A waiting list is available for would-be members.

For information, email or find us on Facebook.

St Mary's Parish Centre pontelandvillage@hotmial.com

BELSAY HALL CROQUET CLUB

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

ST MARY'S PONTELAND & HOLY SAVIOUR MILBOURNE

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

Ponteland Leisure Centre 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.

Members' houses 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.

Ponteland Community Primary School - 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

St Mary's 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.

St Mary's Parish Centre, Thornhill Road pontelandsgc@gmail.com

PONTELAND FRIENDLY STITCHERS

We meet on the 4th Monday in the month (except December) between 2 and 4 pm. We offer a mixture of speakers and workshops and new members are most welcome.

St Mary's church hall emmadenham52@gmail.com

TAI CHI IN PONTELAND

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

St Mary's Church Hall

ROTARY CLUB OF PONTELAND

We meet every Tuesday, alternating between lunchtimes & evenings. We have a light meal, chat & socialise and try to arrange fund-raising events to support good charitable causes. Why not come along & join us.

Britannia Hotel, Airport 07740866764

RAF AIR CADETS

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

Army Reserve Centre, Kingston Park

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.

Ponteland Methodist Church 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.

St. Mary's Church Hall Tel 01661 822056

SEIKEN RYU KARATE CLASSES

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

PONTELAND UKULELE BAND

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

Ponteland CIU club aatkinson13@talk21.com

CALLERTON GARDEN & FLOWER CLUB

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

CIU Club Ponteland 07467035013

If you run a local charity, group or a non-profit organisation, you can list it in our What's On diary completely free at: www.tynevalleyexpress.co.uk/whats-on/





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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.

Our website now has a fully interactive Business Directory meaning our Traders contact details are available at the click of a button:

www.tynevalleyexpress.co.uk/business-directory

| | | |
|--|--|---|
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| Paul Axcell p56 | Financial Adviser .. Prism Financial Advice p05 | Barking Mad p57 |
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