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# TYNE VALLEY express

LTD

A free publication for the people of the Valley - Issue 73 - May/June 2021  
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*In this issue...*

- IT Matters
- Economics
- What's On returns
- Hexhams Big Day Out
- Power of Communities
- Barmoor Hub Open Day
- Children's Book Festival
- Organic milk for the valley
- New art gallery in Allendale
- Prudhoe Community Arts Festival & Trail

- WIN - Father's Day luxury watch
- WIN - £100 Voucher for IR Cleaning
- WIN - £100 Voucher for North Acomb Farm Shop



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AZURE GARDEN CENTRE STATION ROAD CRAMLINGTON NORTHUMBERLAND NE23 8BJ

As the virus appears to slowly mutate in to totalitarian dictatorship I'm worried about the future. That feeling is out of my control but I do feel it deep within. The MSM in all its forms, linked like a spiders web, shines it's torch light at the next fear based divisive narrative as we all scramble around in the dark. Someone needs to switch the main light on for some real perspective. Most people are empaths, we want to do the right thing. The problem is that the narcissistic system knows us inside out and uses our love against us. So sad.

Weather wise Spring seems to have been cancelled too but I know that is temporary and it is fantastic to see community starting to commune again. Lots of things going on this spring and our What's On pages and Index contains more offerings.

Talking of What's On, we are listing again! Many of our groups have disappeared or failed to reach out for this edition. So if you need an entry re-added or want a new entry just head to [www.tynevalleyexpress.co.uk/whats-on](http://www.tynevalleyexpress.co.uk/whats-on) – IT'S FREE!

We also run a scheme called Community advertising where you can get an advert in the magazine at cost price - more details on page 56.

#### *Businesses to mention;*

Nook Design are looking for 2 potential employees to join their business. This amazing company produce a quality product above and beyond anything I have seen and are looking for skilled works with the same ethos – see page 42 for details.

North Acomb Farm shop are giving away a £100 voucher to one lucky visitor. This shop for me is an absolute gem and we should all pay a visit. The quality of produce is unbelievable as is Robin's passion. Simply pop in and leave your details for a chance to win. See page 39.

More competitions this issue too. We have a fabulous watch to giveaway on page 4.

IR cleaning services are also giving away a £100 clean of your choice. Richie has always been 100% dedicated to giving the perfect clean and his giveaway details are on page 50.

Last but by my no means least is Bays Leap Farm organic milk. All I can say is "Wow!" The taste, quality and health benefits are off the chart so get some! More details on page 7.

Our paper quality has also improved and we've gone 100% recycled.



Lastly, yes this is a business, but before that it's a community connector. We want to help our community. Reach out and ask – I WILL HELP YOU.

Love to all the empaths from the bottom of my heart – stay true to yourself and switch off that bloody News!

*Michael Doughty*

Michael and the Tyne Valley Team.

Tel: Michael: 01661 852 684 or 07702 267 478

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

The Lodge, Bays Leap Farm, Heddon on the Wall, Northumberland, NE15 0JW.



## Father's Day Competition

### We have the perfect Father's Day gift WIN this stylish Fossil Watch.

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To be in with a chance of winning this superb luxury timepiece you just need to access our **Tyne Valley Express Facebook page**, like the competition post and then share it on your timeline. Easy!

The winner will be chosen at random and announced on our Facebook page on Monday 14 June, so be sure to follow us for notifications. Good luck!





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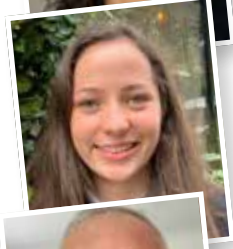
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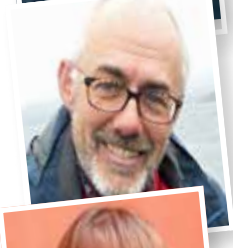
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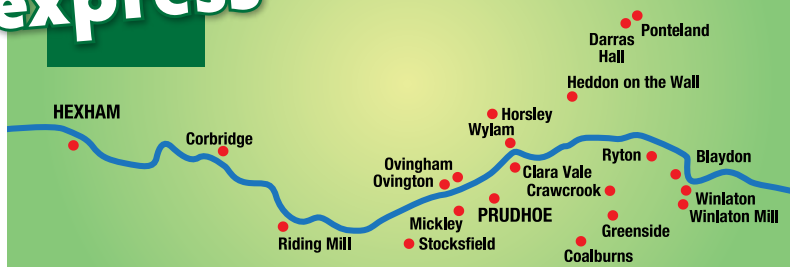
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I'm Nicole, your local Will Writer and all things estate related! I pride myself on being professional, knowledgeable but most of all honest, open, and straight forward with a no fuss approach. The world of Wills and Estate Planning can seem a daunting one. Whether you want to make sure your children's future is protected by appointing guardians should the worst happen, or if you are concerned about care home fees and making decisions for yourself in the future I can help and make this a simple process for you. I offer a face to face service at a time that suits you or a telephone service if you prefer. Make sure you protect what matters the most to you, for those who matter the most.



Nicole Dean - Will writer

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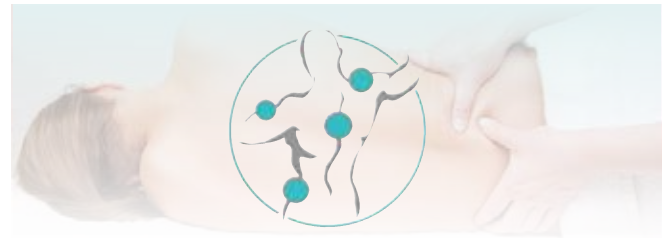


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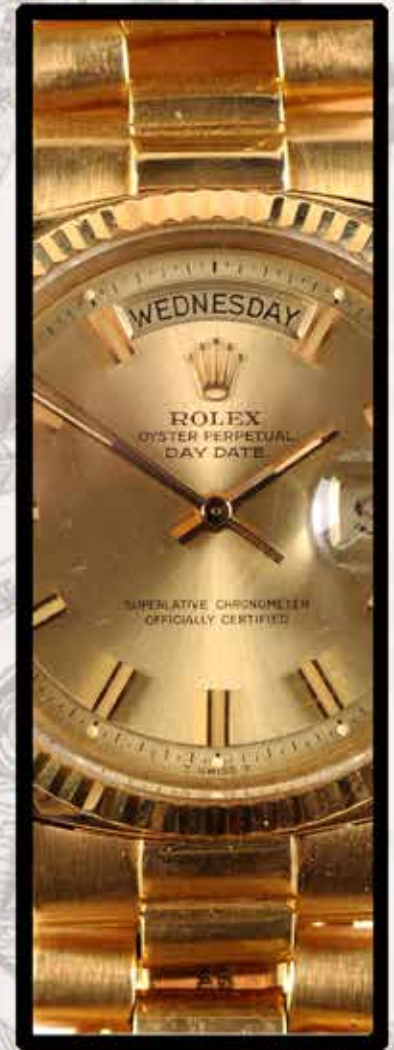


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# The Power of Communities

'It takes a village to raise a child'. It's an African proverb that means for a child to reach their fullest potential, the whole community will be involved in their upbringing. But this notion lasts long after the child has grown and shows how powerful our local communities are to us.

One strength of this pandemic is how our communities have rallied together. Every day I see appreciation posts on Facebook of people in Corbridge, Prudhoe, Hexham and beyond, thanking Good Samaritans who have come to them in their time of need. I remember the socially distanced street parties for VE Day, mine included houses decorated with Union Jacks and bingo, which was shouted down the street by a fellow neighbour with a microphone.

Charities, food bank pop-ups, and mass money collections for certain people are commonplace. As well as supporting those who have decided to form side businesses to help with money deficits. The switch from mass-commercialism to small businesses has skyrocketed because we know that they need it more. They show their thanks in kind – for example, I love that Forum Books packs a handwritten thank you postcard and a free bookmark with every order.

Speaking of bookshops, Cogito Books in Hexham was awarded the title of Northern Independent Bookshop of the year. It won due to becoming 'more important to its local community than ever, encouraging customers to talk on the phone, wrapping orders with notes from booksellers and often delivering them to far-flung locations' according to the awards committee. The concept of a community can not only be rewarding for individuals but businesses also.

Therefore, if we look after and nurture our communities, they will return it with mutual respect.

The term community is also flexible. For some people, their community can just be their street where they don't engage with the wider area. For me, for example, it stretches from my village Dunston to Newcastle. In recent months I've also explored the wonders of the wider Tyne Valley area and found that all areas have something to appreciate.

So, whether you are a newcomer or have been in an area for your whole life, reach out. Strike a conversation with your neighbours more often, take part in local events, or even take up a new hobby and join a group. There will be someone, somewhere who shares an interest with you. Suddenly, you are no longer alone and that sense of belonging is worthwhile.

The benefits are twofold. You will feel happier for doing good deeds and for gaining a friend or two, while they will feel the same. We all grow together.

The community will be looked after and more appealing to newcomers too. Boosts to personal happiness and the economy will follow. We make fundamental steps to fixing issues within our society, all the while respecting people's personal space.

In simple terms, it's nice to see something so positive come out of such a terrible ordeal.

From a brand perspective, engaging in your local community can mean that

you get loyal and devoted customers. You'll build up a rapport with them and the chance of them giving recommendations to other people are higher. Building a relationship with existing customers opens up a dialogue and creates a more sustainable, long term way of growing the business. When this relationship is built, the business becomes a trusted source which can mean that existing customers buy more than new ones.

My only hope is that after this pandemic is over, we retain the power of the community that we've nurtured. We keep checking up on people, ensuring that our elderly folk are not lonely, having honest communication about what we need without the stigmatism, and lending a helping hand whenever possible.

On a business front, remember to appreciate your high street. I went on my daily walk once in Newcastle and it was rather depressing to see every shop closed. Although online shopping is more convenient, there is something special about browsing a physical store, trying out products before you buy them. But we have to remember to respect the spaces we visit, to ensure that they remain there.

Sometimes it feels like we are always at each other's throats, especially when you scroll down social media. But that's not necessarily the case. Even when the world is at its absolute worst there will always be something that uplifts our spirits. Good and bad are two sides of the same coin.

And although it sounds corny, we are indeed stronger together.

The point of this article is to highlight parts of the community which we love and how immersing yourself in your area can be a wonderful thing. It's not all doom and gloom. For Remembrance Sunday and Easter I've seen handknitted poppies and bunnies tied to railings across the town. I've heard Jade's Jukebox do karaoke for Mother's Day and saw the whole street come out to sway along to My Girl by the Temptations. I've watched a mass money collection be raised for an elderly woman who was assaulted in an attempted robbery, and organisations came together to fit better security for her.

We are blessed to have our community. We have heroes among us; we even look in the mirror at them sometimes. Take this time to reflect on the good things that have happened in our community, and maybe even share a few.



*Katie Pharoah*

**Katie Pharoah**  
Writer for Tyne Valley Express  
[katie@tynevalleyexpress.co.uk](mailto:katie@tynevalleyexpress.co.uk)

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### ST ANNE'S RC CHURCH

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

### ST PAUL'S CHURCH

Holy Communion, Sung Communion, All age family Communion and Evensong all continue, albeit under covid restrictions. Please contact us for further details.  
Place: St Paul's Church  
Organiser: Lillian  
Contact: 07563 644038

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Organiser: Anne Readshaw  
Contact: 01914145061

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Place: St. Cuthbert's Church  
Organiser: Lorna Gardner  
Contact: lornagardner6@gmail.com

### ST JOSEPH'S RC CHURCH

St. Joseph's Sunday Mass at 11.00am. For enquiries please email or contact 0191 4142654  
Place: St Joseph's RC Church, Blaydon  
Organiser: Adrian Tuckwell  
Contact: st.annewinlatonrc@gmail.com

### WINLATON WOMEN'S INSTITUTE

Meetings held in St. Anne's Church Hall on the 1st Wednesday of each month at 6.45 p.m. Contact either Joyce Little or Alice O'Halleron on 0191 4401432 for further details.  
Place: St. Anne's Church Hall  
Organiser: Joyce Little  
Contact: 01914142829

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Place: Winlaton New West End Club  
Organiser: Local History Society  
Contact: winlatonhistorysociety@yahoo.com

### BLAYDON LIBRARY

We are back! Our libraries are now open for selection of books and computer use. Full details of opening hours on [www.gatesheadlibraries.com](http://www.gatesheadlibraries.com)  
Place: Blaydon Library  
Organiser: Blaydon Library  
Contact: 01914336201

### ART DIAMONDS

An arts project for people of retirement age in Gateshead. No charge to join this friendly group led by Gateshead Libraries, Arts & Heritage. Activities are suitable for beginners, so if you're feeling arty, join our party.  
Place: Gateshead Libraries (activities delivered remotely but workshops hopefully restarting later this year)  
Organiser: Colleen Dewing  
Contact: colleendewing@gateshead.gov.uk

### WINLATON EVANGELICAL CHURCH

Sunday Worship Service: 10:30 am. Bible Study & Prayer Meeting: Tuesdays 10:45 am. All warmly welcome.  
Place: Next to public library  
Organiser: Winlaton Evangelical Church  
Contact: winlatonevch@talktalk.net

### TRINITY METHODIST CHURCH

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

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Place: Winlaton Parkhead Estate  
Organiser: Frank & Pat Smith  
Contact: 01914144337

### WINLATON MILL VILLAGE HALL

Please note that at the moment, all room hire and other bookings must comply with Government guidelines. We can take provisional bookings for parties but are unable to confirm until Government guidelines allow them.  
Place: May Avenue, Winlaton Mill, NE21 6SF  
Organiser: Dawn  
Contact: info@winlatonmillvillagehall.com

### NORTHERN TASKFORCE

We meet Tuesday to Thursday at Swalwell Visitors Centre. We're a small team who help protect local nature reserves (Shibdon Pond, Milkwellburn Woods, Cross Lane Meadows etc) including installing fencing and gates, removing invasive species, coppicing trees and littler picking.  
Place: Swalwell Visitors Centre  
Organiser: Chris  
Contact: northern@durhamwt.co.uk

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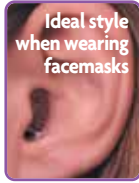
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Lisa has received both vaccines and is tested for COVID twice a week



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[info@lisagrahamhearingcare.co.uk](mailto:info@lisagrahamhearingcare.co.uk) [www.lisagrahamhearingcare.co.uk](http://www.lisagrahamhearingcare.co.uk)

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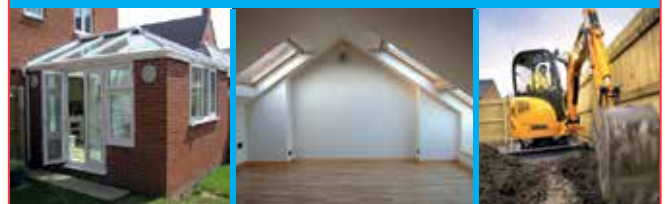
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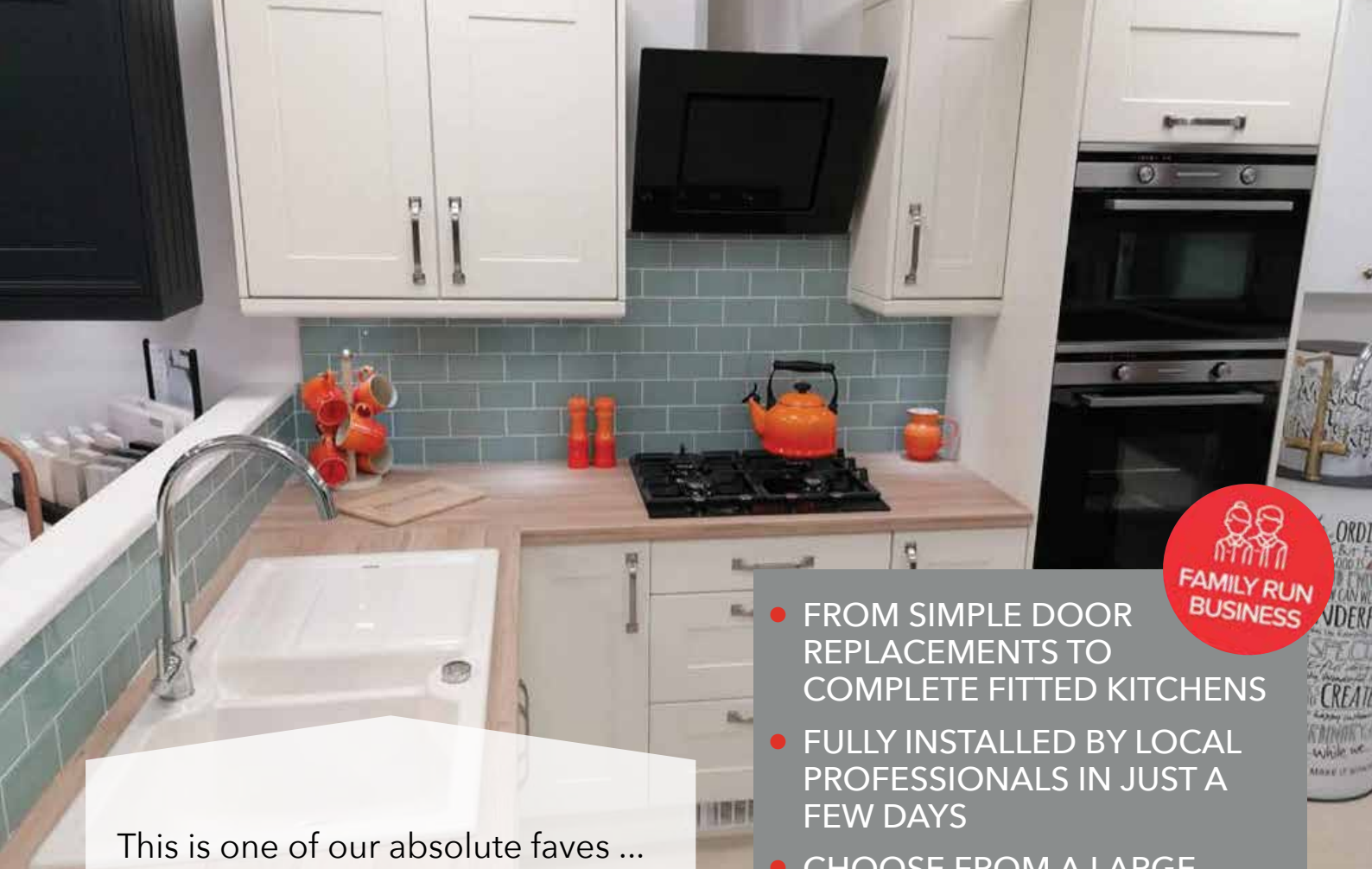
*Trustworthy firm, nice people, nice owner, I couldn't recommend them highly enough.*

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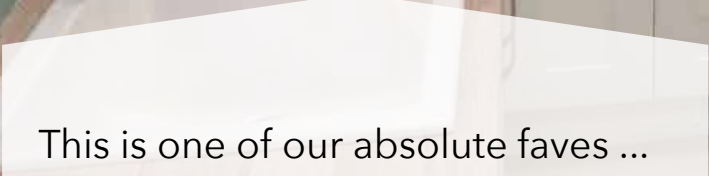
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# IT Matters

Trolls to me have always represented FUN! Like those little characters that roll out of the rocks in the Frozen films or the ones with the florescent hair who like to dance to Justin Timberlake. Regardless, they are harmless. Recently (and I now realise naively) I shared a link on a local forum offering a free class to support mothers with Sex Education through a programme created following my decade in the Secondary PSHE classroom. I was not prepared for what ensued.

*'You with the sad eyes  
Don't be discouraged  
Oh I realise  
It's hard to take courage.'*

The intention in offering a female only class was never to exclude men but to honour women's completely different lived experience, especially as sexual beings. The content was specifically tailored to meet the needs, complexities and anxieties of being female but as these things can so often go, someone/thing is misunderstood, taken out of context and the people pounce! Although utterly flabbergasted by the response, I met the mob with deep compassion, leaned deeply into Theodore Roosevelt's Man in the Arena speech "it's not the critic that counts," cracked open the gluten free biscuits and watched the allegations fly.

*'In a world full of people  
You can lose sight of it all  
And the darkness inside you  
Can make you feel so small.'*

For now it seems, exists another type of troll though these ones are more akin to the children's fables of old. You know the type that like to hide under bridges, grab your ankles and pull you under - except now they hide behind their iPhone, grab your attention in the comments section and pull you under. Ironically these type of ankle accosters are completely protected facing zero consequences due to the anonymity the internet provides. "Never complain, never explain," say the House of Windsor and whilst that is bloody good advice, it still hurt. I know this is not a reflection of how we live, so why is it ok to do it online? When did posting in a local forum become like entering the colosseum?

*'But I see your True Colours  
Shining through  
I see your true colours  
And that's why I love you.'*

Still I feel slightly shaky writing this, all too aware of the comments section lingering underneath the cyber publication of this piece. What if it all flares up again? Even now as I type someone is commenting on my choice of clothing (my LOVELY green woolly jumper gifted by my mother for Christmas) as an example of how I would never "get laid." Studies by Stanford University (2017) state anyone has the potential to become a troll and if a discussion begins with a "troll comment," then it is twice as likely to be trolled by other participants later on, compared to a discussion that does not start with a troll comment. The more troll comments in the dialogue, the more likely future participants will also troll the discussion. Those initial words set a strong lasting precedent. What we say or don't say really does matter.

*'So don't be afraid to let them show  
Your true colours  
True colours are beautiful,  
Like a rainbow.'*

Don't get me wrong local group forums have brought us many a wonderful thing. A sense of community, help finding lost animals and crucially the ability to promote and support local businesses. An invaluable source of connection especially giving the events of the last year. Although it has also brought us other things too whether its garden gnomes or roundabouts why do the comments so easily descend into dictio diarrhoea? When did it all get so polarised out there?

*'Show me a smile then,  
Don't be unhappy, can't remember  
When I last saw you laughing'*

It's ok to believe something, and stand on one side, but what's even more important than being "right" or "wrong" is to understand why someone feels the way they do, and why someone believes what they believe. People are smart, capable of thinking/examining information so just because somebody disagrees with you does not mean they are stupid, should be shut down or at worst cancelled (take note Silicon Valley). More than ever we need to respect and understand one another especially online were context can't be so readily shared. Had you just met someone in the street would you say all those things to their face? Likely not.

*'If this world makes you crazy  
And you've taken all you can bear  
You call me up  
Because you know I'll be there'*

I've had time to reflect, reminded of my time spent travelling Israel in 2012 lucky to have supper with a local man sharing insights on the tension and troubles in the West Bank. He said something that night which has stayed with me ever since "when people don't know how to connect with love they connect with pain, as that's better than no connection at all." To be seen, heard, loved and understood is what the trolls crave (it's actually what we all crave) they are just asking for it in all the worst ways!

*'True Colours  
True colours are shining through  
I see your true colours  
And that's why I love you.'*

So if you ever find yourself on local forum witnessing something/someone that you don't like and are tempted say anything ranging from slightly unkind to darn right abusive, remember you have a choice. What you choose to do really does matter. That said, a wise man once wore a T Shirt that read "why be sexist, racist, homophobic or transphobic when you could just be quiet."

Lyrics by Cyndi Lauper  
featured in the  
movie TROLLS.

*Sarah  
Fae*

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## ...in RYTON & CLARA VALE

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### RYTON METHODIST CHURCH

Services continue as usual. During the services we will be following guidelines recommended to us by The Methodist Church so please be prepared for minor changes. Full details can be found on our Church website [www.rytonmethodistchurch.org](http://www.rytonmethodistchurch.org)  
Place: Ryton Methodist Church  
Organiser: Dave Charter  
Contact: 01914606411

### RYTON COMMUNITY LIBRARY

Unfortunately the Community library has permanently closed. We wish to thank you for the support over the years  
Place: Ryton Library  
Organiser: Ryton Library  
Contact: n/a

### HOLY CROSS CHURCH

SUNDAY - 10.30am Holy Communion, THURSDAY - 10.00am Holy Communion. Spaces are limited to 30 so please reserve your place. SUNDAY - 10.30 am Young Church held in Holy Cross Church Hall. To attend, please contact Jon Innerdale 07887053123.

Place: Holy Cross Church  
Organiser: Glynis  
Contact: 01914134802

### HOLY CROSS CHURCH HALL

Thinking of holding party or celebration, this may be the perfect venue for you. Church Hall has COVID-19 measures in place. For further details please telephone us using the details provided.  
Place: Holy Cross Church  
Organiser: Sue  
Contact: 01914135233

### RYTON CHORAL SOCIETY

Come and join us on Tuesday evenings (6.50 - 9.00) at Charles Thorp Academy, Main Road, Ryton (in the music room). Get more details by visiting our website [www.rytonchoralsociety.org.uk](http://www.rytonchoralsociety.org.uk) or call for more info  
Place: Charles Thorp Academy  
Organiser: Neil  
Contact: 07786823637

### U3A RYTON

A friendly group with membership of 120 plus members who enjoy a variety

of activities. Club is currently closed but we hope to re-open shortly. Check next issue for updates.  
Place: Barmoor Hub  
Organiser: Christine Knox  
Contact: 07743480299

### LOCAL COUNCILLOR SURGERIES

Local Councillor surgeries, Ryton Methodist Church - 1st Saturday of the month between 10 - 11am. Stargate Hall on 3rd Friday of the month between 6 - 7pm. (We also don't have surgeries in August, over Christmas and on public holidays).  
Place: Ryton Methodist Church Hall  
Organiser: Alex or Freda Geddes  
Contact: 01914131574

### RYTON OUTDOOR BOWLING

Home to the Towers, Vets and Women's Clubs. Based in Ferndene Park, Ryton. Come and join us either for pleasure on most afternoons or Sunday (am) or in Competitions throughout the Summer.  
Place: Ferndene Park  
Organiser: Colin Diball  
Contact: 01914133872

### STARGATE COMMUNITY CENTRE

We are currently closed due to building work but hope to re-open soon. Check back next issue for updates.  
Place: Stargate Community Centre  
Organiser: Fiona Todd  
Contact: [fiona.todd33@gmail.com](mailto:fiona.todd33@gmail.com)

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Place: Clara Vale Village Hall & Business Centre  
Organiser: Rachel  
Contact: 07543281301

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# Archers return to Ovingham



Members of Border Reiver Archers have finally returned to shooting in Ovingham after suffering the lock-down blues like millions of others in the UK. 'We are so pleased to get back to some meaningful activity in the good company of like-minded people' said one member. 'Archery is a great way to get some fresh air and gentle exercise whilst making new friends and experiencing new challenges!'

The club hold regular Drop-In sessions on the first Sunday of each month during the summer months. Anybody from 4 years old (with a responsible adult) can drop in between 1pm and 3pm and there is no upper age limit! A modest charge (£2-£3) is applied to cover the cost of consumables and the club is only able to accept cash.

Current covid guidelines are strictly observed by the club and visitors are required to follow a 'one way' system on the field, sanitise hands and maintain a safe distance from others who are also there to enjoy themselves. Club coaches and senior archers wear masks or visors while instructing guests and all equipment is rigorously sanitised throughout the session.

For those who would like to enjoy a longer experience of archery and get a better feel for it, the club runs regular Taster Sessions lasting a full hour (must pre-book). Many of the club members were first introduced via a Taster Session, often having been invited by friends to share a new experience, sometimes having received a Gift Token as a unique gift from loved ones.

Because archery is truly inclusive, regardless of age, gender or fitness levels, families, couples and friends can all enjoy this wonderful activity together.

It's worth having a look at the website:

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

for full current information and perhaps Drop-In soon?



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**SUNDAY - 10.30 am YOUNG CHURCH** held in Holy Cross Church Hall, Station Bank, Ryton Village. If you wish to attend please contact Jon Innerdale 07887053123

## THURSDAY - 10.00 am HOLY COMMUNION

Spaces are limited to 30 - please ring the Churchwardens (Glynis 0191 4134802 or Sue 0191 4135233) to reserve a place.

You can join us live online every Sunday morning at 10.30 am on our Facebook page or catch up later on our YouTube channel - search Holy Cross Ryton & St Paul's Winlaton. We also have phone church on Sunday evenings at 6.00 pm which anyone is welcome to dial into.

Contact Rev. Alison on 0191 4529381  
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For further information contact Glynis: 0191 4134802  
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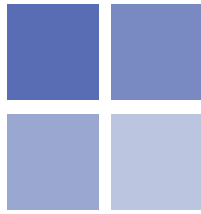
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If you run a group, club or a non-profit organisation that is back up and running, let us know and we'll include it in our What's On diary completely free.

### PRUDHOE TOWN COMMUNITY CENTRE

We have a wide range of events and classes throughout the week. The centre is also available for hire with a bar and kitchen for any function such as Birthday party, wake, coffee mornings etc. Details on our Facebook page.  
Place: Community Centre  
Organiser: Brian Batey  
Contact: 07855771335

### PRUDHOE LIBRARY

Library is open for time limited browsing. We are operating amended hours so please check website before visiting [www.mylibrary.co.uk](http://www.mylibrary.co.uk)  
Place: Prudhoe Library  
Organiser: Library Desk  
Contact: [prudhoe.library@northumberland.gov.uk](mailto:prudhoe.library@northumberland.gov.uk)

### THE GATE CHURCH

We are working to help you through this pandemic. While we're on lockdown, all of our meetings are online - there's plenty on offer if you would like to join in! You'll find us online at [www.thegatechurch.org.uk](http://www.thegatechurch.org.uk)  
Place: Swalwell Close off South Road  
Organiser: Office  
Contact: [thegatepcc@hotmail.co.uk](mailto:thegatepcc@hotmail.co.uk)

### GLEMEN MALE VOICE CHOIR

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

### PRUDHOE GARDENERS ASSOCIATION

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

### BORDER REIVER ARCHERS

We are a small, friendly club with membership open to those aged 14 years and over. We run regular Taster Sessions and Beginners courses. Tuition is given by fully qualified Archery

GB Coaches and other experienced archers. Visit [www.borderreiverarchers.co.uk](http://www.borderreiverarchers.co.uk)  
Place: Contact for details  
Organiser: Border Reiver Archers  
Contact: [borderreiverarchers@yahoo.com](mailto:borderreiverarchers@yahoo.com)

### PRUDHOE LADIES NETBALL CLUB

We meet every Wednesday evening (term time only) between 7pm-9pm. If you want to get fit, have fun and meet new friends, just pop along one week - we'd love to welcome you to our club.  
Place: Prudhoe High School Sports Hall  
Organiser: Chris  
Contact: 01661834901

### PRUDHOE CASTLE BOWLING CLUB

We meet every afternoon from 1.30pm at Oaklands Park, next to Waterworld Monday to Saturday with League Matches and Friendly encounters. Why not come along and join us from Late April to September.  
Place: Oaklands Park  
Organiser: Phil  
Contact: 01661843372

### PRUDHOE METHODIST CHURCH

We are delighted to announce that regular Church Services have resumed on Sundays at 10.00 am. These services will last for about 30 mins. To ensure that we can accommodate you and to reserve a seat please contact us.  
Place: West Road  
Organiser: Martyn Johnson  
Contact: 07732784080

### PRUDHOE & DISTRICT U3A

We are a friendly organisation with a wide variety of activities and interests. Our members are from all walks of life and either retired or in part-time work, with different life experiences to share. For itineraries and further information please visit [www.sites.google.com/site/u3a4prudhoe](http://www.sites.google.com/site/u3a4prudhoe)  
Place: St Mary's / The Spetchells Centre  
Organiser: Membership Secretary  
Contact: 01434682220

### GLEMEN MALE VOICE CHOIR

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

### SPETCHELLS CONSERVATION INTEREST GROUP

Help is needed to protect the

Spetchell's unique chalk grassland which contains many species of rare butterfly and mining bees. More volunteers are needed to remove invasive plants and carry out surveys of the ecosystem. Please join us!  
Place: Spetchells, Low Prudhoe Tyne River  
Organiser: Keith Shaw  
Contact: 07962658230

### CREATIVE WRITING

This class will inspire and encourage you to write poetry, fiction and memoir and to share and develop your writing through stimulating workshop sessions in a friendly and supportive group. Get in touch to arrange a free taster session.  
Place: Currently online  
Organiser: Claire Lynn  
Contact: [claire@claire276.plus.com](mailto:claire@claire276.plus.com)

### WEST WYLAM RESIDENTS ASSOCIATION

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

### PRUDHOE GROUND FORCE

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

### PRUDHOE COMMUNITY CHOIR

Welcomes new members. The choir meets on Wednesday evenings between 7.45pm and 9.45pm.  
Place: Stocksfield Baptist Church  
Organiser: Joan Sulter  
Contact: 01914133442

### TYNE VALLEY CANOE CLUB

We meet every Friday throughout the year in either Tyne Riverside Country Park (April-September) @ 6.30 pm or Waterworld (October-March) @ 8.30 pm. All ages welcome. For more details, please get in touch.  
Place: Prudhoe  
Organiser: John Dean  
Contact: 01661832575

### PRUDHOE PARISH CHURCH

We are a welcoming, family-friendly church in the heart of the community. SUNDAY: 10am Morning Worship with Young Church. THURSDAY:

10am Holy Communion. To attend in-person register online at [www.prudhoeparishchurch.org.uk](http://www.prudhoeparishchurch.org.uk). You can also watch live on Facebook @ PrudhoeParishChurch.  
Place: St. Mary Magdalene Church  
Organiser: Rev Dan Freyhan  
Contact: [vicar@prudhoeparishchurch.org.uk](mailto:vicar@prudhoeparishchurch.org.uk)

### TAI CHI/QI GONG FOR HEALTH

Come and de-stress with the flowing movements of Tai Chi and Qi Gong at our friendly, relaxing classes. Suitable for all ages and abilities. Mondays - Prudhoe Parish Hall 1.15 - 2.45. Fridays - The Manors, Prudhoe 10.00 - 11.00  
Place: See description  
Organiser: Liz  
Contact: 07949866481

### DRAGON TALE THEATRE GROUP

New members wanted. Based in Prudhoe. For more details, please contact us  
Place: Prudhoe  
Organiser: Stuart  
Contact: 07525494980

### PRUDHOE COMMUNITY ALLOTMENT

PCA is set up to support local people who would like to garden and need a bit of help. We meet on Tuesday and Friday mornings. If you can help us we would love to hear from you.  
Place: Prudhoe Community Allotment, Redwell Court  
Organiser: Ann Curran  
Contact: 01661 844675

### CURLABULL CANINE TRAINING

We are running pet dog training classes on Monday nights from 7 to 9pm. To book please use the website [www.curlabullcaninetraining.co.uk](http://www.curlabullcaninetraining.co.uk) or ring for more details  
Place: Prudhoe Church Parish Hall  
Organiser: Michelle  
Contact: 07776308220

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# Prudhoe Community Arts Festival & Trail 2021

The Prudhoe Community Partnership is delighted to announce that its Arts Festival and Trail will run this year as both a virtual event and as a foot-trail around the retail sites on Front Street. Over twenty artists will be displaying their work along with artwork from local young people.

The event will run from 10 – 24 July with artwork displayed in local shops and community venues. A virtual trail will promote Prudhoe featuring short interviews with artists and retailers, covering some of the local history and featuring local musical artists. This will be available through social media and the PCP website.



For further information please email: [spetchells@prudhoe.org](mailto:spetchells@prudhoe.org).

[www.prudhoe.org](http://www.prudhoe.org) Twitter: [@prudhoecp1](https://twitter.com/@prudhoecp1)

Prudhoe Community Partnership - Working together to make Prudhoe a great place to live and work.  
The Partnership is working with Ridgetec web solutions



# Have a Break

It seems that there is finally light at the end of a very dark and long tunnel. The resurgence of nature with spring brings with it the return of some welcome normality. I use the word "normal" lightly here, as I think things will not be as they used to be, rather a new normal will emerge. As we feel the bustle of life and activity around, we also see the effects of - what I call, "resocialisation".

Whether you are returning to school, going back into the workplace, coming out of furlough, venturing into shops, pubs, restaurants, gyms, sports clubs, or a long-awaited uniting of family and friends, this resocialisation is bringing with it its own sense of apprehension and for some, anxiety. As excited as we all are to have these things back, I am seeing clients who are struggling to manage their anxiety as well as work-life-home balance due to the new demands, and sense of overwhelm these activities are triggering.

It is no surprise we are seeing an increase in work related stress and illness. With redundancies happening all the time, more and more companies seem to be operating on skeleton staff. Pressure is high, budgets are tight and there seems to be a palpable air of tension within most organisations. There is a big call to action asking for companies to engage in wellbeing services for their staff. Big corporations, with larger budgets, have successfully implemented a range of workplace wellbeing services, leaving the smaller companies struggling to keep up. Cost effective steps to implement workplace wellbeing strategies can be introduced effectively without costing too much money.

Do you remember the Kit-Kat advert tag line- "Have a break, have a Kit-Kat"? as a Holistic Therapist I would not advocate the Kit-Kat, but I absolutely advocate the "Have a break". In fact, I regularly recommend that clients take a minimum of three 5-minute breaks a day. Regardless of whether you are a student preparing for exams, working from home, or working at the office, making sure you step away from your desk regularly through the day. I often work with clients who are in "head-down" mode, not moving from their desk for up to 5 hours at a time, not even for something to drink or a visit to the washroom.

Research shows that sitting in the same position for an extended period, causes strain within the musculoskeletal system causing ligaments and other structures to compensate for poor posture. This causes more wear and tear, increasing inflammation resulting in discomfort and pain throughout the body. Taking a break will not only help mitigate symptoms arising from physical stress but will create headspace to manage emotional responses such as irritability, erratic thoughts, a sense of overwhelm which are often felt as a result of the lack of movement. Instilling a habit where individuals understand the importance of stepping away from their desk when they feel the pressure increasing, can be invaluable. Stepping away gives their body a physical break and a mental break from the stress and helps them re-charge for the rest of the day.

Studies have shown that taking regular breaks can: -

- **Increase productivity.** While taking breaks might sound counterintuitive when it comes to boosting productivity, it's one of the best ways to do so. Individuals gain focus and energy after stepping away from their desks. A lunch break can help prevent an unproductive, mid-afternoon slumps.
- **Boost creativity.** Taking a break can a fresh perspective on challenging projects. It is hard for individuals to develop new ideas or solutions when they have been looking at the same thing all day. A break gives the brain a change of scenery allowing for different synapses to be stimulating, this will certainly help get those creative juices flowing.
- **Boost motivation.** Overwhelm drains our passion for the work we are engaged in.
- **Improve task satisfaction.** Stress reduces our feelgood hormones resulting in less joy and satisfaction with the task at hand, resulting in a loss of engagement.

Changing the work mindset around taking breaks is important. Last year, across the globe, we saw individuals working longer and harder. They replaced their commute to work with logging on early to get through their workload, forgetting that the logging on early should be followed with finishing early. Life became a jumbled mess of all work with small bits of life and home thrown in here and there.

We are not designed to work under high stress levels for the length of time we do. We need short, regular breaks, through the day to help us reset and recharge, as without these we will be seeing an increase in physical and mental health related problems.

If I have managed to convince you to start the practice of having a few short breaks during the day, here are a few things you could try: go for a brisk walk up and down the road or along the corridor, stretch your body, climb a flight of stairs, rehydrate with a glass of water, make a cuppa and practice mindfully sipping it without the distraction of a gadget, get outdoors and soak up some sunshine, practicing simply sitting and listening to the sounds of nature around you, try some relaxing breathing techniques or meditation. Whatever you chose to do, know that these short breaks during the day will go a long way to improving your health and wellbeing.



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Finally, if you would like to talk about an antique you have seen on the website, if you are looking for a particular item or if you need advice on a piece, please do phone or email and I would be delighted to speak or correspond with you.



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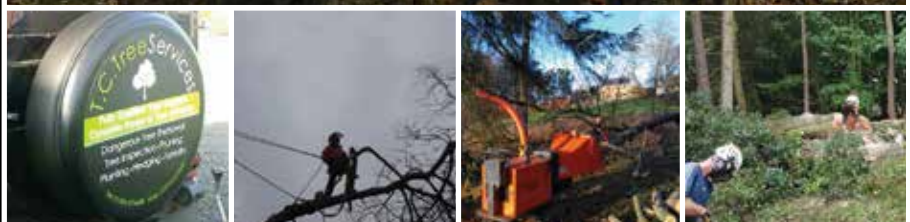
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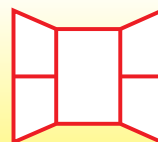
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If you run a group, club or a non-profit organisation that is back up and running, let us know and we'll include it in our What's On diary completely free.

### HEDDON METHODIST CHURCH

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

Place: Heddon Methodist Church  
Organiser: Brenda  
Contact: 01661598518

### HORSLEY WOMENS INSTITUTE

Meets every first Monday each month 7:30 pm in the WI Hall at the west end of the village. We enjoy a wide variety of speakers and a delicious supper! New members and visitors are always welcome.

Place: WI Hall  
Organiser: Pam McAllister  
Contact: 01661853813

### HORSLEY BOOK CLUB

Meets the first Friday of each month, 4 pm onwards in The Hearth cafe. New members and visitors are always welcome.

Place: The Hearth cafe  
Organiser: Hazel Holliday  
Contact: 01661853919

### HEDDON BALLROOM DANCING CLASSES

We welcome beginners and those with experience. Classes take place every Tuesday during term time in the Knott Memorial Hall from 8 - 10pm. Teachers have endless patience and

everyone has great fun. Find a partner and give it a try.

Place: Knott Memorial Hall  
Organiser: Jenian School of Dancing  
Contact: 01912365878

### THE HEDDON PATCHERS

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

Place: Women's Institute  
Organiser: Ann Allsopp  
Contact: 01661853422

### HEDDON STITCHERS

Heddon Stitchers meet every Monday from 1pm - 3pm. We're a friendly self-help group and offer help to anyone who has not picked up a needle for years. Trips are organised to local craft shops / exhibitions and there are regular workshops.

Place: Knott Memorial Hall  
Organiser: Ann Allsopp  
Contact: 01661853695

### HEDDON LOCAL HISTORY GROUP

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

Place: Heddon Methodist Church on Towne Gate  
Organiser: Andy Curtis

Contact: 01661853095

### HEDDON WOMEN'S INSTITUTE

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

Heddon WI Hall  
Organiser: Secretary  
Contact: 01661 853365

### HEDDON ART GROUP

We are a friendly Art group in Heddon on the Wall. We meet fortnightly from 7 to 9pm. We are at capacity but please get in touch and we will be happy to tell you more about what we do.

Place: W.I. Hall  
Organiser: Win Warcup  
Contact: 01661853346

### AD MURUM SINGERS

Ad Murum Singers are a community choir. We enjoy a wide range of music, and constantly explores new ways to make singing fresh, fulfilling and fun. We are always keen to welcome new members of all ages and abilities - No auditions!

Place: Heddon Methodist Church  
Organiser: Christine Champion  
Contact: 01912740217

### HEDDON CARPET BOWLS

Bowling provides gentle exercise, it has a good social atmosphere and there are always plenty of laughs. So if you would like to meet new people and make new friends, come along and join

us any Thursday evening at 7.00pm.  
Place: Knott Memorial Hall  
Organiser: Lil Cruickshank  
Contact: 07810473460

### HORSLEY VILLAGE CHURCH

Services each Sunday at 11 am. Please visit our website at [www.horsleyvillagechurch.btck.co.uk](http://www.horsleyvillagechurch.btck.co.uk) for more information  
Place: Horsley Village Church  
Organiser: Horsley Village Church  
Contact: [horsleyvillagechurch@gmail.com](mailto:horsleyvillagechurch@gmail.com)

### DRU YOGA CLASSES

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

### KEEPING FIT AND FLEXIBLE

This is a dance based fitness class aimed at the over 50's. If you enjoy moving to music come and give us a try. 10.00-11.00am on Wednesdays.  
Place: James Knott Memorial Hall  
Organiser: Pauline Wright  
Contact: 01661853365

### THE HEARTH CENTRE

The Hearth Hall is expected to open up after 17th May. Please check website [www.thehearth.co.uk](http://www.thehearth.co.uk) for classes and events.

Place: The Hearth Centre  
Organiser: Jo Bourne  
Contact: [office@thehearth.co.uk](mailto:office@thehearth.co.uk)

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If you're thinking of selling and are looking for some advice or wondering what the value of your home is - you can speak to us or any one of the team and we'll be happy to help you.

Take Care - Mel & Phil



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to a prime location on Prudhoe High Street following an exciting period of growth. We outgrew our space within The Spetchells Centre, where we've been for the past eight years. I'm really delighted with our new high street location. It's gives us the space and visibility that we need as we've grown quite considerably over the past few years. Hope to see you soon - Mel

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Prudhoe NE42 5AA  
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**ALSTON**  
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If you run a group, club or a non-profit organisation that is back up and running, let us know and we'll include it in our What's On diary completely free.

### WYLAM INSTITUTE

This grand Victorian building has two main halls and various other smaller rooms for hire. With competitive hire charges, why not consider using the Institute for your next birthday party, family gathering or fundraising event. Registered charity (Number 522167). Place: Wylam Institute  
Organiser: Institute office  
Contact: 01661852498

### WYLAM METHODIST CHURCH

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

### ST OSWIN'S

Church Services are at 9.30am\* Thursday and 8.00am & 10.00am\*

Sunday (\*are currently live streamed). All, including children, are welcome. Church Hall also available to hire. See [www.stoswinschurchwylam.btck.co.uk](http://www.stoswinschurchwylam.btck.co.uk) for details.  
Place: Church Road, Wylam  
Organiser: Rev Tom Birch  
Contact: wylamst.oswin@hotmail.co.uk

### WYLAM YOGA

Yoga for all at Wylam Institute. Ongoing Yoga courses each 1/2 term. HATHA YOGA on Thursday evening 7-8.30pm and Friday morning 9.45 - 11am Contact us for booking form.  
Place: Wylam Institute  
Organiser: Maria Knight  
Contact: yogawithmaria@gmail.com

### WYLAM TENNIS CLUB

Sessions: Tues 10-12am, Tues 7-9pm, Sun 2-5pm. Please contact us for further information or visit our website at: [www.wylamtennisclub.co.uk](http://www.wylamtennisclub.co.uk)  
Place: Wylam Tennis Club  
Organiser: Marion Muir  
Contact: 01661852058

### AMATEUR DRAMATIC SOCIETY

Meets every Monday at the Wylam Institute 7.30pm. For more details of the Society, please contact us  
Place: Wylam Institute  
Organiser: Gail Lawler  
Contact: 07817769174

### WYLAM WOMENS INSTITUTE

Meets every 3rd Tuesday of the month in Wylam Institute at 7.30pm. All visitors very welcome. For further details, please contact us using the details provided.  
Place: Wylam Institute  
Organiser: Robin Piette  
Contact: 01661853727

### PHYSIO-LED PILATES

Physio-led Pilates on Tuesday mornings, 9-10am - level 2. 10.10-11.10am level 1. Level 1 class is suitable for beginners and for those with low bone density. Get in touch to reserve your place or if you have any queries.  
Place: Wylam Institute  
Organiser: Angela McClintock,

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Contact: [pilatesphysio4you@gmail.com](mailto:pilatesphysio4you@gmail.com)

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Place: Ovington & Matfen  
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### UPLIFTED - WOMEN SINGING FOR FUN!

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Place: St Mary's Church, Ovingham  
Organiser: Christine  
Contact: 01661 832296

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**Hours:** Full Time

**Location:** Newcastle, Tyne Valley, Northumberland, Durham

**NOOK Design** manufactures and installs top quality bespoke fitted furniture including Studies, Hallways, Alcoves, Under Staircase Solutions, Staircases & Libraries

**The Role:** You will be working in our clients' homes and will be expected to be able to communicate in a polite manner, show the utmost care ensuring that you are clean and tidy in your work, respecting the property you are working in and maintaining the company's excellent reputation, while installing their bespoke furniture to the highest standards, showing great craftsmanship and best practice.

#### The Ideal Candidate:

- Must have experience installing high quality fitted furniture
- A positive, polite, can do attitude and solution orientated mindset are essential
- Motivated and hardworking
- Excellent attention to detail and take pride in work produced
- A good team-player but with the ability to work independently
- Able to work to deadlines whilst maintaining the highest quality of work
- Must have a driving licence and preferably own van and tools
- Associated skills, plastering, plumbing or electricians would be advantageous

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**Hours:** Full time 40 hours or part time to be agreed

**Location:** East Heddon, Heddon on the Wall

**NOOK Design** manufactures and installs top quality bespoke fitted furniture including Studies, Hallways, Alcoves, Under Staircase Solutions, Staircases & Libraries

#### The Role:

Working in our workshop as part of a small team you will be required to manufacture fitted furniture mainly using board materials and hand tools to a high quality and precise sizes..

#### The Ideal Candidate:

- Must have experience as a bench joiner, skilled at using small joinery machinery
- Used to working with fine tolerances
- Motivated and hardworking
- Excellent attention to detail and take pride in work produced
- Must have a driving licence
- Must have own transport to get to and from the workshop

If you are interested in becoming part of a successful, growing business and have the required skills, we'd like to hear from you.

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# Looking forward to summer

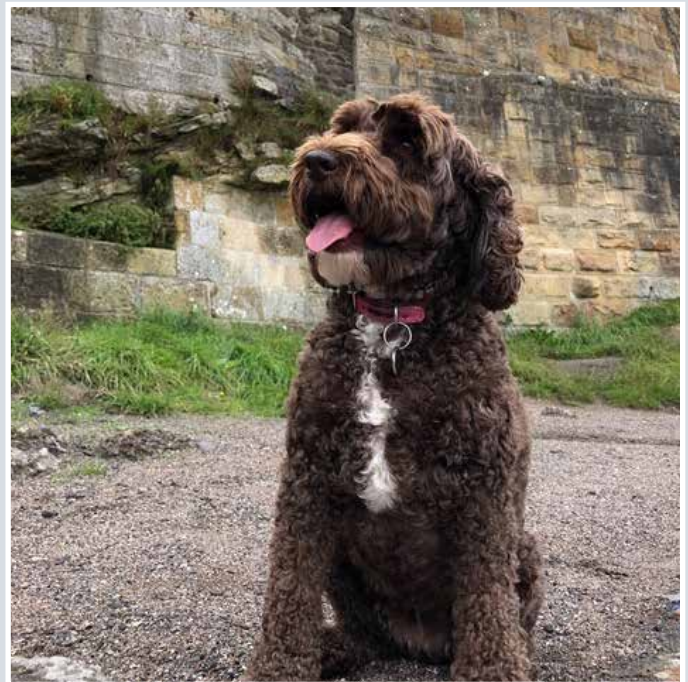
As I write this we've just had our first day of what felt like summer weather. It feels like this has been a long time coming, the pain and awfully long January seems like it was yesterday yet here we are at the end of April! Never have I ever been more thankful for some warmth on my back!

In writing this month's issue I found myself rereading my previous article for inspiration of what to pass on this month. And it came to me that the long winter months are behind us so now it should only get easier, right? I asked myself this with doubt as I don't like making myself false promises but I did realise that on reflection, the time it took for the whole of January to pass by has felt like the same amount of time it has actually been since January - three months! It just shows how time catches up with you when you're able to go outside and use it!

In realising this it has reassured me that the warm weather will be here to stay - although we all know what British weather is like. I feel like my 88 year-old Grandmother who will always drop in conversation what the weather is like on that particular day. And it has taken me the whole of lockdown to realise that it is actually in fact a small comfort. The street, grassy field, concrete building or flowing river that our house might look out onto will always look nice on a sunny day even if we've seen it a hundred thousand times before. So in a similar vein I've tried to remind myself to take the bad days with a pinch of salt as the proportion of sunny days to cold, rainy days I'm sure is to swing in our favour.

With the winter days behind us, I'm grateful for more daylight hours in the evening. Evening dog walks and barbecues with friends are all fond memories of last summer which I am certainly looking forward to. A favourite of mine is toasting marshmallows on skewers when the barbecue is about to die out - half of the marshmallow runs down your clothes in a gloopy mess because if you're anything like me you've managed to miss your mouth!

As we've all been cooped up over the past year and with no pubs, restaurants, summer holidays or any light hearted relief, I'm reminded that some of the most fun I've had has been completely free. I dared myself to jump in the sea on my birthday (because why the heck not) unsurprisingly, I didn't live up to this challenge. However the thought of it made me feel free and excited. I opted for taking my dog, Coco, to the beach instead (and yes she looks exactly as she sounds). Part of me felt a little pathetic as I'm yet to go rogue in lockdown, I've not dyed or cut my hair in some weird or wacky way. However you can tell that cabin fever gets to everyone when even her Majesty gets a new dog! The other part of me felt slightly wistful that I'm not my seven year old self anymore who would jump in the sea without a seconds thought. Mind you, I'm pretty sure I'd still do it now.



I suppose I have went a little stir crazy as I think entering the 108 mile cycling festival, the Cyclone would certainly qualify as crazy. But joking aside I do think it's important to find something where you can let yourself go whether through sport, cooking, gardening, jumping in the sea or having a crazy haircut then so be it. I really hope that you're able to find some happiness in these summer months and don't be scared to try something wild - I promise you I'll jump in the sea the next time I'm there!

Megan Evans

Megan Evans

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## ...in CRAWCROOK & GREENSIDE

If you run a group, club or a non-profit organisation that is back up and running, let us know and we'll include it in our What's On diary completely free.

### HOLY SPIRIT CHURCH

Sunday services include Children's Club. The venue alternates between Holy Spirit Church on 1st and 3rd Sunday of the month, and St John's Church Greenside on 2nd and 4th of the month. Hall hire also available at very reasonable rates.  
Place: See description  
Organiser: Rev Tom Brazier  
Contact: info@greensideparish.org.uk

### CENTENARY METHODIST CHURCH

Sunday Morning Worship 10.30am [normal covid19 precautions apply]. All weekday activities suspended at present. See our website www.centenarymc.org.uk for changes and more information.  
Place: Centenary Methodist Church  
Organiser: Trevor Peart  
Contact: information@centenarymc.org.uk

### CRAWCROOK LIBRARY

Library still closed. However things are changing fast please stay in contact via our telephone or visit www.gatesheadlibraries.com. Follow us on facebook.com/gatesheadlibraries or Twitter @GatesheadLibs or Instagram gatesheadlibraries  
Place: Crawcrook Library  
Organiser: Crawcrook Library  
Contact: 01914338420

### CRAWCROOK SLIMMING WORLD

Crawcrook Slimming World. Come and join us at Emmaville Hall every Wednesday 5pm and 7pm.  
Place: Emmaville Hall  
Organiser: Amanda  
Contact: 07894284343

### CRAWCROOK JUDO CLUB

Saturday sessions for Mini Fighters (4yrs - 5yrs), Beginners (6yrs - 8yrs), Junior and Intermediate (9yrs - 14yrs) and Senior class (14yrs+). Thursday

sessions also available for Junior and Senior classes. Interested? Get in touch for more details.  
Place: St Johns Community Hall  
Organiser: Kevin Pattison  
Contact: 0714595238

### OUR VILLAGES

A Community group for the 2 villages. Main events are - Maintaining flower beds, Greenside Spring Fair, Crawcrook Summer Fair, Christmas Lights, General Fundraising, Litter picking. Please see Our Villages Crawcrook and Greenside Facebook page for details  
Place: Crawcrook & Greenside  
Organiser: Members of Our Villages  
Contact: ourvillagescag@gmail.com

### PHYSIO-LED PILATES

Held at St John's Community Hall, Greenside. Wednesday 6-7pm - Beginners class and 7.10-8.10pm Intermediate class. Want to find out more or reserve your place, please get

in touch.  
Place: St John's Community Hall  
Organiser: Angela McClintock  
Contact: pilatesphysio4you@gmail.com

### ST JOHN'S COMMUNITY HALL

The hall can be booked for birthday parties or celebrations. Bookings for regular classes also welcome. For further information on booking the hall please check out the Greenside Parish website www.greensideparish.org.uk where you can check for resumption updates.  
Place: St John's Community Hall  
Organiser: Beth  
Contact: 07941257936

### YOGA WITH ROSE

Classes Mondays -Thursday, contact Rose for class times & for any more information visit our website at www.yogawithrose.co.uk  
Place: Greenside Community Centre  
Organiser: Rose  
Contact: Rose@yogawithrose.co.uk

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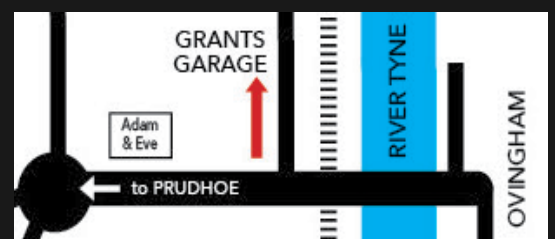


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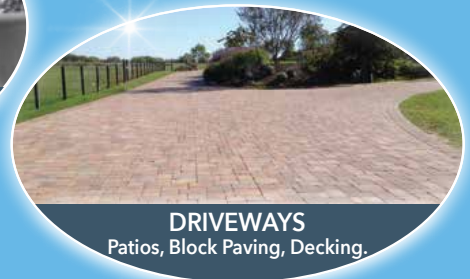
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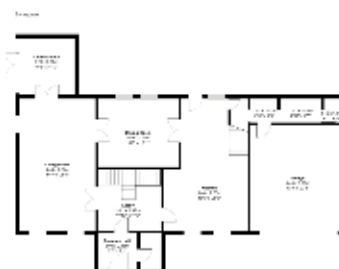
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# Economics does not have to be Rocket Science.

The topic of economics is often shrouded in mystery and arcane terms like GDP, marginal utility, money velocity and many other terms that make the people on the street roll their eyes and completely ignore the subject. So in this article we will be looking at the origin of the word economy, we will be looking at how and why the so-called economics profession has evolved and why, in my opinion, economics should be looked at more from a practical or real-world point of view.

According to Wikipedia: "the English words 'economy' and 'economics' can be traced back to the Greek word οἰκονόμος ("household management"). So when we leave our parents' homes to make our way in the world we are creating our own economy. We need to earn an income through work, we will be paying rent for our shelter, we will be paying utility bills, buying all the basic necessities, paying for transport etc...

So simply put, managing our household, is our economy. Keeping track of our monthly outgoings and income is how we arrive at a budget and ideally if we would like to keep our household in order, we need to try and keep our budget at least balanced. Unfortunately 'young economies' will run a deficit or will have larger outgoings than income and will have to resort to borrowing the deficit, be it via credit cards or loans. Eventually these 'young economies' mature and increase their income via promotion at work and frugality and will even be able to start saving a surplus income. Ideally by the time we reach retirement age our household or economy will have been managed well enough whereby we can live a comfortable life with almost no debts left to pay off and preferably a balanced budget.

This concept of economy or household management can be applied not only to our own households but to all kinds of other institutions like businesses, government, schools, universities etc... It is here, or in institutions outside the family household, that we have seen the concept of economics and good "house-keeping" be abused. I would say that government or the state has exploited and twisted the concept of economics. A whole profession of Economics has evolved with the patronage of the banking and government establishment in order to justify the twisting original definition of the Greek term.

We will now look at how the Economics profession have divided the concept of economics in order to justify actions that would never make sense or produce favourable long term outcomes for our own household economies. The main driver of this division was John Maynard Keynes who is considered the founder of modern-day macroeconomics. With his magnum opus *The General Theory of Employment, Interest and Money* in 1936, Keynes created, in my opinion, the division between the original concept of household management or microeconomics and the concept of the state running a nation's economy or macroeconomics.

With the advent of the Great Depression in the 1930s, the stage was set for the general public accepting a bigger role for the state in the economy as economists like Keynes and others pointed to the economics collapse of the 1930s, that created huge unemployment and misery, as a consequence of a free-market that we could not trust. The followers of Keynes and Keynes himself did not point to the fact that the roaring 1920s were triggered by the manipulation of interest rates by the U.S. Federal Reserve (Fed) via the New York Fed in order to keep the British pound pegged to the pre-World War I exchange rate to the U.S. dollar. As the Fed kept interest rates artificially low to help sterling, it triggered a real estate and stock market boom in the 1920s that led to the Wall Street crash of 1929. So by interfering in the free-market price of money or interest rate the governments of the US and the UK, via their central banks, actually helped plant the seeds of the Great Depression.

There was another School of Economics led by economists like Friedrich Hayek and Ludwig von Mises that argued that the economy and the markets should be allowed to function freely and that the state should not be involved in the economy. This is the Austrian School of Economics view, they believe that markets, which is basically people voluntarily dealing with each other throughout the economy, are better at determining what the price of goods, services and labour should be. Their argument is, for example: how can a dozen or so bureaucrats in White Hall know what is best for the local economy of Tyneside? So ever since the Great Depression, there has been a big debate in the economics world about free-markets and Keynesian state run economics. The Keynesian School has had the upper hand and put the macro economy in the hands of ever more big government and interference in the free-market.

So we have had nearly one century of almost a continuous growth in the size of government in the economy as government interference and spending has surged in order to make sure the free-market is reigned in. Prior to World War I government spending was rarely more than 10% of GDP (Gross National Product) while now it approaches almost 50% and has temporarily, with the pandemic gone way over that level in the last 12 months or so. Unfortunately the Keynesians don't think the state or government need to follow the original tenets of economy or good housekeeping like balancing the books or even running a surplus. Keynesians don't care much that governments run endless budget deficits and that the national debt keeps growing and is never paid off.

One should not be fooled into thinking that Conservatives and Labour are any different when it comes to the macro economy. We are, of course, led to believe that the Tories believe in free-markets and small government and that Labour believe in a more Keynesian or Socialist path for the economy. I would argue, though, that this political game is no more than a distraction to keep the general public or taxpayers under a heavy weight of debt and taxation that only helps perpetuate Keynesian Big Government and the bankers' profits. It is the bankers, after all, who make huge fees from the ever growing issuance of debt that keeps the state involved in the economy.

Is there then any hope for a freer and fairer economy in which government acts as a referee or arbiter of the rule of law and does not interfere in people's everyday life or economy? The good news is that there is, and it is called the free-market economy in which the size of government is kept to a minimum, taxation is low, regulation and red tape is a great deal less and people are left alone to run their household. The government is also expected to run a tidy ship of state with a balanced book and very little debt. It is up to each one of us to decide whether we want to live at the expense of government (really our fellow men and women) or whether we would like to make our own way in the world. The choice is yours: Keynes or the Austrian School?

Mario Innecco

Mario Innecco  
Founder of YouTube Channel  
Maneco64 – "The home of alternative  
economics and contrarian views"

Blog: [maneco64.net](http://maneco64.net)



My name is Kirsty Hodgson and I started my own estate agency business after lockdown 0.1 launching July 2020. After 19 years estate agency experience, I decided to do things my way, no ties in's, no hidden fees, just a straight forward no sale no fee basis. Offering a more personal service where clients have my mobile number and I am available for them through the whole process. Check my Facebook page for sneak peeks and market updates.

Currently the market is booming and isn't showing signs of slowing down. The 'boom' has come from a combination of things, the stamp duty freeze, spare money due to cancelled holiday & leisure, but mainly peoples priorities have changed. We are all spending more time at home and are looking make home improvement's or moving home to meet those requirements. More and more I am seeing people asking for sunny gardens and home office space. The Tyne Valley has become more and more sought after due to the attractive rural views and countryside walks whilst offering great train, bus links and easy access to Newcastle via A69 or A695. We don't know if this market will continue, with 17% of workforce remaining on furlough and the impact of covid and Brexit is still unknown, what could possibly go wrong.....

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*Kirsty*

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## ...in STOCKSFIELD & RIDING MILL

If you run a group, club or a non-profit organisation that is back up and running, let us know and we'll include it in our What's On diary completely free.

### STOCKSFIELD COMMUNITY CENTRE

We plan to have a wide range of events and activities when we are able to reopen, hopefully late May. For more detailed information please visit our website at [www.stocksfieldca.org.uk](http://www.stocksfieldca.org.uk) or contact us on the details below.  
Place: SCA, Mount View Terrace  
Organiser: Beth  
Contact: [admin@stocksfieldca.org.uk](mailto:admin@stocksfieldca.org.uk)

### STOCKSFIELD BAPTIST CHURCH

We are a warm, welcoming and informal church that meets every Sunday 10am – 11.30am. We also run Stay And Play, Youth Club and Luncheon Clubs. All are welcome, wherever you are on your faith journey. For more info see [stocksfieldbaptistchurch.net](http://stocksfieldbaptistchurch.net).  
Place: Stocksfield Baptist Church  
Organiser: Kevin Frost  
Contact: [enquiriesstocksfieldbc@gmail.com](mailto:enquiriesstocksfieldbc@gmail.com)

### STOCKSFIELD METHODIST CHURCH

A warm welcome always awaits you. Normal activities are suspended due to Covid, but the church continues to meet on Zoom, YouTube recordings and phone-in services. For further details contact John Watson 01661 834318 or Jacqui Cameron 01661 842153  
Place: Stocksfield Methodist Church

Organiser: Anne Davison  
Contact: [anne.davison.t21@btinternet.com](mailto:anne.davison.t21@btinternet.com)

### SCOTTISH COUNTRY DANCING CLUB

We meet on Tuesday evenings from 7.45 p.m. to 10.p.m. from February to December. No partner needed, and beginners welcome.  
Place: Baptist Church Hall  
Organiser: Rosemary Newton  
Contact: 01661843163

### STOCKSFIELD TENNIS CLUB

Small friendly tennis club based at Guessburn always looking for new members. Ladies night Monday evenings, 7-9pm, Men's night Thursdays 7-9pm, weekend social tennis on Saturday afternoons. We run separate junior sessions too. Further information at [www.clubspark.lta.org.uk/StocksfieldDistrictTennisClub](http://www.clubspark.lta.org.uk/StocksfieldDistrictTennisClub)  
Place: Stocksfield Tennis Club  
Organiser: Mel Bland  
Contact: 07813859412

### LUNCH WITH FRIENDS

A monthly lunch club for elderly people from the local area. A nutritious home cooked two course meal at 12pm every 4th Thursday of the month, and a buffet lunch every 2nd Thursday following a short service starting at 11am.  
Place: Stocksfield Baptist Church  
Organiser: Sheena Anderson

Contact: 01661843162

### STAY AND PLAY

A toddler group run by volunteers from Stocksfield Baptist Church for children from birth to starting school and their carers. It runs every Tuesday (term time) from 10-11.30am. A variety of activities are provided in a relaxed and informal setting.  
Place: Stocksfield Baptist Church  
Organiser: Hilary Barras  
Contact: 01661844727

### PLANTS & GARDENS SOCIETY

Zoom meeting, Tuesday 18th May, 7.30 "Garden Snippets". Pip Bensley will talk about selecting and growing great plants to cut for the house. Visitors (£3) are very welcome. Drop us an email. More information about the Summer Programme at [www.stocksfieldplantsandgardens.co.uk](http://www.stocksfieldplantsandgardens.co.uk)  
Place: Zoom  
Organiser: Sue Sinclair  
Contact: [stocksfieldpg@gmail.com](mailto:stocksfieldpg@gmail.com)

### RIDING MILL PARISH HALL

Regular events throughout the week. For bookings and enquiries please email us or ring Pam on 01434 682 927.  
Place: Riding Mill Parish Hall  
Organiser: Pam  
Contact: [pampryor@btinternet.com](mailto:pampryor@btinternet.com)

### RIDING MILL MILLENNIUM HALL

Regular events throughout the week.

For bookings and enquiries please email us or ring Pam on 01434 682 927  
Place: Riding Mill Millennium Hall  
Organiser: Pam  
Contact: [pampryor@btinternet.com](mailto:pampryor@btinternet.com)

### ST JAMES CHURCH

Live Sunday Services throughout May and June at 10.00 am alternating Parish Communion and Service of the Word fortnightly.  
Pre-booking for Sunday services essential: Ring 01434 682691  
Wednesday Morning Prayer by Zoom at 9.30 am. Email [mckenzie.d@btinternet.com](mailto:mckenzie.d@btinternet.com) for the link. Place: St James Church  
Organiser: Linda Archer  
Contact: [archerlinda54@gmail.com](mailto:archerlinda54@gmail.com)

### YOGA

Wed 7-8.30pm with Rose. Please email in advance to confirm current arrangements  
Place: Riding Mill Parish Hall  
Organiser: Rose  
Contact: [Rose@yogawithRose.co.uk](mailto:Rose@yogawithRose.co.uk)

### NATTER SHACK!

Every Tuesday between 10.30 – 11.30 and Wednesday between 5.00pm and 6.00pm. Meet members of your surrounding community in a relaxed, informal place where you can have a cuppa and natter.  
Place: The Station coffee Shop  
Organiser: Natter Shack  
Contact: 01434239274

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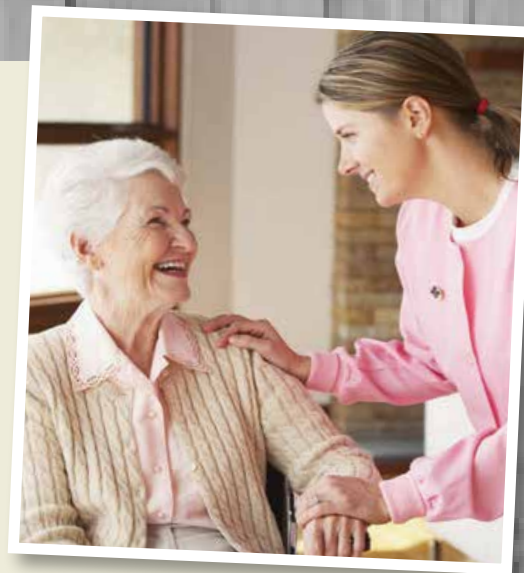
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# Community Buddies



## Home support services



We are a team of highly experienced individuals, who can offer all our clients an individual package to suit their needs. We have many years of working within the social care sector. We are passionate about offering a professional service and thrive to make your life as stress free as possible. We offer non medical services that assist our community of all ages. Giving you and your family peace of mind, and making it possible to live an active and independent happy life.

- **Companionship Services** - This service can be from a few hours to a full day of shopping, attending you to appointments. Having a cuppa and a chat to playing games and completing cross words. Or having your hair washed and dried, nails painted whatever you would like to do.
- **Assistance to appointments** - All our staff are fully insured to take you to appointments ie hospital appointments, doctors we can accompany you and take notes to pass on to family or just for your records.
- **Breakfast, lunch, tea calls** - These calls are based on a comfort call to make sure all is well, make breakfast or a sandwich up for lunch. Lunch we can make you a fresh meal and make a sandwich up for tea. Tea call, again make you a fresh meal or heat a microwave meal up.
- **Bed calls** - This call is based on a comfort call, make sure things are all good and support to lock up and make sure you have everything needed until the next morning. Companionship and reassurance.
- **Shopping services** - We can take you out shopping, or we can go and get your shopping and support you to put away.
- **Respite services** - We are here to support family members if they need a break for a few hours or even a full day visit. Our aim is for you to go and do the things you need to do without the worry that your loved one has no support. We encourage engagement with activity packs that include games, cards, dominoes, colouring books if that would be of interest. All our activities are there to engage and boost brain activity.
- **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.

### DEMENTIA DAY CARE CENTRE

We now offer a Day Centre for Dementia, vulnerable adults, which offers a sociable and relaxing environment. Lunch included, snacks and refreshments. Day Centre will run Monday-Friday 10.00am-3.30pm. You must book in advance.



**MANY MORE SERVICES TAILORED TO YOUR NEEDS**

Please visit our website for more details: [www.communitybuddies.com](http://www.communitybuddies.com)

Tel: Rackel Miller on: 01661 844456 On call number: 07748 802712

Email: [info.communitybuddies@gmail.com](mailto:info.communitybuddies@gmail.com)

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# Wildlife in Spring



Spring is always a positive time of year for wildlife enthusiasts. Somehow the fresh growth and returning birds gives a sense that all is well. Of course, the problems of climate change, global pandemics and the like are still looming large but for a while the small oases of wild flowers or the skylark singing overhead takes you away from these worries for a moment or two.

Woodlands are particularly evocative of spring. Large bobbing heads of wood anemone, mostly white but sometimes tinted with purple, carpet woodland floors. The slowly straightening heads of bluebells cover the ground under the first emerging tree leaves. These unfurling leaves are a reminder that soon the tree canopy will close over leaving the woodland floor in relative gloom. Elsewhere wild garlic springs up, leaving the air heavy with its powerful aroma and soon it will add its clusters of white flowers. On sunny banks sprays of primroses add their lemon yellows to the mix. Other more diminutive flowers are a bit more tricky to see like the tiny green cubic blooms of moschatel or the subtle yellow golden saxifrage in damper places.

Overhead a song thrush repeats its refrain a few times before trying another and great tits shout out tee-cher monotonously. Chiff-chaffs and willow warblers sing their own very different songs while by sight they are virtually indistinguishable. Many birds remain unseen yet their songs stake out their piece of real estate, few though are as shrill and loud as the tiny wren that lurks mostly out of sight. Above the trees buzzards circle, screeching their call every so often.



At the bottom of the steep sided wooded valley the burn trickles over rocks and fallen branches, casualties of the winter storms. A pair of grey wagtails patrol the water looking out for a place of refuge to make a nest. Perhaps an otter hides out of sight, holed up in a space left by a fallen tree but it doesn't show itself, preferring dusk when the chance of meeting a person or wayward dog diminishes.

The woodland trees themselves, that cling precariously to the steep slopes, are slowly emerging from their winter rest: the ash probably the last to show its leaves and the oak only a little ahead. Tiny birch leaves are now sprouting and the hazel catkins have been replaced by tiny but growing fresh green leaves. A patch of blackthorn is a blaze of white flowers but is beginning to fade, it's short show of blossom nearly over for another year; and yet an early orange tip butterfly finds some nectar on which to feed. The male has such striking orange ended white wings while the female lacks this splash of colour. Soon speckled woods and later more specialist woodland species will take over but for now it's the early butterflies that reign.

So where was I to see all this variety of wildlife? Not some exotic location or secret location well out in the wilds. This was Whittle Dene at Ovingham, one of our largest remaining areas of ancient woodland; sadly a habitat that is relatively rare now in Northumberland. It was a lovely walk, and I am rather lucky that I could be here as part of my job at Northumberland Wildlife Trust, the weather isn't always so kind and like every job sometimes I don't leave the computer. Days like this, though, make it all seem worthwhile!



*Duncan Hutt*

**Duncan Hutt**  
Head of Living Landscapes and  
Conservation  
Northumberland Wildlife Trust

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## Community Buddies



Home support services

### — DAY CENTRE —

We now offer a Day Centre for vulnerable adults in our Community, which offers a sociable and relaxing environment.

Our centre offers a range of activities such as:

**Simple exercises - Bingo - Quizzes - Singing  
Arts and crafts - Baking ... and many more.**

**Our day centre also includes a hot meal, snacks and refreshments.**

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

The individual can choose which activity they would like to get involved with, there is no pressure.

**Our services are for up to 5 people per day due to restrictions.**

Our day centre is situated in Mickley, Northumberland.

We are open Monday to Friday 10:00am - 15:30pm.

**You must book in advance.**

You can do so by ringing our office on: **01661 844456**  
or email us at: **Info.communitybuddies@gmail.com.**

For more information visit: [www.facebook.com/communitybuddies/](http://www.facebook.com/communitybuddies/)  
[www.instagram.com/communitybuddies/](http://www.instagram.com/communitybuddies/)

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To find out more information on the care that Acomb Court can offer you, or your loved one, please visit our website or contact our friendly Careline advisors.

T 0333 321 4776

W [hc-one.co.uk](http://hc-one.co.uk)

E [careline@hc-one.co.uk](mailto:careline@hc-one.co.uk)

A Maidens Walk, Hexham, NE46 1EN



If you run a group, club or a non-profit organisation that is back up and running, let us know and we'll include it in our What's On diary completely free.

### CORBRIDGE PARISH HALL

Lots of mixed classes running from Monday to Saturday ranging from Zumba to Karate to Film Nights. Please get in touch for latest programme. Place: Corbridge Parish Hall  
Organiser: Mandy Senior  
Contact: corbridge@ukpc.net

### CHILDREN'S NURSERY

St. Mary's Nursery (Hexham) Ltd is a children's nursery with a family environment where your child can blossom to their full potential encouraged by caring staff. We offer preschool, day-care, holiday club. All staff are trained in paediatric first aid. Place: St. Mary's Nursery  
Organiser: Jill Robb  
Contact: 01434 608723

### CORBRIDGE PRESCHOOL CIC

Provides early education and childcare for under fours, once they are walking. Fees are low to ensure the preschool can be accessed by all families. Children enjoy fun activities and the opportunity to develop their social and communication skills. Place: Corbridge Preschool, St Helens Lane.  
Organiser: Claire Milburn  
Contact: 01434 622947

### CORBRIDGE PARENT AND TODDLER GROUP

A group for parents, grandparents, childminders and carers with children up to four. Our friendly group runs from, Monday: 1:15 pm - 2:30 pm during term time. First session is free. £3.00 for 1 child. £1 for each additional child  
Corbridge Preschool, St Helens Lane.  
Organiser: Claire Milburn  
Contact: corbridge.preschool@googlemail.com

### ST. ANDREW'S CHURCH

Sunday at 10.00am Parish Communion Service, as places are limited due to social distancing please book via email provided.  
Wednesday at 10.00am Holy Communion, further information can be found on our website: www.corbridgechurch.org.uk  
Place: St. Andrew's Church  
Organiser: St. Andrew's Church  
Contact: servicesincorbridge@btinternet.com

### SCOTTISH DANCING

Scottish Dancing at Parish Hall most Saturdays 7.30 p.m. Newcomers welcome, no partner needed. For details please get in touch  
Place: Parish Hall  
Organiser: Ros  
Contact: 01434604639

### CORBRIDGE LACE CLASS

An informal class for all who are interested in learning any kind of lace – bobbin, needle, crochet, tatting etc. Beginners and experienced lacemakers equally welcome.  
Wednesday mornings 10am to 1pm. Hoping to restart classes in June, date to be arranged  
Place: Ponteland Parish Hall  
Organiser: Gil Dye  
Contact: email: gildye6@gmail.com

### TYNEDALE CHESS CLUB

We meet every Thursday in the Corbridge Parish Hall from 7-10 pm. If you live in Hexham, then transport will be available on most club nights. Please contact us for further information.  
Place: Corbridge Parish Hall  
Organiser: Dave Humphreys  
Contact: dwhump3@ahoo.co.uk

### HADRIAN'S WALL ROTARY CLUB

Hadrian's Wall Rotary meets on two Thursdays each month at RAFA Club, Market Street, 7.30pm. We are a small group of enthusiastic, innovative and flexible Rotarians, very much young at heart and definitely put the fun into fund-raising.  
Place: RAFA Club  
Organiser: Guy Galpin  
Contact: guy.galpin@uwclub.net

### ELVASTON BOWLS CLUB

Looking to get out for some safe exercise? Bowls is an ideal sport to get fresh air and fresh company after a winter indoors. We'll be open from mid-April (date tbc) – for more details see www.elvastonbowls.co.uk; @HexhamElvaston; or call us.  
Place: Elvaston Road  
Organiser: Trevor Field  
Contact: 07832111134

### HEXHAMSHIRE WI

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

### CREATIVE WRITING

This class will inspire and encourage you to write poetry, fiction and memoir and to share and develop your writing through stimulating workshop sessions in a friendly and supportive group. Get in touch to arrange a free taster session.  
Place: Currently online  
Organiser: Claire Lynn  
Contact: claire@claire276.plus.com

### TYNEDALE TENNIS CLUB

We meet for casual tennis play on Tuesday evenings from 6pm and on Saturday afternoons from 2pm. Feel free to come along and play as a guest

(all standards, including complete beginners are welcome). See our website www.tynedaletennisclub.co.uk  
Place: Eilansgate (shared entrance with Tynedale Cricket Club).  
Organiser: George Miller  
Contact: 01434606300

### WARDEN IN HEXHAM WOMENS INSTITUTE

Meet at St Mary's Church Hall on 2nd Wednesday of each month. Always a home-made supper and usually a guest speaker. Non-members welcome. For more information please call us  
Place: St Mary's Church Hall  
Organiser: Womens Institute  
Contact: 01434603386

### HEXHAM AND DISTRICT FLOWER CLUB

Meets on the second Monday of the month at 2pm. The club has varied programmes during the year, so if you wish to get involved, in a friendly environment, to further a love of plants and flowers, please get in touch  
Place: Torch Centre, Corbridge Road  
Organiser: Carol  
Contact: 01434602431

### SCOTTISH COUNTRY DANCING

Tuesday 5.15 p.m. to 7 p.m. Children Age 6 upwards at the West End Methodist Church Hall Wednesday 7.30 to 9.30 p.m. Adults – Lockhart Room, Moothall. For further details, please contact us  
Place: Lockhart Room  
Organiser: Carol  
Contact: 01434602431

### TYNEDALE LIONS CLUB CLUB

Meetings every second and fourth Monday evening 7.45pm. We are ordinary people doing much to serve the local community and organising a range of social and fundraising events. We would love you to join us, see further details at www.tynedalelionsclub.org  
Place: County Hotel, Hexham  
Organiser: Tynedale Lions Club  
Contact: tynedalelionsclub@gmail.co.uk

### HEXHAM ART CLUB

We meet fortnightly on a Tuesday afternoon 1.00pm to 4.00 pm. Our meetings are mostly practical sessions led by local professional artists and by club member. To people who say I can't paint, we say, yes you can!  
Place: Hexham Community Centre, Gilesgate  
Organiser: Gillian Silsbury  
Contact: gillian.silsbury@gmail.com

### TYNEDALE COMMUNITY CHOIR

Monday evenings 8.00-9.30. Sing, relax and unwind with folk songs, rounds, gospel, contemporary songs led by

musical director Kat Davidson. Suitable for beginners and experienced singers. Place: St Aidan's Church, Hencotes  
Organiser: Diana Greenwood  
Contact: 01434602385

### HEXHAM HOUSE BOWLING CLUB

Set in the beautiful grounds below Hexham Abbey and behind Hexham House. The Club is open to all ages and gender, this is an outdoor sport the season running from Early April till Mid September. Open most afternoons from 1.30pm.  
Place: Hexham House Bowling Club  
Organiser: Brenda Carr  
Contact: 01434606693

### MORRIS DANCING CLASSES

Morris dancing for both men and women. Women meet every Monday @ Corbridge Middle School (Term time only) 8pm-9.30pm. Men meet every Thursday @ Acomb Village Hall (Sep – May) from 7.30pm. Come and join our friendly groups and visit www.hexhammorris.com  
Place: See description  
Organiser: Valerie  
Contact: 01434684705

### MACULAR SOCIETY

Meets 11am last Thursday in the month at the Therapy Centre, opposite Hexham Hospital.  
Place: Therapy Centre  
Organiser: Jeanne  
Contact: 01661833988

### ARTVENTURERS

Art and craft classes, parties and events for babies, toddlers and children. Monday – 9:50am Baby ARTventurers (6-18 months) 11:30am Little ARTventurers (18 months – preschool). For more information please get in touch  
Place: St Marys Church Hall  
Organiser: Justine  
Contact: 07737108061

### HEXHAM PROBUS CLUB

Provides regular gatherings for retired or semi-retired professional or business men aged over 55. We meet most months at the Tynedale Mart for a talk preceded by lunch. New members from the Tynedale area are always welcome.  
Place: Tynedale Mart  
Organiser: Hon. Secretary  
Contact: 01434607798

### TYNEDALE ROTARY

We support a number of local charities as well as Rotary's international activities using our collective business and professional expertise. We are an active fund-raising club and are always keen to welcome potential new members. Please contact us for information.  
Place: County Hotel

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Organiser: Rotary Club  
Contact: [www.rotary-ribi.org/clubs/homepage.php?ClubID=169](http://www.rotary-ribi.org/clubs/homepage.php?ClubID=169)

#### CHRYSLIS CLUB TYNEDALE

Provides activities, stimulation and social opportunities for people with dementia, Carer support, information and counselling, Younger dementia group, intergenerational project. Based in new premises in Hexham with outreach in the Tyne Valley, Volunteer opportunities.

Place: Unit 1, Dene Park, Corbridge Road

Organiser: Chrysalis Club  
Contact: [info@chrysalisclub.org.uk](mailto:info@chrysalisclub.org.uk)

#### ACTIVE NORTHUMBERLAND

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

Place: Northumberland  
Organiser: Lorraine  
Contact: 01670622368

#### HEXHAM LIBRARY

Library is open for time limited browsing and prebooked PC access. We are operating amended hours so please check website before visiting [www.mylibrary.co.uk](http://www.mylibrary.co.uk)

Place: Hexham Library  
Organiser: Fiona Corbett  
Contact: [hexham.library@northumberland.gov.uk](mailto:hexham.library@northumberland.gov.uk)

[northumberland.gov.uk](http://northumberland.gov.uk)

#### MARY'S HEALTHY WEIGH

We meet every Tuesday morning and evening from 9.30am – 12 noon and 6 – 8pm for sensible advice on diet control. Everyone welcome, friendly group support and guidance for all weighty matters! No commitment to regular attendance.

Place: Conservative Club, 6 Beaumont Street  
Organiser: Mary Reed  
Contact: 01434673489

#### HEXHAM BRIDGE CLUB

Meets on Thursday evenings at 7.00 pm. Friendly, competitive duplicate bridge. Bridge tuition for Beginners and Improvers available. New members and visitors always welcome.

Place: Wentworth Leisure Centre  
Organiser: Jocelyn Gordon  
Contact: 01434604610

#### FAMILY HISTORY BRANCH

We are part of the Northumberland & Durham Family History Society. We are a small friendly group who meet on the second Thursday of the month (except August) at 7pm for talks or discussions on family history related topics.

Place: Community Centre, Gilesgate  
Organiser: Tynedale Family History  
Contact: [tynedalebranch@ndfhs.org.uk](mailto:tynedalebranch@ndfhs.org.uk)

#### WHIST DRIVE

Tuesday evening 7 00 pm. Entry is £2 plus a small prize currently a small

group but would welcome new players of any ability. Please contact us with your enquiries

Place: Community Centre  
Organiser: Jean Thirlwell  
Contact: 01434600974

#### JIVE ALIVE

Tyndale's Modern Jive Group – Wednesday 8.00pm. Join an enthusiastic and friendly group of dancers. No need for a partner, all abilities welcome, expert tuition offered. Contact us for more information

Place: Torch Centre, Corbridge Road  
Organiser: Sheelagh  
Contact: 07712108685

#### HEXHAM WOMENS INSTITUTE

We meet monthly on the 3rd Monday of each month at 7.15pm. Why not come along and join in our next meeting and see what Hexham Town WI can offer you? Our meetings are interesting, informative and most importantly friendly.

Place: Hexham Golf Club (Lounge)  
Organiser: Suzanne  
Contact: 07858718056

#### HEXHAM RAMBLERS

We walk every Sunday, starting at 10.15 am, meeting at the start of the walk. Try 3 free walks before deciding whether to join and enjoy the many benefits of membership of the Ramblers Association. Go to [www.ramblers.org.uk/hexham](http://www.ramblers.org.uk/hexham) for details.  
Place: Hexham

Organiser: Hexham Ramblers  
Contact: 07746754987

#### TYNEDALE ARCHERS

We are a friendly community archery club based in Tynedale (Hexham and Haydon Bridge) in Northumberland. We meet in Hexham and all details are on our website [www.tynedalearchers.co.uk](http://www.tynedalearchers.co.uk)

Place: Hexham  
Organiser: John Hope  
Contact: 07887364433

#### TOWN TWINNING ASSOCIATION

A friendly group that fosters links with French and German twin towns, Noyon and Metzigen. We meet regularly to practise language conversation skills and we organise regular visits to Noyon and Metzigen and host visitors from these towns. Visit [hexhamtowntwinning.co.uk](http://hexhamtowntwinning.co.uk)  
Place: Forum cinema  
Organiser: Twinning Association  
Contact: 01434683330

#### TYNEDALE U3A

Tynedale U3A is a self-learning group for retired people. We hold monthly meetings and have about 60 interest groups. At the moment many of these are conducted online using Zoom. Please see our website for membership details, Search "Tynedale U3A"  
Place: Zoom  
Organiser: Kevin  
Contact: [kevinaks@gmail.com](mailto:kevinaks@gmail.com)

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Kadampa Buddhism

## Find Inner Peace – Learn to Meditate

During challenging times we need to find ways to revive our spirits and refresh our minds, and we can help you to do just that.

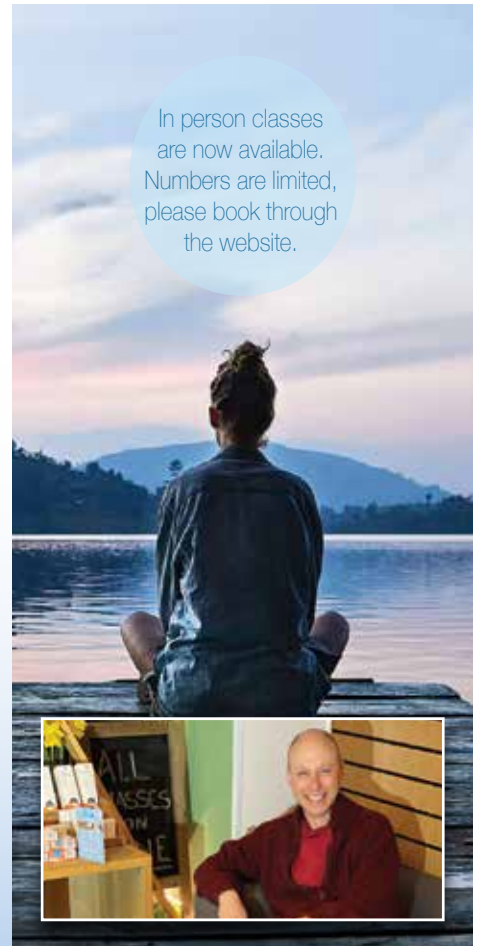
Meditation helps us to have a calm and peaceful mind, it reduces mental stress. The online classes are taught by Compassion Centre resident teacher Gen Kelsang Sherab and other teachers.

Why not try our early morning meditation - 35 minutes of guided meditation at 7.10 am Mondays, Wednesdays and Fridays.

*A great way to start your day!*

For more information and booking go to our website:

[www.compassioncentre.org](http://www.compassioncentre.org)



In person classes are now available. Numbers are limited, please book through the website.



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## NORTHUMBERLAND CANCER SUPPORT GROUP

The Northumberland Cancer Support Group is an independent Charity run by a small group of volunteers. (We welcome new volunteers.

Please speak to us and we can explain the various ways you can help)

We are still accepting new members at this time!!! We support men and women with all types of Cancer.

We offer someone affected by Cancer, patient, survivor, carer or family member, a safe place to just be themselves.

Owing to the current Covid 19 situation we are not meeting face to face at present, but will resume these as soon as it is deemed safe to do so.  
We are running Zoom sessions most weeks for members, with speakers, chat, and book clubs etc.

To get in touch...

[info@northumberlandcancersupportgroup.co.uk](mailto:info@northumberlandcancersupportgroup.co.uk)  
or ring – **07598 620599**

(if not answered straight away, leave your name and number and we will ring you back)

**Do get in touch if you would like to know more!**

*All Welcome!*

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

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

# Keeping your laptop/pc in top health

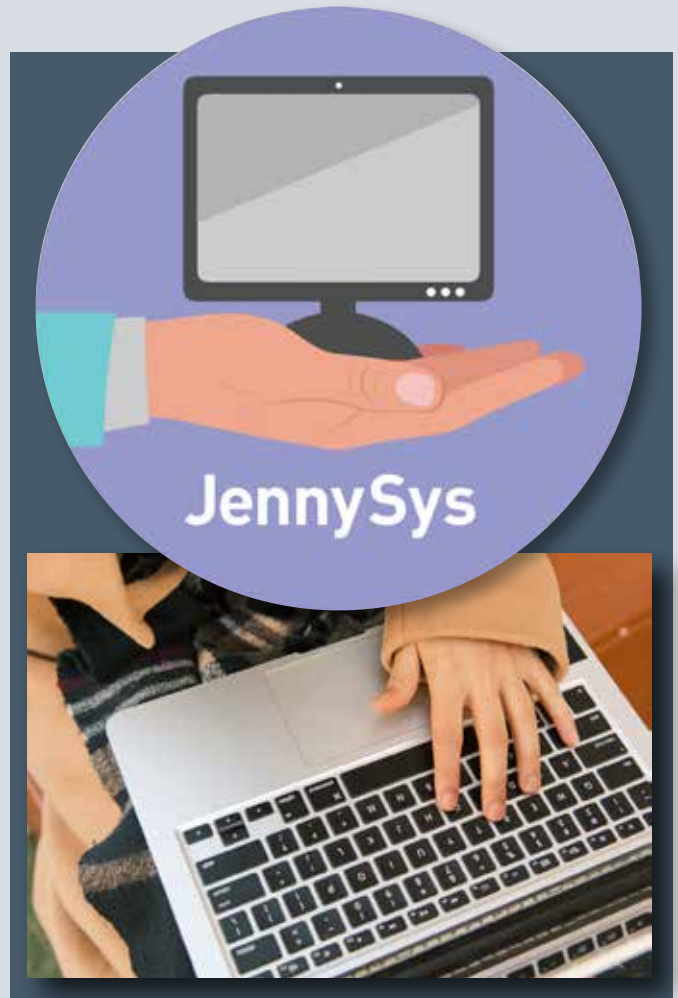


Spring time is often a time when folks decide to clear out and sort out their house. Well, I believe that you should add your laptop/PC to the list of things that should be looked at too.

I often get laptops to sort that have finally given up the ghost. When speaking to the owners of these laptops, it turns out that the machines have been showing signs of problems for quite some time. For example, very slow boot up times, programs crashing, unexpected shutdowns, pop ups appearing all over the place etc. These are all signs that your machine is struggling for one reason or another. And you really want to get these things looked at before they become a serious problem requiring major repairs or worse – loss of precious data. A stitch in time saves nine applies to IT equipment too.

I understand that people may be reluctant to get their machines looked at when it works, albeit slowly and with problems. IT equipment is becoming so vital to everyone's lives that to do without might be too much for some. However, if this is the case, then if your machine finally fails, it will take much longer to get it back up and running, so it would be best if you had your machine looked at on an annual basis and get it booked in way in advance at a time that suits you best.

Getting your laptop checked over also gives you the opportunity of getting advice about software/hardware options that are available to you. Perhaps you've had your machine for a few years now and would welcome advice on if it needs to be replaced or perhaps kept but upgraded? As always, if you'd like some friendly advice on your options, please get in touch with me.



5

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If your current IT provider has suggested a route to take, I can give it a once-over to ensure everything is required that is being suggested.
- 4** **TRAINING**  
On-site training for staff to ensure that everyone is working as efficiently as possible.
- 5** **PC/LAPTOP REPAIR**  
Cost-effective solutions to machines that are causing problems (speed, errors, crashes etc).

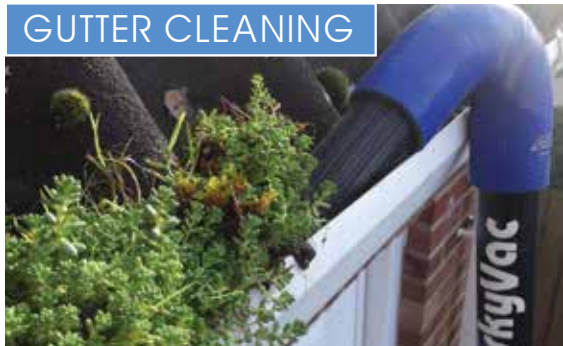


*Jenny Stewart*

Jenny Stewart IT Consultant  
JennySys Computing Services  
0785 509 2227  
Email: [info@jennysys.co.uk](mailto:info@jennysys.co.uk)  
[www.jennysys.co.uk](http://www.jennysys.co.uk)

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*Andy*



# The Gallery in the Mill

## Mining Art in Allendale



Photo:  
Cindy Balderston.



Homage to Riddlehamhope, Paul Stangroom



Tibetan Girl,  
Carol Davison

Allendale artist Carol Davison has opened her own gallery in her home town, right by the River Allen. The Gallery in the Mill at Allen Mill showcases Carol's fine portraits of folk from Allendale, Northumberland, Tibet, China and India, alongside her recent still life works. Ex B and B owner, Carol is delighted to work right on the site where she is certain her ancestors would have worked as lead miners two hundred years ago.

Carol's visits to the spectacular foothills of the Himalayas are a major inspiration for her work. Warmth radiates from Carol's intimate paintings - warmth for her Northumbrian and Himalayan subjects, the treasured artefacts in her recent still-life series, and for her granddaughter and her imaginary world, in the dream-like sequence of oils she is creating right now.

### Artists in Allen Mill

'To be part of a vibrant team at Allen Mill is fantastic,' says Carol, who opened her gallery in April. 'It's a real hub. I love the history of the mill - it's an old smelting mill which processed lead and took out Allendale silver from it. The quantities of lead and silver extracted made Allendale a leading source of lead then.' The Allendale area is now a growing hub for artists.

### Paul Stangroom in Allendale

Carol will also exhibit landscape and Windows works by friend and artist Paul Stangroom. Paul is moving to Ribeira Brava in Madeira soon, to open a gallery there. In the U.K., Paul's works will be housed exclusively at The Gallery in the Mill. Paul has just published his second book of paintings, teamed with poems by Noel Connor, 'An Ungoverned Sky', also available from the Gallery.

'I'm so pleased to be able to showcase Paul Stangroom's work alongside mine. Here in Allendale, industrial artefacts are surrounded by wild fells, becks and bracken. The theme of nature overtaking industry is very important in Paul's work.'

The Gallery at the Mill is nestled amidst beautiful countryside by the River Allen, surrounded by fine walking country - with a cafe on the doorstep.

Visitors are very welcome.

Gallery at the Mill, Unit 6, Allen Mill, Allendale, Northumberland, NE47 9EA

Email: [caroldavison.artist@gmail.com](mailto:caroldavison.artist@gmail.com)

Tel: 07989 047693

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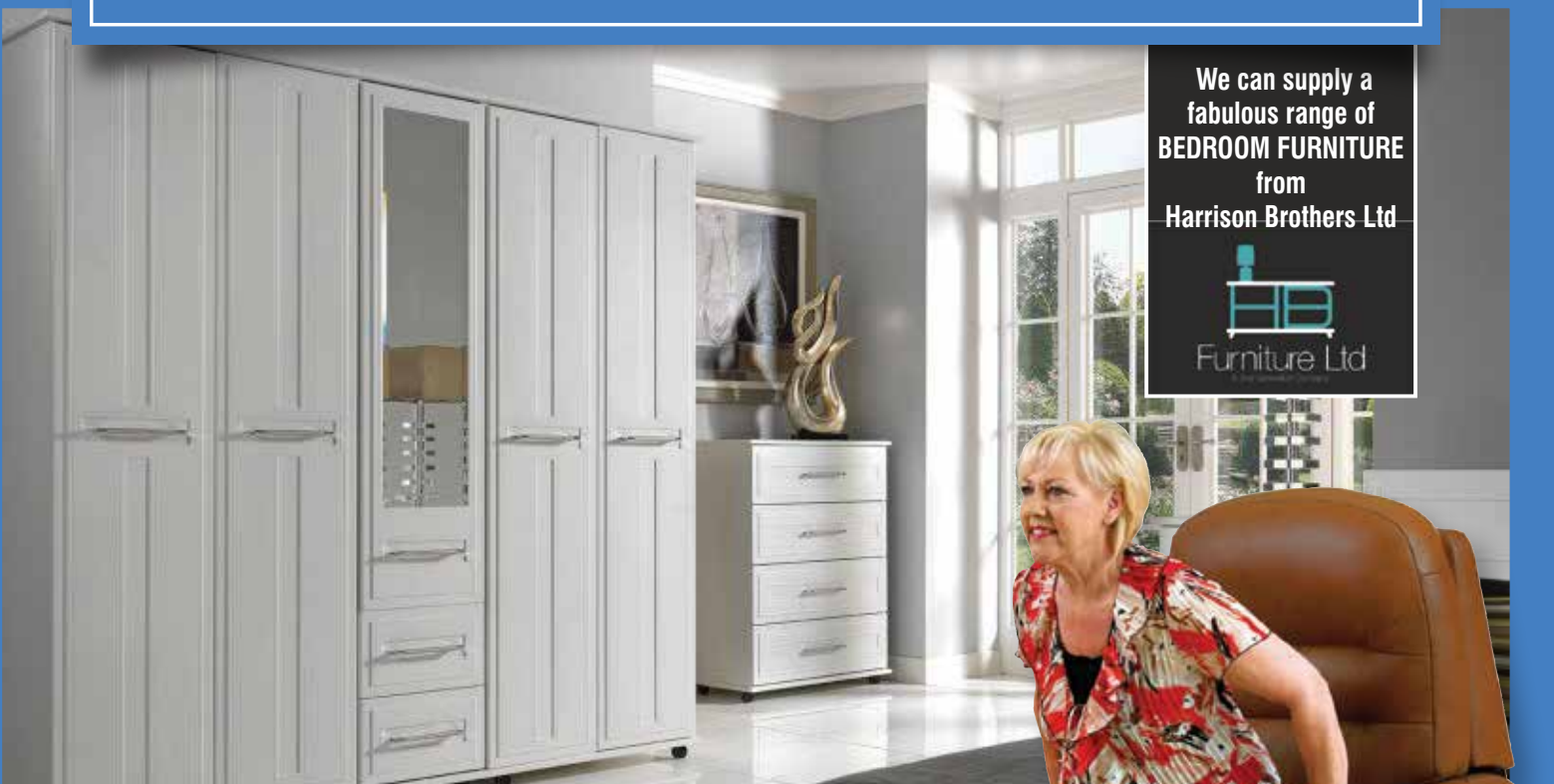
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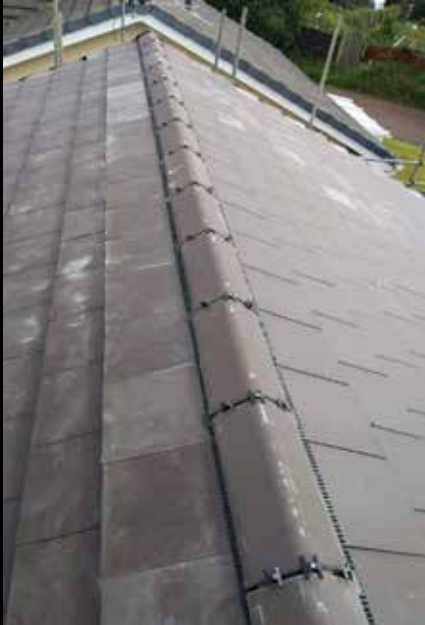
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If you run a group, club or a non-profit organisation that is back up and running, let us know and we'll include it in our What's On diary completely free.

### SERVICE AT ST MARY'S PONTELAND

Sunday 10am Parish Eucharist. Service at Holy Saviour, Millbourne: Sunday 11.15am Morning Worship. Visit our website for all occasional services, activities, and events: [www.pontelandstmary.co.uk](http://www.pontelandstmary.co.uk)  
Place: St Mary's, Ponteland & Holy Saviour, Millbourne.  
Organiser: Office  
Contact: [office@pontelandstmary.co.uk](mailto:office@pontelandstmary.co.uk)

### PONTELAND RAMBLERS

We have started organising formal walks again, longer walks every other Sunday and shorter walks on the 2nd and 4th Wednesdays of each month. Booking is essential, please visit our website [www.ramblers.org.uk/ponteland](http://www.ramblers.org.uk/ponteland). New walkers are welcome.  
Place: throughout Northumberland  
Organiser: Graham Snowdon  
Contact: [graham\\_snowdon@sky.com](mailto:graham_snowdon@sky.com)

### BELSAY HALL CROQUET CLUB

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

### PONTELAND HEALTH WALKS

Meet every Tuesday at Ponteland Leisure Centre before 10:30 for a walk between 60 and 90 minutes. All are welcome.  
Place: Ponteland Leisure Centre  
Organiser: Gordon Allan  
Contact: 07936135469

### PONTELAND VILLAGE WI

Monthly meetings are online and membership is booming. Our Walking Group, Cycling for Softies and Walking for Softies groups have restarted. The Coffee Club is being held in members' gardens, while the book club and crafts group remain on Zoom.  
Place: See description  
Organiser: Jeni

Contact: [pontelandvillagewi@hotmail.com](mailto:pontelandvillagewi@hotmail.com)

### CREATIVE WRITING

This class will inspire and encourage you to write poetry, fiction and memoir and to share and develop your writing through stimulating workshop sessions in a friendly and supportive group. Get in touch to arrange a free taster session.  
Place: Currently online  
Organiser: Claire Lynn  
Contact: [claire@claire276.plus.com](mailto:claire@claire276.plus.com)

### PONTELAND BADMINTON GROUP

Mondays 11am – 12noon, Tuesdays 7pm – 8pm, Fridays 10am – 11am and Saturdays (Juniors) 10:30am – 11:30am. All ages/abilities are welcome.  
Place: Ponteland Leisure Centre  
Organiser: Phil Hall  
Contact: 078110084153

### PONTELAND LADIES CHOIR

Held every Monday at 7.15pm at the United Reform Church, Darras Hall. We sing a wide variety of music. New members welcome and no auditions required.  
Place: United Reform Church  
Organiser: Nina  
Contact: 01916709055

### PONTELAND LOCAL HISTORY SOCIETY

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

### PONTELAND SENIOR GENTLEMANS CLUB

In view of the continuing pandemic we have decided to hold our meetings online using Zoom. These will take place on the second Monday of every month at 2.30pm. You will be able to join the meeting from 2.15pm.  
Place: Zoom

Organiser: Bill Schardt  
Contact: [pontelandsgc@gmail.com](mailto:pontelandsgc@gmail.com)

### PONTELAND FRIENDLY STITCHERS

Membership of the group is open to all; everyone, whatever their level of experience, is welcome at meetings and workshops. You can become a member or come to a meeting as a visitor for £4  
Place: Ponteland  
Organiser: Penny Ford  
Contact: [penelopeford636@btinternet.com](mailto:penelopeford636@btinternet.com)

### FRIENDS OF KIRKLEY HALL

Friends of Kirkley Hall would like its members to know that they continue to enthusiastically plan for 2021. As soon as it's safe to do so we'll let you know what events are scheduled to bring us all together again.  
Place: Kirkley Hall  
Organiser: Enid Saint  
Contact: [friendsofkirkleyhall@gmail.com](mailto:friendsofkirkleyhall@gmail.com)

### TAI CHI IN PONTELAND

Every Thursday morning a friendly class meet at St. Mary's Church Hall, Ponteland, from 10-11am. Beginners welcome. If you are interested why not give it a try?  
Place: St. Mary's Church  
Organiser: Steve Oliver  
Contact: 07989171701

### ROTARY CLUB OF PONTELAND

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

### RAF AIR CADETS

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

Place: Army Reserve Centre, Kingston Park  
Organiser: Flt Lt G Smith RAFAAC  
Contact: 733@aircadets.org

### INNER WHEEL CLUB OF PONTELAND

A small friendly club which always welcomes new members. Over the past year we have strived to maintain our friendships and where possible continued to support community service. Informal meetings at the moment, hopeful of resuming our yearly programme soon.  
Place: Merton Hall Ponteland  
Organiser: Ann Lowry  
Contact: 07568743653

### PONTELAND METHODIST CHURCH

Sunday services 10am & 6.30pm followed by refreshments. Children's activities, Open door drop-in café, Toddlers House groups, Fellowship meetings, Walking groups, Carpet Bowls Prayer & Fairtrade groups, Girls Brigade, Boys Brigade & MUCH MORE!  
Place: By the traffic lights  
Organiser: Ann  
Contact: [anncooperx@gmail.com](mailto:anncooperx@gmail.com)

### PONTELAND U3A

Ponteland u3a Zoom talks for the next two months: Wednesday 5th May 2.00pm – Audrey Hepburn & Her War Years by Howard Slater. Wednesday 2nd June 2.00pm – Virtual u3a Day (please see Ponteland Facebook groups). Links on Facebook and web page.  
Place: Zoom  
Organiser: John Hewett  
Contact: Via Ponteland u3a website

### WALKING SCOTTISH DANCE!

Heard of Walking Football and Walking Netball? Well now we have started this new activity at Ponteland U3A. We meet on the 2nd Tuesday of the month at 2.30-4.00pm, cost £12 for 4 sessions. Why not give it a try?  
Place: St. Mary's Church Hall, Ponteland  
Organiser: Gerry Turk  
Contact: 01661822056

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

or call: 0333 666 3366

# express Traders Index

## 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 tell you exactly what page(s) to jump to. Easy! What's more, our website now has a fully interactive Business Directory at: [www.tynevalleyexpress.co.uk/business-directory](http://www.tynevalleyexpress.co.uk/business-directory) meaning our Traders contact details are available on your PC's, tablets and mobiles, all at the click of a button.

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<b>Chiropractic</b> ..... WANTED	<b>Ironing</b> ..... The Iron Lady p12	<b>Travel Agent</b> ..... Designer Travel p27
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<b>Cleaning (outside)</b> ..... Jesmond Jet Clean p26 ..... The Gleam Team p71	<b>Key Cutting</b> ..... WANTED	<b>TV and Aerials</b> ..... WANTED
<b>Computers / IT</b> ..... Munki Computer Help p25 ..... Tech Team p37 ..... JennySys Computing Services p38	<b>Kitchens</b> ..... Dream Doors p16 ..... Inside Transformations p80 ..... MKM Building Supplies p05	<b>Tyres</b> ..... WANTED
<b>Counselling</b> ..... WANTED	<b>Legal Services</b> ..... The Will Guys p07	<b>Vets</b> ..... WANTED
<b>Decorators</b> ..... Brian Hewison p46 ..... Wylam Decorators p63	<b>Locksmith</b> ..... In2Locks p35	<b>Waste Disposal</b> ..... WANTED
<b>Dentist</b> ..... Louise Hunter & Associates p47	<b>Loft Conversion</b> ..... WANTED	<b>Wheelie Bin Cleaner</b> ..... WANTED
<b>Dog &amp; Cat Services</b> ..... WANTED	<b>Logs</b> ..... WANTED	<b>Windows / Doors</b> ..... Metal Services p35 ..... In2Locks p35 ..... M.B.C Glazing Repairs p36 ..... George Stephenson Double Glazing p35
<b>Drains</b> ..... WANTED	<b>Massage</b> ..... Total Health p07	<b>Window Cleaner</b> ..... TK Window Cleaning p33
<b>Driving Instructor</b> ..... WANTED	<b>Motorhomes</b> ..... Motorhome Depot p19	
<b>Dry Cleaning / Laundry</b> ..... WANTED	<b>Number Plates</b> ..... Plate Services p13	
<b>Electrician</b> ..... Fultons Electrical Services p63 ..... GJL Electrical p56	<b>Opticians</b> ..... Elizabeth Evans p25	
<b>Entertainer</b> ..... WANTED	<b>Oven Cleaning</b> ..... Oven Clean p77	
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<b>Events / Classes / Groups</b> ..... Barmoor Hub p22 ..... Northumberland Cancer Support Group p69 ..... Hexham Book Festival p77 ..... Prudhoe Community Arts Festival p29 ..... Big Day Out (Hexham) p67	<b>Plasterer</b> ..... WANTED	
	<b>Plumber</b> ..... Appollo Gas Services p60 ..... Robin Building Services p60	
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## Tyne Valley Express for the People by the People!

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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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