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Issue 99  
September/October 2025

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*In this issue....*

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**Heritage Centres**

**Double Puzzle Page**

**Magnificent Muscles**

**Valley of the Naturalists**

**Tyne Valley Expressions**

**Healing Through Vibration**

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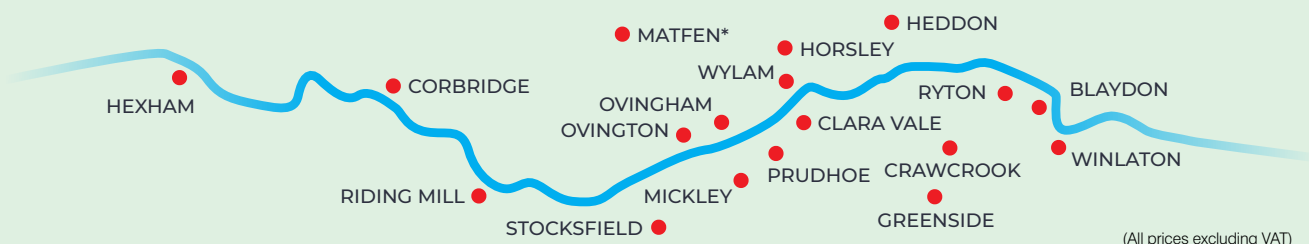
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Hello readers, welcome to the Autumn edition of Tyne Valley Express.

Our trusty team of writers are back with a fab selection of seasonal articles - including Heritage Centres by Katie Pharoah (p12), the last of the short stories from Tyne Valley Expressions, a guide to North Northumberland by Jenni Meikle of Visit Northumberland (p28), and a lovely tribute to Angus Lunn by Mike Pratt of Northumberland Wildlife Trust (p44).

We have a whopping double-set of puzzles with our World Space Week themed Coffee Break page (p56) with two chances to win yourself a Costa voucher. Answers to last month's puzzles are now live online at: [www.tynevalleyexpress.co.uk/puzzles](http://www.tynevalleyexpress.co.uk/puzzles).

Competition wise, we have the return of the National Trust hidden logo game (p43), which proved extremely popular last issue. Oh! In something a little different this issue, how do you fancy a lovely 12 piece dinner set? See details below on how to enter.

Locally, there's the Crawcrook Fair (p17) coming Saturday 13 September, and the Hexham Abbey Festival of Music and Arts running 24 – 28 September (p51). There's also the return of the popular Alpine Plant Fair and Show on 4 October (p53).

While we've got your attention, head over to (p33) to read about NHS Blood and Transplant's plea for people with rare B negative blood type to donate now to help boost stocks this autumn.

Lastly, do you own a Campervan or Motorhome? There's an interesting read on how you could earn money from it (p27).

As autumn arrives, it highlights the cycle of hard work and preparation that local businesses and our community know so well. Just as the season is about gathering the harvest and getting ready for the winter, our shops, services, and residents use this time to take stock, plan ahead, and support one another. It's a reminder that while the seasons change, the strength of our community and the value of local business remain constant.

**Next up is our BIG 100TH EDITION!**

**See you all in November.**

**Stephen and the  
TVE Team.**

*Stephen McHugh*

**Tel: 07884 340 451**

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

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# What's On

## BLAYDON & WINLATON

### HERITAGE OPEN DAYS

Celebrating 180yrs in Blaydon with Open Days on Saturday 13th September 10-4, including talk by Val Scully, and Sunday 14th afternoon tea (tickets £5) 2-4pm. Were you christened or married at St Cuthbert's? Have photos to share? Get in touch! St Cuthbert's Church rev\_dianeryan@btinternet.com

### FLOWER CLUB

Flower arranging demonstrations, practical workshops, talks take place first Tuesday of each month except August at 7.00pm in Winlaton Community Centre. Visitors welcome £6 including refreshments. Winlaton Community Centre 01914132366

### ST. CUTHBERT'S CHURCH

Sunday service 10.15am, all welcome. Lite Bite Cafe Thursdays 11.15-12.45 with a friendly atmosphere and home-baking! For enquiries and Baptism or Wedding requests just contact the vicar, Revd Diane. St Cuthbert's Church rev\_dianeryan@btinternet.com

### WOMEN'S WALKING FOOTBALL

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### 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 drinks and snacks free. As above 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. St Cuthbert's blaydonstcuthbert@gmail.com

### 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

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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. http://www.winlatonlocalhistorysociety.org.uk. Facebook - Winlaton Local History Society. Email: winlatonlocalhistorysociety@yahoo.com West End Club winlatonhistorysociety@yahoo.com

### GATESHEAD LIBRARIES, ARTS & HERITAGE

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### 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

### PARKHEAD ESTATE GARDENS ASSOCIATION

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### WINLATON MILL 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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### KARATE

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# Heritage Centres

This month has been all about exploring heritage and visitor centres – seeing, hearing and absorbing all the fascinating history that the Tyne Valley has to offer.

## The Sill, Hexham

The Sill, located near Hadrian's Wall, is a national landscape discovery centre that is the perfect place to start exploring the Northumberland National Park.

What initially drew me to take the drive to the Sill was their Sycamore Gap: Coming Home exhibition. The Sill, the closest visitor centre to where the Sycamore Gap tree grew, is now the permanent home for the largest section of the tree.

This installation can be found in the main exhibition area, and features an upright trunk surrounded by three benches. Connecting them are streams of wood, forming a canopy in the shape of a giant sycamore leaf. Engraved on the wood are key words and phrases such as 'grow again strong in this place'. Commissioned by Northumberland National Park Authority, artist Charlie Whitney and Creative Communities CIC worked together to create beauty from the magnificent loss of the tree. What I find even more endearing is the community involvement in this sculpture during its development, workshops taking place in schools and community groups, to reflect the hope and deep connection between people and nature.

The design represents the shelter the tree once offered, creating a new place where people can gather, sit and reflect. Whilst it won't ever replace the original tree, it does a spectacular job at being a place of remembrance for it. If you are able, you can also take a circular walk from the Sill to visit the original Sycamore Gap tree site. With views of the surrounding landscape and Hadrian's Wall, this 2-mile walk is one you may want to explore.

Whilst this exhibition is a permanent feature, the Sill also hosts a range of shorter-term exhibitions, and there's something for all the family. When I visited, there was a Shaun the Sheep augmented reality trail for the kids to explore, for example. Whether you're planning a day out amongst Hadrian's Wall, taking a hike through Northumberland, or just want a place to sit, think and look out on some stunning scenery, the Sill is an ideal place for a relaxing afternoon. Open every day 10am to 5pm April-October, the Sill has over 170 car parking spaces with fair parking prices. If you don't drive, you can also get the AD122 bus from Hexham.

## Land of Oak and Iron, Winlaton Mill

Nestled in the middle of the Derwent Water Walk is the delightful café and heritage centre, the Land of Oak and Iron. Whether you're stopping off for a coffee in the middle of a walk or have come to the café directly for one of their events,



it's such a tranquil place. I recently visited for their Goat and Sheep event, which allowed people to feed and brush goats and sheep from Stony Pastures.

But I never knew how many events they offer, from their Meet the Maker events, where you can browse the works of local artists as well as meet the ones who made them, to workshops that cover just about anything and everything (from learning the ukulele to gelli plate printing), to outdoor music, and walks exploring the local area, there is truly something for everyone.

And don't forget to immerse yourself in the local heritage, which is steeped in so much interesting industrial history. For example, I never knew that we had a sword-making history. Did you know that some of the world's finest swords were produced in the 1700s at Shotley Bridge? After 1691, the highly skilled German sword makers left their homeland for reasons still unknown and came to the Derwent Valley, which was rich in the natural resources they needed for their craft.

Open seven days a week, visit the Land of Oak and Iron from 9am to 4pm. There are some car parking facilities available, as well as more along the Derwent Water Walk; it's also accessible via public transport.

All in all, we have some amazing heritage and visitor centres that celebrate the local area for newcomers and locals alike. They are places to reflect, to relax and discover something new – I certainly came away with a list of new places to explore.

Do you know a hidden gem or underdog business in and around the Tyne Valley? I'm exploring the area and hope to get to know the best places that may be overlooked. If you have a place to recommend, get in touch!



*Katie Pharoah*

Katie Pharoah  
Writer for Tyne Valley Express  
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# What's On

## RYTON, CRAWCROOK & GREENSIDE

### RYTON METHODIST CHURCH

SUNDAY MORNING 10am. 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 & cake, raising funds. Ryton Methodist Church 0191 4606411

### YOGA FOR ALL

MONDAY 11am until 12pm. A gentler yoga class sometimes using chairs to suit all ages and ability. WEDNESDAY 6.30pm until 7.30pm Hatha Yoga to suit all. Friendly and welcoming. Contact Linda or just come along. Holy Cross Church Hall 07779337708

### OUR VILLAGES

Join us at: Park Pavilion Café: Wednesday/Thursday/Friday 2.30pm-4.30pm. Crafter's Get Together: Mondays 11am-1pm. Book Club: 2nd Wednesday of each month 7pm. Upcoming events are on our notice boards. Book the Pavilion/Bowling Green for a private event. Find out more: [www.ourvillages.org.uk](http://www.ourvillages.org.uk) Crawcrook Park Pavilion [ourvillagescag@gmail.com](mailto:ourvillagescag@gmail.com)

### CLARA VALE VILLAGE HALL

A warm and friendly village hall which offers many activities, groups, health and fitness classes. Hire the hall for parties and weddings. Hall hire from £11 per room per hour. For more information contact Joan at [booking@claravale.org.uk](mailto:booking@claravale.org.uk) / 07543281301

Clara Vale Village Hall [booking@claravale.org.uk](mailto:booking@claravale.org.uk)

### 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](http://www.facebook.com/RytonCommunity). Ryton and Stella ward [brighthenryton@gmail.com](mailto: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. Give Carol a call for more information. Stargate Community Centre 07895417870

### SOUND REVOLUTION

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 on request. Ryton Community Centre [Tyne-physiopilates@outlook.com](mailto: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](https://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](https://facebook.com/profile.php?id=61551260005195)

### 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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### GARDEN, GATHER & NATTER

We welcome people of all ages and abilities to come and get involved in this wonderful green space. Wednesday mornings from 9:30 (weather permitting!). For more immediate information on events, you can find us at [facebook.com/ferndeneparkryton](https://facebook.com/ferndeneparkryton) Fernedene Park, Ryton. [friendsofferndene@outlook.com](mailto: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](http://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](mailto: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](mailto:fiona.todd33@gmail.com)

### CRAWCROOK SLIMMING WORLD

Come and join us in Emmaville

Hall on Wednesday's at 9:00am, 10:30am, 5:30pm & 7:00pm.

Emmaville Hall - 07894 284343

### 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](mailto: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](mailto: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](https://gatesheadlibraries.eventbrite.com) or visit your local library. Crawcrook Library [LynneCorder@Gateshead.Gov.Uk](mailto:LynneCorder@Gateshead.Gov.Uk) also welcome.

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/](http://www.tynevalleyexpress.co.uk/whats-on/)





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*Nicola Minett*

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# Tyne Valley Expressions

## Northumbrian Writers Group...

Comprises six sub-groups meeting weekly (term-time) in Hexham, Ponteland, Morpeth and on Zoom.

If you would like to find out more about these friendly classes, please email Claire on: [claire@claire276.plus.com](mailto:claire@claire276.plus.com)

To be continued...



**I enjoyed this war time tale of bravery, and how quite ordinary things might have extraordinary meaning! Kim.**

Steve, originally from Brighton, has lived in the north east since 1996 and in the Tyne Valley for the past 28 years. Married with two grown up children he is now retired after a career that included service in the Royal Air Force, working in financial services, but predominantly teaching. Although a geographer by training, a lifelong interest in history and aviation has influenced his writing. His first children's novel, *Three Weeks in May*, an adventure set in France in 1940, is due to be published by Troubador in November..

### A Silken Favour

The setting sun had bathed them in a golden glow as they strolled slowly along the banks of the Tyne. They had stopped to watch a pair of mallards shepherding their ducklings across the river and as they did Liz had slipped her arm through his and whispered, "I've got a present for you." She produced a small rectangular parcel wrapped in tissue paper and tied up with ribbon.

"What is it?" Harry remembered asking,

"Why don't you open it and see?"

The scarf was red silk with a faint silver pattern threading its way between the two fringed ends.

"I don't know what to say," he had stuttered.

Liz smiled, enjoying every second of his embarrassment.

"You could start with 'thank you'," she suggested.

"It's lovely, thank you. But I don't understand..."

"A lot of you flyers seem to have one, so I thought you should too. I was reading how, in days of old, a lady would give a knight her favour to wear on his helmet in battle, so I have decided to appoint you as my knight, and this is my favour - you never know it might just be lucky for you too!"

Harry laughed, "I'm not sure it would look quite right tied to my flying helmet, but maybe I should wear it round my neck!"

\*\*\*

It wasn't until the parachute had opened and he was swinging gently beneath the canopy, drifting towards the patchwork of French fields below, that the memory had flashed through his mind. Once there, there was no getting rid of it. Unthinkingly his right hand let go of the webbing that connected the parachute to his harness and touched the scarf. The contact didn't last long, the movement unbalanced his 'chute which seemed to lurch sideways, producing what felt like a sudden hole in his stomach and a pounding heart. His hand returned rapidly to the webbing, but the memory stayed put. He had just been shot down, so had the scarf brought good luck? On the face of it, No, but then again he had been able to bail out, and so far, he was still alive, so maybe it had.

Harry looked down at the now rapidly approaching earth. A fleeting glimpse of the stretched and torn white silk of a parachute that had come to grief in a tree made him think, with a surge of guilt, of the fate of his two crewmen, so consumed with his own survival had he been since he had ordered them to jump that he had forgotten about them. He thumped into the field with such force that it knocked all the breath from his body, and he lay there,

winded and dazed for some time. Eventually he groped for the quick release box, trying to turn the catch at the same time as thumping the central part of the mechanism, no easy matter as he discovered that his left arm wasn't really working; it felt as if it was on fire and somebody was sawing at it with a blunt knife.

Free of the parachute that was, propelled by the gentle breeze, now making its own way across the fields, he struggled into a sitting position. It was only after Harry had slowly and very gingerly worked his way out of the bulky Irvine Jacket that he realised that his shirt sleeve was soaked in blood. He stared at the sleeve, but his mind seemed unable to respond to what his eyes were conveying. He had no idea how long he had been sitting there when he heard a voice.

"Christ skipper if you sit there all day the Huns will be here, and zen for you ze vor vill be over," broke into his dazed consciousness.

Yeah, I suppose so," he responded, looking vacantly at Charly Mill, and managing a weak smile."

His navigator crouched down and looked at the arm.

"I'm going to cut off your sleeve, that's going to make you popular with the stores bashers when you try to get a new shirt," he quipped as he produced a pen knife and attacked the blood-sodden garment. After peering at what was clearly a bullet wound, he announced, "You'll live, but I'll have to use your scarf skip, your arm needs sorting before we go anywhere."

"Yes, right."

Charley removed the scarf, wrapped it several times around the injury and tied it off as tightly as he could.

"You're a lucky blighter, I reckon another inch up and it would have got the artery, not even my remarkable first aid skills would have saved you then. Just as well your scarf's red, won't show the blood."

'Just as well the scarf really is lucky,' Harry thought, as Charly Mill dragged him to his feet.



*Steve Braysher*

Steve Braysher  
Author  
Northumbrian Writers Group

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# What's On

## HEDDON, HORSLEY & WYLAM

### OUR FRAGILE EARTH - ECO FAIR

ECO FAIR, Wylam 18th/19th October. SATURDAY 2:00pm onwards: Exhibits, workshops, talks, demonstrations and panel debate with experts to answer questions. SUNDAY 11:00am: Harvest Festival led by Eco Chaplain for Scotland, and lunch followed by reflective walks and litter pick.

Methodist Church Centre & St Oswin's Church Hall 07940829813

### ST. ANDREW'S CHURCH

Everyone is welcome at our Sunday services at 10.30am. Many different things happen as part of the life of our church. To receive weekly email or to book baptism or weddings, contact :hmrschurches@gmail.com St. Andrew's Church, Heddon hmrschurches@gmail.com

### THE HEARTH CENTRE

We've got lots going on this Autumn incl. art classes; live music; drama; well-being & a delicious cafe! See you soon. The Hearth Art Centre www.thehearth.co.uk/whatson

### VILLAGE HALL

Horsley Village Hall is available to rent for classes events and private functions. Recently refurbished. Fully fitted equipped kitchen. Accessible access. Lower and upper hall available. Conveniently located just off A69. To book. Go to www.horsleyvillage.org Horsley Village - 07715054860

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The Hearth - 07545865009

### WILDLIFE GROUP TALKS

All welcome £3 includes refreshments. Tuesday September 2nd John Halliday 'The Hare: Facts and Fiction'. Tuesday October 7th Gavin Hardy 'Seaweeds'. Tuesday November 4th Lee Rankin, NWT, 'Wilding West Chevington - a nature recovery journey' St Mary's Parish Centre, Ponteland pontelandwildlife/talks

### 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 - 07453358745

### 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. James Knott Memorial Hall - 01661 853365

### 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. Knott Memorial Hall 07936 542226

### 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 - No auditions! 01912740217 Heddon Methodist Church

### 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

### FITNESS CLASSES WITH SCOTT

Two new fitness classes at Knott Memorial Hall in Heddon on the Wall on Tuesday Mornings: 9:30 am LBT-Legs Bums and Tums, 10:30 am Stretch. £5 per class or 2 for £8. To book go to: Bookwhen.com/scottmiller. Walk ins welcome. Knott Memorial hall sjmm2412@aol.com

### HORSLEY VILLAGE CHURCH

Services each Sunday at 11am. Please visit our website at horsleyvillagechurch.chessck.co.uk for more information Horsley Village Church horsleyvillagechurch@gmail.com

### 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. Wylam Institute - 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 - 01661832717 Chapel Lane, Wylam

### 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/

Church Road, Wylam

wylamst.oswin@hotmail.co.uk

### WYLAM CHURCH HALL

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

Church Hall, Church Road

writeonly@gmail.com

### WYLAM WOMENS INSTITUTE

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

Wylam Institute - 01661 853713

### PHYSIO-LED PILATES

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

### LOCALLY GROWN

### VEGETABLES

Growing and sharing veg across the Tyne Valley. Working with nature, linking with other local producers, a community enterprise for you to join. Check out all the details and sign up at www.golocalfood.org.uk Ovington & Matten admin@golocalfood.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/](http://www.tynevalleyexpress.co.uk/whats-on/)



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The Hearth Arts Centre is in Horsley, NE15 0NT

[www.thehearth.co.uk](http://www.thehearth.co.uk)



Upcoming one off events:

**FATHERHOOD** (Dance) - 12 October

**MORNING TOURIST** (Music) - 16 November

**WINTER FAIR & OPEN STUDIOS** Weekend (Arts) - 22 & 23 November

**CARVE, PAINT, PRINT** (Workshop) - 28 November

**FOOL'S GOLD, THE CHRISTMAS SHOW** (Music) - 13 December

**RIOGHNACH CONNOLLY** (Music) - 14 December



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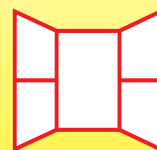
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or second income working from home. Motorhomes and Campervans are generally cheaper to buy than a rental property (we've done that too) but can earn much higher rental returns and in a time of lowering interest rates a good investment opportunity.

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## BORDER REIVER ARCHERS



We are a Target Archery club, shooting at Ovingham Middle School sports field on Sundays, 10.00am - 1.00pm.

Visitors are welcome! Either drop-in without booking, to have a chat and watch the club archers in action, or, enjoy a pre-booked one-hour Taster Session.

Taster Sessions will suit those who wish to indulge their inner Robin Hood or Katniss Everdeen. They're suitable for everybody 5 years old plus (with responsible adult), for any events, as individuals, couples, families, Scouts, Guides, Hen/Stag groups, birthday celebrations etc.

We're currently taking applications for our next Beginner's Course, suitable for total novices who would like to start archery and join a club.

These are 3 x 3 hourly sessions on 3 consecutive Sundays.

(There is no requirement to do a Taster Session first).

Please consult our website for full details.

**Tel: 07505975509 (Dave)**

**Email: [borderreiverarchers@yahoo.com](mailto:borderreiverarchers@yahoo.com)**

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Archers**



**Full details can be found on our website:  
[www.borderreiverarchers.co.uk](http://www.borderreiverarchers.co.uk)**





# Guide to the North Northumberland Countryside

Discover the staggering Northumberland countryside with our guide to Wooler and North Northumberland. North Northumberland is home to a fantastic coastline, but this blog will focus on the highlights of its remote countryside landscapes which are seemingly lesser known, less crowded and perfect for those wanting to get away from the crowds.

## TOWNS AND VILLAGES

**Wooler** - Wooler is a walkers' paradise that sits on the edge of Northumberland's spectacular National Park. This tiny, stone-built market town is home to a bustling High Street with a smattering of traditional shops, pubs and cafes, as well as one of Northumberland's newest attractions Ad Gefrin.

**Chillingham** - This small, remote village is mostly known for homing haunted Chillingham Castle and the intriguing Chillingham Wild Cattle. With some beautiful accommodation options, a beautiful setting with local walks nearby and pubs within a short drive away, it is a must visit.

**Ford And Etal** - Ford and Etal Estates lie in the valley of the River Till, where you can ride on a steam train, go canoeing, try your hand at fishing and more. Home to cosy self-catering cottages, cafes and pubs, it is a charming must-visit spot while you're here in Northumberland.

**Ingram and Breamish Valley** - Ingram village sits in Breamish Valley in Northumberland National Park, where tumbling waterfalls, picturesque river banks and rolling hills make a fantastic spot for hiking, cycling, and discovering history with Neolithic and Bronze Age settlements in the landscape.

## SLEEP

**Laverock Law** - This amazing self-catering and glamping accommodation keeps nature and sustainability at its heart in all aspects. From the moment you arrive to the moment you leave, owners Dave and Harvest will encourage you to spot wildlife, stargaze, explore the great outdoors and, most importantly, relax.

**Breamish Valley Cottages** - Breamish Valley Cottages are tucked away in Northumberland's staggering countryside, with beautifully decorated cottages, a restaurant with incredible panoramic views of the Breamish Valley, and a new on-site spa facilities so you can truly kick back and relax.

**Chillingham Castle** - If you're looking for something a little different on your next retreat, how about a haunted stay in one of the UK's spookiest castles? Renowned for having the highest recorded levels of paranormal activity in England, Chillingham Castle will give you chills.

**Border Holiday Homes** - Border Holiday Homes host four cottages. Rosybank sleeps four and offers a dog-friendly getaway with staggering surroundings as it teeters on the banks of the River Tweed. Turner Cottage is a traditional cottage based in Norham, just a short walk from Norham Castle

## ATTRACTIONS

**Ad Gefrin** - Ad Gefrin is one of Northumberland's newest attractions and is an impressive Anglo-Saxon Museum and Whisky Distillery in Wooler. From exploring the museum to enjoying whisky tasting and distillery tours, it makes for a fascinating and varied day out.

**Ford And Etal** - Step back in time in Ford and Etal, a fantastic family day out and a beautifully quintessentially British spot. Take a ride on a steam train at Heatherslaw Steam Light Railway, visit Lady Waterford Hall, explore the 19th century Heatherslaw Cornmill and experience a carriage ride at Hay Farm Heavy Horse Centre.

**Duddo Five Stones** - A somewhat lesser known spot in Northumberland, the mysterious Duddo Five Stones is a stone circle made up of five, 4000-year old stones. Their remoteness adds to their appeal, as they are surrounded by views of the Cheviot Hills and toward the Scottish border. They can only be accessed on foot, but the route is flat and straightforward.

**Dark Skies** - Much of this area falls under Northumberland's Dark Sky Park, where the low light pollution and quality of dark skies has been awarded gold-tier status.

## EAT

**Ad Gefrin** - If you're looking for some lunch, a hot drink, Afternoon Tea and more, don't overlook Ad Gefrin's fantastic on-site bistro.

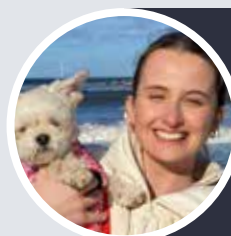
**The Bosk Restaurant** - Owned by the owners of Breamish Valley Cottages, this beautiful restaurant is in a dream location and offers locally sourced food, tantalising wines and local gins and ales.

**The Black Bull, Ford and Etal** - Kick back and relax by an open fire at The Black Bull, the only thatched pub in Northumberland. Enjoy fantastic beer, delicious food and a view of Etal Castle from the beer garden.

**The Tankerville Arms** - Nestled in the tranquil village of Eglington, the Tankerville Arms is a nineteenth century dog-friendly coaching inn. Offering traditional British cuisine, their menu concentrates on local produce sourced from the surrounding landscape.

**The Red Lion Inn at Milfield** - Situated in the picturesque village of Milfield, The Red Lion Inn is a classic stone building dating back to the mid 1700s. Located on the edge of Northumberland National Park, with the Cheviot Hills in walking distance, it's in the perfect spot for exploring.

There are so many more amazing things to do, places to eat and places to stay around inland North Northumberland but we can't possibly fit them all into one article. Take a look at [visitnorthumberland.com](http://visitnorthumberland.com) for more inspiration and help planning your Northumberland itinerary



*Jenni Meikle*

**Jenni Meikle**  
Content and PR executive at  
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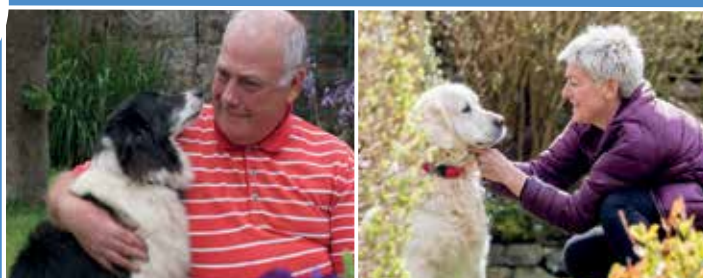
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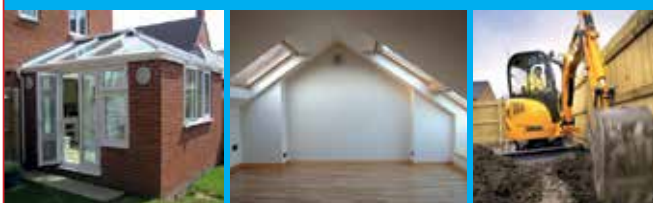
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# What's On

## PRUDHOE & MICKLEY

### PRUDHOE COMMUNITY ALLOTMENT

Meets every Tuesday and Friday morning for friendly supported gardening. Join our group to grow fresh vegetables 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  
pcalsinc@yahoo.com

### GLEEMEN MALE VOICE CHOIR

Male Voice Choir meets Monday evenings at 7pm in Prudhoe Methodist Church. New members always welcome. E: gleemen@uwclub.net  
Prudhoe Methodist Church  
gleemen@uwclub.net

### LIVE & BREATHE YOGA

Tuesday Evenings 6-7.15pm £10.  
Friday Mornings 11.15-12.30pm £10. Monthly prepayment savers available. Join Pam, qualified BWY yoga teacher & reset body & mind. Booking essential!  
St. Matthew's Wellness Centre  
07794459268

### EDGEWELL CHRISTIAN CHURCH

Join us at our Sunday praise service where a friendly welcome awaits you at coffee time, 10.50am prior to our service at 11.15am. Info: edgewellchristiancentre.org  
Edgewell Christian Church  
edgewellcc@gmail.com

### PRUDHOE LIBRARY

Library is open from 9am weekdays and 9.30am on Saturdays. The library closes at 5pm on Monday, Tuesday, Wednesday and Friday, 6pm on Thursday and 1pm on Saturday.  
website - www.mylibrary.co.uk email - prudhoe.library@nothumberland.gov.uk

### SPACE FOR NATURE

Based at Prudhoe Wildlife Garden, just behind West Wylam Inn, a group of volunteers who create and manage various sites around Prudhoe to increase bio-diversity and wildlife. Contact Jane on 07870 407 168 or email prudhoespace4nature@gmail.com  
Prudhoe and Mickley  
jrcgardener@gmail.com

### BORDER REIVER ARCHERS

Meet at Ovingham Middle School

on Sunday mornings. Why not come and enjoy a full hour Taster Session, (pre-booking required) or just drop in to watch and have a chat, without booking. Full details on the website: borderreiverarchers.co.uk  
Ovingham Middle School  
borderreiverarchers@yahoo.com

### 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

### 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. Online on Zoom  
claire@claire276.plus.com

### 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 COMMUNITY BAND

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. 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

### 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) or peter@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. For full details find us on Facebook or at www.chevent.co.uk  
Prudhoe Parish hall  
contact@chevent.co.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

### 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  
jjobson3726@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

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/](http://www.tynevalleyexpress.co.uk/whats-on/)



# Urgent plea to people in the North East with rare B negative blood type to donate to ensure blood is there when needed

- NHS plea to 675 eligible B negative donors in the region to donate now to help boost stocks this summer
- More people with B negative blood urgently needed to become regular donors as total number of donors with this blood type drops to a worrying low
- Family members of those with B negative also urged to come forward as they are 30 percent more likely to have this rare type

NHS Blood and Transplant revealed there are 675 B negative donors in the region who are

eligible to give blood right now as enough time has passed since their last donation.

Only two percent of the population have B negative blood, making it one of the rarest types. And patients with the B negative blood type can only receive B negative or O negative blood, meaning that low B negative stocks can also place a higher demand on vital emergency supplies of O negative.



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- **Bed calls** - This call is based on a comfort call, make sure things are all good and support to lock up and make sure you have everything needed until the next morning. Companionship and reassurance.
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# Magnificent Muscles

## The Importance of maximising your strength as you age

Strength training and building muscles are vital for us as we age, but many older people see it as something just for the young, or have visions of body builders lifting huge weights at the gym. Current research however is proving that strength training exercises can combat a huge range of age-related conditions, and is one of the most important things that you can do to ensure you age well.

Muscle strength typically peaks at around the ages of 30 to 35 and then gradually declines, a process that starts to accelerate after 65, particularly for women. This age related muscle loss is known as sarcopenia, and of course it's a natural part of aging.

The impacts of age-related muscle loss can include a risk of falls and injuries, increased frailty and poor health and decreased physical function in everyday tasks like walking, climbing the stairs, or getting in and out of a chair.

Regular (2 to 3 days a week) strength training will build muscle strength and preserve vital bone density, along with reducing the risk of osteoporosis and many of the symptoms associated with heart disease, arthritis and type 2 diabetes.

This all sounds positive, but before you head to the gym and start pumping iron, or worry about turning into an older version of the Hulk, let's look at how you can build muscle and stay strong without too much grunting or groaning or turning green.

### What are strength exercises?

A strength exercise is any activity that makes your muscles work harder than usual; this will increase your muscles' strength, size, power and endurance and will usually involve using your body weight or working against a resistance. If you can lift weights at the gym or at home then that's a great way to build strength, but you can get great results from digging or shovelling while gardening, climbing the stairs, hill walking, cycling, dancing or the old 'favourites' of push ups, sit ups and squats.

### Preventing Falls

Exercises that improve leg strength, balance and coordination play a huge part in avoiding falls, which can be devastating to the older population. A friend of mine with Parkinson's knew that falls can be a significant part of the condition, so worked hard to add muscle and build her flexibility, and in her words if she has a fall now, "I just bounce and get straight back up because I feel so strong!"

Activities that will strengthen leg muscles and improve balance include yoga, dance, hiking and targeted weight lifting.

### Am I doing enough?

As we've said, aim for 2 to 3 days a week of strength and flexibility exercises, and keep in mind that for an activity to be muscle strengthening, it needs to work your muscles to the point where you need a short rest before continuing. For example, if you are lifting weights you need to put the weight down after doing a number of lifts before you can carry on. So you might aim to do multiple repetitions of an exercise (like lifting a weight) in groups or 'sets', with 10 'reps' counting as 1 set, with 3 sets as your target.



And as always remember to start gradually and build up over a number of weeks, and take advice before you start from your healthcare professional. It's also a good idea to have a look at some of the free videos about weight training available online to get an idea of good form and to set some realistic targets.

### Tims' Tip

My 'go-to' for building strength is using a kettlebell weight. These are shaped like a cannonball with a handle on top, and are perfect for developing strength and power through dynamic movements. They come in a vast range of weights and sizes, and can be swung, pushed, lifted or carried for a great quick burst of activity. Even better is that they can often be found on sale at local supermarkets at very cheap prices, so keep an eye on the middle aisle. Just make sure you keep hold of your kettlebell when you are using it, letting go mid swing can be very costly!

### The benefits

If you have more muscle mass you'll look leaner, fitter and more toned, as well as supporting your joints to function better. You'll be helping yourself to sleep better, ward off depression and boost your bone density, as well as being pleased with yourself when you can still open the lid of a stubborn jar. Remember that you don't need to hit the gym if that's not your thing, you can do so much at home to help yourself. So why not start with some arm lifts with a tin of beans today and before long you'll be swinging that big kettlebell around with a smile on your face!



*Tim Morton*

**Tim Morton**

Former head of Physical Activity  
at Parkinson's UK  
[tim@tynevalleyexpress.co.uk](mailto:tim@tynevalleyexpress.co.uk)



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Managing Director

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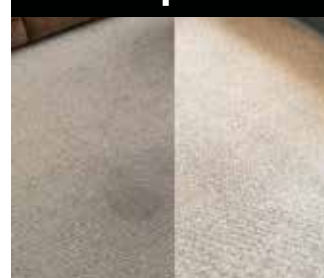
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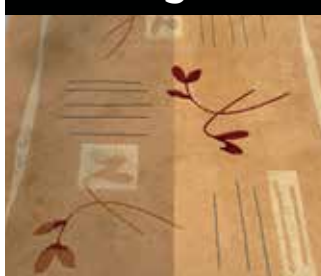
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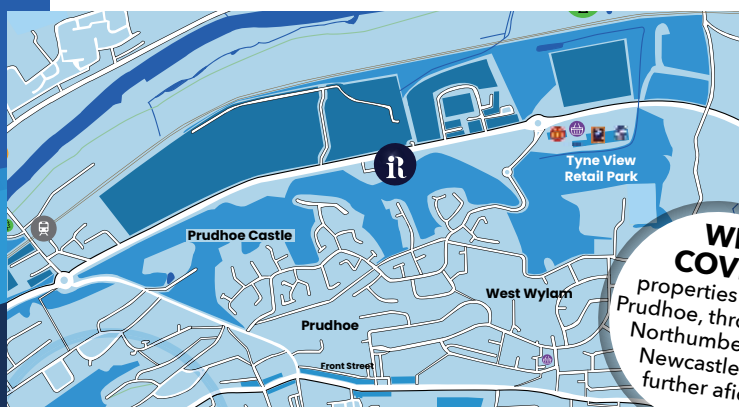


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# What's On

## STOCKSFIELD & RIDING MILL

### STOCKSFIELD PLANTS AND GARDEN SOCIETY

Tuesday October 21st 7:30 pm  
Bob Paton CBE: The Growing Journey of Hexhamshire Organics.  
Tuesday November 18th 7:30pm  
– Dave Tinsley: Winter Pruning – what to prune in the coming months. Note:- the AGM will take place prior to speaker.  
Stocksfield Community Centre  
stocksfieldpg@gmail.com

### STOCKSFIELD SING CIRCLE

For women of all ages and stages who want to sing for pleasure and not perfection! We learn songs by ear and sing in our natural voice! Join us on Tuesdays, in the school term time, 7.30-9pm.

Quakers Meeting House  
mynameislindsey@hotmail.com  
PLAYGROUP FOR UNDER 4'S  
Every Friday in term-time, RIDING

### MILL OUTDOOR PRESCHOOL

welcomes young children. along with a parent/carer, to join us for PLAYGROUP from 9.15-11am. Check out our website ([www.rmop.co.uk](http://www.rmop.co.uk)) or follow us on Facebook!

Riding Mill Outdoor Preschool  
chair@rmop.co.uk

### CAFÉ CONNECT

Come and join us at Cafe Connect on Sunday, July 22nd at 4:00 pm for a Summer Barbeque. Fun and games for all the family. Everyone welcome.

Stocksfield Methodist Church  
jacquic074@gmail.com

### RIDING MILL TENNIS CLUB

Village tennis club, set in picturesque surroundings off Millfield Road, is 75 years old. 3 Courts are hard macadam. Pickle ball is also played outdoors in the summer on our multi use games area court. New members welcome.

Riding Mill Tennis Club  
ridingmilltennis@gmail.co.uk

### ART GROUP

Supportive, self-help group for anyone interested in art. Held every Thursday morning, 9:30-12.00pm. Please contact Maggie for more information.

The Scout Hut  
07525 054048

### 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 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](http://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](http://www.stocksfieldca.org.uk) or contact us on the details below.

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](http://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 and informal setting.

Stocksfield Baptist Church  
Facebook: [www.stocksfieldbaptistchurch.net](http://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](http://www.stocksfieldchurchofengland.org)  
Stocksfield  
[www.stocksfieldchurchofengland.org](http://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](http://www.stjameschurchridingmill.com).

St James Church  
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](http://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](mailto:dorothy43@uwclub.net).  
Newton and Bywell village hall.  
07810 286285

### SOUND RELAXATION (SOUND BATH)

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Riding Mill Milennium Hall  
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  
Riding mill outdoor preschool  
07852 308948

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:  
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*Please note that the National Trust Scotland is a separate organisation and Scottish properties are not included within this offer.*

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# Valley of the Naturalists



You could say the Tyne Valley is a valley of famous and outstanding naturalists. Thomas Bewick, the celebrated 18th century nature's engraver, lived and worked there and over the years, many of those people interested in the wildlife of Tyneside and Northumberland based themselves there as they do today. The Wildlife Trust have a 'clutch' of such people, who contributed to the founding of our Trust in the early 1960s and developed it from 1972, including our founder, the late Tony Tynan, former Curator of the Hancock or 'Great North' Museum, accordingly hailed from Wylam.

Our two Vice Presidents, Ian Armstrong, ornithological and communicator and Angus Lunn, botanist educationalist and glaciologist, both all-round conservation experts, were both based in Heddon and until recently served us and continued to be involved closely in projects and land management and governance into their 90's, which Ian still does. Perhaps there is something in the air or in the geology and sense of place that this Tyne Valley attracts or helps create nature admirers and explorers, it is undeniably special in so many ways?

Unfortunately, we have just lost one of these greats, Angus died recently after a short illness at 92. He will be missed enormously by his family and friends. Also by the many people and organisations, he influenced and inspired locally, Northumberland Wildlife Trust and Natural History Society of Northumbria, in particular, and allied local groups. Those who attended his 60 years of Quaternary Geology courses, or just knew him as the kind hearted naturalist he was (though never one to shrink from making a challenge or asking hard questions). With his passing, it's like a door has almost closed on a pioneering age of people who initiated active nature conservation in the county in the mid-20th Century, people, of the Attenborough generation.

I was fortunate to spend quite a few special moments with Angus in and around the Tyne Valley and the edge of the North Pennines near Alston, where he also spent his summers with his late wife Jean and family.

Walking an old hay meadow or woodland and field edge was a marvellous experience with Angus. Better still a bog, he just knew how each micro habitat was formed, what the various plants and grasses were, why they were so arranged, what had led to their survival and what was needed for them to thrive, how they fitted into the bigger landscape picture of Northumbria. Hence, he was commissioned to write a Collins New Naturalist for Northumberland, the definitive monograph on nature in the county. It is a scientific work of art. The depth and range of knowledge is amazing, classification of a whole list of habitats defined and described in detail.

He explained recently at one of his lectures how he first began to truly appreciate landscapes at the macro and the micro scale and how all ecology was connected and how that can be expressed when he saw a beautiful and amazing map of the local flora and geology when visiting the Pyrenees, as a



botanical PhD student. It was a moment of realisation and had been hooked on maps since. He went onto map the habitats across Northumberland and famously identified and helped clear of forestry what are now known as the Border Mires, vast peatlands of international importance.

In our purchasing of the Rothbury estate, he was the first to make a big stick together map of all the connected possibilities across from the coast to the borders. He could see it all rolling out into the future, something we hope to honour in our plans.

He had many favourite haunts, the mires and their diversity, woods, crags and loughs, the meadows full of rare plants, including his own. I attended an event in July with him at the Walltown Country Park, a memorial event for two more of his generation who had passed, leaving a lifelong legacy of action for conservation, Trevor and Dorothy Hardy.

He did a speech that day which was inspiring as usual and offered a perspective on the importance of what passionate volunteers bring to making sure nature survives and is appreciated. Standing on the hillside we all looked way down the valley and into the distance, mapping in our minds the unique potential of this amazing place we are all linked to.

He got and accepted humbly the plaudits he deserved in life, MBE and Cadbury Medal and more, for his work and insights. However, what he really leaves us all with is a lasting reminder of what can happen when one embodies a personal mission to protect Nature through gentle but relentless persuasion and action. He leaves a living vision of what might be a richer better natural world, along the Tyne and beyond, if we care enough and do something about it.



*Mike Pratt*

**Mike Pratt** - Chief Executive  
Northumberland Wildlife Trust  
[www.nwt.org.uk](http://www.nwt.org.uk)

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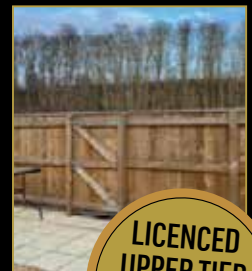
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# What's On CORBRIDGE & HEXHAM

## NATIONAL TRUST TYNE VALLEY ASSOCIATION

On Monday 15th September David Waugh will give a talk 'Corbridge During World War 2.' On 20th October the talk is 'The Making of Hexhamshire Landscape' by Greg Finch. Refreshments from 2 o'clock. Talks start at 2.30pm. Hexham Abbey  
jackie.wood@gmx.co.uk

## DRU YOGA CLASSES

A full range of yoga and qi gong classes at the wabi Sabi attic studio Hexham. See fb wabi Sabi Dru yoga. 9:30 - 10:40 Wednesday & Fridays. 18:00 - 19:00 Thursday. 19:15-20:30 Thursday  
Wabi Sabi studio  
07545865009

## CORBRIDGE BRIDGE CLUB

Corbridge Bridge Club meet at Corbridge Parish Hall Mondays 7pm - 10pm Duplicate and Tuesdays 1.00pm - 4.00pm Aggregate. New members welcome. For further details please contact.  
Corbridge Parish Hall  
secretarycorbridgeclub@gmail.com

## HEXHAM TOWN WI

We meet on the 3rd Monday of each month in the heart of Hexham at 7.00pm. Come along and join in our next meeting and see what we can offer you? Our meetings are interesting, informative and most importantly friendly.  
Hexham Community Centre  
07790 108273

## JIVE ALIVE

We are Hexham's Modern Jive group, a friendly group meeting weekly, Weds 8-10pm. No partner necessary; tuition most sessions, beginners welcome! Surplus funds go to local charities. JiveAlive@googlegroups.com or find us on Facebook.  
Torch Centre, Hexham  
07800 988612

## ALPINE PLANT SHOW

Alpine plant show and plant fair will be held 4th October 2025 at Hexham Auction Mart. Plant sales start 10 am, Show hall opens approx 11.00am. Several 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

## HEXHAM BEACON CLUB

We are a club for Retired Gentlemen. We host a non political, non denominational gathering most Wednesday mornings between 10:30 and 12:00. Guest Speakers feature each week on interesting subjects along with coffee and biscuits. All are welcome.  
Hexham  
plholmes4@gmail.com

## HEXHAM BRASS BAND

Hexham Brass are a friendly band playing and performing a wide range of music from show/film tunes to pop to classic brass band music. We welcome new players of all ages and abilities, playing every Tuesday 7.15pm to 9pm West End Methodist Church  
info@hexhambrass.co.uk

## 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  
07972641665

## HEXHAM BRIDGE CLUB

Hexham Bridge Club meets on Thursday evenings at 6.45pm. Friendly, competitive duplicate bridge. Tuition for beginners is available. Courses usually start in September. New members and visitors are welcome at any time, however please contact us beforehand.  
Hexham Community Centre  
contactus@hexhambridgeclub.org.uk

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Corbridge Parish Hall  
Email Shelly.dronfield@gmail.com

## HEXHAM INDOOR MARKET

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local craftspeople attending each month. More details search CH Event on Facebook and like our business page.

Hexham Abbey  
cherylhutchinson@hotmail.com

## HEXHAM PRIDE

Saturday 14 June 11am-5pm and Sunday 15 June 12-2pm Picnic and live music at Hexham bandstand.  
Sele Park, Hexham  
admin@hexhampride.org

## 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

## 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

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claire@claire276.plus.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.

See above  
0780 9609166

## 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

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mbmassey2@gmail.com

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Acomb Village Hall  
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[www.tynevalleyexpress.co.uk/whats-on/](http://www.tynevalleyexpress.co.uk/whats-on/)





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Bookings will only be taken from the 13th September onwards.

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- 21st - 25th May ..... Scottish Highlands, Railway, Balmoral & Dolphins - 5 DAYS
- 8th - 12th June ..... Somerset Coast, The Cheddar Gorge & Bowood House - 5 DAYS
- 26th - 28th June ..... David Austin Roses & Shropshire Gardens - 3 DAYS
- 4th - 10th July ..... Isle of Wight Delights - 7 DAYS
- 17th - 19th July ..... Wentworth Woodhouse & Newby Hall - 3 DAYS
- 31st July - 7th August .. The Majestic English Riviera - 8 DAYS
- 9th - 11th August ..... Blackpool Airshow - 3 DAYS
- 14th - 16th August ..... Stratford Upon Avon cream tea cruise & Chatsworth House - 3 DAYS
- 20th - 26th September .. Elegant Guernsey & Scenic Sark - 7 DAYS
- 2nd - 5th October ..... Autumn in the Lakes - 4 DAYS
- 15th - 20th October ..... Delights of Donegal & Wild Atlantic Way - 6 DAYS
- 6th - 9th November ..... Turkey & Tinsel in Bridlington - 4 DAYS
- 14th - 16th November .... Christmas at Chatsworth house - 3 DAYS
- 27th - 29th November .. Piece Hall at Christmas - 3 DAYS
- 6th - 8th December ..... Thursford Christmas Spectacular - 3 DAYS
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 [www.journeyenterprises.co.uk](http://www.journeyenterprises.co.uk)  
 [facebook.com/JourneyNorthEast](https://facebook.com/JourneyNorthEast)  
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# Healing through vibration.

## The therapeutic benefits of Tibetan sound therapy

In today's fast flowing world, stress and anxiety have become, for many, frequent life companions. Ancient healing practices are an ever-increasing remedy; among them, Tibetan sound therapy. The use of Tibetan singing bowls, gongs, bells, drums and chimes is considered a potent and powerful method for promoting mental, physical, and spiritual well-being.

Rooted in centuries of wise old Himalayan traditions, Tibetan sound therapy is more than just a soothing auditory experience. It is a carefully crafted practice that uses vibration, frequency and resonance to align the body, calm the mind and activate the body's unique nervous system to initiate its natural healing process.

### What is Tibetan sound therapy?

Tibetan sound therapy, sometimes referred to as Tibetan singing bowl therapy, involves placing or playing metal bowls—typically handcrafted in Nepal from a mix of seven metals—on or around the body. Practitioners use mallets to gently strike or rub the rims of these bowls, producing rich, harmonic tones that vibrate through the air and body, creating a deeply relaxing and restorative experience.

These vibrations are believed to influence the body's energy centres known particularly to the Yogis as chakras, restoring harmony where there may be imbalance. Full gong bath sessions may also incorporate gongs, tingshas (small cymbals), Koshi bells, drums, chimes, Solfeggio tuning forks, crystal bowls and sacred chanting such as Kirtan.

### The science behind the sound

Modern research into sound therapy and vibrational medicine is still developing, but emerging studies and anecdotal evidence support several key benefits:

#### It reduces stress and anxiety

The deep, resonant sounds of singing bowls can activate the parasympathetic nervous system, slowing the heart rate and breathing. This induces a meditative state, helping reduce cortisol levels and alleviate symptoms of anxiety.

#### It improves sleep quality

Regular exposure to sound therapy has been shown to improve sleep by calming the mind and reducing hyperarousal, a common cause of insomnia.

#### It enhances mental clarity and focus

Vibrational sound waves can help entrain brainwaves, guiding the mind into states of alpha or theta, associated with relaxation, creativity and deep hypnagogic meditation similar to Yoga Nidra.

#### Sound Therapy supports pain relief

Some studies suggest that sound therapy can reduce the perception and intensity of chronic discomfort. Vibrations can stimulate tissue, improve circulation and aid in clearing metabolic waste, while the deep mental relaxation it fosters can help reframe how pain is experienced.

Healing sound promotes emotional balance. Tibetan sound therapy encourages emotional release and energetic alignment. Participants often report a sense of lightness, clarity or emotional catharsis after a session.

## How a typical session works

A session generally lasts between 30 and 60 minutes. You may lie down fully clothed on a mat while the practitioner places bowls on or near your body. As the bowls are played, the sound vibrations pass through you, affecting your physical and energetic fields. This is relaxing, passive and meditative.

Some sessions, such as a group gong bath, may involve guided visualisation, breathwork, or specific chakra-focused work such as Yoga Nidra.

### Who can benefit from sound therapy?

Tibetan sound therapy is safe for most people at any age and can be beneficial for:

- Individuals with stress, anxiety or depression
- Those seeking holistic pain management
- People interested in spiritual development or energy healing
- Anyone looking to deepen their meditation practice.

It is considered gentle, effective and enjoyable for patients who may have dementia, a learning disability or emotional challenges. For pregnant women, Tibetan sound therapy can offer a wealth of benefits, from easing stress and supporting hormonal balance to encouraging healthy foetal auditory development. They also provide a gentle space to practice breathwork and relaxation techniques, nurturing a deeper bond between mother and baby. However, individuals with certain conditions, such as epilepsy, sound sensitivities or metal implants, should consult with a healthcare provider before beginning their sound therapy journey.

### In conclusion (the crescendo)

In its gentle yet powerful way, Tibetan sound therapy reminds us that healing doesn't always come in the form of medication or intervention. Sometimes, the most profound transformation can come from simply lying still and allowing sound to do its work. Whether you're new to holistic healing or seeking to deepen your wellness journey, Tibetan sound therapy offers a peaceful, proven path to balance and inner harmony.

Find out what your local practitioners have to offer in the Tyne Valley.

My favourite sound healing literature:

*How to Heal with Singing Bowls*, Suren Shrestha  
*Tuning the Human Biofield* – Eileen Day McKusick  
*Sound Healing with Gongs*, Sheila Whittaker  
*The Healing Power of Chanting*, Nikki Slade

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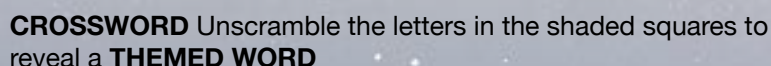




# World Space Week



OCTOBER 4-10

[illegible]

- 1 Protective crust over a wound (4)
- 3 Famous Scottish lake (4,4)
- 9 Person who dawdles (7)
- 10 Musical instrument with keys (5)
- 11 Mistake (5)
- 12 Report of an event (7)
- 13 Relations by marriage (2-4)
- 15 Contemporary (6)
- 17 Wind together (7)
- 18 Packs of cards (5)
- 20 Put in considerable effort (5)
- 21 State of the USA (7)
- 22 Submissive (8)
- 23 Writing fluids (4)

- 1 Obviously (4-9)
- 2 Ire (5)
- 4 Trying experience (6)
- 5 Abnormal anxiety about health (12)
- 6 Person moved from danger (7)
- 7 Meteors (8,5)
- 8 Lacking tolerance or flexibility (6-6)
- 14 Framework used to support climbing plants (7)
- 16 Keep hold of (6)
- 19 Headgear of a monarch (5)

O R B I T W I N U S S Q I R T	APOLLO
K Q W T Y S Z W N A L S V T E	EARTH
S W L L M E A L T H O T M B A	GALAXY
E P O C S E L E T L T R R R R R	LUNAR
U T N F I E L G A L A X Y O T	MOON
K W O T T L U R V N U V D C H	ORBIT
I X O R I S S E U Z C U D K G	PLANET
N O M T J Y O L W L U W M E S	ROCKET
T E E V S L L O O F Q F S T L	SATELLITE
U S L T L T E C H N O L O G Y	SCIENCE
P B E O R U U B E S A A E P M	SOLAR SYSTEM
S M P U N I V E R S E O N F R	SPUTNIK
Z A R C R H C R L V M J L B P	TECHNOLOGY
O D B E F R R U E C N E I C S	TELESCOPE
J P A X I Q W E A P L A N E T	UNIVERSE

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

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

1	2	3	4	5	6	7	8	9	10	11	12	13
								S				D

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

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

6A	10I	5K	1M	11I	5I	3D	5M	2K

13		13			9		19	
6		17			12	7		
11		13	14			19		
	17		8	17		18	18	
				12				
16	15	9					6	
		23			18			15
5	9			26				
	11						9	

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





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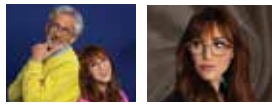
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