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In this issue....

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- Winter Arts Fair
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- Courage, Dear Hart
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- Leading Through the Heart
- Volunteer Trustees Needed
- Christmas, Love It or Loathe It

- WIN – Xbox Series S Console
- WIN – Christmas Turkey
- WIN – Coffee for Two



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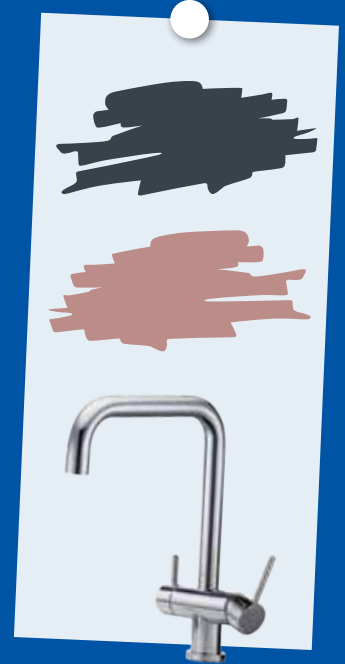
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Welcome all. This is my first issue as Chief Editor and I'd like to start off by thanking Michael for the wonderful job he has done before me. I've been an understudy to Michael for almost a year now and he has instilled a tremendous amount of pride and belief in the services we offer to our local business and community.

It is fitting therefore that we have just been announced as winners of this year's prestigious **Northern Enterprise Award for Best Regional Business News Publication**. This is a testament to the hard work Michael has put into the magazine and to the improvements we have made over the past 12 months, despite the challenges of Covid. And the good news doesn't stop there!

Firstly, we bring our biggest competition yet in the form of a brand-new Xbox Series S. This is one of the years most sought after Christmas presents and one of our readers is guaranteed to win this wonderful prize. We also have a fabulous Christmas turkey available through **North Acomb Farm** on page 43. Given the expected shortages, this is not to be missed!

Secondly, we have introduced our new Community Spotlight feature. Each issue we hope to highlight a deserving cause that is making a

real difference to our community, starting with the amazing **Feeding Families** on page 84. You can pledge your support by purchasing one of our wonderful Calendars, with all profits going to this wonderful charity.

Lastly I'd like to thank all of the readers who took the time to submit their feedback in the previous issue. The response was phenomenal and there were over 120 replies in total. We've already started implementing some of the better ideas and thanks to our friends at **Caffe Ginevra** there is now a regular Coffee Break puzzle section on page 85 with a chance to win Coffee for Two. We hope you enjoy.

Here's wishing you all peace, love and community this Christmas.



Stephen and the Tyne Valley Team.

Tel: Stephen: 0191 414 2949

Email: stephen@tynevalleyexpress.co.uk

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

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Empathy and Charity.

The nights are turning darker and colder, which can only mean one thing; like it or not, the festive season is upon us. Some people I know have already completed their Christmas shopping. But if you move away from the gifts, this time is a period of reflection and empathy. Covid still lingers, despite losing some of its effect on us compared to last year. This year will be a little different.

We still remember what it was like; not seeing family or braving the cold to do a drive-by instead of going inside. It brought humility to us all. That should still be the case this year. Now, issues requiring empathy are still relevant.

Homelessness is one of them. According to official government statistics, "11,580 single households were assessed as rough sleeping at the time of the approach (2020-2021), up 39.4% from 2019-20." Covid and unemployment caused a lot of that, but it still isn't a happy statistic. We have all walked past a homeless person and not glanced at them. They feel unseen and lonely, which only adds to their distress. Their unhappiness is also added to by societies anti-homelessness policies; such as limiting covered bus shelters and benches, as well as restaurant policies being to throw out leftovers rather than giving them away.

Empathy goes a long way, and you can help in small doses. If you don't feel comfortable giving small change physically, gift them with food, drinks, blankets and resources. There have been plenty of stories of barbers giving out free haircuts or vets giving out free check-ups for homeless pets.

NE Offers and LNER are supporting the charity North East Homeless to put on a Christmas Eve lunch for the homeless in Central Station. You can indirectly help by donating £5 to the charity to provide a lunch for a vulnerable or homeless person, which may be the only gift they get this year.

Should the fundraising total more than they need on the day, the charity will provide the following for service users this winter: a pair of thermal socks and gloves, a toiletry pack, a mental health chat either by phone call or face to face, a food parcel, re-heatable meals made in the Hub, and a travel pass for someone who needs support or access to training/work experience. When asked to comment on their event, NEH said, "We started the Christmas Eve meal about four years ago. I wanted somewhere iconic but covered over. So I thought of Central Station. LNER have been brilliant in supporting us. Christmas is about looking after each other, and that's what NEH is all about. Loneliness is massive at Christmas time, hence why you don't have to be homeless to come to our meal."

The link to donate for those viewing this article online is here. Or, if you're reading from the magazine Google North East Homeless Christmas Meal and click NE Offers to donate.

Another charity helping the vulnerable is Feeding Families North East, which creates food parcels for those in need. You can donate by adding to their food banks or just fundraising for them in general. Recently, they shared the story of a young girl in Blyth who put up posters to support the charity and asked for food donations. This charity puts out an average of 1,000 food boxes every month. That figure alone shows how many vulnerable people rely on them. And with the increasing food and fuel prices, isn't that relatable?

In addition, Tyne Valley Express have partnered with a local photographer to produce a 2022 calendar. All of the proceeds will go to Feeding Families. Featuring beautiful seasonal images from Derwent and Tyne Valley, it's only £9.99 plus delivery.

Other issues have been in the media spotlight these last few months as well.

Conversations on animal welfare and kidnappings were rampant during the pandemic. Charities like Newcastle Dog and Cat Shelter had to adapt to the times. Soon their Christmas campaigns will be released, which will centre, as they do every year, on the fact that a pet isn't just for Christmas. They are, in fact, a lifelong family member. Adoptions skyrocket during the Christmas period, but they are soon handed back during the new year. They've also noticed a decrease in the number of cats being adopted compared to the dogs. New dogs, cats, and even a goat are added to their website every week. So, if you think you can give one of them a loving home, check out their website.

Another major issue, kicked off by the Sarah Everard case and the recent media backlash on the subject, is women's safety. A new charity that has popped up in Newcastle is Women's Street Watch NCL. Created in September, they have amassed 6K likes on Facebook and thousands of people want to volunteer for the charity. They want to patrol and create safe spaces for women in the North East and are looking for suitable function rooms to hold training sessions. They promote helpful messages and highlight those lives lost tragically by violence.

Christmas is a time to reflect, and charities rely on that for their promotion and donations. I want to promote them now so that if you choose to contribute, you can prepare with plenty of time to spare.

If you choose to help globally, there are plenty of charities to pick. Samaritan's Purse Operation Christmas allows you to create shoebox hampers for refugees and vulnerable families in Africa. There are also local charities, which have popped up to support Afghanistan refugees.

But the concept of keeping things local has stayed with us well throughout the pandemic.

Four local charities feature in this article, centred on topics I care about, but there are tonnes more around the Tyne Valley and North East area. Giving a little goes a long way for those in need. Stop in on your local church or charity, volunteer for a weekend or hand out fliers. Every little bit helps.

The social media profiles and websites of the charities I have mentioned are below:

NEH North East Homeless: @Northeasthomeless, www.northeasthomeless.org.uk/

Feeding Families: @UKfeedingfamilies, www.feedingfamilies.org.uk/

Newcastle Dog and Cat Shelter: @newcastledogandcatshelter, <https://www.dogandcatshelter.com/>

Women's Street Watch NCL: @WSWNCL



Katie Pharoah

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

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Place: St Anne's RC Church
Organiser: Adrian Tuckwell
Contact: st.annewinlatonrc@gmail.com

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Place: St Cuthbert's Church, Blaydon
Organiser: Revd Diane Ryan
Contact: 0191 4142720

ST CUTHBERT'S COMMUNITY HALL

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Place: St Cuthbert's Community Hall
Organiser: Chris
Contact: blaydonstcuthbert@gmail.com

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

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Place: Blaydon Library
Organiser: Jill Lowes
Contact: JillLowes@Gateshead.Gov.UK

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Place: St Cuthbert's church hall
Organiser: Sandra Thain
Contact: 07949265987

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Place: Gateshead Libraries (activities currently delivered remotely but

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Organiser: Colleen Dewing
Contact: colleendewing@gateshead.gov.uk

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Place: Next to public library
Organiser: Winlaton Evangelical Church
Contact: winlatonevch@talktalk.net

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Organiser: Rev Dave Charter
Contact: 0191 460 6411

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

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Place: Winlaton Mill Village Hall
Organiser: Dawn
Contact: info@winlatonmillvillagehall.com

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Place: Swalwell Visitors Centre
Organiser: Chris
Contact: northern@durhamwt.co.uk

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Place: Trinity Church Blaydon - Tuesdays
Organiser: Emma Bell
Contact: www.kalmalifeuk.co.uk/gatesheadwest

WINLATON CAMERA CLUB

During summer months we meet each Tuesday 7pm and set off for local photo shoots around the North East. If you would like to come along either meet us in the car park or drop us an email: graemesnowball73@gmail.com
Place: Winlaton New West End Club
Organiser: Graeme and Lesley
Contact: 07552 616909

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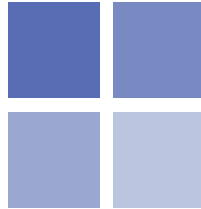
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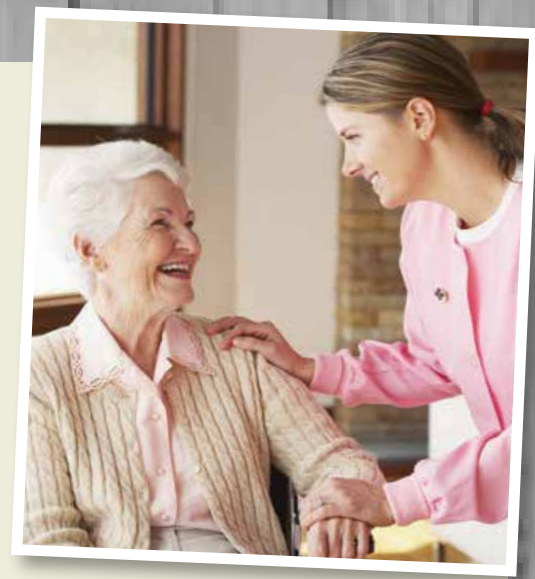
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- **Assistance to appointments** - All our staff are fully insured to take you to appointments ie hospital appointments, doctors we can accompany you and take notes to pass on to family or just for your records.
- **Breakfast, lunch, tea calls** -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

As this year has progressed, I've seen an increase in people I work with, either through 1-2-1 work or attending my classes, who are seeking help due to feeling completely overwhelmed mentally and emotionally by life. A sense their head is full, clouded, forgetful and an inability to concentrate or sleep well seem to be the most usual complaints.

One of them most common factors for this is that we are in a state of Doing. Our mind creates a sense of urgency within our Doing state by telling us stories like- "you need to do this", "this has to be done", and the good old carrot and stick method of "once you do this, then you can take a break/rest..", that one is my personal favourite, as we all know, how many of us actually take the break/rest we promised ourselves?

The next common factor is that we are Head-led. This means we rely heavily on our head to do all the thinking for us. When we do this, we are not only adding more "traffic" to our already overburdened and over stimulated mental processes, but we are also filtering, or in some cases not filtering, our thoughts through the egoic mind. The Ego, our lower consciousness, is home to our Inner critic, limiting beliefs and programmed core beliefs about ourselves and the world around us, leading to feelings of shame, guilt, self-judgment, self-rejection, and low self-worth.

To understand what this does to us, imagine having a completely sedentary life with the exception of only exercising your bicep muscles for hours every day. No other muscle groups are exercised. We can say that you would definitely have beautifully toned biceps, but what would the rest of your body look like? It would more than likely be flabby, saggy and you would even see muscle atrophy in non-used muscle groups. In truth, you would never be able to exercise your biceps like this. It would result in muscle injury, joint inflammation and muscle fatigue which would translate to the overwhelmed, clouded, and forgetful mind states we experience when we are in a heavily Head-led-Doing state.

So how do we find balance and heal this state?

We find time daily to connect to our state of Being, the passive non-doing state. The Being state is accessed by developing an awareness of our state of presence and resonance. It is through this awareness that we are able to take the conscious action of stepping out of thought stream, dis-entangling from the minds' narrative of urgency and stepping into the quietness and stillness of our Being state. It is the changing gears from Head-Led consciousness, the Doing state, to Heart- Led consciousness, the Being state.

Heart consciousness is a practice of reconnecting energetically with the power of your heart's inner wisdom: your Intuition. When you listen to your intuition your mind, body and heart will go back into balance and guide you back to your authentic Self. Surrendering to your Heart consciousness is the practice of reconnecting what is already inside of you, your soul, your Being.

The work of reconnecting back to your heart's wisdom is such a powerful part of healing and has been documented for centuries. Ancient scriptures all point to one truth, that true wisdom comes when we turn to Heart Wisdom, our Soul, for guidance. Soul and Head work closely together in making decisions, guiding us through challenges, with Head acting as council but Soul taking the lead, hence the terms Heart-Led or Leading

from the Heart. Reconnecting back to this heart-centred place takes practice just like anything else. To bring your attention inward and connect with the power of your heart, you practice Being, sitting quietly in stillness, and asking the heart wisdom what it needs from you.

In our mindfulness classes we are currently focusing on cultivating Presence, a practice of finding stillness daily to harness the connection to Heart consciousness as you learn to be in flow with your state of Being.

To practice this technique, try this-

- Take time to sit quietly for 10 mins a day. Make sure that there are no distractions, phones and gadgets turned on silent, no tv, radio, magazines, or books.
- Find a comfortable spot to sit. This can be on your bed, couch, kitchen table, in the garden, on a park bench, in the forest or on the beach.
- Set your timer to go off after 10 mins so you are not distracted by looking at your watch.
- As you sit, notice the sensation of your body sitting, notice the sounds, notice objects in your environment. Let go of whatever you notice
- Give yourself to just permission to experience each moment, and to Be in that moment.

Some benefits from this practice-

- Step out of the stream of thinking and helping you to befriend the mind
- Improves connection with ourselves, others, and world around us
- Allows you to bring Presence to relationships, no matter how challenging they are
- Helps bring balance within our Being vs Doing states
- Improves mental clarity and cognition
- Downregulates the stress response, reducing anxiety
- Helps you let go of things
- Helps build healthy relationship with emotions
- It is a profound act of Self-care

Profound healing is always possible when we meet ourselves first and foremost with an open heart and then extend that kindness and compassion to the world around us.



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RYTON METHODIST CHURCH

Carol Service on 19 December at 10.15am. Girls Brigade Nativity 20 December at 6.15. Christmas Eve service - lantern walk at 6 pm with service starting at 6.30 pm. Christmas Day half hour service at 10.30 am. Place: Ryton Methodist Church
Organiser: Rev Dave Charter
Contact: 0191 4606411

HOLY CROSS CHURCH

SUNDAY 10.30 am Holy Communion, SUNDAY 10.30 am Young Church held in Church Hall, Ryton Village, THURSDAY 10.00 am Holy Communion. Please check Holy Cross Website for further information. Place: Holy Cross Church
Organiser: Rev. Alison Stewart Smith
Contact: 01914529381

HOLY CROSS CHURCH HALL

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

using the details provided.

Place: Holy Cross Church
Organiser: Sue
Contact: 01914135233

U3A RYTON

Ryton u3a is resuming activities at Barmoor Hub from 2nd August 2021. Place: Barmoor Hub
Organiser: Christine Knox
Contact: christine.knox@talktalk.net

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

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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

RYTON CHORAL SOCIETY CONCERT

On November 13th at 3.00, Ryton Choral Society will be hosting their first concert after their enforced Covid break. This afternoon concert will feature three popular works: Mozart: Coronation Mass; Handel: the King Shall Rejoice; Vaughan Williams: Serenade to Music. Place: St Mary the Virgin, Whickham
Organiser: Neil Pont
Contact: neil@pontart.plus.com

MEN'S SHED RYTON

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Organiser: Claire.

Contact: 01914136363

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Winter Fair 4th December. We will have local tall holders, Cake stall, Santa grotto, Face painting. Some Christmas carols by the Ryton singers choir. Refreshments will be on sale. Place: Stargate community centre
Organiser: Fiona Todd
Contact: Fiona.todd33@gmail.com

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Contact: 07543281301



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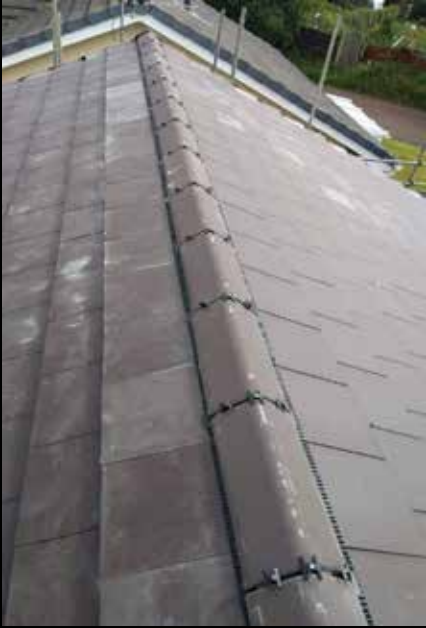


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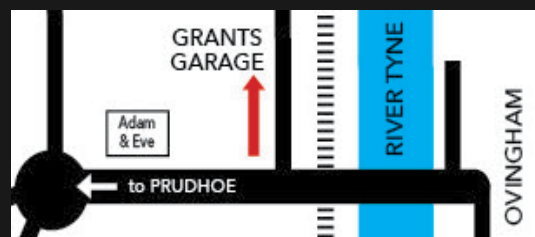


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Bitcoin and Cryptocurrencies



Almost everyone by now has heard of Bitcoin and the various other Cryptocurrencies, often referred to as "alt coins". But what is Bitcoin and the thousands of digital currencies all about, and why have they become so popular in the thirteen years since the Bitcoin white paper was published in October of 2008?

The Great Financial Crisis or GFC of 2008 led to many people questioning the Central Banking system and its unbacked fiat currency (or petrodollar system). People really started looking at the nature of money and what currencies actually were. So the GFC led to an awakening and the launch of Bitcoin, in hindsight, is not surprising.

According to Wikipedia: "Bitcoin is a decentralised digital currency, without a central bank or single administrator, that can be sent from user to user on the peer-to-peer Bitcoin network without the need for intermediaries. Transactions are verified by network nodes through Cryptography and recorded in a public distributed ledger called a blockchain. The Cryptocurrency was invented in 2008 by an unknown person or group of people using the name Satoshi Nakamoto. The currency began use in 2009 when its implementation was released as open-source software".

The goal behind Bitcoin is to replace Central Banks and fiat currencies and become a form of digital gold.

How is Bitcoin created and how does it derive its value? The creation of Bitcoin is called mining and it is basically done through solving complex mathematical problems that were set up in the white paper. These mathematical problems become harder to solve with time as more Bitcoins are "mined" or created. The other factor that has led to the rising value of Bitcoin from less than \$1 to a present level of about \$60,000 is that the supply of Bitcoin is limited to 21,000,000 coins and can never be increased or changed. This limited supply is one of its strongest selling points as it is diametrically opposed to the inflationary nature of the fiat currency regime that we have had since 1971.

So what are the alt coins or other digital currencies all about? They evolved from the Bitcoin idea. The tech savvy software developers took the idea of Bitcoin and tried to improve on it and give these alt coins more than just a monetary and transfer of value function. They have, and continue to, create Crypto currencies with smart contracts and building open-source applications based on the blockchain. The blockchain is essentially a combination of all the blocks that have ever been mined or

created and they are always linked to each other and present in the open ledger - so everyone can see what has gone on since the inception of all Crypto currencies. Unlike Central Bankers' secretive actions, Bitcoin and Crypto currencies are open and transparent and the worldwide community of coders, miners and participants have evolved into a natural policing mechanism.

Thousands of white papers and alt coins have popped since the creation of Bitcoin and the great majority of them have been a failure as they have been unable to create the network effect and therefore not delivering what they promised. The general marketing idea of these alt coin projects is that they will transform an old business or industry by helping it decentralize and become more transparent by using the blockchain. The most successful of the alt coins so far is Ethereum and the basic idea behind this digital currency is that it evolves a step further than Bitcoin by allowing its users to build smart contracts on its network or blockchain. A lot of the alt coin projects such as e-sports, online gaming, Airbnb type apps, have used the Ethereum blockchain to build their projects.

So what are the pitfalls or drawbacks of Bitcoin and digital currencies? We would say that the fact that it is a decentralised system with no controlling authority makes it as close to a free market as possible but on the other hand gives it also a Wild West Environment of lawlessness. Despite the fact that Bitcoin and most alt coins are transparent and technically incorruptible, the eco system of exchanges, banks and projects that have mushroomed around it is rife with greed, dishonesty and all other negative human traits that permeate in all other sectors of society and the economy.

My advice to novices and those looking to get involved in Crypto currencies is to start from the basics and learn all about the digital wallets, the exchanges and the particular currencies you are interested in. Most alt coins worth their salt will have a white paper open to the public so there is no excuse for not doing your due diligence. It is imperative, in my opinion, that one should be prepared for huge price swings or volatility so leveraging or borrowing money to buy Cryptos is a double-edged sword. Earlier this year Bitcoin traded to around \$64,000 only to drop below \$30,000 a few months later in July. Likewise by the time you read this article, it may well have soared to \$100,000.

A good source to start learning about Bitcoin and Cryptocurrencies: <https://coinmarketcap.com/>



Mario Innecco

Mario Innecco

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PRUDHOE LIBRARY

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

THE GATE CHURCH

We're back together in the building for Sunday Services at 10.30am. Join us for lively worship and encouraging Bible preaching. Children and Youth Church have started again too! For all other activities visit our website: thegatechurch.org.uk
Place: Swalwell Close, NE42 6EX
Organiser: Bert and Margaret Boonstra
Contact: thegatepcc@hotmail.co.uk

GLEEMEN MALE VOICE CHOIR

New members welcome. www.prudhoeGLEEMEN.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 or join <https://www.facebook.com/groups/prudhoegardenersassociation>
Place: Prudhoe
Organiser: Christine Hewitt
Contact: allotmentassociation@hotmail.com

BORDER REIVER ARCHERS

Border Reiver Archers will meet on Sundays at Prudhoe High School sports hall during the 2021 winter. Please refer to our website for calendar details, unique gift vouchers and seasonal offers. www.borderreiverarchers.co.uk
Place: Prudhoe High School

Organiser: Secretary 07505 975509
Contact: 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 are retired or in part-time work, with different life experiences to share. For further information please visit <http://u3asites.org.uk/prudhoe>
Place: Prudhoe Parish Hall/The Spetchells
Organiser: Secretary
Contact: e-mail: margaretbspc@outlook.com

GLEEMEN MALE VOICE CHOIR

New members welcome. www.prudhoeGLEEMEN.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

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Place: Online on Zoom
Organiser: Claire Lynn
Contact: claire@claire276.plus.com

WEST WYLAM RESIDENTS ASSOCIATION

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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

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 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

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Place: St Mary Magdalene church
Organiser: Rev Dan Freyhan
Contact: vicar@prudhoeparishchurch.org.uk

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Place: Prudhoe Parish Church Hall
Organiser: Rev Dan Freyhan
Contact: vicar@prudhoeparishchurch.org.uk

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Place: Prudhoe Parish Church Hall
Organiser: Hayley Langston
Contact: Little.Treasures@PrudhoeParishChurch.org.uk



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Details of additional/changes to relevant licensable activities if application is to vary an existing licence. Closing date for representations 22/11/2021.

All comments about the application must be made in writing and sent to: The Licensing Section, Northumberland County Council, Housing & Public Protection, Stakeford Depot, East View, Stakeford, NE62 5TR. Details of the application can be viewed Monday to Thursday 9:00am to 4:30pm

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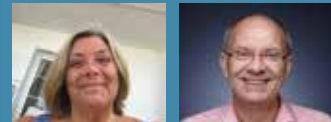
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Courage, Dear Hart.

As a child I was besotted with the Lion, the Witch and the Wardrobe. Feeling the fur coats brush my face as little hands maneuvered their way to the back of gran's old wooden wardrobe was always a welcome weekly adventure. God knows how long I stood there. Naturally the entrance to Narnia remained eternally elusive yet I never stopped believing. Whenever I see an old fashioned street lamp my soul always remembers and smiles, maybe this time?

"You have returned for reason. Your adventure begins now."

So imagine my delight when some considerable decades later I enter the magical world of Narnia for real. In my previous article 'The Holy Ghost' I shared a series of miraculous experiences I had with a wild white roebuck in woodlands local to my home. The White Hart whose appearance is synonymous with the delivery of a message exists across all cultures, myths and religions as an otherworldly sign, an archetype of vital spiritual importance.

So what does it mean when this symbol of ancient, sacred magic is shot dead by police? On Sunday 26th September a white stag ran loose for nine hours and despite being secured in an area (alongside advice from the RSPCA to leave it be) the decision was made to destroy it. Merseyside Police have since cited reasons pertaining public safety. It doesn't take a belief beyond the five senses to see that there might just be a message for humanity here

"No great wisdom can be reached without sacrifice."

Perhaps its destruction is a sign of just how low our culture has spiritually sunk? Other cultures would have recognised and revered the animal, taking steps to save it at all costs. To the Native Americans the sighting of 'the white one' would be a reason to gather the community together, to muse and meditate on its wisdom.

During the summer of 2020 native tribes in Montana celebrated such an event through the birth of new white buffalo calf. The last one born 1933 died of natural causes in 1959 and was rightly dubbed 'Big Medicine.' "I think the reason the Creator sent her here is because of all the injustice that's been done," said Glenn Gopher, the conductor of ceremonies at the ranch. "Our country is in serious chaos. Our world is corrupt and the law makers are out of hand."

"What you see and what you hear depends a great deal on where you are standing. It also depends on what sort of person you are."

We all have a duty to protect 'that which is sacred,' and these animals when they appear are tangible ways to revere in the unseen, the mysterious and of spirit. For a white calf to be born there is a one in ten million chance whereas for an albino white roebuck such as Ghost only six have been seen in the wild since the end of the Second World War.

White fallow deer (like what was seen in Bootle) do exist in managed herds dotted around the country, some have since wondered if the situation in Liverpool was created? The odds of a white stag existing in the wild is minuscule so it all seems like a very strange set of circumstances indeed. Its destruction sending out a very clear message to those who know the significance of such a creature; like a ritual of sorts.

"Do not cite the Deep Magic to me, Witch. I was there when it was written."

Maybe I am taking this one too personally due to my own very visceral experiences with Ghost. Our time together between the trees was always bittersweet; for as much joy I found in his presence it was always matched by the abject terror he could/would eventually be seen, known and killed. What came first the White Hart or the hunter? Whilst partaking in the Earth School one seemingly cannot exist without the other; such is the nature of duality when we live solely (instead of soulfully) at the 3D level.

"There is no use talking as if forgiveness is easy."

At the moment it feels as if the world is being consumed with darkness and with the public slaughter of a divine archetype it is easy to fear we are in the grip of something awful, "these truly are fallen times," whispered my brother. Yet there is actually an enormous amount of light flooding the planet and we need that light to see, even if what is being illuminated is too cruel to comprehend.

Nostradamus himself forewarned us "when amidst a plague... a White Hart appears, a sign of a long lost age coincides with the commoner's rising rage and the Queen's men, oblivious, shed its blood with a flaming arrow... the beast's death will herald a dark morrow, an upturn in a nation's grief, pain and sorrow."

"Their prison is only within their minds, yet they are in that prison."

Spiritually I am very sober, grounded in love but I'm not going to pretend everything is ok when it's very clearly not. The ever so rare and elusive White Hart, a symbol of virtue and purity slain by the modern authorities in the same week mRNA vaccines make their way through the schools and into the arms of children. So it seems shots under the guise of public safety are still being fired 'for the good of all' at the innocent.

Despite what you might think (sugarcoat officially off – it's actually quite toxic) all is not lost. The reverence of the White Hart is written into eternity, its soul and magic woven through the timeless fabric of the universe. Rest assured neither can ever truly be destroyed. Hold the line. Keep shining your light.

"That world is ended, as if it had never been. Let the race of Adam and Eve take warning."

Quotations & Title taken from:
C.S Lewis The Chronicles of Narnia
Nostradamus Les Prophecies 1555

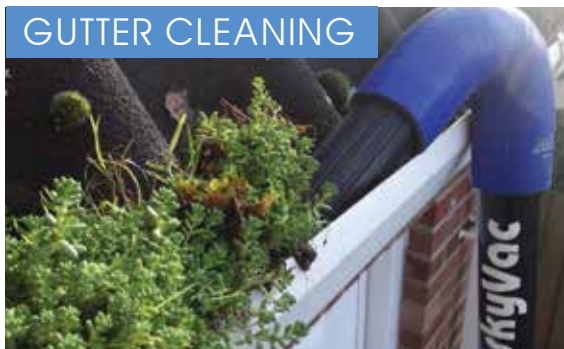
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Christmas... love it or loathe it - it's on it's way!



You may well be one of those people who has already got all the decorations out just to check that they're all there and that the lights all work. You'll probably have a great long list of gifts, food and a military style programme for visiting relatives and friends and will have already done the deals over who is hosting the main turkey fest...you are definitely in the 'love it' camp! There's absolutely nothing wrong with that – enjoy!

Or... you could be someone who is really not looking forward to the whole thing – perhaps you were one of those people who secretly cheered when it was broadly cancelled last year? Who enjoyed a quiet couple of days at home with the immediate family or on your own?

We wanted to write something this time to speak to those who struggle with times like Christmas. Those points in the year that have become big cultural events when it's too easy to start to feel like some kind of outsider who doesn't have the magic key to get into the non-stop happiness and joy. We believe that, with a bit of planning, (and probably a lot of being honest with yourself,) everyone can find a way to be their own version of happy – and frankly – it's your version of happy that counts!

So – the first thing to say is that you need to take control. With that as your aim, get yourself a cuppa (everything is better with a cuppa in your hand) some paper and a pen and write a long list of the things that are worrying you about Christmas. Absolutely everything – big things, little things, things that make you cry when you think about them and the really tiny things that you think are probably stupid. This list is just for your eyes, so put it all down.

Next, on another piece of paper, draw 3 concentric circles – make sure the one in the middle is big enough to write in. Your 3 circles have titles. The one in the middle is called The Circle of Control, The outside one is called The Circle of Concern and the one in the middle is The Circle of Influence.

Now you need to go through your list and find all the things that you can do something about. The things that concern you, your feelings and actions. Write these in the middle circle – The Circle of Control. (see where we're going here? Control!!)

Next, identify all the things that are partially in your control, but that will involve someone else. These are things where you will be able to make a difference, but only by influencing someone else to take it on. These go in the Circle of Influence. For instance, if your aunt always buys you a terrible present that really is a waste of her money and you have to take it to a charity shop in the next town so that she doesn't see it. Can you get another relative to drop some non-subtle hints about what you'd like instead? You make your point but through influence.

Lastly go through your list and find all the things that you can't do anything about – things that you, on your own, can't stop or cure or sort out. Examples might be the state of the economy, covid rates, homelessness, the environment. These go into the Circle of Concern and you need to let them go. (For now at least – it could be that when you see the list of wider concerns you hold, you might turn your attention to one or more in the New Year and see what contribution you can make.) You've written them down, you should acknowledge them and then put them out of your head. That space can now be used to apply yourself to the things in the Circle of Control – the things you can do something about.

So now that you've sorted them into the three circles, return to the Circle of Control. You need to take each of those worries and make a plan to deal with them. Write that plan down. You can change your mind and you can modify plans, but the important thing is that there is a plan and therefore the issue now doesn't have to cause stress or anxiety, because you have a solution. For instance, if one of your worries is that you will be alone on Christmas day, make a plan to turn it into your absolute favourite sort of day. Plan your favourite meals, identify a great series to watch on the TV, get yourself the latest book by your favourite author. Teach yourself to knit, or paint, or draw – buy yourself the gift of the materials but save them until Christmas day. Aim to end the day feeling content and as if you have spoiled yourself.

The circles exercise is designed to force your brain into asking you questions and finding solutions. Your brain can't worry about things if it's occupied, so this piece of work helps to put you back in control, which in turn will make you feel calmer and happier.

Whatever you do, make sure that you build in some quiet time for yourself during the Christmas period. We often quote the oxygen mask principle: you need to have your own on before you can help anyone else. It's important because in order to be resilient and cope with multiple people's expectations at this (often) pressured time of year, you need to be in control of you. So, get some breathing techniques learned as a few minutes with these will bring your blood pressure and heart rate down if needed, learn a mindfulness technique where you can do a mini meditation for 2 or 3 minutes to calm and soothe yourself and build in some outside time.

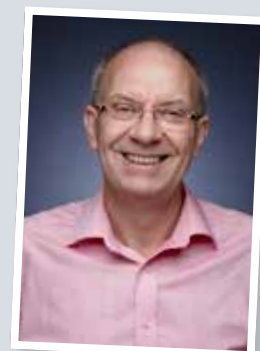
Remember that no one has to ever be alone. People are generally kind and a smile and a chat go along way. Friends, neighbours and family members can only help if they know that you need or would welcome help. There are also phone lines that offer instant support. Campaign Against Living Miserably (CALM) from the charity MIND is available on 0800 58 58 58 and at www.thecalmzone.net and The Silver Line (over 55s) on 0800 4 70 80 90 In the longer term, you might consider therapy or hypnotherapy to address issues of anxiety, self esteem or confidence.

Dr Russell & Sue Thackeray

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Mortgage Fees: Everything You Need to Know

When it comes to finding the best mortgage deal for you, there's one question home buyers should ask themselves.

And it's not: "Which deal is offering the lowest interest rate?"

While interest rates are obviously important, mortgage hunters should ask: "Which deal represents the best value overall?"

That's because many of the ultra-low interest rate deals available right now come with fees.

For some home buyers, a fee-free product with a slightly higher interest rate may represent better value in the long term depending on your circumstances and loan size.

Here's a handy guide to the different types of mortgage fees to help you with your research.

Arrangement Fee

This fee is what a lender can charge for the product rate, so you could pay a fee to receive a lower interest rate but this will depend on your loan size if this is beneficial.

Most lenders will let you roll this fee into your mortgage, which is handy if you want to retain your savings for home improvements, legal fees or moving costs.

Including an arrangement fee in your mortgage will mean interest is incurred for the life of the loan.

Higher Lending Charge (HLC)

Also known as a Mortgage Indemnity Guarantee. Lenders can apply these to high loan to value mortgages, usually anything above 90%.

All lenders are different when calculating higher lending charges.

Booking Fee & Application Fee

Some lenders charge this fee to secure the application. It shows the lender that you're committed and it may be non-refundable (even if the mortgage doesn't go ahead).

Mortgage brokers can charge a fee for their services too, however this can be refundable depending on your individual circumstances and covers a range of services. It is designed to take the stress away from you and the broker will take care of your application through to completion.

Valuation Fee

This may be charged by the lender to carry out a mandatory valuation assessment to ensure the property is valued at the right price. There are 3 different types of reports - a basic valuation, a home buyers report and a full structural report. The type of report needed depends on the age and condition of the property. Some lenders offer a free basic valuation for first time customers. The more comprehensive versions are available at an extra cost.

CHAPS Fee

Also known as 'Telegraphic Transfer Fee', this covers the cost of your lender sending funds to your solicitor.

Buildings Insurance Fee

Buildings insurance is a mandatory requirement for all mortgages. Your broker can give you a free and impartial tailored quote along with the recommended mortgage.

Early Repayment Fee

If you repay all or part of your mortgage early, you could incur a fee.

Exit Fee

At the end of the mortgage there may be a fee to close the mortgage account. This will be detailed in your illustration when receiving advice.

**For more advice about mortgages, please
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Mel and Vicky



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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: 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

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 meet fortnightly on alternate Tuesday afternoons from 1:30 to 3:30 and Wednesday evenings from 7:00 to 9:00. New members and interested visitors are always welcome to share their interest in art, whether painting, drawing or other media.

Place: Heddon W.I. Hall
Organiser: David Chambers
Contact: chambers497@btinternet.com

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 11am. Please visit our website at www.horsleyvillagechurch.btck.co.uk for more information
Place: Horsley Village Church
Organiser: Horsley Village Church
Contact: horsleyvillagechurch@gmail.com

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

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Place: James Knott Memorial Hall
Organiser: Pauline Wright
Contact: 01661853365

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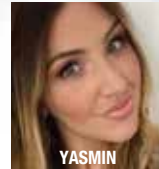


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Choosing the Meaning of Life

Hi everybody. I hope you're well. If it's the first time you're reading my posts then welcome. If you've read my previous post then thank you for coming back for another open conversation about how to be happy in our modern age - the age of plenty, or as some may say, the age of excess.

In this column, we'll learn to meditate. Meditation is a way of taking responsibility for our life by being mentally proactive. So, to get the most out of this column, you must be an active reader, a participator. Of course, you are also welcome to just read and ignore...

Have you ever thought about the meaning of life?

For this issue of Tyne Valley Express I thought it worthwhile to talk about something easy - the meaning of life :-)

Some think this is too difficult a question to even consider, while others think it is a meaningless question that should simply be ignored. But please don't be overwhelmed or dismissive. Experience shows that people who have considered this question and as a result developed a more positive or nourishing view of life can maintain good mental health despite life's many challenges and even improve themselves. For those who seek spiritual awakening and growth, the question of the meaning of life is essential.

The meaning of life - why is it important?

Everyone has an opinion on the meaning of life. You may have never thought about it deeply. Even if you have thought deeply, you may not have come to any clear conclusions. But somewhere, somehow, we all have an opinion on meaning of our life.

And the reason this is important is because our ideas about the meaning of life are the very force behind all our activities. How we think, how we speak, how we behave, is directly connected to our notion of the meaning of life. Because how we behave determines what we shall experience in the future, you can appreciate the importance of thinking about the meaning of our life now.

Therefore, gently and happily we shall start meditating on this question ... the meaning of life.

Meditating on the meaning of our life

In the previous magazine, I introduced the practice of meditation. For a fuller description, you should visit that article. Briefly, meditation is a two-stage process:

1. Stage One is thoughtful reflection (contemplation) leading to insight.
2. Stage Two is remembering this insight by applying mindfulness and concentration.

Preparing for meditation

You can do these reflections at any time, you can discuss these issues with friends, but it is also very helpful to regularly clear a few minutes of your day for focused reflection and contemplation.

Treat yourself to a cup of tea and reflect. You may also find it helpful to reflect through the process of writing.

A good way to start such a personal contemplation, or meditation, session is to sit quietly and follow the breath as it enters and leaves your nostrils. Think to yourself, "Now I am here!" and ignore all your other distracting thoughts. Simply say to yourself, "Now I am here, and I am not in a hurry." Try to make your back straight and the rest of your body free from tension.

Reflecting on the meaning of our life

If you have taken the time to breathe and be present, you will have a nice peaceful mind. With this peaceful mind, we try to first consider our own opinion on the meaning and purpose of life.

Take your time. Don't be in a hurry to find an answer. There's no right or wrong answer. Just your answer.

Now we can contemplate a new answer: life is the nature of change. Observing, how everything we know has changed, is changing, and will never stop changing, we allow ourselves to be affected by this truth.

In the light of this truth, we can ask again what is the purpose and meaning of life?

Please take your time. You may need to repeat this cycle, or even contemplate these ideas for a few days to see clearly that, 'if everything changes, I cannot hold onto anything.'

When it dawns in our mind that we cannot hold onto anything, we will begin to understand that much of the pain we experience in our life comes from our emotional attachment to things that do not stay with us, or remain the same. We begin to realize that being emotionally attached to things that change does not make sense. You will need to take it easy because some people find this very challenging. So, don't push yourself.

Then we might ask, what is the relationship between the realization that being emotionally attached to things that change does not make sense and the meaning of life?

I'm glad you asked.

The relationship is that the meaning of our life is to train our mind to be free from painful emotional attachments.

You may think that this is unhealthy or impossible. This is where I, as a Buddhist, believe that it is both healthy and possible. But I will say it is certainly not easy to do and it does take effort.

The impact of this meditation

Experience shows that the impact of this meditation is that people who see the meaning and purpose of their lives as freeing their minds from emotional attachment to things that are transient, find new possibilities opening-up for them. And in this way, they find new and more successful ways of dealing with life's challenges.

Conclusion

If you have any questions or remarks on this article please contact me. I will reply.



*Kelsang
Sherab*

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

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

Full Leather Restoration Service

- All aspects of upholstery
- Auto interior trimming and repairs
- French polishing
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- Specialists in bar bench seating

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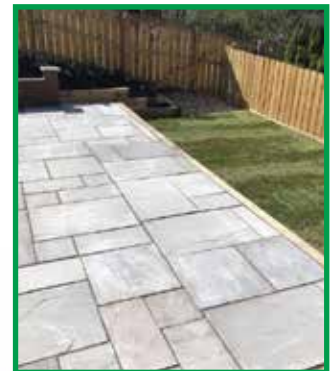
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Dr. Hilary Jones
Medical Advisor to Acorn Stairlifts



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Mrs Richardson - Hexham



"I wasn't sure what they could do to my little kitchen, but what a difference a few days make. The guys never stopped and I'm so chuffed with how it looks now, it seems much bigger and a lot easier to keep clean. Thanks, from one very happy customer!"

Mr Lodge - Ryton



"As our windows are North facing, I wanted it light and bright and that's definitely what I got! Very punctual, professional and polite service, we would highly recommend"

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...in WYLAM & Ovingham

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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 <https://stoswinschurchwylam.chessck.co.uk/> for details.
Place: Church Road, Wylam

Organiser: Rev Tom Birch
Contact: wylamst.oswin@hotmail.co.uk

WYLAM CHURCH HALL

Now fully reopened with extended up to date facilities, has its own sheltered private garden and is available for hire. Suitable for most functions including children's parties. The home of Wylam's uniformed organisations. See our website www.stoswinschurchwylam.btck.co.uk for further details.
Place: Church Hall, Church Road, Wylam, NE41 8AT
Organiser: Helena Bates
Contact: 07947116735

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
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, Chartered Physiotherapist
Contact: pilatesphysio4you@gmail.com

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Place: Ovington & Matfen
Organiser: GO Local Food
Contact: admin@golocalfood.org.uk

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

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What to do with your old IT equipment?



This is a question I am asked a lot. People often come to me with their old laptop/PC and ask me what they can do with it. Sometimes their laptop isn't particularly old and can be revived by doing a complete rebuild and installing Windows again – and if the hard drive is replaced by an SSD (Solid State Drive), then often this can make all the difference by making your laptop become much faster. However, not all laptops/PCs can be upgraded like this and the time may have come to say goodbye to it.

This sadly, brings with it the problem of what to do with your old laptop/PC? What will happen to your data that's on the hard drive?

You could do any of the following:

1. Take it to the tip. But this could mean a terrible waste of materials, plus your data will still be on the hard drive. Even if you knew how to reformat your hard drive so that your data is erased, it still means hardware that is going to end up in landfill.
2. Use one of the online companies that will pick up your laptop/PC and wipe the hard disk for you and send you a receipt. There are many companies that do this - I have used cashinyourgadgets.com and found them very efficient.
3. Give them to charity. One such charitable project is organised by Warren Milburn of Munki Computer Help (www.munkicomputerhelp.com). Warren is based in Greenside and started his Million People Project with the aim of lifting 1 million people out of digital exclusion by the time he retires. He'll take redundant laptops, tablets, refurbish them where possible and give them away to families in need. If he can't refurbish them, he'll strip them for parts and use them to upgrade other tech.

If you have no more need for your laptop, I would be contacting Warren who will safely and securely put your laptop to good use – much better than putting into landfill.

As always, if you'd like a friendly chat about your IT queries, please give me a call 0785 509 2227.

5

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WHAT'S ON

...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]. Every Saturday morning 10.30am till 12 noon Coffee Morning. Drop in for a chat and a coffee/tea.
Place: Centenary Methodist Church
Organiser: Trevor Peart
Contact: information@centenarymc.org.uk

CRAWCROOK LIBRARY

Our libraries are open again for the selection of books and computer use. Our Ring and Read service will still operate and fines for late return of items will not be charged. Check current opening hours at www.gateshead.gov.uk/Libraries
Place: Crawcrook Library
Organiser: Jill Lowes
Contact: JillLowes@Gateshead.Gov.UK

gateshead.gov.uk/Libraries
Place: Crawcrook Library
Organiser: Jill Lowes
Contact: JillLowes@Gateshead.Gov.UK

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

BABY & TODDLER YOGA

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

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: 07145955238

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

CHAIR YOGA CLASS

Free for 6 weeks, using a chair to sit on and to hold when standing. 10 min relaxation to finish. 1.30pm-2.30pm
Place: Greenside Community Centre Main Hall
Organiser: Rose
Contact: 01914137653



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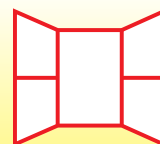
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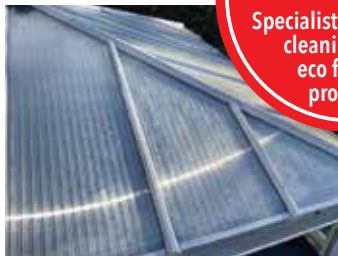
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If you run a group, club or a non-profit organisation that is back up and running, let us know and we'll include it in our What's On diary completely free.

STOCKSFIELD COMMUNITY CENTRE

We plan to have a wide range of events and activities when we are able to reopen. For more detailed information please visit our website at www.stocksfieldca.org.uk or contact us on the details below.

Place: SCA, Mount View Terrace
Organiser: Beth
Contact: admin@stocksfieldca.org.uk

STOCKSFIELD BAPTIST CHURCH

We are a warm, welcoming and informal church that meets every Sunday 10am – 11.30am. All are welcome, wherever you are on your faith journey. For all events see Stocksfieldbaptistchurch.net.

Secretary: Kevin Frost
Contact: enquiriesstocksfieldbc@gmail.com
Place: Stocksfield Baptist Church
Organiser: Kevin Frost

STOCKSFIELD METHODIST CHURCH

Our friendly, welcoming church has reopened for Sunday worship at 10.30am. We also host Afternoon Fellowship, 2.00pm on the second and fourth Wednesday each month. We hope to restart our popular monthly Saturday Charity coffee mornings in the New Year.

Place: Mount view Terrace
Organiser: John Watson
Contact: 01661 834318

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
Place: Stocksfield Tennis Club
Organiser: Mel Bland
Contact: 07813859412

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: Lynda Telford
Contact: Facebook: www.stocksfieldbaptistchurch.net

PLANTS & GARDENS SOCIETY

Autumn Programme commences Tuesday 21st September: Members' Evening featuring short talks and photos from our members. Tuesday 19th October Stella Exley: "Camassia, Chris, Chelsea & Chaos" Visitors (£3) very welcome. Drop us an email. More information at www.stocksfieldplantsandgardens.co.uk
Place: Zoom/SCA
Organiser: Sue

Contact: stocksfieldpg@gmail.com

LIVE & BREATHE YOGA

Hatha Yoga for all abilities, Wednesdays 6pm-7.15pm and Fridays 11.15-12.30pm. Book your place on 07794459268, only £7 per class (block booking available). Covid secure!
Place: Stocksfield SICA
Organiser: Pam Snowball
Contact: 07794459268

STOCKSFIELD ANGLICAN CHURCHES

For information on services at, and contacts for Bywell St Peter's, Stocksfield St John's and Mickley St George's, please visit our website at www.stocksfieldchurchofengland.org
Place: Stocksfield
Organiser: Rev. Dr. Pat Moran, Vicar
Contact: www.stocksfieldchurchofengland.org

RIDING MILL PARISH HALL

Regular events throughout the week. For bookings and enquiries please email us or ring Suzanne on 07587 068210.
Place: Riding Mill Parish Hall
Organiser: Suzanne Barker
Contact: Suzanne.barkermvht@btinternet.com

RIDING MILL MILLENNIUM HALL

Regular events throughout the week. For bookings and enquiries please email us or ring Suzanne on 07587 068210.
Place: Riding Mill Millennium Hall
Organiser: Suzanne Barker
Contact: Suzanne.barkermvht@btinternet.com

ST JAMES CHURCH

Live Sunday Services throughout July

and August at 10.00 am. Pre-booking for Sunday services essential: Ring 01434 682691. Wednesday Morning and Evening Prayer by Zoom at 9.30 am and 7.30 pm. Email mckenzie.d@btinternet.com for the link.

Place: St James Church
Organiser: Linda Archer
Contact: 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

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

STOCKSFIELD RETIRED MEN'S ASSOCIATION

Autumn programme starts 16th September at 11.00am via Zoom when Geoff Hughes will talk on the subject intriguingly titled "Take me up the Tyne". Geoff is a well-known speaker who is popular throughout the North East. More details on Facebook.
Place: Zoom
Organiser: Stocksfield retired men's association
Contact: Facebook page



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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.

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. Classes will restart in September
Place: Corbridge Parish Hall
Organiser: Gil Dye
Contact: 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. We are aiming to carry on our normal activities while being careful to minimise health risks. For details see www.elvastonbowls.co.uk
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

These classes 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. Tuesday evenings/Thursday lunchtimes. Try a session for free.

Place: Hextol Tans cafe/Core Music
Organiser: Claire Lynn
Contact: claire@claire276.plus.com

HEXHAM TENNIS CLUB, TYNEDALE

All standards welcome. We meet for casual play on Tuesday evenings from 5.30pm and Saturday afternoons from 1.30pm. 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. If you wish to get involved, in a friendly environment, to further a love of plants and flowers, please get in touch.
Place: Venue to be confirmed when contacted.
Organiser: Carol
Contact: 01434 602431

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

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.com.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 7.30-9.00pm Sing, relax and unwind with folk songs, rounds, gospel, contemporary songs led by musical director Kat Davidson. Suitable for beginners and experienced singers.
Place: Trinity Methodist Church Hall, Beaumont Street, Hexham.
Organiser: Diana
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: Debbie Crisp
Contact: 01434602437

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 local charities, and Rotary's international activities. We are an active club, always keen to welcome potential new members. Our recent donations have benefited foodbanks, schools and other worthy causes. Meetings: Wednesday 12 noon.
Place: County Hotel Hexham
Organiser: Rotary Club
Contact: <https://www.rotary-ribi.org/clubs/homepage.php?ClubID=169>

CHRYSALIS 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

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
Place: Hexham Library
Organiser: Fiona Corbett
Contact: hexham.library@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

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 TOWN WI

Our meetings, on 3rd Monday each month at 7.30pm; are interesting, informative and most importantly friendly; have a cup of tea or coffee, a

piece of cake and a chat. Meet new people and make lasting friendships. Visitors always welcome.
Place: Hexham Community Centre
Organiser: President 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 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
Place: Hexham
Organiser: John Hope
Contact: 07887364433

TOWN TWINNING ASSOCIATION

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

TYNEDALE U3A

Talk: Central Asia, where the mountains meet the plain, given by Margret Jacot on Tuesday September 7th at 2.00pm.
Place: Hexham Abbey Great Hall
Organiser: Kevin Stephens
Contact: tyneu3anews@gmail.com

HEXHAM ARMY CADETS

We parade each Monday and Thursday between 7pm and 9pm. For both girls and boys 12yrs (yr 8 at school) to 18yrs. We do lots of activities such as Fieldcraft, Shooting, Expeditions, First Aid and the Duke of Edinburgh award.
Place: Army Reserve centre, Hexham
Organiser: Capt. Sean Ferguson
Contact: 07977410385

HEXHAM ROTARY

We are a small enthusiastic group of men and women who meet together for fun and fellowship while helping local charities and good causes. We usually meet on Mondays and up-to-date programme can be found on our website www.hexhamrotary.co.uk
Place: Beaumont Hotel
Organiser: Rob Hart
Contact: 07970221457

HEXHAM MALE VOICE CHOIR

Thankfully things are looking up and we are meeting again from September on Thursday evenings. Our membership is strong but we always seek new members, you don't even have to be able to read music! Just come and have fun.
Place: West End Methodist Church, Hexham
Organiser: James Walmsley - Secretary HMVC
Contact: 07771715574

MUSIC AND MOVEMENT FOR PRE

SCHOOL CHILDREN

Learn music, song, rhyme and rhythm under the guidance of experienced music and dance leaders on Friday mornings during school term times. More information on our website at <http://www.musicmovement.weebly.com> or on our FB page @musicmovehexham
Place: Trinity Methodist Church
Organiser: Julie
Contact: musicmove79@gmail.com

HEXHAM AND DISTRICT PHOTOGRAPHIC SOCIETY

Interested in photography? Hexham Photographic Society have a varied programme of events with something for everyone. We meet every Tuesday at 7.30 pm in the Torch Centre, starting September 14th. All are welcome, full details can be found at www.hexhamphotographic.org
Place: Torch Centre Hexham
Organiser: Gerry
Contact: 01434606967

LITTLE OAKS NURSERY

Come and enjoy early morning activities over breakfast from 8am, for children age 2 yrs plus. Our after school club opens from 3pm until 6pm and includes dinner. Nursery places include a cooked lunch, high staff ratios and forest school.
Place: Acomb, Northumberland
Organiser: Nursery Manager, Catherine Fergus
Contact: 01434 613422

NATIONAL TRUST TYNE VALLEY ASSOCIATION

We are a friendly group meeting from September to May with day trips in the summer months. Monday 15th November at 2.30pm - My Desert

Island Discs; speaker Stuart Wilson. December is our Christmas Lunch at Duke of Wellington Newton.
Place: Great Hall, Hexham Abbey
Organiser: Jackie Wood
Contact: 01434 674812

MESSY CHURCH

Messy Church at Hexham Community Church, Beaumont Street. We've restarted and now meet on the second Sunday of every month, 10.30am to 12.30pm. Crafts, activities and songs for all ages - and a free lunch! We'd love to see you!
Contact: Church office
Place: Hexham, Beaumont Street
Organiser: Church Office
Contact: 01434 601113

HEXHAM BACK TO NETBALL

Love netball but haven't played since school? Thinking about ways to get fit? Come and join our weekly netball sessions on Mondays 8pm - 9pm. Sessions are relaxed and fun for all abilities. Also opportunities to play in Kenton league.
Place: Queen Elizabeth High School, Hexham
Organiser: Heather
Contact: 07906295112

HEXHAM BEACON CLUB

Hexham Beacon Club for retired men, meets weekly on Wednesday morning throughout the year. It is open to all retired men in the district. There is no subscription. Only a small charge for coffee. New members are always welcome.
Place: Trinity Methodist Hall, Beaumont Street
Organiser: Mel Wall
Contact: 07568 451241



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)

New members always welcome!

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.

*Wishing you all a
Wonderful Christmas.*

REMEMBER, We are here for you!

To get in touch...

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



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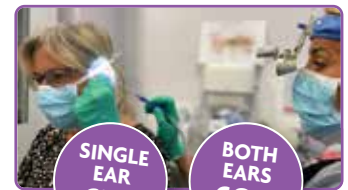
Family gatherings can be hectic but very enjoyable. Don't let your hearing loss detach you from any conversations over this festive period.

The latest technology is designed to pick out speech from background noise, making it easier to hear your loved ones this Christmas. They are also so discrete and comfortable we guarantee you will forget you are wearing them. To hear the difference this technology can make, call us to arrange a hearing assessment and demonstration.



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Autumn/Winter events in Hexham



As we move into the Autumn and Winter months, Mayor Derek Kennedy comments on the special time for Hexham.

Mayor Derek Kennedy said "November and December are my personal favourite months, as Hexham always seems to have an array of events in its busy calendar. We have so many things to entertain you with seasonal special events.

Spook Night is on Saturday 30 October, this has become a firm favourite over the years with all things gory and ghoulish. Fairground rides line Beaumont Street, lots of people get dressed up to celebrate and take part in the fancy-dress competitions. Shopkeepers and local residents dress their windows to make it feel like a community affair. If you have not been before, bring the kids and enjoy a spooktacular night. Our thanks to Hexham Community Partnership for bringing us this event.

Unfortunately, the Firework display will not take place this year, this is due to the unknowns surrounding Covid and the need to order and purchase fireworks many months in advance. We do hope this will be back in the diary in 2022.

Hexham Town Council organises the Remembrance Day Service on Sunday 14 November. This is a very poignant day for all where we take time to remember and reflect on past events and the loss of life to war and conflict. Many of our community groups take part in the service which is well attended by the public.

A Lantern parade will light up the darkness on Friday 19 November and a candle-lit procession in the Abbey for Advent on Sunday 28 November adds to the magic of this time of year.

Hexham's Christmas lights switch-on is Friday 26 November, we have Santa and his helpers join the many school children as we count down to switch the very tasteful lights on in the park and light up the Christmas tree kindly donated by Egger. Late night shopping also takes place so please take this opportunity to support your local retailers.



December heralds the arrival of Hexham's much-anticipated Christmas Market starting on Saturday 11 December. With stalls selling arts, crafts, gifts, homewares and delicious food and drink options, it's a great time to do some Christmas shopping for loved ones or a treat for yourself. There will be live music and carols in the Abbey making it a lovely atmosphere and a wonderful way to support local makers and producers. Adding to the festivities are the Abbey Christmas Fair and Farmer's Market making it a fun day out for all the family.



Our season of events closes with carol services in the Abbey on 23rd and 24th December, a lovely way to round off the year.

I am delighted to highlight the following Events Programme across November and December:

- Saturday 30 October **SPOOK NIGHT**
- Sunday 14 November **REMEMBRANCE SUNDAY**
- Friday 19 November **LANTERN PARADE**
- Friday 26 November **CHRISTMAS LIGHT SWITCH ON**
- Sunday 28 November **ABBEY CANDLE LIT PROCESSION**
- Saturday 11 December **CHRISTMAS MARKET**
- Thursday 23 and Friday 24 December
..... **ABBEY CAROL SERVICE**



Working together with Tyne Valley Express I hope to bring you regular news and updates.

Derek Kennedy

Councillor Derek Kennedy
Mayor of Hexham
www.hexhamtowncouncil.gov.uk
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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.

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. New walkers are welcome. Place: throughout Northumberland
Organiser: Graham Snowdon
Contact: 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

ST MARY'S PONTELAND & HOLY SAVIOUR MILBOURNE

Visit our website for all services, activities and events: www.pontelandstmary.co.uk
Place: St Mary's, North Road, Ponteland
Organiser: Church Office
Contact: office@pontelandstmary.co.uk

PONTELAND HEALTH WALKS

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

PONTELAND VILLAGE WI

Face-to-face meetings again on the second Tuesday of the month. Until further notice, we will not be allowing visitors. Sub-groups such as the Walking Group, Dining Out and Book Club continue. For more information, search Ponteland Village WI on Facebook.
Place: St Mary's Parish Centre
Organiser: Jeni
Contact: pontelandvillagewi@hotmail.com

CREATIVE WRITING

These classes 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. Wednesday mornings. Try a session for free.
Place: Members' homes
Organiser: Claire Lynn
Contact: 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: 07810084153

PONTELAND LADIES CHOIR

Held every Monday 7:30pm at Ponteland Community Primary School, NE20 9EY. We sing a wide variety of music. New members welcome and no auditions required.
Place: Ponteland Community Primary School
Organiser: Susan
Contact: 07710418780

PONTELAND LOCAL HISTORY SOCIETY

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

PONTELAND SENIOR GENTLEMANS CLUB

Meeting in the Memorial Hall on Monday 8th of November at 2.30pm, when Anthony Atkinson will deliver a talk on Admiral Lord Collingwood. Our Christmas event is on Monday 13th of December. Seasonal refreshments. Musical entertainment by The Imagine Five.
Place: Ponteland Memorial Hall
Organiser: Bill Schardt
Contact: email: pontelandsgc@gmail.com

PONTELAND FRIENDLY STITCHERS

Ponteland Friendly Stitchers meets on the 4th Monday of each month from 2-4pm, except December. We offer a mixture of small workshops and speakers and welcome new members of any ability. Please contact for further details
Place: Hive Bar, Ponteland Leisure Centre
Organiser: Penny Ford
Contact: pontelandfriendlystitchers@mail.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

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 RAFAC
Contact: 733@aircadets.org

INNER WHEEL CLUB OF PONTELAND

Part of a women's voluntary organisation founded on friendship and personal service the club always welcomes new members. Meetings consist of social time, talks occasional lunches and gentle charity fundraising. The next meetings will be November 1st and December 2nd.
Place: St Mary's Church Hall
Organiser: Ann Lowry
Contact: 07568743653

METHODIST CHURCH

Sunday worship 10am & 6.30pm. Monday 1-4 pm 'Open Door' cafe. Tuesday Women's Fellowship & Boys Brigade. Thursday Toddlers, Men's Forum, Women's Focus. Saturday walking group. Various Bible study & House groups. Prayer & Fairtrade groups. Pilates. Zumba. Room hire.
Place: Ponteland Methodist Church
Organiser: Ann Cooper
Contact: anncooperx@gmail.com

PONTELAND U3A

Meetings and talks at St Mary's Parish Centre: Wednesday 3rd November – The Half Shilling Curate 1914-18 – Durham Light Infantry by Ms Sarah Reay. Wednesday 1st December – Christmas Festivities (details to be announced). For membership information call 01661 824953.
Place: St Mary's Parish Centre, Ponteland
Organiser: John Hewett
Contact: john.hewett@tiscali.co.uk

WALKING SCOTTISH DANCE!

Heard of Walking Football & Walking Netball? Well now we have started this new activity at Ponteland U3A.

We meet on the 2nd Tuesday of the month at 2-3.30pm commencing 14th September 2021. Cost £12 for 4 sessions. Why not give it a try?
Place: St Mary's Parish Centre, Ponteland
Organiser: Gerry Turk
Contact: 01661 822056

SEIKEN RYU KARATE CLASSES

Family friendly classes each week in Stannington (Tuesday's 6pm) and Stamfordham (Wednesday's 6.30pm) for all ages and abilities. Whether you want to try a martial art, improve your fitness or gain self confidence, we are the club for you. www.seikenryu.co.uk
Place: Stamfordham & Stannington village halls
Organiser: Steve Reed
Contact: 07456657308

PONTELAND EXHIBITION OF HOPE

Creative art by the whole community inspired by lockdown memories & future hopes. Submit an entry (picture, writing, craft, photo, song, sculpture etc). Free exhibition SAT NOV 6th (10-4) & SUN NOV 7th (2-4) Refreshments. COME & SHARE TOGETHER.
Place: Ponteland Methodist Church
Organiser: Ann Cooper
Contact: anncooperx@gmail.com

PONTELAND WILDLIFE GROUP

Monthly talks have resumed on Zoom for now. visit <https://pontelandwildlife.wixsite.com> for details. Tuesday 7th December 7.30pm: Chris Metherell, Flora of Northumberland. Tuesday 4th January 2022 7.30pm: Gordon Port, Everything You 'Wanted to Know About Slugs and Snails'
Place: Zoom until further notice
Organiser: Geoff Taylor
Contact: taylor115@btinternet.com

DALTON CARPET BOWLS CLUB

Dalton Village Hall every Monday between 7-9 p.m. Come and give it a Try in a Friendly Atmosphere. New members always welcome!
Place: Dalton Village Hall
Organiser: Judith Oliver
Contact: 07593700332

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Community Spotlight



Feeding Families is a North East charity which began at Christmas in 2017. It came about through the idea of one family who could help another family in need by supplying a Christmas food hamper. The idea took off and soon there were not only matched hampers going out, but donated food coming in to make up even more boxes for local charities to distribute to those most in need.

Roll forward to 2020 and there was a need to step up in the pandemic to help throughout the year and the first centre opened in County Durham. When Christmas arrived over 8000 families were supported and the little base quickly became too small for the growth that was happening, so in April this year they moved into their new HQ in Blaydon.

Now hundreds of emergency boxes leave the packing centres each week, supported by local food donations and fundraising. In the past 12 months, over 140,000 emergency meals have been provided and demand is rising.

The aim of the charity is to support those who can't access other support such as food banks for reasons such as vulnerability, mental and physical health issues, domestic violence etc. A new initiative is "Welcome Home" boxes which are supplied to NHS for patients who are being discharged with no support at home. Feeding Families have become a lifeline for so many.

Juliet Sanders, founder and CEO, said "The North East has a wonderful reputation for generosity and looking after each other. Feeding Families harnesses this desire to help and gets the job done. By ourselves we can only do a little, but together we can make a real difference."

We are open for donations at Blaydon from 9am to 1pm every Monday (except Bank holidays), Wednesday and Thursday and we run volunteering sessions from 10am to 12 noon on those days.

Food donations, fundraising initiatives, business supporters and volunteers are all welcomed to make all this possible. If you would like to help in any way, please contact steve@feedingfamilies.org.uk for more information.

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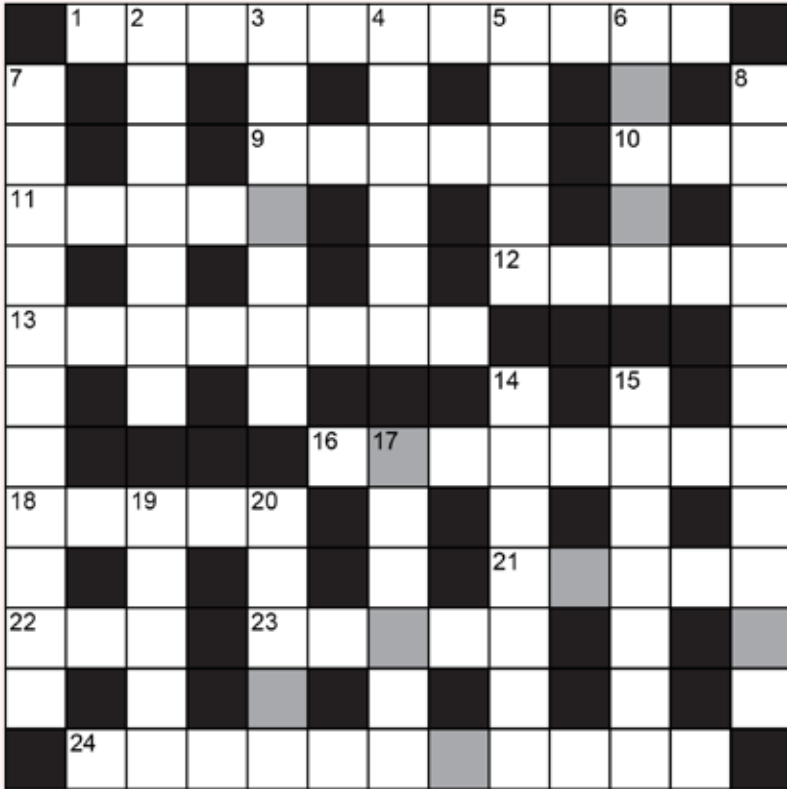
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Across

- 1 Eg Plato (11)
- 9 Command (5)
- 10 Bristle-like appendage (3)
- 11 Faces (anag.) (5)
- 12 Common greeting (5)
- 13 Intrepid; courageous (8)
- 16 Coldly detached (8)
- 18 Decomposition (5)
- 21 Opposite of best (5)
- 22 Signal assent with the head (3)
- 23 Undo (5)
- 24 Group of islands (11)

Down

- 2 Midpoint (7)
- 3 In a relaxed manner (7)
- 4 Marsh plants (6)
- 5 Object on which a bird roosts (5)
- 6 Electronic message (5)
- 7 Gathering information (4-7)
- 8 Not yet finished (11)
- 14 Writing fluid holder (7)
- 15 Frightening (7)
- 17 Portable computer (6)
- 19 Alcoholic beverage (5)
- 20 Period between childhood and adulthood (5)

Unscramble the letters in the shaded squares to reveal a themed word:

--	--	--	--	--	--	--	--	--	--

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

- ANGELS
- CARD
- CAROLS
- ELVES
- GARLAND
- GIFTS
- ICE SKATING
- MARKET
- MERRY
- NATIVITY
- REINDEER
- STAR
- TINSEL
- TREE
- YULE

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

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 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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Coffee Shops Kathleen's Coffee p25 Caffé Ginevra p85	Jewellers WANTED	Tyres WANTED
Community Projects Barmoor Hub p27 Chrysalis Club p38 Northumberland Cancer Support Group p75	Joiner WANTED	Vets WANTED
Computers / IT Munki Computer Help p57	Key Cutting WANTED	Visitor Attraction WANTED
Counselling Sycamore Counselling p07	Kitchens Dream Doors p54 Inside Transformations p88 MKM Building Supplies p05	Wheelie Bin Cleaner WANTED
Decorators Brian Hewison p07 Wylam Decorators p56	Legal Services The Will Guys p07	Wildlife and Nature WANTED
Dentist Louise Hunter & Associates p08 Durham Dental p59	Locksmith In2Locks p12	Windows / Doors Metal Services p02 In2Locks p12 M.B.C Glazing Repairs p62
Drains WANTED	Loft Conversion WANTED	Window Cleaner WANTED
Driving Instructor WANTED	Logs WANTED	
Dry Cleaning / Laundry Dry Clean Only p37 Jamiesons Dry Cleaning p77	Massage Total Health p47	
Electrician Fultons Electrical Services p33	Mobility Bewick Mobility p60	
	Motorhomes Motorhome Depot p17	
	Number Plates Plate Services p13	
	Opticians Elizabeth Evans p49	
	Oven Cleaning Oven Clean p80	
	Personal Trainer WANTED	
	Pet Services The Snack Pawtal p71	
	Plasterer WANTED	
	Plumber Appollo Gas Services p57 Robin Building Services p31	
	Physiotherapy Hexham Physio p73	

Tyne Valley Express

for the People by the People!

Advertise your business in and around the Tyne Valley.

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

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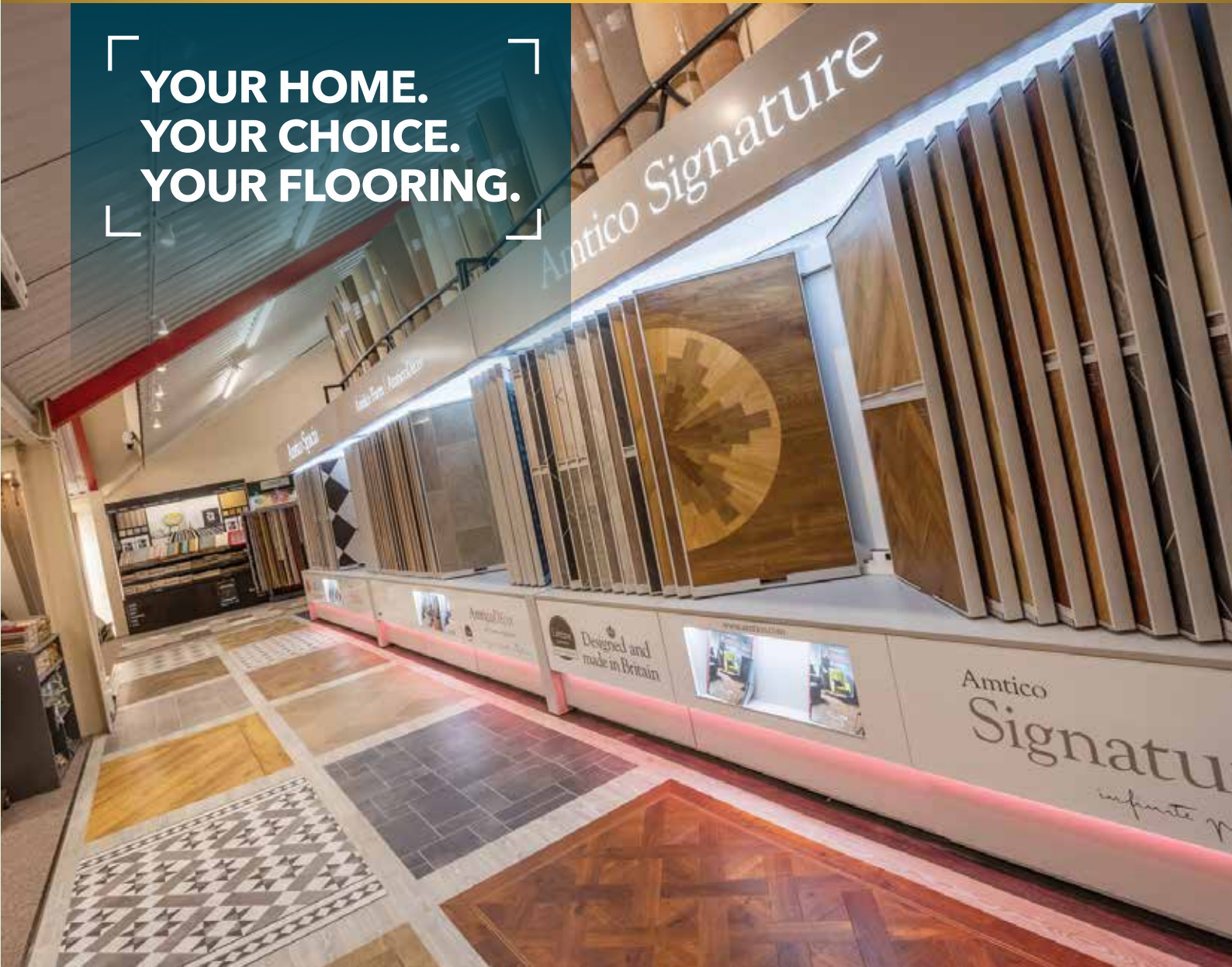


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