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In this issue....

- The Holy Ghost
- Understanding Money
- Wild drinks for Christmas
- Buying a Laptop for Christmas?
- WIN - Family ticket to 'Jack and the Beanstalk'
- WIN - Signed copies of 'Ghost the Christmas Stag'

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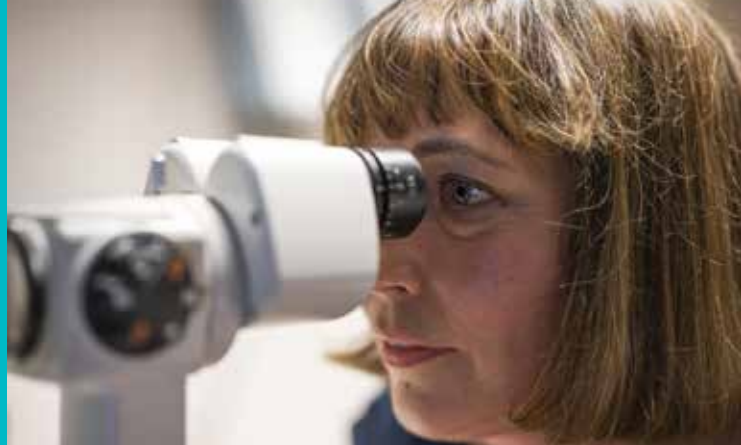
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Welcome to the Nov/Dec edition of the magazine.

We have been making lots of improvements behind the scenes here at Tyne Valley Express and I have so much to tell you.

We have launched a new website to make us much more interactive in these changing times with community and contact at its heart. I have made the difficult decision to move all our **WHAT'S ON?** listings on-line to our website as printing so much that may or may not be going ahead is impractical in these Machiavellian times.

To compensate we have increased our writer pool to 8 with 2 new writers; Megan is a young and fresh edition giving us all a gentle push to exercise more - see page 56; Mario is an ex city of London banker who brings some honest light to all things financial - see page 48. I would also recommend his YouTube channel, maneco64.

Bruce is back with all things wild and alcoholic - see page 40. Bruce runs bushcraft courses too that would make a great Xmas gift - see page 66.

All our writers are on the new website Blog and you can interact with them and their features. We are also launching some podcasts too on the site - see page 76 (Life in lockdown). More to follow.

I also must mention Sarah Fae article in this edition – what a lovely bit of exclusive Christmas magic – see page 24.

You also no longer need the magazine to find our loyal & local traders. Find them online via our website and we will have the links to their businesses.

I also need to give a few mentions to some of our businesses in this issue; Shaun at Comet Garage doors is one of my longest partners and he has decided to retire. There is a great business opportunity for someone to takeover - see page 43.

North Acomb farm shop has joined us and you won't find a better independent! Pay them a visit, the quality of their produce is amazing and they are now taking Xmas orders - see page 5.




Jamieson Dry Cleaners are back after a devastating fire - it is a lovely family business and the best place to get large items like winter duvets cleaned - see page 63.

We also have our own running shop in the Tyne valley! Run Unlimited are based in Prudhoe and have a huge range of shoes and sporting wear. Read Megan's article and get down there! - See page 49.

We also have found a Panto that is going ahead – oh yes we have! See page 70.

Competitions are now going to be a regular feature and we have 2 in this edition. We have 10 signed books to give away on page 25 and a family ticket for 4 for the Jack & the Beanstalk - see page 71.

We are also launching our 'shop local' campaign via posters and social media so let's try and send Amazon up s*** creek without a paddle 😊

Katie has also joined the team to run our social media and will be interacting via:   

Have I missed anything? Probably, but I won't forget to wish you all Love, Peace and Community this Christmas.

Michael Doughty

Michael and the Tyne Valley Team.

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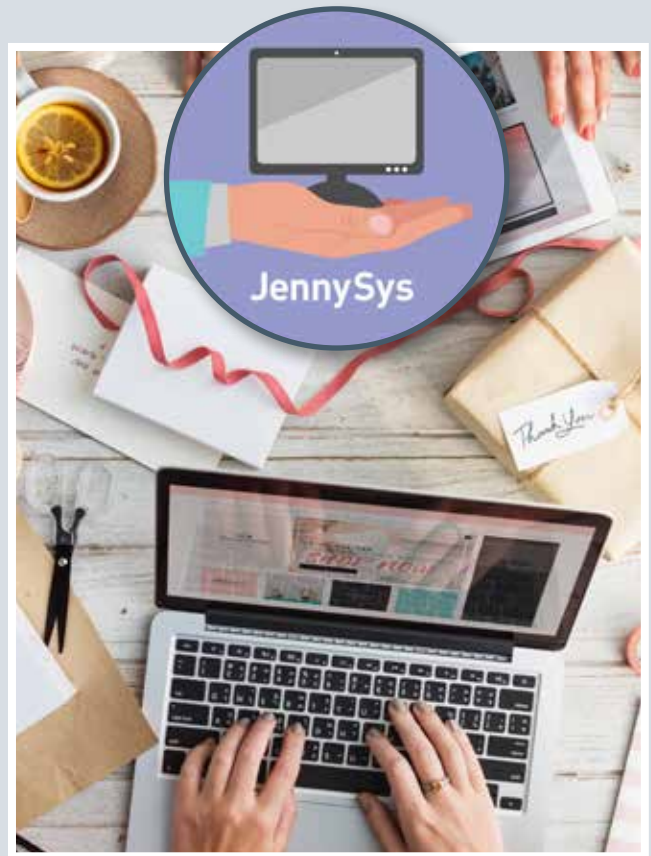


Thinking of buying a laptop for christmas?

Christmas can be a good time to purchase a new laptop. Retailers often provide great offers to tempt you into buying a shiny new laptop. But as with everything, price is not the same as value. Buy cheap, and you may find your purchase to be anything but of value to you. It's important that you think carefully before making what can be a very expensive purchase. In addition, with the Covid 19 situation, more and more people are having to work from home and having the best equipment for your requirements is becoming more important.

So what are the important things to consider when purchasing a new laptop?

1. **Memory (or RAM):** the more memory a machine has, the quicker the machine will run. If you are someone who likes to have many tabs open on your browser, or several programs running at the same time, or work with graphic programs (eg Photoshop), then you will need to consider laptops with NO LESS than 8 GB of RAM. If you are someone who uses their laptop to browse the net, write the odd email and not much else, then you could get away with a laptop with 4 GB of RAM. But be aware, the performance (speed) of this machine will never be particularly great.
2. **Processor:** the processor is like the engine of a car. A bigger engine, generally means a faster car and the same applies to processors. There are many different types of processors and for this article, I will only be mentioning the Intel type of processor. The Intel family of processors of interest start with the i3, then there is the i5, i7 and the i9 processor.



Within these processors are "generation" of i3/i5/i7/i9. The later the generation, the more efficient the processor is (this will impact your battery – the more efficient a processor, the longer it will run on the battery alone). Generally speaking, I recommend people look at i5 processors as an entry level, unless your budget is very low.

3. **Hard disk:** There are 2 types of disk that you need to consider when buying a laptop: a standard hard disk or a Solid State Drive (SSD). Generally speaking, the SSD will have less storage space than standard hard disks. However, the distinct advantage the SSD has over the standard hard disk is their speed. Booting up with an SSD is lightening quick. The costs of SSDs are coming down as more people choose this option, and with this, their storage capacity has improved. An SSD also allows users with small budgets to purchase a laptop that can still be fairly fast. Previously, low budget users often had to compromise on speed. Now, it is possible, if you don't need much storage space, to have a nippy machine on a low budget. Some laptops will come with 2 disks: a small SSD for the operating system (meaning the machine will boot up quickly) and also a 1TB standard hard disk for user data. The other benefit of this setup, is that rebuilding the operating system (Windows), is much more straightforward as your data is stored on a different disk to the operating system.

If you would like some advice before making your purchase, or you would like me to source you the best laptop for your budget, please give me a call and we can have a chat and talk through your options. 0785 509 2227 info@jennysys.co.uk. Remember: a laptop is not just for Christmas, it can be for a number of years if you make the right decision now.

5

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It is with regret that we have decided not to print all our community listings in this edition. Many of the community happenings simply aren't taking place at present. We have however listed all information for our following partners on our new website covering November and December;

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Nicole Dean - Will writer



"We worked with Nicole Dean recently who provided us with a will, the process was seamless and she explained every little detail. She made what could be quite a daunting/overwhelming process, simple and easy. Her gentle, warm and friendly approach made us feel at ease straight away, the cost of the will was also less than expected, which was a nice surprise!

Thanks again Nicole for making the process so straightforward, I have already recommended this service to friends and family." - **Chloe Hill**

"Had my Will done by Nicole today. I'm awful at these kind of things so I was surprised at how easy she made it. It was all done over the phone and only took 20mins. my Will was sent

right out special delivery right away. Can't recommend Nicole enough." - **James Green**

"We've just had our appointment with Nicole, she was fabulous! So professional and knowledgeable but made us feel so comfortable, such a great company to choose to put your affairs in order, would highly recommend" - **Hayley Dickinson**

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Wild Fungi

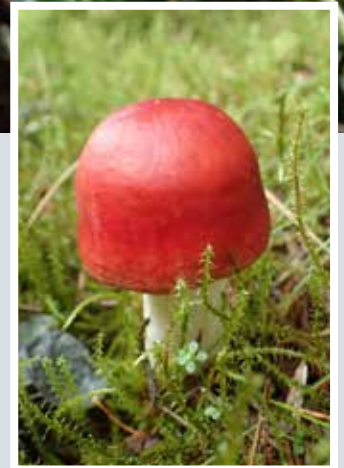
If spring is about flowers, summer is butterflies and insects then surely autumn is fungi. Now that the damp autumn days are very much upon us so the fungi are springing up. We tend to associate fungi with woodlands and decay but there is so much more to them.

Some of our smallest and brightest fungi are species of unimproved grasslands, waxcaps can be bright red, orange, a pale pink or even a green colour. Waxcaps are fantastic indicators of old grasslands, perhaps meadows or more often now churchyards and lawns. They are not found in the pristine fertilised lawns that are a wildlife desert but those lawns that are a bit rough and ready, slightly unkempt but mowed low ready for the winter. Our gardens can be such a haven for wildlife but only if we allow them to be so. Another grassland species, the shaggy ink cap or lawyers wig, is a little less fussy thriving on verges, even well-manicured grass.

It is, however, true to say that many fungi thrive in our woodlands, more so in our native and ancient woodland but conifer plantations can also become speckled with the reds and oranges of fungi at this time of year. From the classic fly agaric, with its red cap speckled in white scales, to the bright purple amethyst deceiver to the tiny antler shaped candle snuff fungus; all and many more can be lurking amongst the trees. If you know what you are doing some can be extremely tasty however it's worth remembering that others can be deadly!



Many fungi are the classic toadstool shape with a stalk and a cap, often domed. Under the cap are the gills where the spores are released, just as in a cooking mushroom you might buy from a greengrocer or supermarket. In some species the gills are replaced by a sponge like structure with tiny holes where the spores are released. Most of these fungi with spongy undersides are part of the boletus family (and many are perfectly good to eat). The large cep or penny bun is perhaps the most sought after for food, partly because you get a lot of mushroom



for each one but there are many more such as the birch bolete and slimy capped slippery Jack.

There are other forms of fungi too, some grow from the sides of trees forming shelf like structures or platforms above an old tree stump. Others can form finger like shapes or look a little like shrivelled pieces of orange peel. Some are hard and dry others more jelly like. Some form ball shapes with the spores puffing out of a small hole that appears at the very tip. These puffballs and earthballs come in all sizes up to the football sized giant puffball.

So far everything I've described are the obvious, visible part of the fungus that is 'fruiting'; a structure of some sort that is there to help release spores to spread and grow new fungi. This is but a tiny part of the fungus as a whole. Beneath the surface is a set of root like threads that can spread far and wide from the point at which the mushroom can be seen. This is the fungus itself, the mushroom just a temporary growth.

Now the thing about fungi is that they are not plants and nor are they animals. They form their own unique group of species in the 'tree of life'. Many are, as we tend to think, associated with decay. They help with the process of rotting wood or the creation of soils but many fungi are also vital for plants to survive. Most plants and trees have associated fungi, some are parasites which ultimately result in the death of the plant, but others live harmoniously helping the plant to take up chemicals and nutrients vital to their survival. Without fungi we'd have an awful lot of dead wood in our woodlands but actually we may not have any plants in the first place. They are a largely unseen but a vital part of the natural world.



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It is with regret that we have decided not to print all our community listings in this edition. Many of the community happenings simply aren't taking place at present. We have however listed all information for our following partners on our new website covering November and December;

RYTON METHODIST CHURCH	RYTON CHORAL SOCIETY	MID-TYNE LIONS
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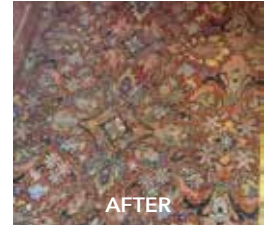
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Christmas Services & Events at Holy Cross Church

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More details will be published online in November.

Sunday, 13th December, 3pm – A Festival of Christmas*

Readings, music and reflections for the Christmas season

Sunday, 20th December, 4pm – Online Christingle Service

This service will be broadcast live on the Holy Cross Facebook page and/or by Zoom.

Please keep an eye on the church website and Facebook page for more details.

Thursday, 24th December – Christmas Eve

10am and 3pm – Family Christmas at Holy Cross*

This will be a fun take on a traditional Crib Service

11.30pm – Midnight Mass*

Welcome the Christchild with this special candlelit Communion service at Holy Cross

Friday, 25th December – Christmas Day

10am – Family Communion Service*

Due to COVID19 regulations, we are having to limit the numbers of people in church. For services marked with * it is necessary to book to avoid disappointment. Please contact Glynis Thompson on 07795 167677 or email rev. alisonstewartsmith@gmail.com to reserve places.

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The Holy Ghost



This story begins at twilight on the cobbled streets of Hexham Christmas Eve 2018. A crescent moon hung above the Abbey which was draped in silver fairy lights as I, along with the last of the Christmas shoppers made my way amongst the low hum of anticipation. Everything was perfect. Well at least I thought it was, I had forgotten a Christmas card for my partner. Luckily Gaia was still open and I was able to choose one with a white stag framed between two tree branches, inside I scribbled a poem about connecting to that which is sacred and signed it with love. That evening as we swapped gifts, he presented me with a gold plated pen made of holly wood "I think there is something important you need to write with that," he smiled.

"The pain that you've been feeling, can't compare to the joy that's coming." Romans 8:18

I've always admired the way in life how something so small and seemingly insignificant can in time become oh so big. Only six weeks later whilst out walking in the woods a synchronous sequence of events began to unfold that would change my entire life. A white stag stood before us, luminous and brazen. Not only had the card come to life but we even photographed his image framed in exactly the same way, between two tree branches. He was straight out of Disney! We likened it to seeing a ghost, as he had the uncanny knack of being able to disappear amongst the silver birch with the swiftest of movements. He was quite the extroverted and playful little fella. "It's like the wildlife equivalent of watching Freddie Mercury at Live Aid in 1985," I proclaimed filling up with tears. The time spent with him on those cold wintery days was life affirming, and also deeply healing.

After seeking advice we identified him as a roebuck, and with only six white wild roebucks sighted in the British Isles since the end of the 1940s had a deep reverence for his appearance in our lives. He felt like the culmination of all my prayers, a miracle made manifest to wipe the slates clean. We knew it was a great privilege to not only glimpse such a rare and elusive creature but to gain his trust and capture his essence on film. People have since asked us, often upon seeing his image if he was an albino?



Ghost has leucism a very rare genetic mutation which results in the loss of pigmentation in an animal. I find his very existence in the wild to be quite symbolic and especially poignant at this point in our worlds natural history, nature can and will survive even if seems against all odds.

"Then I saw heaven opened, and behold, a white horse! The one sitting on it is called Faithful and True, and in righteousness he judges and makes war." Revelations 19:11

Due to their rare and elusive nature white stags are steeped in myth and legend. Their appearance often foretells of a great spiritual change. To the Celts, the white stag was an otherworldly creature who could transition between realms, in Arthurian legend its mystical power was often a sign to Arthur and his knights to embark upon a quest. To early Christians it was interchangeable with the unicorn and Christ. I figured, due its significant nature I best seek the wise counsel of my two godchildren (both of whom are under the age of 5).

"We MUST tell Santa," they exclaimed and so began the creation of 'Ghost the Christmas Stag'. The story arrived fully formed as if it was sent straight from heaven. All I had to do was pick the pen gifted to me on Christmas Eve and let it out!

"Blessed are the pure in heart, for they shall see God." Mathew 5:8

Art moves through us all and we are but vessels for its articulation. Luckily, art also moves through Instagram and I was lucky enough to have befriended a very talented one through a chance meeting earlier that year. On the same day we found Ghost Kathryn Holeman posted a Harry Potter themed illustration featuring the white hart Patronus. Another wonderful synchronicity! She became a natural choice to illuminate the story and I have no doubt the reason I have found publication.

'Ghost the Christmas Stag' begins with a magic many understand but quickly reaches into the power of nature and our duty to protect the wildlife that share this beautiful earth with us. The story is told in rhythm and rhyme through the eyes of a young boy 'Hector the Forest Protector', and serves as a reminder for children and adults alike to honour and protect that which is sacred in all beings and creatures.

"In all thy ways acknowledge him, and he shall direct thy paths." Proverbs 3:6

'Ghost the Christmas Stag' will be available to buy early in December.

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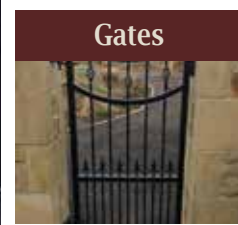
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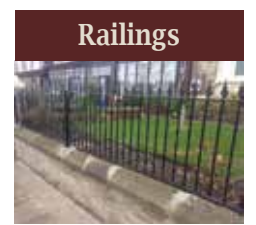
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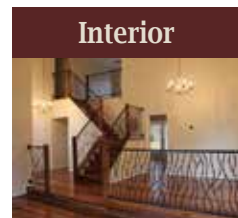
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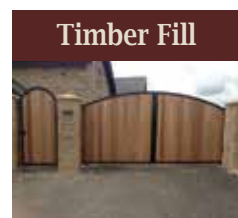
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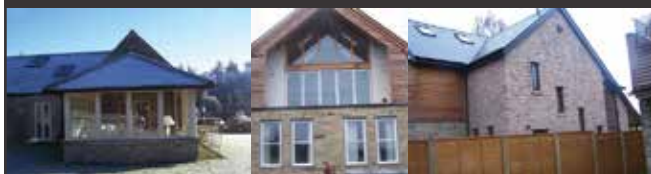
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- **Breakfast, lunch, tea calls** - These calls are based on a comfort call to make sure all is well, make breakfast or a sandwich up for lunch. Lunch we can make you a fresh meal and make a sandwich up for tea. Tea call, again make you a fresh meal or heat a microwave meal up.
- **Bed calls** - This call is based on a comfort call, make sure things are all good and support to lock up and make sure you have everything needed until the next morning. Companionship and reassurance.
- **Shopping services** - We can take you out shopping, or we can go and get your shopping and support you to put away.
- **Respite services** - We are here to support family members if they need a break for a few hours or even a full day visit. Our aim is for you to go and do the things you need to do without the worry that your loved one has no support. We encourage engagement with activity packs that include games, cards, dominoes, colouring books if that would be of interest. All our activities are there to engage and boost brain activity.
- **Domestic services** - We offer basic domestic cleaning for our clients. Hoovering, polishing, cleaning of kitchens and bathrooms. Support with laundry services.
- **Learning disabilities/ Independent living services** - We offer enabling services to support clients to live independently, shopping, cinema, preparing food and many more activities to suit.
- **Night shift services** - We now offer an overnight services. We have introduced this service for clients who may be unwell or struggling to cope overnight on their own. Giving peace of mind to the client and family members.

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Staff are working to all guidelines and wearing PPE.

And breathe!



Take a deep breath! How many times have you heard that phrase? When we face stressful or difficult situations, those four words are very likely to be used. We are living in increasingly stressful times. The coronavirus pandemic is likely to see this increase, sadly, as people face job losses, increasing uncertainty and other seismic events.

I am sure you have experienced stressful occasions, such as bereavement, where you feel your intake of breath increasing. Studies have shown that such acute stress can even trigger asthma attacks. Rapid breaths brought on by stress can bring on panic attacks for those prone to them.

So, knowing how to breathe correctly can be of massive benefit, especially for reducing levels of stress. But you do not need to experience a life-changing event to benefit from breathing techniques. The medical department at the University of Michigan has studied the positive effects of breathing, and actively encourages breathing exercises for stress management. They are not the first to do so, breathing techniques are fast gaining recognition and respect across medical fields as an effective way to support physical, emotional, and mental health.

Some benefits of improving your breathing:

- Feel energised
- Strengthens the Lymphatic system, Cardiovascular and Digestive system
- Let go of old emotions and gain a sense of freedom
- Release anxiety and alleviate stress and depression
- Move beyond your limiting beliefs that are holding you back in life
- Become aware of emotions halting your personal growth
- Experience deeply calming and relaxing
- Improves mental clarity, creativity and ignites passion.

Why you need to control stress

Firstly, it is important to recognize that our stress response, our Fight, Flight, Faint, or Freeze response, is an important part of our survival instinct. It is activated when we perceive danger and should not last longer than just a few moments. Sadly, our modern-day life has caused us to be in a constant state of overdrive and has left this response on a "switched-on mode". This has a negative effect on our:

- 1- Physical health- you may notice a variety of changes in the body, varying from palpitations, changes in breathings, ached and pains and even nausea and indigestion.
- 2- Emotional health- emotions may fluctuate, become erratic or become increasing difficult to navigate. Some may experience anger, frustration, and fear.
- 3- Mental health- you may notice feelings of long-lasting sadness or irritability, excessive fear, worry or anxiety, social withdrawal, and dramatic changes in eating or sleeping habits

Using applied techniques helps you reduce and switch off the stress response, which in turn activates a pause the rest response that allows you to feel calm, peaceful and relaxed.

Types of breathing

During my classes, I help you understand more about breathing. If you are aware of your body's response, you can take control of your stress.

There are two types of breathing: chest and abdominal or diaphragmatic. Chest breathing uses secondary muscles in your upper chest and is designed for moments of exertion, such as when you sprint. If you face a

stressful situation you may resort to this type of breathing. As a result, you may experience the tightening of the shoulder and neck muscles that often ends with headaches.

The second type of breathing — which comes from the diaphragm and sometimes known as abdominal — is more efficient and effective. Being able to use this can help lead to feelings of relaxation.

It is easy to understand which type of breathing you are doing by putting one hand on your upper abdomen and the other in the middle of your chest. As you breathe, notice which hand rises the most. If you breathe properly, your abdomen should expand and contract with each breath. During times of anxiety, you are more likely to breathe from your chest, this is due to the tightening of the diaphragm in response to the activation of stress response.

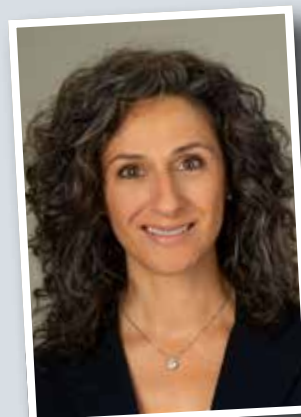
Simple breathing exercises

We cover a lot of practical steps during my De-stress Class, but if you are facing a stressful situation now, try this well documented diaphragmatic breathing technique:

- Lie on your back, with your knees bent and head supported. Use a pillow under your knees to support your legs. Place one hand on your upper chest and the other just below your rib cage. This allows you to feel your diaphragm move as you breathe.
- Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.
- Tighten your stomach muscles, letting them fall inward as you exhale through lips as if you would be blowing out a candle. The hand on your upper chest must remain as still as possible.
- As you gain more practice, you can try the diaphragmatic breathing technique while sitting in a chair.

Although there are other ways of de-stressing, such as yoga, meditation, and holistic therapies, controlling your breathing is one of the most natural techniques.

As Donna Farhi says in her book *The Breathing Book: Good Health and Vitality Through Essential Breath Work*: "Breathing is one of the simplest things in the world. We breathe in, we breathe out. When we breathe with real freedom, we neither grasp for nor hold on to the breath." I wish you this same easy and flow as you move through this journey called life.



Nicky Robertson

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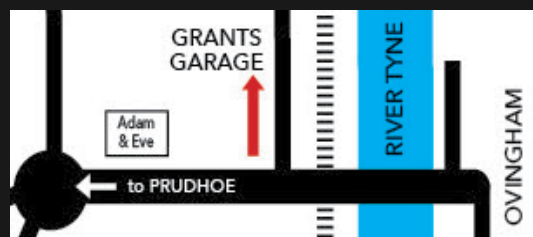


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Contact Jane on 07814 805 464

Thursday evenings

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Contact Caroline on 07500 336 943

Tuesday evenings

Contact Nici on 07730 582 570

PRUDHOE

Tuesday evenings & Wednesday mornings

Contact Julie on 07960 352 811

RYTON

Monday evenings, Tuesday mornings & evenings

Contact Tracey on 07500 807 103

WINLATON

Monday mornings & evenings

Contact Sandra on 07876 494 908



FIND YOUR FREEDOM THIS YEAR!



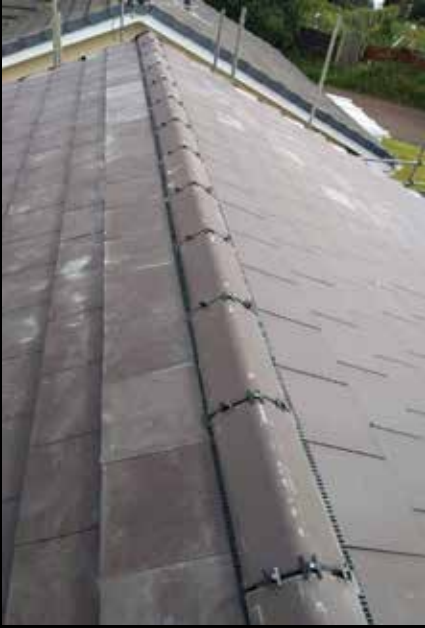
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Trading Standards
Approved

It is with regret that we have decided not to print all our community listings in this edition. Many of the community happenings simply aren't taking place at present. We have however listed all information for our following partners on our new website covering November and December;

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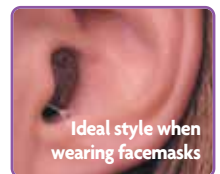
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 *Lisa Graham*
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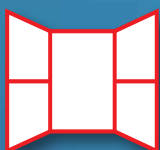


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Wild Drinks for Christmas



One of the larger expenses on your shopping list for Christmas may well be the fizzy white and the rich red to go with the Christmas feast and the extra special spirit to sip warmly by the yule log later. You can get all of these from the hedgerow and with a little bit of forward planning they will all be ready for the big day.

Elderflower Champagne

Your preparations start in late May/early June with the flowering of the best hedgerow drinks tree bar none – the elder. Elderflower champagne, if you get it right, is a perfect replacement for that fizzy white stuff that costs a lot.

The elderflower champagne recipe I use is:

- 10 to 20 elderflower heads with the stalks removed (I like a strong elderflower flavour – 20 heads gives a strong flavour). The bouquet seems to be stronger if you pick them early in the morning before the sun and the insects have got to work. Don't wash them, just shake out any beasties
- 800gms sugar
- Juice from two lemons
- 1 gallon of water
- Sparkling wine yeast (ideally)(The one I used on this year's brew is Gervin GV10 but you'll get away with any wine yeast really)

Pour boiling water over the florets and the sugar in a fermenting bin and dissolve sugar. Top up to 1 gallon with cold water. Add the lemon juice and yeast when the water is lukewarm. Cover and leave to ferment.

Leave till the specific gravity is down to 1010, strain and bottle into plastic fizzy drink bottles –eg 1m Bru, coke etc. Don't use other bottles as they are likely to explode. If you haven't got a hydrometer then you'll just have to guess – you want it to continue fermenting out some of the sugar after you bottle it but you don't want to have volcanic eruptions on opening the bottle. This means bottling when the fermentation has slowed but not stopped. It is likely to take about a week but possibly up to two weeks to get to the bottling stage depending on the temperature.

It is ready to drink after a week or two in the bottles and it can be difficult to save a bottle or two till Xmas. My tip is put a couple of bottles to one side away from the others and try and forget where you've put them!!

You'll have a sediment in the bottom of the bottles (it all adds to the flavour!) but you can with careful pouring get sparkling clear glassfuls. I put them in the freezer to chill (not freeze!) before opening as this reduces the strength of any volcanic eruption you may have on your hands and means the sediment doesn't rise as quickly.

Elderberry Wine

In September the berries will be ripe on the elder and this is your second opportunity to use the hedgerow drinks tree. Elderberry wine is a wonderfully deep red fruity wine. You'll need:

- 3lbs elderberries stripped off the stalks
- 2lbs sugar
- Sachet of wine yeast
- 1tsp citric acid

Put the berries into a large pan and mash them with a potato masher. Add two pints of water and the sugar and bring gently to the boil and simmer for ten minutes. Leave to cool and then pour into a plastic fermenting bucket. Make up to a gallon and stir in the citric acid and yeast. After 5 to 7 days siphon into your demijohn, top up with cooled boiled water if needed and fit the airlock. Leave till the fermentation has stopped and bottle into sterilized screw topped wine bottles. For a good wine you'll need about a year from start to finish to mature.

Elderberry Cordial

If you want something non-alcoholic this is a great Christmas drink with the added spices. You'll need a good carrier bag full of berries on stalks. Remove berries from the stalks and put them in a pan, just covering them with water. Bring to the boil gently and then simmer for 20 minutes. Strain the juice through a jam bag or similar.

Measure the juice back into the pan and for every pint add 1lb of sugar, a cinnamon stick and 6 cloves. Bring back to the boil and simmer for 15 minutes. Allow to cool and then strain out the spices and put the juice into sterilized bottles.

Dilute to taste. Delicious served hot as non-alcoholic Christmas punch.

Cherry vodka/gin

In the summer we pick cherries, both wild and ornamental, but you can experiment with any wild berries for this; we get best results with the bigger juicier ornamental cherries. You can eat them as they are or do what we do with some of the year's harvest and make cherry vodka or gin.

It is really easy to do and unless you really like very sweet liqueurs there's no need to add sugar or anything else to this. Put the cherries in a bottle – we fill the bottles to the top – and then top up with a cheap vodka/gin and leave for six months or more. The end result is fantastic both as a drink but also you get to eat all the cherries that have been soaked in the spirit too!! A wonderful treat for Christmas.

If you'd like to find out more about wild food why not join the North East Wild Food Club or come along on one of my public wild food forays. You can even get a gift voucher and give the gift of wild food for Christmas. For more details see the advert in this issue or visit: www.natureholiday.co.uk



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We are here to provide impartial advice, and can draw on over 80 years' experience of installing and servicing tens of thousands of appliances across the region. Rest assured then that if a traditional heating system is right for your property, rather than the renewable system that's currently in vogue, that's exactly what you'll get – whatever is right for you!

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It is with regret that we have decided not to print all our community listings in this edition. Many of the community happenings simply aren't taking place at present. We have however listed all information for our following partners on our new website covering November and December;

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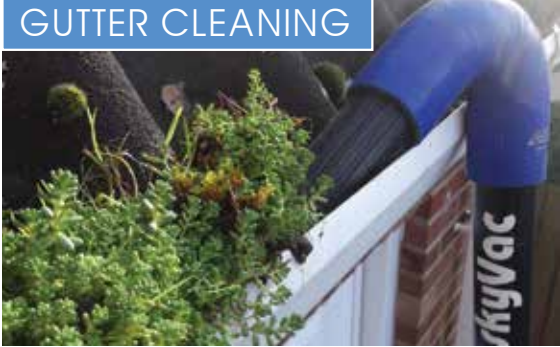
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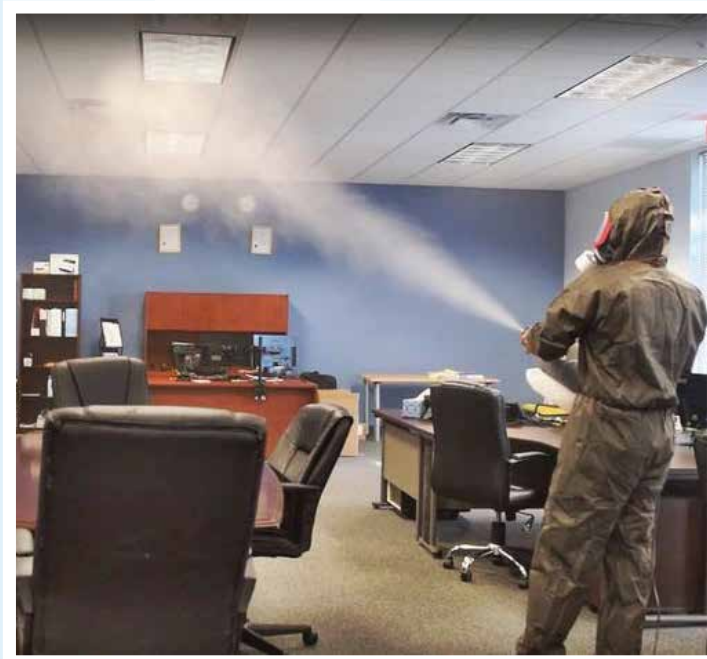


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Understanding Money

Money is a subject that is on everybody's mind and the most obvious reason for that is because the great majority of people almost always do not have enough of it. Today though, we are going to look at what money really is and how money evolved through time and in society, and the functions that money should have. My hope here is not help the reader to make a fast buck or make money in the stock market or any other shady scheme, but to give the reader a simple history of how money came about and how government and the bankers have hijacked money to their advantage.

So how did money come about or evolve? For that we will do what the Austrian School of Economics calls regression analysis. Don't worry it's not as complicated as it sounds, it just means we will go back in time to see how money came about through the evolution of society from small tribes to the modern nation-state.

Under a barter system people exchange value for value. Let's say a fisherman caught more fish than his family needed so he had a surplus of fish, so what he would do was exchange his surplus fish for the farmer's excess milk. The problem with barter is that one of the parties involved might not need what the other is offering or might not need the amount offered, so what might happen is that the excess fish or milk might go bad if kept for too long. One thing we can note about barter though, is that unless one has something of value to offer it is impossible to transact. A barter system also encouraged subsistent living which means that individuals and their families and small tribes tried to produce all the necessities they needed to survive.

The next step in the history of exchange came about when people started to realise that some goods or commodities were more marketable than others. More marketable just means that the good or commodity is desired by almost everyone. At this point people started trying to save this so called most marketable commodity as they could exchange for almost anything else they needed or desired. So the most marketable commodity not only facilitated indirect exchange but it also allowed people to store or save that commodity as it was usually a commodity that was not only desired by everyone, but it was also durable and easy to store.

So that is how money started out, as the most marketable commodity. Going back in antiquity and through different cultures, we have seen people used many different things as money. Salt has been used as money hence the term salary (sal, which is the latin word for salt). Seashells and beads have been used as money by the native American cultures and stones by some of the Micronesian people from the island of Yap. Even more recently, in the aftermath of their defeat in the Second World War and the collapse of the German State and their currency, Germans used cigarettes as money.

Over the last three and a half thousand years the commodities that have been the champions or top dogs of money have been the monetary metals like gold and silver. The major properties that have made these monetary metals ideal as money are the following: rarity, desirability, intrinsic value, durability and divisibility. The other factors that have made gold the King of Money is that it is not consumed like let's say wheat or oil. Almost all the gold that has ever been mined since the beginning of time is still around and that is what makes it a good money.

Silver, as the old saying goes, is the money of gentlemen mainly because it has been found more abundantly than gold and can also be consumed in industry so not all the silver that has been mined can still be found; like gold. For that reason, the intrinsic value of silver has always been less than gold. What that has meant through the centuries is that for one troy ounce of gold you will have been able to acquire about fifteen troy ounces of silver. So silver has circulated as money and currency a lot more, whereas gold, because of its intrinsic value and storability, has been saved and stored. Have you ever wondered why the word silver has been synonymous with money in countries like France (argent), Spain (plata) and England (sterling)?

As we have seen the evolution of money came about from human action, necessity and convenience. Money was not invented by the chancellor



of the exchequer or the governor of the Bank of England but by people conducting business amongst each other. The three main qualities of money are that it facilitates exchange, it is a durable store of wealth and is a measure of value.

So how come we do not use gold and silver as money or currency anymore? Why do we accept Bank of England, Federal Reserve or Euro bank notes as money or currency? For that we need to go back a few hundred years and look at what the goldsmiths were doing. Basically, very wealthy people used to store some of their money or gold coins with the goldsmiths. The goldsmiths would charge their clients a storage fee. The goldsmiths would write a receipt to their clients and it usually said: "I, Mr Goldsmith from Threadneedle Street, promise to pay the bearer £5 of gold on demand". Those promissory notes soon started circulating as a money substitute, but it wasn't really money.

The big Eureka moment for the goldsmiths though was when they realised that their customers would not all come at once and demand their money so they figured that they could basically lend out their customers money without their permission. By doing this the goldsmith not only earned a deposit fee but also the interest on the loan. This nefarious activity of lending other people's money without their permission is what also led to the goldsmith issuing promissory note that were not backed by money or gold.

Eventually the goldsmiths became known as bankers and in 1694 the English Crown did a deal with the bankers through a Royal Charter to create the Governor and Company of the Bank of England. So for the last 326 years the bankers and the State have been tied at the hip. It wasn't until the outbreak of World War One in 1914 however, that the elimination of gold and silver as money and currency started taking place.

With the outbreak of the war the government and the bankers realised they had to stop the convertibility of the Bank of England promissory notes into gold or else they would not be able to finance the war and wars of course have always been a very profitable business for bankers. So since 1914 the Bank of England note has been an empty promise and as for the sterling silver coinage, by 1947 all the silver had been taken out of the coins in order to pay creditors for war debts and we got left with the copper-nickel coins or tokens that we use to this day.

In the next article we will look at how the elimination of gold and silver as money has led to a century of inflation and inequality.

Mario Innecco

Mario Innecco
Founder of YouTube Channel
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It is with regret that we have decided not to print all our community listings in this edition. Many of the community happenings simply aren't taking place at present. We have however listed all information for our following partners on our new website covering November and December;

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- PRUDHOE LADIES NETBALL CLUB
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- PRUDHOE CASTLE BOWLING
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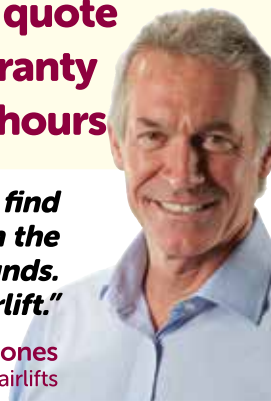
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kirsty hodgson

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2020.....A lot has changed. Personally, lockdown left me without any work, pushing me into following my dream of starting my own personalised estate agency. For me, lockdown made me stop, think, reevaluate and subsequently follow my dreams.

For many of us, things have changed, some have lost loved ones, more people are working from home, some have lost their job and some have never worked as hard and even had well deserved promotions. Mostly, I think people have had time to think and reevaluate what is important to them. Family, friends, home, community and those people that are just 'there' for you. Wether that be your best friend, parents or the kind lady at the local shop that always has time for you.

Many people I am speaking to are looking to move home because they have discovered they need more space, a garden, an office, the children NEED their own rooms!! Some want to move areas to be closer to love ones. Many wanting to move from the city to rural villages and have countryside on the doorstep.

Most importantly they want a stress free house move, they want someone that understands that times have been hard, they want to speak to a local expert and be in safe hands. I do become friends with my clients. We do this together, as one, that's what people need in 2020.....

Update.....

Kirsty

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As much as we like to second guess the Government's next moves I think we are in a much different position now than what we were in March. Adjusting to this new 'normal' has left us taking up a different lifestyle to before. Whether it be working from home for the foreseeable future or not having the same social interaction as before, it can be difficult to settle into a new routine. Particularly as we're now heading into the crux of winter, exercise can and is a struggle for many of us. Unfortunately what we don't have so much of now is each other to spur us on and make us feel accountable so that we turn up each week to the gym class or the run session. I thought it might be reassuring to hear that not much willpower is needed to stay active, without any added cost or time. Here's a gentle reminder of how exercise can still be weaved into your day without you realising it.

It's sometimes a shame to see how many people struggle to find enough hours in the day to dedicate to their own health. It could be much simpler and less daunting than what you may think. What if we don't actually need to pay for an expensive gym membership that we didn't really want in the first place? Instead we can make the most of what we do in the day to incorporate some movement that will still reap the same rewards. Take the rituals of a working day. The travel to work, the lunch break, picking the kids up from school or dropping them off at their activities perhaps. All of which are pockets of time where, essentially, you can kill two birds with one stone.

Why not use the journeys you take in a day, the drive to work, for example, to instead walk or park half way and then walk. Using the stairs instead of the escalator if you use public transport. Taking a 20min walk in your lunch break if you have an office or home-based job. Or even something as frivolous as parking at the back of the car park at the supermarket to make you walk a little further. Any way which maximises the time spent on your feet. Sometimes it's about being a little creative than perhaps the motivation to do it. Not to sound pessimistic but unless you're a particularly self-motivated person, dragging yourself to the gym every week will use up precious willpower. And somewhere down the line you'll skip a few sessions and then it fizzles out. It makes more sense to start with small, simple changes which you are able to follow through. Therefore it becomes a habit. Once habits are formed you can then see a difference over a period of time.

For me, luckily, it comes naturally as I enjoy sport and getting a sweat on whilst I appreciate that not everyone does. I like playing squash, whilst competitive matches aren't feasible at the minute, under ordinary circumstances it would be my main stake activity - I'm sure there's restrictions on team sports too. So instead, I've had to supplement this

for going to the gym and the occasional run if I feel up to it. Although admittedly procrastination does get the better of me, particularly when it comes to running, which is why it could be best to make it part of your working day to lessen the guilt if you aren't able to do it on the weekend.

We're all aware of the physical benefits that you can gain from exercise but a couple aspects that are possibly not elaborated on too much is the emotional and affective responses we have during and after. I find it can help us feel more refreshed, how many times has the thought of a 'lazy' day appealed to us when actually it can make you feel more groggy and lethargic. Our mood patterns shift pre-exercise and post, suddenly the workload or stressful situation becomes much more manageable. It can be a good way to get some alone time and clear our heads from the busyness of the day just gone.

An interesting take on the mental aspect is from Sandy Macaskill, co-founder of Barry's Bootcamp UK, who states "Even more than your body, your brain needs this workout right now. It's the most important 'muscle' - take care of it." After exercise there's a feeling of catharsis and clarity which helps bring unwanted thoughts throughout the day to rest.

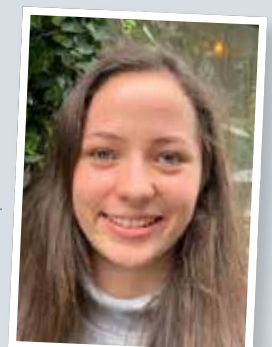
On reflection we can all give ourselves a pat on the back for the hardships we've put up with over the past six months, the uncertainty is undeniably frightening. What does bring peace of mind is controlling the controllables. Sticking to a newfound routine brings comfort and reassurance. It's an opportunity to build new, sustainable habits that don't have to be arduous or all-encompassing. Taking twenty, thirty minutes a day for yourself is a worthwhile investment.

I wouldn't call it cutting corners or trying to find a quick fix, it's just a smarter way of managing your time. It's worth thinking about a more efficient way in which we can use the hours within the day to prioritise ourselves.

Megan Evans

Megan Evans

<http://megannevanns.wordpress.com>



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STOCKSFIELD COMMUNITY CENTRE	SCOTTISH COUNTRY DANCE CLUB	STAY & PLAY – BAPTIST CHURCH
STOCKSFIELD BAPTIST CHURCH	STOCKSFIELD TENNIS CLUB	STOCKSFIELD PLANTS & GARDEN ASSOCIATION
NATIONAL TRUST – CHERRYBURN	STOCKSFIELD RETIRED MEN'S ASSOCIATION	OVINGHAM DRAMA GROUP
STOCKSFIELD TEA DANCE		

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[ST JAMES' CHURCH](#)

[RIDING MILL PARISH HALL LISTINGS](#)

[YOGA @ PARISH HALL](#)

[RIDING MILL MILLENNIUM HALL LISTINGS](#)

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DRY CLEANING AND LAUNDRY SERVICES

The 23rd September 2019 started as a normal, busy Monday morning at The Laundry Gallery – dispatching laundry and dry cleaning orders and processing items ready for Tuesday collections. Nothing prepared us for a facebook message at 6.04pm to inform us that our businesses were on fire. I arrived on scene to see the two Hexham fire appliances and a third from Prudhoe, preparing a team wearing breathing apparatus to enter the building. Both premises appeared to be fully involved with extensive smoke billowing from their rooflines. Fortunately, the fire was contained solely to the Laundry unit and the primary fire brought under control quite quickly. The secondary fires on the mezzanine took longer to quell, with chemicals, plastics, roof insulation and linen stocks ablaze, in the space of 2 hours both businesses had ground to a halt. My family and staff were devastated, the future of both businesses laid in the hands of our insurers with us all wondering if we would ever be able to restart. We weren't to know our fate for a further 2 months and were duly notified at the end November of the outcome from each policy. In the interim we attempted to maintain some kind of service for our commercial clients using a service provider in Newcastle until clients could locate alternative providers locally.

In an attempt to expedite the claim we spent the first weeks of October cataloguing customers linen, dry cleaning and laundry items, determining what could be salvaged and what was to be written off. It quickly became apparent that most of the laundry linen wouldn't be salvageable and the majority of the Dry Cleaning had only suffered some sooting.

In November we were informed that the Dry Cleaning claim was progressing and we started planning to rebuild the business, our site on Haugh Lane was ruined however, the fire caused extensive damage to the building itself a new roof was required as well as extensive deep cleaning and improvements. A contractor was assigned in the new year with building works to commence in April...then Coronavirus hit and scuppered any chances of a quick repair to our original site.

An alternative site was required and in March we commenced works bringing a derelict garage and linked office, earmarked for demolition, back to full use. A team of laundry installers from Halifax descended upon the site and embarked upon what turned out to be a 6 month installation due to supply delays, equipment delays, delayed payments from insurers and accommodation availability during lockdown.

On the 28th September 2020 we finally reopened. A year after our catastrophic event, re-employing all but two staff members who had found permanent work elsewhere. We have managed to rebuild our operation, expand our offerings and now provide reliable, high quality linen hire and are capable of supplying large linen contracts. Our renowned domestic laundry and dry cleaning service has now further expanded with an additional hydrocarbon machine enabling us to clean almost any garment or home furnishing. Our first four weeks of trading have been promising given the current pandemic situation, we can only look forward to what the future holds.

We are eternally grateful to the Northumberland Fire Service, without their intervention both businesses and more importantly customers cherished items would have been a total loss. Were it not for the quick thinking of fellow business people Paul Robbie and Joe Budden, the damage could have been far worse and most certainly would have engulfed the neighbouring units, we will be forever in your debt.

We look forward to seeing you in our new premises:
Units 1 & 2 Burnhaugh Estate, Burn Lane, Hexham, NE46 3HS.



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Expires 31/12/20

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Only 1 voucher per person/ per transaction per day
Expires 31/12/20



Kidding Around... Tyne Valley



As Christmas is upon us again (Can you believe it?), in this issue's column I'll be talking about the things we're doing to prepare for the season in as sustainable a way as possible, in the hope it'll help some of you to get Christmas cracking as well! Since having my little man, I'm so conscious that it's his generation and the ones after him that are going to be on the end of this very sharp stick we're all on when it comes to climate change, so I try to do whatever little things I can to help give him and his future friends and loved ones a nice world to grow up in, and ironically Christmas can be one of the hardest times to do this!

Gift Buying

It's actually a few years old, but I recently read an article on the BBC News website about the "**Wear, Want, Need, Read**" approach to buying Christmas presents (<https://www.bbc.co.uk/news/uk-england-37822791>), which basically is a guideline for buying no more than four gifts for your family - Something they want, something they need, something to wear and something to read. The idea is that by buying fewer gifts the presents will hopefully have more meaning for both the gifter and the giftee. We're going to try it this year, because even though our boy was only one-year old last Christmas I still found myself buying some tat just to fill up the gaps around the Christmas tree!

I know, I can already feel the disapproval from some of my fellow Mams about just buying four presents, but hopefully they'll be gifts he'll love and get plenty of use out of. And of course, he'll still be getting a stocking full of goodies from Father Christmas as well as pressies from his flock of admirers, namely his Grandma and Nana, aunts and uncles!

We're making a point this year of **shopping as locally as possible** for presents for our boy and for each other. I love the range of shops in Tyne Valley, and there are so many independents in need of a visit this Christmas. If you've ever seen that poster in the window of shops that says "Every time you buy from us, we do a happy dance" - it's actually true, try it and see!

We're also trying to ensure that anything we buy has minimal negative impact to the environment, people or animals - e.g. avoiding loads of wasteful packaging, trying to stick to recyclable materials, Fairtrade foods, animal-friendly toiletries; handmade vs mass produced, local rather than imported. I'm not suggesting for a minute that we're going to be able to adhere to this religiously, just that we're thinking about it when we're considering what to buy and wear - Every little helps.

In **Hexham**, I'll be heading to **Matthias Winter** - They describe themselves as an Eco-Home shop but what they are really is an Aladdin's Cave of beautiful things that cause no harm to the natural world. From homewares to personal care, to food and sweets - they've got it all! For toys, my little boy enjoys a potter or should I say a 'grab and dash' around **Mr Wolf**; he's building quite a collection of wooden animals from there! My house pretty much already resembles a Botanical Garden but I'll still be calling on Julie at **Pure Plants**, to get a couple of gifts on a one for them, one for me basis!

In **Corbridge**, you can't go wrong with a visit to places like **Vintage at the Tower**, which is a treasure trove of pre-loved, and hand crafted items. **Katie Kerr** has a fantastic range of clothes and shoes, stocking sustainable fashion brands like ICHI and Thought. And **Forum Books**, ditch Amazon this year and soak up the atmosphere of this gorgeous store!

In **Prudhoe**, getting some gifts from **Crafters Emporium** and **Ready Steady Knit** are a really good way to support local crafters, and to pick up all the materials you'd need to get crafting some homemade pressies yourself!

I will also be hitting up the local **charity shops** this year - They always have the best multipack Christmas cards, and I always pick up lovely bits of jewellery, scarves, toys and books. Who says everything has to be brand new at Christmas?

Wrapping

Christmas produces so much waste and packaging, but so much can be reused. I grew up watching Blue Peter, so I always make my own gift tags out of last year's Christmas cards, and I've had the same ribbons, bags and bows on the go for about 10 years - to the point where when I do Secret Santa everyone knows which gift is from me as it's in the same bag as last year!

I've even made my own wrapping paper some years - Buy a roll of brown packing paper, grab some of the kids' paints, make some Christmassy/Wintery potato stamps, and off you go! Some of you might have a meltdown at this next suggestion, but for a couple of years, I even wrapped some gifts in newspaper and paper raffia ribbons - It looked really stylish, honest!

When the big day comes and the presents are being opened, nominate someone to be on wrapping duty - separate the Sellotape and keep whatever can be reused for next year, or better still buy paper sticky tape and then the whole lot can be recycled!

Christmas Dinner

My family is pescatarian for most of the year but we still like a nice roast turkey for Christmas dinner. For the last few years we've sourced a local free range turkey instead of going for the supermarket, and we've never looked back in terms of quality and taste. I've had great chats with Danny at **Daniels Farm** and Robin at **North Accomb Farm** recently about the care and attention they give to their animals, all year round. They pride themselves on quality and animal welfare, and being a local producer which serves the community.

When it comes to buying my fruit and veg, I always go to **G & F Threadgold** in Prudhoe - paper bags, unwrapped produce and good banter too! Got to love your local grocery shop!

I'm not going to lie, I love the 'bang' of a Christmas Cracker so I'll still be buying a pack, as long as we can get them without plastic stuff inside. I did see a beautifully wrapped napkin on Pinterest which was made stuffed with goodies and made to look like a cracker... maybe someone local will have something like that next year!

Kindness

I'm trying really hard to count my blessings this Christmas. It's been a challenging year for everyone but in the grand scheme of things, right now, my little family is okay and I am so thankful for that. However, there are individuals and families who are not okay - people who've lost their jobs to the pandemic or are living with the worry that they could be left without a livelihood, people whose mental health has deteriorated, people who will be spending Christmas alone, and struggling to make ends meet. I've already seen lots of requests for help and support on social media, ranging from shoe box appeals for the homeless, Christmas cards to refugees, nearly new gifts for families in need and help with Christmas Day meals - If you can, please stick your name down to help with something and make someone smile this Christmas. Our Facebook page (facebook.com/tynevalleyexpress) has a list of many worthy causes that could use your help!

Merry Christmas

Have a good one and do what you can to make it a good one for our local businesses, community and environment.

Lindsey Joy
Lindsey Joy
Bodhi Mama
The Tyne Valley Express



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We genuinely believe that lots of small changes make a big difference to people and the environment. Let us help you make a difference too with a visit to our Hexham store.

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CORBRIDGE PARISH HALL LISTINGS

ST ANDREW'S CHURCH

CORBRIDGE W.I

NORTHUMBERLAND WEDDING
CRECHE

SCOTTISH DANCE

NATTER SHACK

CORBRIDGE PRE-SCHOOL

CORBRIDGE LACE MAKERS
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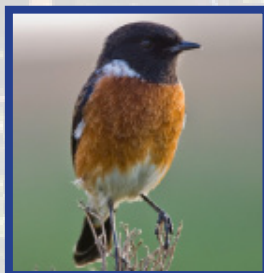
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Bushcrafts (Full and half day activities)

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Our aim is to bring happiness back into peoples lives and to help develop new skills.

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Written By Tom Whalley

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This 'GIANT' adventure is the pantomime you've BEAN waiting for!

All you need to do to be in with a chance of winning this festive family treat is like the Tyne Valley Express Facebook page, like our Jack and the Beanstalk post, and tell us who you'd like to take in the comments.

The winner will be drawn at random on Monday 30th November and notified personally..



Important: Showing is on Tue 29th December at 7pm, family of 4 must be from the same household. Good luck



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HEADWAY TYNEDALE		ARTVENTURES TYNE VALLEY
CREATIVE WRITING CLASSES	INNER WHEEL GROUP	ACTIVE HEALTH WALKS
TYNEDALE BRIDGE CLUB	HADRIAN'S WALL ROTARY CLUB	TYNEDALE BIPOLAR SUPPORT GROUP
THE NT TYNE VALLEY ASSOCIATION	ELVASTON BOWLING CLUB	TYNEDALE CHESS CLUB
HEXHAM MESSY CHURCH	HEXHAMSHIRE W.I	HEXHAM LIBRARY
HEXHAM CADETS	TYNEDALE TENNIS CLUB	MARY'S HEALTHY WEIGH
HEXHAM MALE VOICE CHOIR	WARDEN IN HEXHAM W.I	HEXHAM BRIDGE CLUB
HEXHAM BRIDGE CLUB	HEXHAM & DISTRICT FLOWER CLUB	TYNEDALE FAMILY HISTORY BRANCH
TYNE VALLEY CANOE CLUB	SCOTTISH COUNTRY DANCING	WHIST DRIVE
FACTORY DANCE ACADEMY	TYNEDALE LIONS	JIVE ALIVE
MUSIC & MOVEMENT CLASSES THE ROTARY CLUB HEXHAM	HEXHAM ART CLUB TYNEDALE COMMUNITY CHOIR	HEXHAM TOWN W.I
TYNEDALE U3A	HEXHAM HOUSE BOWLING CLUB	HEXHAM RAMBLERS
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MUSIC & MOVEMENT CLASSES	MASCULAR SOCIETY	HEXHAM TOWN TWINNING ASSOCIATION
HEXHAM YOUTH INITIATIVE	ST MARY'S CHURCH HALL	CH EVENT
YOUTH THEATRE - QE SCHOOL	HEXHAM PROBUS CLUB	
	ROTARY CLUB OF TYNEDALE	

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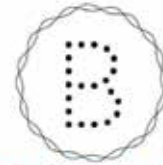
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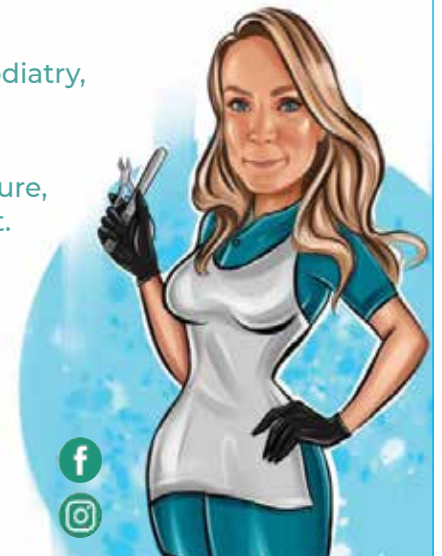
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NORTHUMBERLAND CANCER SUPPORT GROUP

Owing to the current situation we all find ourselves in, The Northumberland Cancer Support Group will have no face to face meetings at this time.

Up to date information will be posted on our website

www.northumberlandcancersupportgroup.co.uk
and on our public Facebook page which is:

Northumberland Cancer Support Group

We are still accepting members during this time and are happy to talk to possible volunteers. Please email us to request further information about this at:

info@northumberlandcancersupportgroup.co.uk

We are now running weekly Zoom meetings.
Some of these have speakers on various topics.
We also have a Book Club on Zoom.
Extra events will be added throughout the year!

Access for these is for members only – allowing a safe and secure place to take part or talk.

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

Stay safe everyone.

Please call: 07598 620599 *All Welcome!*

For more details about our group and events visit our website:

www.northumberlandcancersupportgroup.co.uk

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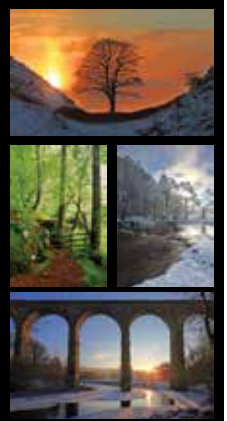
ROGER CLEGG

— PHOTOGRAPHY —



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Photography

www.northern-horizons.co.uk



It is with regret that we have decided not to print all our community listings in this edition. Many of the community happenings simply aren't taking place at present. We have however listed all information for our following partners on our new website covering November and December;

PONTELAND HEALTH WALKS	EMBROIDERY GUILD	PONTELAND CIVIC SOCIETY
PONTELAND VILLAGE W.I	FRIENDS OF KIRKLEY HALL	PONTELAND METHODIST CHURCH
ZUMBA GOLD	TAI CHI IN PONTELAND	ZUMBA
BODY CONDITIONING	PONTELAND COMMUNITY PARTNERSHIP	BODY CONDITIONING
PONTELAND BADMINTON GROUP	ROTARY CLUB OF PONTELAND	PONTELAND UNITED REFORM CHURCH
PONTELAND BOWLING CLUB	PONTELAND WILDLIFE GROUP	CREATIVE WRITING GROUP
DALTON CARPET BOWLS CLUB	CROQUET	PONTELAND FLORAL ART
PONTELAND LADIES CHOIR	RAF AIR CADETS	NORTHUMBERLAND FUCHSIA CALLERTON GARDEN & FLOWER CLUB
ARTVENTURERS TYNE VALLEY	INNER WHEEL CLUB OF PONTELAND	PONTELAND U3A
PONTELAND LOCAL HISTORY SOCIETY	ROTARY CLUB OF PONTELAND	WALKING SCOTTISH DANCE
PONTELAND SENIOR GENTLEMAN'S CLUB	ST MARY'S CHURCH LISTINGS	

Visit our new website: www.tynevalleyexpress.co.uk for all the details.

Want to add your community happening to this area? - email us the details info@tynevalleyexpress.co.uk
 PS - If you are not at all 'Techy' then call Michael on 07702 267478 and he will help you out!

T.C. Tree Services

Your Tyne Valley Tree Surgeon

• Tree Pruning/Inspection/Removal Call: 01434 673 918



Mentally Sound: Life In Lockdown

New wellbeing podcast series & community radio show

Mentally Sound is a mental health show on a community radio station in Newcastle's west end. It broadcasts fortnightly with a podcast as follow up, and has been running for over five years.

This year's pandemic brought its challenges on us all, so one of the cohosts, Ricky Thamman, every week has been recording podcasts, called *Life In Lockdown* at home with resident show therapist Nicky Robertson to help listeners with much needed wellbeing advice. These are also broadcasted at 1pm every Tuesday on *Spice FM*, and released on the show's social media.



Listen to the podcast from our website at: www.tynevalleyexpress.co.uk

Ricky Thamman & Nicky Robertson

In association with *Spice FM*, *Mental Health North East*, & *Recovery College Collective*.

98.8 FM / www.spicefm.co.uk

Twitter: @_MentallySound

Facebook: Mentally Sound [Radio Show]

Instagram: [mentallysoundradio](https://www.instagram.com/mentallysoundradio)

FurnitureClinic

care and repair

Is your furniture in need of a little care and attention?

From a dirty sofa to a scuffed bolster or a tear in your arm chair, Furniture Clinic is here to help you.

Our dedicated, friendly and professional team will visit you at a convenient time to give you a no obligation quote, and on many occasions will carry out the job in the home. If the job is more complicated, they will take the item to the workshop and return it to you when it is completed.

As well as repairs, we also provide a cheaper and faster alternative when it comes to updating your home and car's interior - we can re-upholster and re-trim leather and fabric furniture, or even carry out a complete colour change.

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

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

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

To find out more about we can do for your items, give us a call on **01207 282 644**.

Full Leather Restoration Service

- All aspects of upholstery
- Auto interior trimming and repairs
- French polishing
- Specialists in bespoke restaurant banquet seating

Full Re-upholstery Service

- Some repairs can be undertaken in your home by our NVQ qualified upholsterers and leather technicians, or larger jobs brought into our fully equipped workshop
- Specialists in bar bench seating

- Rips
- Cigarette Burns
- Holes
- Cat Scratches
- Re-Colouring
- Cleaning
- Stain Removal

- Cracking
- Panel Replacement
- Spring Repair
- New Foam
- Colour Matching
- Frame Repairs



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

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

Accountants Graham Turner Accountancy p57
..... Paul Axcell p51

Architect JJ Architecture & Design p29

Artists / Galleries / Photography
..... Roger Clegg p75

Auctioneers Anderson & Garland p9

Bakers / Catering Sugar Daddy Bakes p12

Bathroom Showroom / Installation
..... Inside Transformations p80

Beauty / Health & Hair Slimming World p35

Bi-fold Doors / Extensions Metal Services p2

Blinds Blinds Ryton p74
..... Signature Window Shutters p13

Builders Hexbridge Construction p18/19
..... Robin Building Services p27
..... A. Douglas Construction LTD p61
..... Watson Builders p26

Burglar Alarms & Security
..... Metro Security Service Ltd p59

Bushcrafts Wild North Discovery p66

Café / Farm Shop / Places to go
..... North Acomb Farm Shop p5

Car Valeting WANTED

Carpet Cleaning IR Cleaning Services p46/47
..... Zero Dry Time p68

Carpet Shop / Fitter Karpet Mills p79

Central Heating Services / Installation / Repairs
..... DMAC p20
..... Appollo Gas Services p62
..... JP Westall p42

Chimney Sweeps WANTED

Children's Entertainer WANTED

Chiropodists / Foot Care
..... Toetal Treatments p73
..... Tyne Valley Foot Care p51

Chiropractic WANTED

Churches Ryton Churches p21
..... The Gate p50

Cleaning Services Double Green Care p30
..... Polish Maids p43
..... Maid 2 Sparkle p59
..... Ramsay Cleaning Services p21

Cleaning (outside surfaces)
..... Jesmond Jet Clean p74
..... The Gleam Team p45

Computer Repairs / Issues Tech Team p44

Conservatory Elliott Spoors p37

Counselling WANTED
..... Nicky Robertson p33

Decorator
..... Brian Hewison Interior Decorator p30/p75
..... Tom Wansell p5

Dentist Louise Hunter & Associates p22

Dog & Cat Grooming The Dog Lady p23

Drains WANTED

Driving Instructor UK Driver Training p58

Dry Cleaning / Laundry Jamiesons p63

Electrician Fultons Electrical Services p23
..... GJL Electrical p20

Estate Agents Kirsty Hodgson p1/55
..... WPG Lettings p41

Events / Classes / Help Groups
..... Northumberland Cancer Support Group p75
..... Guy Opperman p71

Explorers Explorers Online p54

Fabrics / Soft Furnishings / Interior Design
..... Sandra Gallon Interiors p27
..... Foam Firm p29
..... Holly's Kitchen p69

Fencing / Wrought Iron Work / Gates
..... Designs in Steel p28

Financial Adviser WANTED

Florist WANTED

Furniture Retailer / Repairs / French Polisher
..... The Bed and Chair Centre p52
..... Roy Cave French Polisher p57
..... Furniture Clinic p77

Funeral Directors + Plans
..... All Seasons Funeral Directors p23
..... E. Peart p23

Garden Services T&A Trees & Gardens p75
..... BA Paving & Landscape Garden Services p58
..... Land Girls p26
..... T.C Tree Services p39
..... Double Green Care p30

Garage Doors Comet Garage Doors p43
..... Garolla Doors p29
..... Newcastle Garage Doors & Shutters p33

Garage Services Grants Garage p34

Gift Shop Crafters Emporium p51

Groundworks Lee Richardson p15
..... BL Paving & Groundworks p57

Handyman David Castonguay p74

Health & Wellbeing B12 Clinic p73
..... My Bodhi Mama p69

Hearing Lisa Graham Hearing Care p38

Home Care Community Buddies p1/31/69

Home Improvements / Repairs
..... Hexbridge Construction p18/19
..... Nook Design p4
..... David Muers & Son p7
..... High Rowantree Bespoke Furniture p51
..... Inside Transformations p80

Home Services Pure Plants p5

Housing Developments WANTED

Ironing The Iron Lady p21

Jewellers WANTED

Joiner Nook Design p4

Key Cutting WANTED

Kitchen Supplier / Fitter .. David Muers & Son p7
..... Dream Doors p10
..... Inside Transformations p80

Knitting & Crochet Ready Steady Knit p51

Legal Services The Will Guys p14

Locksmith In2Locks p11

Loft Conversion WANTED

Logs WANTED

Massage Total Health p12

Mobility Bewick Mobility p36

Motorhomes Motorhome Depot p71

Number Plates Plate Services p11

Opticians Elizabeth Evans p3

Oven Cleaning Oven Clean p30

Pet Services Dog Lady p23
..... Northumbria Pet Crematorium p25
..... The Snack Pawtal p5

Plasterer WANTED

Plumber Robin Building Services p27
..... Appollo Gas Services p62

Physiotherapy Hexham Physio p67

Reclamation / Timber Prudhoe Timber p14

Restaurants / Pubs / Clubs WANTED

Roofing L. Richardson Roofing p15
..... Elliott Spoors p37

Scaffolding WANTED

Shops - Retail Matthias Winter p65
..... Run Unlimited p49

Skip Hire WANTED

Solicitor WANTED

Sports / Clubs Border Reiver Archers p20

Stamp Collection Northern Stamps p59

Stair Lifts Acorn Stairlifts p53

Storage Secure Container Storage p51

Tattoo Removal Rethink Laser p22

Taxi Clarks Cabs p21
..... Advanced Taxis p60

Theatre / Panto Boulevard p70

Tiler WANTED

Trade Suppliers DIY Workshop p11

Tree Surgeon T.C Tree Services p39

Tyres WANTED

Vets WANTED

Waste Disposal WANTED

Wheeie Bin Cleaner WANTED

Windows / Doors / Double Glazing / Repairs
..... In2Locks p11
..... M.B.C Glazing Repairs p39
..... George Stephenson Double Glazing p29

Window Cleaner TK Window Cleaning p17

Tyne Valley Express for the People by the People!

Advertise your business in and around the Tyne Valley.

Here at the Tyne Valley Express we always work hard to find good quality local traders. If we didn't, the magazine would not work for us or for you. Any poor trader will always be removed once we become aware. Our traders are a loyal bunch and most have been with us for years. They also help us list 100's of What's on entries for free thanks to their adverts. We are now actively looking for 'NEW' local traders and would like our readers help to fill in the WANTED spaces - or even create new ones. So if you are a business owner or know a trader that might benefit from the exposure to 32,000 homes then please get in touch? We promise to look after you too!

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