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Issue 105
September/October 2026

Tyne Valley Express

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In this issue....

Prudhoe Castle
Bedroom Colours
Two Wheels Good
Surfing The Seasons
Tyne Valley Expressions
100 yrs of Kielder Forest
Coffee Time Puzzle Page
What's On in the Tyne Valley
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Editor

Welcome to Issue 105 of Tyne Valley Express. Autumn is upon us, and this latest edition is packed with new advertisers, a fantastic £100 Jewitts competition (p7) and plenty of seasonal inspiration.

We've got six new autumnal articles from our trusty team of writers, plus another chance to win a £10 Costa voucher with our special Roald Dahl-themed competition on page 44.

You'll also find our new-look What's On listings, brought to you by Reform UK. Everything has been gathered together into a convenient centre-page spread, making it easier than ever to discover local events, fairs, markets and family activities.

As always, a huge thank you to our loyal advertisers, contributors and readers for your continued support.

We hope you enjoy this issue and everything the new season has to offer – from crisp autumn walks to cosy evenings and plenty of great local events.

Stephen and the TVE Team.

Stephen McHugh

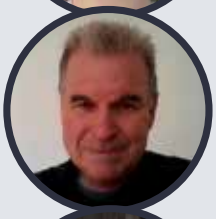
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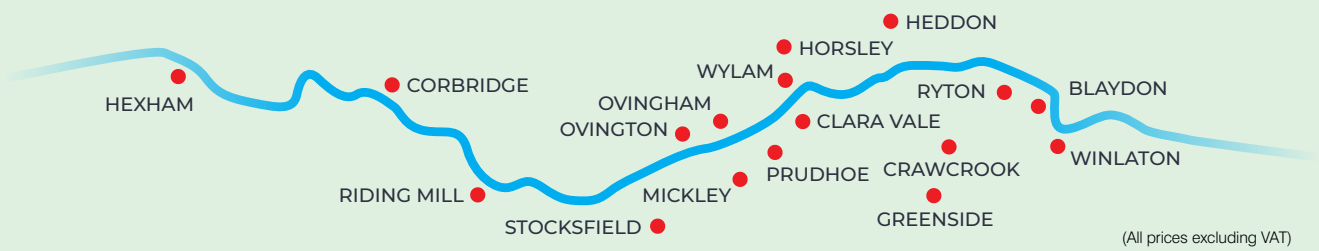
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GATESHEAD REFORM UK

The latest Gateshead council news brought to you by your Reform representatives.

Gateshead Authority Updates

Change takes time but almost 4 months down the line, our councillors are starting to make a difference. Here are few key initiatives.

1. Adopting a multi agency approach to anti social behaviour and introducing technology-based solutions
2. Tackling issues relating to eBikes and other motorised vehicle in our public spaces such as parks.
3. Measures to reduce fly tipping and introduction of measures to remove the need to do it.
4. HMOs - Introducing an Article 4 order forcing HMO applications to go via the planning route rather than being "nodded through" via licencing. This should give residents a real say in what is happening in their area.
5. Traffic Management - The flyover demolition continues as per schedule and should be completed by late October/ early November. Once completed, restoration works to the road surface will be completed asap to restore traffic flow.
6. Askew Road changes - Looking to change the layout to allow traffic to turn left directly onto the Tyne Bridge removing the need to route through Gateshead centre.
   Repurposing (not removal) of the cycle lane to improve traffic flow and stop traffic rerouting via A1leading to further congestion.
7. Traffic Calming measures (speed humps) - a moratorium on speed humps unless proved absolutely necessary for safety.
   All existing "humps" to be reviewed and where they lead to congestion or unnecessary inconvenience, they will be removed.
8. Continued development of the town centre to compliment the cultural offering of Newcastle as a cultural hub.
9. 90 minutes free parking allowance to allow better access to local services.
10. Introducing of high tech enterprise zones to attract companies within the defence and tech sector.
11. Partnerships with education industry to provide apprenticeship in the tech sector.



Winlaton & High Spen update by Cllr James Wright

HI I'm James Wright, one of the councillors for Winlaton and High Spen. Along with my fellow councillors Colin Daughtry and Steve Tweddle we are looking into all aspects of improvement in the area.
I am particularly passionate about traffic calming measures in the area of Noel Avenue. This issue has been ignored for around 10 years and residents are being put at serious risk of injury or even death. I arranged a consultation at Winlaton Mill Villager Hall on 21st August between residents, councillors and the authority planners.



Meanwhile, Councillor Steve Tweddle, has helped to ensure that Thornley Woodland Centre remained open after the retirement of the previous tenant and potential closure of the building. He has donated all of his councillor allowance to purchase a defibrillator for Barlow Village which was kindly installed by Steven Nichols a local electrician. A free training session will be available for residents soon.



Blaydon update by Cllr Pedro Santos

HI I'm Pedro Santos, one of the councillors for Blaydon. Along with my fellow councillors Steve Campion and Gillian Jackson we are looking into all aspects of improvement in the area.
If you see me on any of my frequent walkabouts please stop me and chat.
A few of the recent issues we have looked into on your behalf.
Degradation of Greengates park where I observed overgrown vegetation, and damage/ neglect to playground equipment.
Poor maintenance at Blaydon Cemetery.
Bushes overgrowing footpaths on Blaydon bank.
Addressed issues with parking and potholes at Morrisons.



Ryton, Crookhill and Stella by Ward Champion Craig Waite

I continue to speak with residents across Ryton, Crookhill and Stella about the issues that matter to them.
I'm raising local concerns with Gateshead Council and pushing for action where improvements are needed.
One current issue I'm looking into is traffic calming on Western Way, Ryton, to improve road safety for residents.
I'm also listening to concerns about roads, pavements, parking, litter and other local services. I will continue to put pressure on the Council and local representatives to address these concerns.
If you see me around the area, please stop and have a chat - your views matter.

YOUR GATESHEAD COUNCIL UPDATE

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Thereafter, monthly coffee mornings will be held at Blaydon Library
10.30 - 2 noon on Tuesday November 10th and Tuesday December 8th
Also, monthly speaker's meeting will be held at Blaydon Library 2pm-4pm





Wed October 21st
'Del Boy Remembered' by Ben Haddon
Wed November 18th
'Cobbled Streets & Penny Sweets' by Yvonne Young
Wed December 16th
'The Top 100 Geordies' by Anthony Atkinson

Whickham and District u3a includes Blaydon, Winlaton and Ryton. A small charge will be made to cover the costs of speaker and venue hire.
CONTACT: Membership Secretary, Peter Gorringe for more information **Tel: 07764 237457**
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21st - 23rd March	Titanic Sensation & Belfast	3 DAYS
11th -15th April	Rob Roy Country & be Glorious Trossachs	5 DAYS
26th - 30th April	Dean Forest Railway & Charming Cotswold	5 DAYS
9th - 15th May	Wexford & Irelands Hidden Gems	7 DAYS
23rd - 27th May	New Forest & Highclere Castle	5 DAYS
16th - 20th June	Norfolk Steam, Rail & Sandringham House	5 DAYS
30th June - 6th July	Orkney and the Spectacular North Coast 500	7 DAYS
9th - 11th July	Hampton Court Palace & Barnsdale Gardens	3 DAYS
10th - 12th Aug	Knowsley Safari Park & Lowther Castle	3 DAYS
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5th - 9th Sept	Beautiful Pembrokeshire Coast & Tenby	5 DAYS
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1st - 4th Oct	Isle of Arran & Ayrshire Coast	4 DAYS
14th -17th Oct	Peak District & Crich Village	4 DAYS
12th - 15th Nov	Turkey & Tinsel in Dunoon	4 DAYS
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Competition closes end of October. Good luck everyone.





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Prudhoe Castle

For such a long time, I was completely unaware that there was a castle in our local area – awfully naive of me, I know. I was incredibly sad when English Heritage closed it for a while, and I never thought I'd be able to explore it properly. But with English Heritage opening the castle every first Sunday of the month, I leapt at the chance to climb amongst history.

We've got a whole lot of history:

Prudhoe Castle's proudest claim is simple and striking; it is the only Northumberland fortress never taken by the Scots. The castle guarded a key Tyne crossing, making it part military outpost, part statement of authority and part watchtower over a contested landscape.

I loved wandering through the old grounds, first going the familiar route of around the castle's perimeter (going around the outer bailey as you look up at the castle is free all year round) before going into the castle's grounds, through the barbican (fortified gatehouse), past the mill pond and over the inner ditch.

One of Prudhoe Castle's most intriguing features is the contrast between medieval ruin and later domestic ambition. Within the old walls stands a Regency Gothic mansion, built as a gentleman's residence. Where armed men once watched the frontier, later occupants sought comfort, status and a romantic view of the past.

In a short visit, you can move from rough defensive stone to refined architectural fantasy, from the practical to the picturesque.

What to see

My favourite part of the castle was climbing some rather steep winding stairs up into the gatehouse chapel. Replacing an earlier room with an uncertain role, the chapel was reconstructed in the 13th century. Long, narrow windows with pointed arches line the walls at intervals, and at the end there is a small oriel (protruding) window, looking out over the castle walls to the east. Whilst I'm not particularly religious, the atmosphere in this room was poignant. I spent a great deal of time in the chapel, staring up at the stained glass and thinking back on history.

I also loved wandering about where the old Great Hall once stood. This space had a rich history with three versions of diminishing size as the years moved on.

The first was built in the 11th or 12th century; the second, a large luxurious building made to cater to the extensive households of the era, and the third a more modestly proportioned hall built on the same site. One fact that amused me was that in this third hall, a brewhouse was built against the east tower for making ale. The circular base with fire-reddened stones still survives on the site.

Families will find plenty to spark curiosity without needing a full-day itinerary. The site is compact enough for children to explore, while the mix of gatehouse, ditch, pond and mansion turns the visit into a series of discoveries. There's also a treasure hunt for those who can find photos of badgers hidden around the site. For adults, there are plenty of opportunities to fully explore history – chat to one of the volunteers onsite for guided tours and more information about each part of the castle. When I visited, I also loved the fact that many would just sit and draw what they saw, preserving history in art.

Planning your visit

Prudhoe Castle is cared for by English Heritage and is located at Castle View, Prudhoe, Northumberland, NE42 6NA.

Access to the inner areas is limited to specific dates, the next available date being Sunday 4th October 2026, 11am-3pm. Whilst entry is free, donations help to support the site's upkeep.

There is free parking close to the entrance, though the approach includes slopes, cobbles, and loose gravel. Parts of the grounds are manageable, but some upper areas involve steep steps, so visitors with mobility needs should review

access details in advance.
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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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.judith.lynn@gmail.com



Geof is semi-retired after a long career in performing arts as a director, producer and tour manager. His work has taken him from Orkney to Penzance, Newfoundland to New Orleans, Cairo to Kolkata, and many other places in between. He finally settled in Hexham where he was Artistic Director at the Queen's Hall from 1997-2018.

SCOTLAND IN MINIATURE

In my second year at university there was a compulsory week-long field trip. We could choose between Dorset or the Isle of Arran – both being favourite haunts of geologists due to the variety in their landscapes and rock formations. I opted for the Jurassic Coast, being already familiar with Dorset beers, and having a fond childhood memory of my sister being sick on a boat in the harbour at Weymouth. Back in the 80's Scotland seemed like a distant and alien country where women weren't allowed unaccompanied in pubs and vegetarians might suffer summary executions.

It was to be some fifteen years later that I eventually visited Arran for the first time. By then Julie and I were a family with two small children (John 7 and Sally 5) and we were living in Hexham. One of Julie's friends had recommended the island as a good (and relatively close) holiday destination. It must have struck a chord, so I thought why not.

Arran is often referred to as "Scotland in miniature". The Highland Boundary Fault divides the island into two parts, with mountainous, dramatic scenery on one side and rather more cosy, green lowlands on the other side. We didn't quite make it to the top of Goatfell, but far enough up to get panoramic views of landscapes and seascapes. Along the coastline we found deserted beaches – some sandy, some full of rocks with tiny pools inhabited by crabs. And caves. It was such a beautiful and welcoming place for the children to wander (under supervision) and play. Such times are precious – when we returned with the kids as teenagers Sally christened it the Isle of Shite, due to the lack of fashionable retail outlets.

But for us, then, we all enjoyed the scenery and the abundance and diversity of the wildlife - seals all along the south east coast, red deer on the north of the island, and, once, a golden eagle hovering high above the distillery at Lochranza. Well, I've always told the kids that it was an eagle, but it might have been a buzzard, closer than I thought – one of those Father Ted moments.

Then there are some things that take you by surprise. One day we were walking through the woods near Corrie when there was a rustling, followed by a commotion in the tall ferns. Five or six large, strange fluffy birds, looking like something out of the Muppets, rose into the air in an ungainly fashion. They hovered for a minute flapping their wings and squawking, and then descended back into the ferns, defeated by the pull of gravity. None of us could stop laughing. Partridges!

I think that our most memorable experience was a close encounter that we had with the sea-life. It happened when we were exploring the coast on the south side of the island near Kildonan. Our route along the beach narrowed and got progressively more difficult as smooth sand gave way to rocks and boulders. I suggested that we made our way up over the boulders to a path that was marked on the map. Julie went ahead clutching Sally firmly by the hand, with myself and Johnny bringing up the rear. It wasn't particularly difficult or steep but it was a bit wet, and several seconds later there was an almighty cry. Johnny slipped on a rock and was sent tumbling, some ten feet or so, back down onto the beach. He hit a patch of sand rather than a boulder (thank goodness) but none-the-less let out another piercing shriek.

"It's alright," I shouted. "You're OK. Come on, I'll help you up."

Bending down, I held his arm and gently got him upright, both of us facing the sea. Then they were there – five dolphins barely twenty or thirty feet away. They were looking at us and having a conversation about us (I assumed from the noise they were making). Almost as quickly as they appeared they were gone again, plunging beneath the waves. I had never seen dolphins so close before, apart from at Windsor Safari Park, which doesn't really count.

"They must have heard me crying for help," said Johnny. "They'd come to save my life."

He was fine, apart from a graze on one knee, and we walked back along the beach rather than attempting the climb again. Julie and Sally had seen the dolphins too, so we all had a great tale to tell about how they had come to save our Johnny. Since then, it has occurred to me that from their point of view they may have heard a creature in distress and thought it was an opportunity for an easy lunch. After all, they are carnivores. But I guess they employ better PR consultants than sharks.



Geof Keys

Geof Keys
Author
Northumbrian Writers Group



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We are currently taking applications for our next Beginner's Course commencing on Sunday 20th of September, 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.

See the website for full details.

Tel: 07505 975509 (Dave)
Email: borderreiverarchers@yahoo.com

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Bedroom Colours

How to choose bedroom colours for your autistic child

Autism is very complex and so are the needs of people with autism. In particular, some autistic children struggle with sleep and need extra support to unwind before bed. The busy school environment of bright lights, strong colours, loud noises, scents, movement and various textures can be overwhelming. Such sensory hypersensitivity causes eye strain, headaches and fatigue. Even the commute to school is enough to aggravate the nervous system. Then when the day finally comes to a close, the struggle remains since it's difficult to relax enough to fall asleep. On the other hand, other children may be hyposensitive and seek extra sensory input to feel satisfied.

Sleep is important for development and emotional regulation. A lack thereof only amplifies existing traits such as hyperactivity or anxiety or poor concentration. But while autism affects the body's sleep-wake cycle to some degree, a thoughtfully considered space of the right colours, lighting and textures can meet the sensory needs of your child and promote restfulness. There are measures you can take at home with colour design to support your little one to better quality sleep.

To create a bedroom which encourages sleep, choose calming paint colours for the walls. Begin by considering your child's favourite colour. Is it blue? Then select a muted blue - a shade of blue which is toned down with grey. The addition of grey makes pure colours less intense and more appropriate for larger surfaces. The value of the blue (how light or dark) will depend on the size of the room and your child's preference. For example a teenager may prefer a more mature shade similar to Benjamin Moore's Kensington Blue 840 or Below Deck from COAT Paints.

If your child is sensitive to bright light, avoid choosing colours which are too pastel. Bright pastel colours and tinted whites, when applied to all four walls of a room, will reflect all available light which can be jarring and overstimulating. Instead consider muted pastels.

If you prefer wallpaper, the best options for a calming effect in your child's bedroom are designs with similar colours. Avoid loud high contrast colour palettes with complicated patterns which can cause eye strain. Simple patterns like stripes or single foliage motifs in a monochromatic (different shades of the same colour) scheme can be effective. Where appropriate, try to include your child in the selection process. Wallpaper is subjective like art. Your child should find it comforting and a pleasure to look at.

It is very important to get the lighting right. Warm white light at a Kelvin value of 2200K to 2700K provides soft lighting which supports relaxation. Install a dimmer switch so your child can control the light intensity. Where brighter lighting is needed for tasks such as homework, a desk lamp with a cooler bulb at a value of 3000K or more will be sufficient. The colour of general artificial lighting can alter the appearance of paint colours, so be sure to test the colour options on the walls first before committing. Your child may prefer the nighttime look of the bedroom throughout the day, so install black out blinds for both options. It might also make it easier to have afternoon naps.

Choosing the right bedding is another way to create a comforting and restful bedroom for your child. However, as the bed is the largest piece of furniture, it becomes the focal point of the space. The bedding colours should relate to the walls or vice versa, to create an aesthetic which feels harmonious. Too many conflicting elements in the room will only create a space which feels disconnected. Choose blankets and fabrics in textures that your child enjoys. You can also add oversized cushions and stuffed toys for a cocooning feeling.

Do not be afraid to invest in some artwork for your child. This could be in the form of abstract prints or more realistic impressionist paintings. A piece of artwork that your child loves offers the benefits of predictable sensory input and stress relief. Studies show that passive art observation can lower anxiety and calm the nervous system. The good thing about art is that it could be the starting point from which parent and child can choose a wall colour for the bedroom. This can be a fun bonding activity.

Be sure to also include organising units in your child's bedroom to prevent clutter. Your child will in turn have some measure of control of the space and feel independent.

Ultimately, there is no single "best" bedroom colour scheme for every autistic child. Each child experiences their environment differently, so the most successful space will be one that reflects their individual sensory needs and personal preferences. By carefully considering colour, lighting, texture and organisation, parents can create a bedroom that feels calm, predictable and comforting. Involving your child in the process can also help them develop a sense of ownership and control over their space. The aim is not simply to create a beautiful bedroom, but a personal sanctuary where your child feels safe, comfortable and able to truly rest.

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Winlaton Camera Club
We meet Tuesdays at 7.30pm, September to May in the New West End Club, Winlaton. We are a friendly bunch with a passion for photography, so pop along and join us. For details, visit www.winlatoncamera.club
►New West End Social Club
info@winlatoncamera.club

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
07388 143398

Yoga classes
Yoga for all for one hour every Monday at 3pm until 4pm. A varied programme every week. Be happy, healthy and relaxed when you practise yoga. Please bring your own mat and blanket and blocks etc. for your needs.
►St Pauls church hall
Carol 07895417870

Women's Walking Football
Come and join a friendly game of Women's Walking Football. Weekly price £3 (first game is free). Takes place every Friday from 1.45-2.45 at
►Winlaton Community Centre
07469771683

Winlaton Mill Village Hall
Monday Pilates 10 –11 + Yoga 6-7. Tuesday Karate 5.30-7.30. Wednesday Bootcamp 6-8. Thursday Playgroup 10-11.30 + Singing 7.30-10. Friday Photography 1-3 + Bootcamp 6-7 + Folk 7.30-10. Saturday Coffee morning 10.30-11.30.
►Winlaton Mill Village Hall
Info@winlatonmillvillagehall.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

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 / Blaydon Library
infoblaydonshed@gmail.com

Gateshead Council
Boots on the Ground - Estate Walkabouts. Your opportunity to come along, raise concerns and point out issues that need attention.
Enter your Postcode to book your place at the next estate walkabout
www.gateshead.gov.uk/article/11785/Estate-Walkabouts

RYTON, CRAWCROOK & GREENSIDE

Holy Cross Church
Sunday 10.30 Holy Communion. Young church held in Church Hall, Ryton Village. THURSDAY 10 am Holy Communion. Holy Cross Church 07388143398. HOLY CROSS CHURCH HALL. Perfect venue for birthday parties and celebrations.
For enquiries
Tel 07972212437
►Holy Cross Church
suemcginnnhca@hotmail.com

Baby and toddler group
Wednesday 9.00 till 11.00 Term Time only fun group for children and their families
►Stargate and Crookhill community centre
fiona.todd33@gmail.com

Our Villages Crawcrook & Greenside
Pavilion Café, Wednesday-Friday 2.30pm - 4.00pm (Thursday take away only). Crafting sessions, Monday 11am. Monthly Book Club, second Wednesday, 7pm. Our Villages AGM, Wednesday 15 July, 7pm. We need volunteers! Please contact us for information.
►Crawcrook Park
ourvillagescag@gmail.com

Bootcamp Workout Group
Totally free 45min workouts. Good craic, coffee afterwards and a better start to your day. Swalwell Visitor Centre – Mon/Thurs. Barmoor Hub, Ryton – Tues/Fri 6am–6:45am. No pressure, just turn up and give it a go
►Barmoor Hub
neildavidson8866@gmail.com

Yoga classes
Stargate Community centre (opp. fish shop) Yoga class every Thurs at 2pm - 3pm. All abilities welcome. For more details contact Carol.
►Stargate & Crookhill Community Centre
Carol 07895417870

Holy Spirit Church
Sunday morning services, including children's Sunday Club, at 10.00am, followed by tea & coffee. For other services and venues see our website: www.greensideparish.org.uk
►Crawcrook. Contact: info@greensideparish.org

St John's Community Hall
Large, clean, well maintained hall with kitchen available for hire for regular classes, badminton, birthday parties, or celebrations: www.greensideparish.org.uk/stjohnshall.htm
►St John's Hall , 07767956371

Ryton Men's Shed
Ryton Men's Shed meet Tuesdays and Thursdays to converse and create through woodworking projects. It provides an opportunity to forge new friendships, build confidence and gives the men a sense of purpose. The men can also fix and restore items.
►Ryton Methodist Church
mensshedryton@gmail.com

HEDDON, HORSLEY & WYLAM

Craft Fayre
Notjustplumjam! Craft Fayre is back. Wylam Institute Sunday 23rd August 11-4pm. Bigger and better . Free taster of pimms and lemonade for adults. The charity is for The Wylam Institute Association who support the community. Family fun day. Live music
►Wylam Institute
Susanmarley911@gmail.com

A Musical Christmas Carol
Ponteland Repertory Society present a jukebox musical version of Dickens' classic story. Friday 13 November 7pm. Saturday 14 November 2pm. Saturday 14 November 7pm. Sunday 15 November 2pm. Tickets: Adult £12, Under-16 £8. Visit www.ticketsource.com/pontelandrepertorysociety for tickets
►Ponteland Memorial Hall
boxoffice@pontelandrep.co.uk

Women's Institute
Meetings 1st Monday of the month from 7pm. For information contact Secretary.
►Knott Memorial Hall
01661 853365

Dancercise
Wednesday 10-11am. Dance based fitness. If you enjoy moving to music come along and give it a try, it's an excellent way to keep-fit and enjoy social time together. More information contact Pauline
►Knott Memorial Hall
01661 853365.

The Hearth Centre
We've got lots going on this Spring 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. Book at: www.horsleyvhall.org
►Horsley Village
07715054860

Singing Mamas
Calling women of all ages and stages, mamas and non-mamas who love to sing together for fun and good vibes; enjoy a chat and eat biscuits! Little ones welcome. Fortnightly/Term Time Only.
►The Hearth Arts Centre
lindseyjoysings@gmail.com

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
andrew.stirling@methodist.org.uk

PRUDHOE & MICKLEY

Conservation Interest Group
Help is needed to protect this beautiful, unique chalk grassland, at Low Prudhoe. This habitat contains unusual butterflies, solitary bees and flora and is being overwhelmed by non-native Cotoneaster shrubs. Please help remove the invaders!
►Spetchells
scig.co.uk

Sunday Service
Edgewell Christian Church, Edgewell Road, Prudhoe warmly invites you to our Sunday Service at 11.00am. Everyone is welcome.
►Edgewell Christian Church
stephenhyde1957@icloud.com

Live & Breathe Yoga
Tuesday 6-7.15pm £10. Friday 11.15-12.30pm £10. Monthly pre-payment savers available. Join a friendly, informal class & improve body & mind.
►St. Matts Wellness Centre
snowballpam@hotmail.com

Pinocchio Pantomime
Dragon Tale Theatre Group presents the pantomime Pinocchio this half term, running from the 28th to the 31st October. Join us for a magical, family friendly show packed with laughter, music, and adventure for all ages.
►Highfield Middle School
dragontaletheatregroup.co.uk/tickets

Bairns & Brews
Toddler Group Thursdays 10-11.30am term-time. Playtime for the Bairns and chill time for you. Babies to pre-school. All welcome. Donations please (minimum £2). Info on Facebook Prudhoe Methodist Church Friends.
►Methodist Church Hall
peter@thischurch.com

Prudhoe Methodist Church
A warm welcome awaits you at Sunday morning worship 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 prudhoemc.org.
►Methodist Church
peter@thischurch.com

Prudhoe Wildlife Garden
Beautiful Wildlife Garden, opposite the Asda garage. A tranquil space for all to enjoy on Wednesdays, Thursdays and Saturdays from 10am. A group of volunteers who love wildlife and our garden. Contact Jane on 07870 407168 or see www.prudhoespace4nature.uk
►Prudhoe and Mickley
jcrgardener@gmail.com

Prudhoe Ground Force
Meets every Wednesday morning 9 – 10am at various locations in Prudhoe to litter pick or do other environmental work. Anyone wishing to join this group can email us
►Prudhoe
jdobson3726@gmail.com

STOCKSFIELD & RIDING MILL

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
slhs@k-webster.co.uk

Stocksfield Plants and Garden Society
Tuesday 19th May 7:30pm Summer Wreath Making Demonstration from Elm Street Flowers and Social Get together. Visitors welcome (£5). Sunday 7th June our Pop Up Plant Sale. Full details on website www.stocksfieldplantsandgardens.com
►Stocksfield Community Centre
stocksfieldpg@gmail.com

Stocksfield Community Centre
We have a wide range of events and activities available. For more detailed information please visit our website at www.stocksfieldca.org.uk or contact us on the details below.
►SCA, Mount View Terrace
admin@stocksfieldca.org.uk

Garden Visits And Talks
If you want to be entertained whilst raising money for the NSPCC and the NGS then book a talk or a visit to my garden by phoning.
►Crabtree Road. 07765862374

Whittonstall Community Band
An all age community band welcoming anyone interested in playing in our friendly musical ensemble. From October to April we rehearse at Broomley School, Stocksfield every Thursday during term time, 6.30-8.30. In summer we rehearse at the church in Whittonstall.
►Broomely School
whittonstallcommunityband@gmail.com

Stocksfield Quaker Meeting
Meeting For Worship at 11.00a.m every Sunday. Details of other activities publicised at Meeting House or available from the Clerk
►Quaker Meeting House, New Ridley Rd
StocksfieldClerk@northumbriaquakers.org.uk

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 Baptist Church
tynedale.secretary@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

CORBRIDGE, HEXHAM & ACOMB

Alpine Plant Show
Alpine plant show and plant fair will be held 3rd October 2026. 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 Arts Society
Lectures on a wide range of the Arts by nationally recognised speakers. Meetings 1.45 pm the second Tuesday of the month at the Function Suite, Farmers' Mart, Hexham. Next lecture on 13th October is on Impressionism. Non-members welcome subject to a contribution.
►Farmers' Mart
rosesinoakwood@gmail.com

Back to Hockey
Genuinely fun exercise for women aged 18 - 70, no experience necessary, sense of humour essential! Tuesdays 6.30pm - 7.30pm.
►QEHS Hockey Pitch
Maggiecoombe@gmail.com

Hexham and District Photographic Society
Interested in photography? Using film, digital or mobile phone. All abilities welcome, varied programme of events and speakers. We meet every Tuesday 7.30 pm from Sept -March.
►Torch centre. hexhamps@hexhamphotographic.org

Women's Walking Football
Are you interested in a friendly game of walking football? If so, please contact us for more details
►Wentworth Leisure Centre
07525 211485

Circle Dance
We are a friendly group meeting on the 2nd and 4th Thursday of each month 7 - 9 pm. We dance beautiful music from across the world. Just bring comfortable shoes and enthusiasm.
►Torch Centre
joyce.storm@gmail.com

Beacon Club
A weekly club for retired gentlemen. We meet most Wednesdays 1030 -1200 and provide different Guest Speaker's each week to address our members with entertaining, educational and of local interest. Come and join us.
►Trinity Church
plholmes4@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 Hexham Town WI can offer you. Visitors welcome.
►Community Centre
01434 602288

Family History Society
Friendly group who meet on the second Thursday afternoon of each month to discuss all things genealogical. www.ndfhs.org.uk/branches/about-the-branches/.
►Hexham Golf Club
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Two Wheels Good

When I was young, we rode our bikes all the time. To and from school; on our paper rounds; and for fun as we tore around the local woods and parks. Sadly these days, many people over 60 haven't been on a bike since those childhood days, citing poor roads, too much traffic and age as barriers.
However, cycling is an excellent way to keep fit and active, and it's never been easier to get back on a bike and pick up where you left off all those years ago.

Why Cycling is Good For You

A huge benefit of cycling is that it's low impact - you are supported by the bike. This means that it's kinder to your joints and you are less likely to get injured.

It's also great for your cardiovascular system. Keeping your heart and blood vessels healthy means more efficient delivery of oxygen and nutrients around the body, as well as removal of waste products.

Being on a bike works your legs and lower body, and strong legs mean more mobility, making it easier to go up and down the stairs and when you stand up from chairs.
And one of the most important benefits of cycling is the social aspect. Loneliness can increase as we age, but cycling is a very friendly activity with thousands of cycling groups for all ages all over the UK.

What to Consider

If you want to get back on a bike after a few years off, then take a bit of time to prepare. Definitely invest in a good cycle helmet; they don't weigh much, they are comfortable and are proven life savers. If you have a bike that you haven't ridden for awhile, then take it in for a service at your local bike shop. The staff will check it over and make sure that everything works, most importantly the brakes! Your local shop will also be a great source of information on nearby routes and cycle groups.
It'll also be worth getting a bike fit to make sure you are comfortable, and maybe a softer saddle as you get going again.

There is plenty of information available online about local cycle routes, many of which are traffic free. In the Tyne Valley we are lucky enough to have the Hadrian's Cycleway passing our doorsteps, much of which is on quiet tarmac paths, so it's a great starting point to get you back in the saddle. Have a look at The National Cycle Network, which is a UK-wide network of signed paths and routes for exploring outdoors, and you can access free guides for traffic free routes near you if you want to keep off the roads.

Going Electric

Ebikes have revolutionised cycling in the last few years, especially for those of us who are getting on a bit. All of sudden cycling up hills becomes effortless, and you realise that you can get to destinations you thought were miles out of your reach. Step through frames make getting on and off easy; the more upright riding position of many ebikes reduces strain on your body, and the battery boost can make it much easier to get going from a standing start.

Ebikes feature pedal-assist, which lets you choose how much effort you put in; so on low energy days the motor can take over, on other days you can pedal harder for more of a workout. Many people say that ebikes have given them more independence, and allow them to get out and about, run errands, meet friends and see parts of their local area that might otherwise be off limits due to hills.

Where to Start

Bikes, and ebikes in particular can put people off with their price, but there are lots of bargains around. Your local cycle shop will be delighted to help you choose, and many offer big discounts and secondhand refurbished bikes. And definitely keep in mind that whatever your initial outlay is, your bike will last for years, as well as giving you a huge boost in health and wellbeing. Cyclists remain some of the fittest members of society, especially those over 60. A bike can really turbocharge your fitness and ability to age well, and definitely roll back the years to when you were zooming around on your Raleigh Chopper!





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Surfing the Seasons

With good holistic health ; transitioning summer and embracing Autumn

As I write August is drawing to a close, there's a subtle shift of rhythms in the air.

Mornings feel a little cooler, evenings arrive a little earlier, and the brightness of summer begins to dim and soften into something quieter. Seasonal transitions are powerful moments for reflecting on our holistic health times when the body, mind, and spirit naturally seek some fine tuning and recalibration. Preparing with intention for the shift from summer to autumn can help you feel grounded, energised, and ready for new beginnings.

Honouring the End of Summer

Summer carries a particular energy vibration : outward-facing, social, bright, and expansive.

We often feel more motivated to explore, connect, and move. As the season wraps up, it's important to pause and acknowledge what summer gifted you and perhaps stretched you.

Think about your personal "harvest"not just the experiences you enjoyed, but what they taught you. Perhaps you discovered a new routine that supports your wellbeing, deepened a relationship, or realised you need more rest than you thought. Maybe you found joy in nature, or clarity in quiet moments. These reflections can become the seeds you carry into autumn.

You might journal about your summer harvest, or explore a deeper reflection through a seasonal self-check-in. This helps you close the season with intention rather than rushing into the next.

Supporting Your Body Through Seasonal Change

Holistic health begins with the body and seasonal shifts can affect energy levels, digestion, sleep, and mood. As we move into autumn, the body naturally craves grounding, warmth, and steadiness.

Here are a few supportive practices:

Gentle grounding movement Swap high-heat summer workouts for slower, stabilising practices like yoga, Pilates, or mindful walking. These help regulate the nervous system as the season cools.

Warm, nourishing foods think soups, stews, roasted vegetables, and seasonal produce like squash, apples, and root veg. These support digestion and immunity.

Consistent sleep rhythms as daylight shifts, your circadian rhythm may wobble. Gentle evening routines, dim lighting, and earlier bedtimes can help.

Immune support rituals, herbal teas, breathwork, and restorative practices can strengthen resilience as temperatures drop. A holistic health boosting massage therapy or some acupuncture for relaxation to reset your nervous system.

Autumn invites us to slow down, to move with a little more intention.

Embracing Autumn's Energy: A Season of New Starts

While spring is often seen as the season of beginnings, autumn carries its own vibe of fresh start. There's something about the crisp air and the return to routine that sparks motivation. Many people feel drawn to start learning, organising, or delving into a new projects.
If you are considering new studying opportunities, autumn is an ideal window. Your mind may feel clearer, more focused, ready for structure after the expansiveness of summer. Whether you're exploring a new wellbeing course, diving into a creative skill, or deepening your yoga or therapy practice, autumn supports intellectual and emotional growth patterns.

This season also encourages reflection on longer-term goals. What do you want to build? What habits do you want to strengthen? What knowledge do you want to cultivate? Autumn's energy is steady, practical, and quietly determined perfect for laying foundations.

Creating Space for Emotional and Mental Reset

Holistic health isn't just physical; let's consider emotional and mental aspects too. Seasonal transitions can stir up our feelings, nostalgia for summer, anticipation for autumn, or even anxiety about change. Creating and offering yourself more emotional space helps you move through the shift with ease.

Wellness practices to support you may include;

Mindful journaling to process the season's end
Breath-led relaxation to soothe the nervous system
Therapeutic check-ins to explore deeper emotional patterns

Nature connection to align your inner rhythm microcosm with the outer world macrocosm

Autumn encourages introspection. It's a season that gently asks you to turn inward, to listen, and to reconnect with your deeper self.

Harvesting Wisdom for the Months Ahead

Just as farmers gather crops at the end of summer, you can gather your personal harvest, insights, habits, strengths, and experiences that will nourish you through autumn and winter.

Ask yourself:

What did summer teach me about my energy?
What moments brought me joy or clarity?
What do I want to carry forward?

What am I ready to release?

Your harvest becomes your guide. It helps you make choices that support your holistic wellbeing, from daily routines to emotional boundaries to adjusting some goals or desires.

A Season of Balance and Renewal

Preparing for seasonal change is ultimately about balance, honouring what has been, embracing what is coming, and supporting yourself through personal transition. As summer fades and autumn arrives, you have an opportunity to reset, refocus, and reconnect with your holistic health.

This is a time to nourish your body, steady your mind, and open your heart to new beginnings. A time to study, grow, reflect and harvest the wisdom of the months you leave behind you.

A time to embrace the beauty of the next season, may you stay strong and centred as you acclimatise with nature and change.



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How a lifetime mortgage could help you buy the right home for the next stage of your life

By Joanne Manghan, North East Equity Release

north east equity release

A guide to Modern Equity Release

Later life can bring change. Once children have grown up and moved out, the family home may feel larger than needed or no longer right for the way you want to live. A bungalow, apartment or more manageable property may seem the natural next step. However, smaller does not always mean cheaper, particularly when looking for a desirable location, fewer stairs, a garden or space for family to stay.

For others, circumstances may have changed and they may wish to begin a new chapter independently. When a couple separates later in life, dividing the proceeds of one property may leave each person with equity, but not enough to buy the home they would choose. It is easy to assume that borrowing will not be possible because of age, retirement or income.

Could a lifetime mortgage help?
Available to applicants aged 55 or over, a lifetime mortgage can be used to buy a home, allowing you to borrow against the property being purchased while retaining ownership.

How much can I borrow?
The amount available is based on your age and the value of the home you wish to buy, rather than your income. It can sit alongside your sale proceeds and savings, helping bridge the gap between the funds you have and the price of a more suitable home.

How does it work?
Contractual monthly repayments are not required, as interest can be added to the loan, although many plans allow voluntary payments to help manage the balance. The loan and accumulated interest are usually repaid from the sale of the property following death or a permanent move into long-term care. For joint borrowers, this normally applies to the last surviving borrower.

What should I consider?
Interest is charged on both the original loan and any interest already added, so the balance can grow over time, reducing the estate left to beneficiaries. The property must meet the lender's criteria, and early repayment charges may apply.

Making the right decision
Every situation is different. Taking time to talk through your circumstances, priorities and future plans with a specialist adviser can help you understand your options. Together, you can explore the benefits, costs and alternatives, so you can make an informed decision about your next home.

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TOWNS AND VILLAGES NEAR KIELDER

Kielder village - Let's start with Kielder, a must-visit if you want to marvel at the twinkling stars of the International Dark Sky Park. With Kielder village as your base, you can expect a trip filled with wholesome lakeside strolls, walks in Kielder forest, water sports and cycling paths.

Bellingham - A charming, rural market town filled with history, beautiful viewpoints, and some of the best attractions like the Hareshaw Linn waterfall, Bellingham Heritage Centre, St Cuthbert's Church, and the Pennine Walk and Cycle Way.

Falstone - A serene setting with hiking trails, mountain biking paths, and even salmon or trout fishing opportunities. Its 1.5-acre playground is a must-visit for families!

Otterburn - It's hard to believe that the picturesque Otterburn once had a violent history! Thankfully, this Northumbrian community now offers plenty of walking opportunities, cycling routes, and quaint accommodation options.

Wark - Wark, also known as Wark on Tyne, is a small village just 12 miles north of Hexham.

WHERE TO STAY

Clear Sky Lodge Park: Set on 47 acres of private woodland outside Kielder village, Clear Sky Lodge Park offers four lodge options equipped with hot tubs. Guests of these Kielder lodges can expect nature trails on their doorstep.

Warksburn Old Church: A beautiful 1875 Presbyterian church conversion near Wark-on-Tyne featuring three bedrooms. Perfect for eco-conscious travellers with its net-zero energy credentials.

Battlesteads: A quaint hotel and restaurant that promises a warm and friendly welcome in the village of Wark. Tuck into locally sourced produce along with home-grown fruit and vegetables.

The Pheasant Inn: This 16th-century country inn continuously wows guests with its stone walls, open fires, and welcoming family feel. It has been run by the Kershaws since 1985!

Kielder Waterside: For waterside stays with fantastic on-site facilities, Kielder Waterside is a standout destination managed by Northumbrian Water with cosy lodges and serene lakeside views.

Greystead Holiday Cottages: Greystead Old Church and Coach House lie in the heart of the North Tyne Valley. Greystead Old Church is a stunning conversion of a listed former Georgian church, while the Georgian Coach House dates to 1817. Bellingham Camping and Caravanning Club Site: If camping and caravanning is more your style, this award-winning campsite is nestled in the beautiful North Tyne Valley. Their friendly, well-maintained site offers 70 level grass and hardstanding pitches and four comfortable camping pods available for hire.

Crabtree & Crabtree: They are experts in creating curated escapes across North England, with a variety of dog-friendly stays, luxurious stately homes, whimsical cottages, and rustic shepherd's huts on offer.

THINGS TO DO

Kielder Observatory: Kielder Observatory is nestled within Northumberland's Dark Sky Park. Keep an eye out on their website for last-minute events, late-night viewings, educational talks, and child-friendly evening workshops.

Kielder Forest: Kielder Forest spans 250 square miles and is home to 150 million trees. It is the largest planted forest in England and contains the largest man-made lake in Northern Europe.

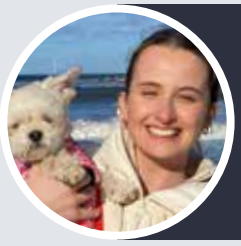
Kielder Castle: Due to re-open this autumn, once an 18th-century hunting lodge, Kielder Castle now acts as a visitor centre where families, couples, and solo travellers can learn about the area's forestry, dark skies, and local legends.

The Sidecar Guys: Fancy something a bit different? For an incredible Kielder day out, start your day at The Sidecar Guys Experience Centre in the North East and book onto one of their passenger or rider experiences. Choose whether you'll be riding or observing, and take a tour to Hadrian's Wall and Forest, Kielder Forest Drive, or cast your eyes to the planets on their Dark Sky Experience.

Overland Adventures: Explore Kielder in a luxury Land Rover Defender with Overland Adventures. This award-winning company don't just hand over the keys, but help you plan unforgettable adventures across Northumberland in rugged 4×4 rentals comprising Expedition-Ready Defenders with roof tents and Defender vehicles only for hire.

Saddle Skedaddle: Cycle Kielder with Saddle Skedaddle's Northumberland Reiver Trails guided gravel holiday. This itinerary winds its way through England's largest forest and is aimed at those with some off-road experience to fully enjoy and take in the forest trails, moorland bridleways and quiet backroads.

For even more inspiration, activities, and up-to-date events, don't forget to visit visitkielder.com and visitnorthumberland.com



Jenni Meikle

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

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Prudhoe
TOWN COUNCIL

Your Town, Prudhoe Town Council

What Prudhoe Town Council has been up to – and what's coming next

So What Does a Town Council Actually Do?

Ask ten people and you'll get ten answers – usually involving bins. Here's the honest version:

Prudhoe Town Council is the tier of local government closest to you. It looks after parks, play areas, allotments, benches, bus shelters and Christmas lights; it runs and sponsors community events; and it hands out grants to local groups. It also speaks for Prudhoe on the things it doesn't directly control – planning applications, roads, schools – putting the town's view to Northumberland County Council and beyond.
It's funded by the precept, a slice of your council tax bill. Which means every project on these pages is, in a very real sense, yours.

Small Grants, Big Difference

Every year the Council puts money directly into the hands of the people already doing the work.

This year £100,000 went to local organisations including Prudhoe Community Partnership, Prudhoe Veterans Group, Prudhoe Youth Project, food bank charities, environmental groups and sports groups – funding everything from hot meals to hedgerows.
The full list of supported organisations is on the Council website.

2026 - The Year So Far

Highfield Fest: Good times, great people and an amazing community



The Council's annual Highfield Fest returned on Saturday 30th May, a yearly free family event, running from 11am to 5pm, packing Highfield Park with stalls, rides, live music and food vendors.

Local traders and community groups took to the stalls. The skatepark competitions pulled a crowd of cheering supporters, with spectators watching in awe as competitors executed a range of challenging and daring tricks throughout the day. Team Extreme also returned, delivering jaw-dropping demonstrations.

We extend our heartfelt thanks to everyone who supported and contributed to the success of the day and look forward to hosting it again next May!

Highfield Park: A New Path, and a Place to Hang Out



Two additions have made Highfield Park a better place this year.

The first is a new accessible footpath linking the eastern pathway to the car park – a short stretch of ground that makes a large difference if you use a wheelchair, push a pram, or simply find uneven ground hard work.

The second is a brand-new youth shelter: a dry, welcoming spot for young people to meet outdoors, on their own terms.

Making a Splash: Free Swimming for children!

Six weeks of school holidays is a long time – and an expensive one. Prudhoe Town Council committed £1,400 to free swimming at Waterworld, funding seven sessions that gave over 500 local children the chance to splash about, burn off some energy and pick up water-safety skills that could one day matter enormously. Cost to families: nothing.

Prudhoe in Bloom: Celebrating success

We were delighted to welcome the return of Prudhoe in Bloom for Summer 2026, inviting residents, schools, businesses, and community organisations across Prudhoe to take part in this popular community initiative.

Prudhoe in Bloom brings the community together through planting, gardening, and collaborative environmental projects that enhanced the appearance of the town and promoted civic pride. The initiative encouraged people of all ages and abilities to get involved, whether by maintaining a private garden, creating vibrant hanging baskets, or contributing to shared community spaces.

Participants were able to enter a range of categories designed to ensure that everyone had an opportunity to take part.
The winners will be announced at our upcoming Community Celebration Event, on Friday 11th September at Prudhoe Legion Club.

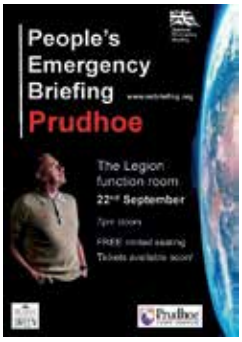
Coming Up:

Prudhoe Town Council - Community Celebration Evening

On Friday 11th September, Prudhoe Town Council will be hosting a special evening recognising and celebrating the outstanding contribution made by community groups, volunteers and organisations across Prudhoe.

The evening will also celebrate Prudhoe in Bloom and the efforts of those who help care for and enhance the town. It will be a chance to come together, recognise the work happening across our community, and celebrate the people who make Prudhoe such a special place.

The Climate on the Big Screen



Prudhoe Town Council declared a climate emergency in October 2023. This September, it's sponsoring a public screening of the People's Emergency Briefing at Prudhoe Legion Club, hosted by Prudhoe Goes Green.

The 50-minute film looks at how climate change is affecting the UK and, crucially, at the credible and positive responses open to us. It's being shown in cinemas, church halls and community centres across the country – the Council's sponsorship makes the screening free to everyone in Prudhoe and Mickley, with a discussion to follow. The hope is that it becomes the starting point for something bigger: a local renewable energy plan, built by the town, for the town.

When to view the national Emergency Briefing - Tuesday 22nd September, 7pm, Prudhoe Legion. All welcome, entry free.

Prudhoe Town Council Family Fun Day



Join us for a fantastic FREE Family Fun Day at Eastwoods Park, Prudhoe on Saturday 12 September 2026, from 1.00pm to 4.00pm.

Bring the whole family along for an afternoon of fun and community spirit. Whether you're looking to browse stalls, relax with a picnic, or simply enjoy an afternoon out with family and friends, there's something for everyone.

Remembrance Day

Prudhoe Town Council will once again lead the town's tributes to those who made the ultimate sacrifice. Please save the date: Sunday 8 November 2026. The march will begin at 10.30am from Prudhoe Legion Car Park.

Christmas Lights Switch-On

Save the date – the festive countdown begins on Friday 27th November. Expect lights, music, stalls and the usual excellent turnout!

Get in touch:

Prudhoe Town Council
The Spetchells Centre, 58 Front Street, Prudhoe, NE42 5AA

Tel: 01661 835487
Email: info@prudhoetowncouncil.gov.uk
Website: www.prudhoetowncouncil.gov.uk
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	A	B	C	D	E	F	G	H	I	J	K	L	M
1	13	23	1	23	6	25	■	15	■	6	■	6	■
2	23	■	21	■	■	2	8	7	18	13	21	18	5
3	14	7	5	■	■	8	■	6	■	6	■	5	■
4	7	■	7	18	23	26	23	18	■	4	8	8	14
5	3	■	2	■	■	23	■	25	■	25	■	2	■
6	23	17	23	12	25	■	22	7	19	21	12	6	14
7	■	■	■	6	■	19	■	22	■	26	■	■	■
8	25	7	9	7	14	6	2	■	2	23	19	21	18
9	■	18	■	19	■	22	■	7	■	■	22	■	16
10	6	13	24	23	■	4	6	18	6	22	6	■	22
11	■	8	■	20	■	14	■	21	■	■	12	7	4
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13	■	19	■	16	■	19	■	16	23	6	19	25	19

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

Email the hidden themed word to: puzzles@tynevalleyexpress.co.uk

1	2	3	4	5	6	7	8	9	10	11	12	13
F											C	

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

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

2M	4L	8C	8K	6E	4K	10F	4J	13I	8G

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

T	L	I	T	M	G	A	L	Y	W	A	L	E	S	W
H	L	L	A	Z	W	P	S	P	I	L	O	T	P	N
E	U	X	S	K	X	M	U	A	O	S	D	P	G	A
B	B	O	P	R	N	O	E	P	S	J	A	A	T	I
F	H	P	A	H	A	O	A	N	F	R	A	I	V	G
G	C	O	D	M	C	L	W	R	I	I	H	K	Z	E
A	N	E	L	A	C	A	R	Y	E	C	Y	E	W	W
O	U	A	I	G	I	P	E	S	L	C	I	E	N	R
N	R	N	T	I	I	M	I	P	N	L	P	D	Z	O
O	T	S	A	C	E	O	R	M	T	F	I	O	E	N
U	I	T	M	Z	T	O	H	L	E	N	N	W	T	M
R	R	T	Q	R	M	J	Y	A	T	D	A	M	E	S
I	S	T	O	R	Y	T	E	L	L	E	R	I	Y	E
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ESIO TROT
GIANT PEACH
GREMLINS
MAGIC
MATILDA
MEDICINE
NORWEGIAN
OOMPA-LOOMPA
PILOT
STORYTELLER
THE BFG
THE WITCHES
TRUNCHBULL
WALES
WILLY WONKA

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	6		5					4
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	4	5			7		3	2
			9		5			

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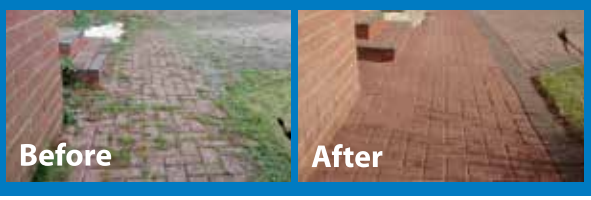
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Tyne Valley Express Traders Index

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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***



Accountants ..... Graham Turner p09
..... Paul Axcell p17
Aerials / Cable ..... WANTED
Antiques ..... WANTED
Architects ..... WANTED
Arts & Photography ..... WANTED
Auctioneers ..... WANTED
Available For Hire ..... JRC Excavations p45
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Banks / Finance ..... NE Equity Release p39
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Skips / Waste Removal ..... WANTED
Solicitor ..... WANTED
Sports / Clubs ..... Border Reiver Archers p20
Storage ..... WANTED
Taxi Service ..... WANTED
Theatre ..... WANTED
Tiler ..... WANTED
Travel Agent ..... Jewitts Coaches p07
Tree Surgeon ..... WANTED
TV and Aerial ..... WANTED
Website / Hosting ..... WANTED
Wheelie Bin Cleaner ..... Smart Bins p29
Windows / Doors ..... Metal Services p02
..... MBC Double Glazing Repairs p12
..... In2Locks p38
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