

MARCH 2024

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Newsletter Circulation

The newsletter has been available in an electronic format since April 2020 and it is great that we are still welcoming new names to our circulation list. However, not everyone yet knows there even is an electronic newsletter. Not everyone has internet access or may have limited data use. Therefore please can we ask you to continue to spread the word so that everyone knows about the option and can sign up to the blind copied circulation list by contacting Tracey on the email below. Details have been left in many of the local village halls/notice boards. Plus, if you are able to print a copy to share with someone without internet then thank you. If you have any item for the newsletter, then please send it in electronic form ahead of the monthly submission deadline to Tracey Boldy via stickypud@harbottle.net

Planned 2024 dates: submission deadlines with electronic distribution by the end of each month are:

<u>Issue</u>	<u>Wednesday Deadlines 2024</u>	
April	20 th March	
May	24 th April	
June	22 nd May	
July & August	26 th June	DOUBLE ISSUE
September	21 st August	
October	25 th September	
November	23 rd October	
December/January	20 th November	DOUBLE ISSUE

The UCRG monthly quiz sheets you may see in various outlets are coordinated by Margaret Ward (01669 650317) and they have been a fantastic steady way to boost our funds over the years. We continue to be grateful to Margaret and all those who support this fun activity.

NEED A JIGSAW? THEN CONTACT HARBOTTLE COMMUNITY GROUP AS we continue to collect and sell both new and preloved puzzles, be they 300-2000 pieces. XL piece jigsaws are especially popular. Should you wish to purchase/donate, please contact Tracey Boldy, Jackie Bickmore, Pauline Bickle, Ann Hennessy or Margaret Ward. We have also tried our luck at selling online and this is proving a popular way to bring in additional income to the group. So if you have any unwanted, complete jigsaws we should be very grateful to receive them.

We will be hosting a table at the Harbottle School Fair on 23rd March....please pop along and support both local good causes.

Quiz Night in aid of the Upper Coquet Resource Group Thursday 22nd February, from 8pm The Star Inn, Harbottle

The funds raised are used to support local groups and community needs. In recent years the UCRG has funded free first aid courses, training for a local groups, defibrillators plus cabinets, consumables & training courses, plus more recently we have just donated to assist with the start-up of the new local baby and toddler group. Your support at the quiz would be welcomed as all proceeds are used locally.

NEW: Upper Coquet Resource Group First Aid Course

Saturday 4th May - 9.00 until 3.00pm in Harbottle School

The UCRG organise a free first aid course each year which is open to anyone in the local Upper Coquetdale Parishes. We are already collecting names for the next one. If you are interested, be it for personal or work purposes, then please get in touch with Susan Rogerson to book your place : lsrogerson@btinternet.com

Each course can accommodate 10-12 people. The certificate could be a bonus on Personal Statements and Job Applications for older teenagers.

SAVE SOME DATES

Further details for each event plus many more are detailed in the articles within this newsletter. Enjoy

- Harbottle GP in a van:** **Friday 23rd February deadline for your survey feedback (p9-11).**
Don't let this service van-ish!
- Harbottle Hall Open Evening:** **Saturday 24th February, 5.30-7.30pm** in Harbottle Village Hall. Music & refreshments. All welcome, (p6).
- Harbottle Show Bingo Night** **Saturday 2nd March, 7.30pm.** Harbottle Village Hall. Fun for all the family (p7).
- Hepple WI:** **Thursday March 14th:** "Travels in Ukraine" with Nick Redmayne (p3).
- U3A:** **Monday 18th March:** "Nicola Whiteside, Northumberland Archives on 2 pioneering women: Dr. Ethel Williams, Newcastle's first female GP, and her companion, Frances Hardcastle (p13).
- Netherton WI:** **Wednesday 20th March: Talk about Squirrels by Ian Glendinning (p3).**
- School Easter Fair** **Saturday 23rd March, 10-12 noon** at Harbottle First School. All welcome (p5).
- Defibrillator Training:** **TBC March/April, Harbottle Village Hall. All welcome , prebook your place (p4).**
- Tiddly Painters:** **Wednesday 17th April (tbc), evening, Harbottle Village Hall. An fun evening of learning how to paint tulips. Pre-book your place (p7).**
- First Aid Course:** **Saturday 4th May - 9.00 until 3.00pm** in Harbottle School.
Free course, limited numbers so book your place, organised by UCRG (p1).
- Fund raising Jumble Sale:** **Sunday 19th May, 1-3pm** in Harbottle Village Hall. More to follow. All welcome.
- Harbottle School Bistro:** **Every term time Thursday:** Open to everyone, supports ever tighter school budgets. Can deliver to homebound Harbottle residents. Call 01669 650271 to book a seat or discuss delivery (p5).
- The Star Inn, Harbottle** **Music Nights, Folk Nights & Quiz Nights every month (p6).**

NETHERTON VILLAGE

Netherton exercise class: Drop in and have a go at Chair Based Exercises, **every Monday 10am to 11am** in Netherton Village Hall. Everyone is welcome, £3 per person per session.

For more information call Charlotte on 01669 640265 or email Charlottebx@gmail.com

Netherton Village Hall Coffee mornings: the Hall Coffee mornings are normally held on the **First Monday in each month from 11am until 12noon**. Everyone is welcome, sanitisers are available and masks may be worn if desired.

The Netherton Craft Group: We meet in Netherton Memorial Hall at **2pm until 4pm on the 3rd Thursday of the month**. Come along and join us for chat and an afternoon spent with like-minded company. Please bring along anything you are currently working on. We also knit small blankets, cardigans and hats for premature babies. We very much look forward to welcoming you to the Group so if you require any further information please contact Judith on 01669 631189 or email judith_barton256@btinternet.com



Netherton WI:

As you can see from the exciting 2023-24 programme there are lots of activities and regular meetings, including guest speakers to look forward to over the winter months. New members always welcome. For further information please contact Joan Blakey.

Programme - 2023-2024	
Wednesday 15th November 2023 Harpist. Comp.-Musical Instrument. Speaker Hostess: C. Easton. Supper Group: C. Graham & L. Wardlaw.	Wednesday 17th January 2024 Members Night—Burns Evening. Comp.-Something beginning with 'B'. Speaker Hostess: Not required. Supper Group: K. Fawcett & P. Lewis.
Wednesday 22nd November 2023 Christmas Wreath Making With Rachel Blakey. 12.30 for 1.00pm until 3pm. (Fund Raiser—£35 per person).	Wednesday 21st February 2024 Bread Making—John Tait. Comp.-Bread/Chopping Board. Speaker Hostess: J. Stott. Supper Group: H. Rogerson & J. Osborne.
Wednesday 6th December 2023 (Note Date Change). Christmas Crafts. Comp.-Favourite Xmas Decoration. Speaker Hostess: K. Fawcett. Supper Group: J. Stott & J. Fielding.	Wednesday 20th March 2024 (Visitors). Squirrels by Ian Glendinning. Comp.-Animal Photo/Picture. Speaker Hostess: A. Clark. Supper Group: P. O'Kane & H. Dixon.
Saturday 13th January 2024 Seasonal Meal @ Lunch-time. Venue T.B.C.	Wednesday 17th April 2024 Dancing Demo by Ken Yung. Comp.-Flora/Plant from your Garden. Speaker Hostess: P. O'Kane. Supper Group: A. Oliver.
	Wednesday 15th May 2024 AGM. W.I.A. Supper Group: J. Davies & A. Dyson.

HEPPLE VILLAGE

Hepple WI: regular Thursday meetings and activities, including guest speakers. Meetings start at 7pm in Hepple Village Hall with pooled supper. Visitors welcome £5. New members always welcome. Contributions to monthly raffle prizes gratefully received.

March 14th: Travels in Ukraine with Nick Redmayne (Competition: Foreign Souvenir & subs due).
April 11th: Queen of Cakes with Paula Colvine (Competition: Dessert in a Glass).
May 9th: AGM

Northumbria Basketry Group meets monthly, mostly, on the 3rd Wednesday of each month between 10am-4pm. New members are always welcome. Please contact Gill Phillipson for extra details and queries.



Table Tennis is back to normal at Hepple Village Hall on Tuesday evenings at 7pm. All welcome.



Chair Based Exercise in Hepple: Chair based exercise will benefit everyone; you don't need to be chair bound to benefit.

Fitness for all in Hepple village hall: Thursday mornings between 10-11 am, £3 per person per session. For information about Hepple afternoon sessions contact Chris Wilson:

01669 640012 or Chris.wilson601@btinternet.com

CLENNELL



NEW: Clennell Hall Hotel & Bar

Updated information available on the Facebook page.



HARBOTTLE VILLAGE

Updated: Defibrillator Training Course

A new defibrillator has just been installed by Harbottle Parish Council near the junction in Sharperton, and with the kind permission of Steve and Moira Poole.



It is about two years since the last local defibrillator training session took place and therefore another is planned for a to be confirmed date in March/April. If you are interested in learning how to use these lifesaving machines, for free, then please contact Sue Bolam on suebolam@me.com to register your interest ASAP.

The session, funded by Harbottle Parish Council and the UCRG, takes around 2.5 hours and is suitable for first time attendees or as a refresher to those previously trained. It is however limited to 12 people per session.

Anyone from any local parish can attend.

A quick reminder: the locations of all local defibrillators are always printed on the back advert pages of this newsletter.

Harbottle Bowls: the equipment and venue are ready when you are.

NEW: School Community Group Plea for Help: *A new growing season approaches and we are on the lookout for some young saplings to take over the reins from some well-seasoned helpers! We would welcome anyone from the school and local community to come along to help. No set times so it can be daytime or weekends, an hour or a morning....whatever suits. Jobs could include weeding, bed clearing, tying back, tidying, painting etc.* So if you enjoy a bit of gardening in your spare time and would like to join us to look after our local school gardens, then please contact Margaret Ward for more information (01669 650317).

HATHA YOGA CLASSES: Thursday Evenings 6pm – 7:30pm in Harbottle Village Hall.
Contact info@judaliyoga.com or see www.judaliyoga.com for more info.



Iyengar Yoga in Harbottle Village Hall on Monday evenings from 6.00pm to 7.30pm.
This is a general Iyengar class suitable for all abilities including beginners. For more information call Margaret on 650281 or email margaret@ranken.co.uk

Harbottle Badminton & Short Tennis: the equipment and venue are ready when you are.

CANINE PARTNERS: Please continue to save your used postage stamps for the charity, Canine Partners, in order to help towards the cost of training even more puppies to develop into helping dogs for disabled and injured people. Karen has kindly agreed to keep the collection bag at The Star Inn, Harbottle. The charity is very grateful for all your hard work. It has helped so much.

<https://caninepartners.org.uk/get-involved/fundraising/recycle-used-postage-stamps/>

NEW: An Updated Message from Harbottle Parish Council

RE: CIVIL EMERGENCIES PLAN FOR HARBOTTLE PARISH

The plan has been updated to clarify resources in the case of power cuts and can be found as the final page of this newsletter.

HARBOTTLE FIRST SCHOOL NEWS



Harbottle C of E (Aided) First School
Harbottle, Morpeth, NE65 7DG
Telephone: 01669 650271
hfs.cheviotlt.co.uk



Dear all



Our Bistro continues **every Thursday** until the end of term. The cost of a two-course freshly cooked hot meal followed by tea/coffee is £7.00. Also, a great way to meet up with people! We can also arrange **takeaways to homes in the village**, delivering around 12 noon on a Thursday. If you would like to book a place or a takeaway then please let us know tel: 01669 650271.

Our next big event is **The Easter Fair on the morning of Saturday 23rd March**. We welcome everyone along to join in the fun-d raising activities in our local school.

Nikki Buckley-Feiven
Headteacher

Harbottle C of E First School
BABY AND TODDLER GROUP
> Mondays during term time
> Starting Monday 15th January 9:30-11am
> £2 including a drink and snack
01669 650271
harbottle@hfs.cheviotlt.co.uk
Harbottle
Morpeth
Northumberland
NE65 7DG

Harbottle C of E First School
Easter Fair
Saturday 23rd March 2024
10 am – 12 noon
(to be held at Harbottle First School)
Raffle, Tombola, Bric-a-Brac, Games,
Decorated Egg Competition,
Scavenger Hunt, Stalls and much more!
For further information, please contact the School
direct (01669 650271) or Margaret Henderson
(01669 650484)

**From everyone at Harbottle School we would like to
wish you all very Happy Easter!**



We have had a steady trading month since re-opening in January, and from 1st March, we will be opening 7 days a week, serving food all day from 12 noon until 8.30pm including a Traditional Sunday Lunch every Sunday until it's gone. The shop will open at 9am every day (10am on Sundays) until the pub closes.

What's On in March?

Saturday 2nd March: Acoustic Music Night from 8pm in the bar
Thursday 7th March: Quiz Night from 8pm in the bar
Saturday 9th March: Accordion Music Night from 8.30pm in the bar
Saturday 16th March: Cheviot Folk Club in the Courtyard Barn from 7.30pm
Thursday 21st March: Quiz Night from 8pm in the bar

Thank you to everyone for your ongoing support, it is very much appreciated. It will be nice to hopefully put the winter behind us next month, and to see some better weather!

Thank you

Karen

<https://thestarinnharbottle.co.uk>

<https://www.facebook.com/TheStarInnHarbottle/>



NEW: Harbottle Village Hall:

*Harbottle Village Hall: a local amenity for the community of
Harbottle, Alwinton, Sharperton & Holystone.*

Want to do a bit more exercise but the weather is stopping you? Please don't forget that all of the equipment for badminton, soft tennis and indoor carpet bowls are available in Harbottle Village Hall.

This community resource, with comfy new chairs, can be booked for private and community events. It is a great space for parties, discos, auction of promises, coffee mornings or perhaps even a new venture? Please chat to Janet Wood for more information and to make a booking. The past generations have used it for fund raising Coffee Mornings, Jumble sales, Discos, Auction of Promises, Village Pantomimes, Ceilidhs, Private Parties, Art Groups, Sewing Groups and Music Evenings. It can happen again.



Harbottle Village Hall
Open Evening
Saturday February 24th 5.30 to 7.30
Come and have a drink on us

See what the Hall now has to offer, with the new furniture and acoustic panels
Tell us what else you would like from the Hall and how you might use it

With live music from Tillerling Tree





Harbottle Show Bingo Night

Saturday 2nd March 7.30pm

Harbottle Village Hall

Bring your own drinks
& nibbles if you wish.



All Welcome
"Children's Prizes"

NEW: TIDDLY PAINTERS

*An evening of instruction, painting,
& chat*

<https://www.tiddlypainters.co.uk>

Wednesday 17th April
Time tbc
Harbottle Village Hall
£25 approx. tbc



All painting materials provided, just arrive ready to release
your inner creativity.

No experience required. We plan to paint Tulips.

You are welcome to bring refreshments.



Updated: Forever Yung Dance Classes in Harbottle Village Hall



Social Community Dances at Harbottle Village Hall

Saturdays:

NEW: 13th April: Social dance with half hour Quickstep workshop
22nd June: "Think Pink" dance with half hour Viennese Waltz workshop
31st August: "New York, New York" dance with half hour Hustle workshop
26th October: "Spooktacular" Halloween Dance with half hour Quickstep workshop*
7th December: "Christmas Dance with half hour Viennese Waltz workshop"

Also: **16th March:** "Spring Fling" with half hour Rumba workshop @ St Michael's Parish Hall, Alnwick, £10
30th November: "Classic Christmas" with half hour tango workshop @ St Michael's Parish Hall, Alnwick *

6:15 – 9.15/9:45* pm

Please purchase tickets in advance

- Door prize
- Refreshments & finger food buffet included, but feel free to "pool" a little something
- Everyone is welcome
- No dance experience or partner required

Ballroom & Latin Line Dance Classes, Harbottle Village Hall:

The ongoing weekly pay-as-you-go Wednesday morning line dance classes (£5 pay at the lesson) are a non-partner form of Ballroom & Latin Dance, provide great exercise & are lots of fun:

Waltz	Greek	Mambo	Samba
Tango	Rumba	Hustle	Jive
Cha Cha	Foxtrot	Viennese Waltz	
Paso Doble	Quick step		

Don't be shy; give it a try as it will help to get your Wednesday off to a great start. All welcome.

Beginner class: 9.30-10.25am.

Beginner plus class: 10.30-11.25am.

ADULT
 Ballroom, Latin, Salsa, Line
Dance Classes
 Harbottle Village Hall

Ballroom & Latin
Beginner
 Friday Evenings
 6:00 - 8:55pm
 Fun & Welcoming.
 Learn Foxtrot,
 Jive, Waltz
 and Cha Cha.

Salsa
Beginner
 Friday Evenings
 8:00 - 8:55pm
 Fun & Welcoming
 Dance Classes for
 Beginners.
 Immerse yourself in
 the rhythms
 of Latin America.

Ballroom & Latin
Beginner PLUS
 Friday Evenings
 7:00 - 7:55pm

Ballroom & Latin
Modern
LINE DANCE
Beginner
 Wednesday Mornings
 9:30 - 10:25am
Beginner PLUS
 Wednesday Mornings
 10:30 - 11:25am
 Non partner form of
 Ballroom & Latin
 Dancing.
 Great exercise and
 lots of fun.

£40 per 8 week program... £5 per class
NO Partner Required. 8 week programs.

Forever Yung DANCE
CONTACT INFO:
 Tel: 01669 650186
 Email: yungdance@icloud.com
 Website: www.foreveryungdance.co.uk



If you wish to know more or join any of the classes then please contact Ken & Lisa:

Tel. 01669 650186

Email: yungdance@icloud.com

Please check our Facebook page for updates:

<https://www.facebook.com/foreveryungdance/>

Also on offer are a full range of private lessons, group classes in Alnwick, Ellingham and Wingates Village Institute

plus lessons for wedding first dance & father of the bride. Please refer to the website for additional information: www.foreveryungdance.co.uk

<https://www.facebook.com/foreveryungdance/>

<https://www.foreveryungdance.co.uk/wedding-day-dance>

NEW: FINAL CALL: Consultation regarding Harbottle GP in a Van Proposal.....sorry, this is a long one!

Key Dates:

Don't let this service van-ish!

Harbottle GP in a van:

on Friday 23rd February deadline for your survey feedback.

All registered patients of the Rothbury Practice were supposed to receive a letter in the post explaining how you could respond to what is proposed but “already approved in principle by the NE & N Cumbria Integrated Care Board.” If you didn't get one, then you weren't alone. It has been apparent during the consultation period that many, many people have yet to receive these and despite being warned about this consultation process discrepancy during the first drop-in session nothing has been done to rectify the issue. However, you have until this coming Friday to register your feedback.

1. You can complete this **online survey** : <https://www.surveymonkey.com/r/GW3HHGK>
Should take around 10-15 mins to complete and remains open until this coming Friday, 23rd February. People reported that the link texted out by the surgery originally didn't work....it is now fixed so perhaps have another go. Again don't worry if you didn't get a text; again not many did.
2. You can complete a **hard copy survey** – these are available from, and will need to be dropped off at, the weekly Harbottle clinic on a Thursday morning or The Rothbury Practice or Longframlington surgery receptions by **THIS FRIDAY**. I have also left some hard copies in The Star, Harbottle.
3. **All surveys need to be completed this week by Friday 23 February 2024.**
4. You can also **write to or email the practice management team** – The Rothbury Practice, Whitton Bank Road, Rothbury, Northumberland, NE65 7RW or nencicb-nor.rothburypractice@nhs.net (please note this email address is different on the Healthwatch and Practice websites, not sure why (initial n is missing)....so I have used that on the practice website this time. If in doubt, please resend yours).
5. If you would like to give feedback to someone independent, which we encourage, please contact **Healthwatch Northumberland**. Derry Nugent attended the second drop in session and would welcome your feedback on the proposal as well as what you would like to see delivered locally, and how well the current service works for you. Derry can be contacted on derryn@healthwatchnorthumberland.co.uk

Text: 07413 385275. Healthwatch also offers a callback service. Send them a text and they will arrange to call you back at a time that suits you.

Email: info@healthwatchnorthumberland.co.uk

Write to: FREEPOST, Healthwatch Northumberland, Adapt (NE), Burn Lane, Hexham, Northumberland NE46 3HN

If you have concerns or want to know more then perhaps:

- contact Healthwatch : see above for details
- contact The Rothbury Practice Management Team
- contact Cara Charlton at Northumbria healthcare cara.charlton@northumbria-healthcare.nhs.uk
- contact David Pierce at Northumbria Primary Care david.pierce4@nhs.net
- contact your local Parish Councillors
- contact your Northumberland County Councillor
- contact your Member of Parliament or even their prospective General Election Opponents

So what have we learned so far from the two drop in sessions at the Village Hall (despite being advertised as being at the pub on some communication until the discrepancy was pointed out)?

Van

1. The proposed van lacks a toilet and therefore patients will still require access to the hall for this facility.
2. The van has a consulting table, doubling as a seat, in the waiting room rather than the consulting room, so the waiting room needs to empty if it is needed. Still uncertain if the door between the two rooms is wide enough for a wheel chair.
3. The van would have to park into the middle of the road to enable the ramp to be aligned properly for wheelchair access when parked as proposed outside the current surgery. They can't change location too much as toilet access is required. Some have expressed concerns on the angle of the ramp for those needing to be pushed up in their wheelchair.
4. Not sure how viable having a reserved parking space outside the hall is for a Thursday van visit.

5. Wheelchair access into the van is only into consulting room and not the waiting room. So wheelchair users and their support will need to wait in cars/outside/bus shelter in all weathers until called.
6. Patients expressed doubts on the confidentiality of conversations between the rooms due to poor sound proofing.
7. The eco credentials of this scheme are doubtful as it is a heavy, diesel vehicle with a diesel heating system, rather than an electric vehicle.
8. It is still easier for a car to negotiate our local roads than a large van with an inexperienced driver, especially in winter conditions.
9. The van will need to be parked somewhere in the crowded car park at the Rothbury Surgery when not in use.
10. Access to patient records was confirmed to be possible by a system other than mobile/ Wi-Fi.

Finances

11. The van finances have yet to be broken down for the public regarding a sound business plan for hiring out on the days it isn't in Harbottle. The proposal relies on other NHS departments wanting to hire it and staffing availability. A bit cart before the horse...Harbottle essentially giving up its Surgery building to fund an idea that has yet to be proven. Looks like we are Guinea pigs.
12. The claim of cost neutrality depends entirely on the van being hired out. Annual village hall rental is a lot cheaper than van rental. The cost of nurse, GP, equipment, consumables are the same whichever set up is used, although time wasted setting and closing down the van by a health professional could be better spent.
13. Longframlington, as a satellite surgery of Rothbury, is not facing the same fate because it has a different type of contract and therefore the funding model is different. So why can't we have that type of contract?
14. The proposal is for the van to be rented rather than purchased outright, at a cost of approximately £53,000 per annum inclusive of vat, insurance and servicing (mobile data access extra). The quoted cost, £11,000 per annum, of what NPC pays for the Harbottle surgery inclusive of hall rent, insurance, utilities etc. appears to be an absolute bargain in comparison, and left many questioning the cost neutrality claim for this proposal plus, that is one heck of a shortfall to be made up by renting the van out, especially when no one is yet lined up...perhaps it should actually be moonlighting as a hipster coffee/fish and chip van to make up the shortfall?!

The Plan

15. Harbottle gives up its bricks and mortar, purposefully refurbished set up for communities quite probably outside of the Coquet Valley but under the wider Primary Care umbrella.
16. The number using the surgery is reported as 400....it used to be over 800 before Dr Miah left. This was quite surprising when the paper version of the newsletter used to be delivered to approximately 350 households.
17. The only example provided of a van being used to deliver GP services in the region was to violent patients and so no persuasive evidence of successful delivery to rural areas for patients with possibly more diverse needs as in Primary Practice....young, elderly, infirm, ability etc.
18. Patients suggested that if extra clinics, district nurses, chiropody, physio, vaccinations etc. are needed and are so keen to be provided by the NHS, then it would be welcomed and supported as they could be set up in the warm, confidential surroundings of Harbottle Surgery or The Rothbury Practice which is actually based within a recently built community hospital....and not put them in a travelling van! Village halls are also useful resources if in-village clinics are required.
19. It is yet to be clarified if the current arrangement regarding prescription drop offs can continue.
20. The current contract with Rothbury Practice runs out in 2027....so what then?

Community Need & Sense of Worth

21. Other local areas are getting brand new GP Surgeries but we are getting downgraded to a van. Gives wrong message to the worth of local patients. Not Happy.
22. The van was considered by attendees to be a poor use of money when there is a perfectly equipped bricks and mortar building already in place that is underutilised due to NHS decisions rather than the wishes of local people, who through this consultation appear to be calling for more local contact hours rather than being forced down to Rothbury more and more. People working locally prefer the ease of dropping in locally rather than being forced to drive yet again to Rothbury due to the time wasted during work /school hours.

23. The current set up indirectly helps to sustain fitness, mental health and wellbeing in the rural community through rental to the hall, which in turn can provide yoga, dance, sport and social occasions to an isolated area.
24. The plan threatens the loss of a valuable rural community asset that attracts people to the area to live and work. Continued presence of surgery helps sustain rural living, especially when there is a lack of daily public transport.
25. The community was promised a sustainable solution last time....and yet here we are again. How long before the van becomes too costly to rent and this is closure by the back door?
26. There is a lack of trust in the system. History of broken promises each time we had a change of GP. Also local resident GPs at those times were refused opportunities to take up contracts as it didn't fit the models preferred by NHS, and yet it has always resulted in a reduction in the level of service available. It was supposed to be a sustainable solution and out of the blue a van is proposed.

Staffing Concerns

27. Support was expressed by attendees for the care provided by the Rothbury Practice staff, they were fully endorsed; this is about the proposal and not the care.
28. The plan does not have provision for a receptionist to answer any questions and enables a clinic to progress smoothly. It also means a loss of the local hours of work for a receptionist.
29. Proposal expects the nurse or GP on duty to drive/set up/dismantle the van which we suspect isn't the most cost effective way to use their valuable time. Will it cause rota issues if people are not able/willing to drive a large van? What happens during the holiday period?
30. Is a substitute vehicle available should there be a breakdown/accident etc.? Should the van not arrive, will all lost clinic hours be made up to the specified 8 hours per week already contracted for?

As consultation closes this week it then all goes behind closed doors for decisions to be made by many people who do not live locally. We have asked that the Parish Council is kept informed of proceedings.

We were promised back in 2015: *"NHS England's main priority is to ensure patients have access to high quality GP services,"* And now just a few years later they think a van is adequate for our local primary care.

Also in 2015: *NHS England said it needed to "secure a service which is really sustainable."*

Commissioning director at the time, Christine Keen, said: *"We're very keen that we don't find ourselves, or the patients in this area don't find themselves, in this position again."*

And yet as Harbottle area patients we are again facing unwanted change that is a poor substitute, especially after many hundreds of thousands of pounds were spent on a wonderful little, local surgery that has the capacity for so much more. We have repeatedly over the years had to endure reductions in service from 5 days a week to 3/4 days a week, then down to 1 day a week with alternating GP or nurse options since 2015.

- Do you value having a non-mobile surgery in Harbottle?
- Does this van proposal satisfactorily meet your needs now and in the future?
- Is it the high quality, sustainable service that we were promised last time?
- Is it the high quality service that patients elsewhere can access?

If you have thoughts on the proposal, or current level of provision etc. please take part in the process. Once lost it won't return. There may come a time when a local surgery is what you need instead of facing the prospect of how you can get to one ten miles away in Rothbury. Please take part.

Thank you.



Rothbury Rubbish Friends is a group of people who regularly litter pick around where each of us live. We also meet up, with any other volunteers who would like to join in, for community litter picks.

Next Community Litter Picks: (Weather dependent) 24th February & March 23rd 10.00-11.00.

Meet at the Haugh Car Park. We have all the equipment. We hope to see you there!



Next Coquetdale Repair Café: Saturday 9th March from 10am-2pm in the Jubilee Hall, Rothbury

Broken toaster? Torn clothes? Broken zips? Garden items need sharpening?
Damaged picture frames? Dodgy chair? Loose garden fork handle? Don't bin it! Fix it!

Please visit us on Facebook and Twitter (@CoquetRepair) or <https://www.coquetrepair.co.uk/> for the latest information on how you can have your broken items repaired, learn repairing skills & have a cuppa, cake & a chat.

Volunteers wanted, especially if you have electrical/woodwork expertise or have a specialist area like mending clocks for example. If interested please email the group.

COQUETDALE YOUNG FARMERS

You don't have to be a farmer to be part of Young Farmers as it is a rural, youth based organisation for anyone interested in rural and countryside activities. Coquetdale Young Farmers Club warmly invites anyone interested in becoming a member to join them. The club meets usually once a week on a Monday night and welcomes anyone between the ages of 14 - 26. It is a great way to meet friends and get involved in competitions and other activities. Interested? Then please contact Lauren Clark on 07788724835 for more information.

The Coquet Valley Archers Club

Under 18's must be accompanied by a parent or guardian.

If you wish to know more why not join up and come along to our twice monthly Sunday sessions.
For more information email: info@coquetvalleyarchers.org



Over the Bridges is available online at: <http://overthebridges.org/>

Retired? Or semi-retired? Thought about joining U3A?

Apart from the interest groups, u3a members meet at **10:00 a.m. on the 3rd Monday of the month in the Jubilee Hall, Rothbury** to hear a wide variety of talks and to chat over a cuppa. These meetings are open to visitors too, so do drop in; you'll be given a very warm welcome!



Here's the programme of talks for the first half of 2024:

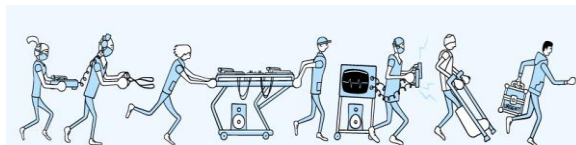
18th March	Nicola Whiteside, Northumberland Archives on 2 pioneering women: Dr. Ethel Williams, Newcastle's first female GP, and her companion, Frances Hardcastle
15 th April	Pete Kerr, Northumberland Rivers Trust on the River Coquet and the WI's on their citizen science project
20 th May	Walter Riddell on Rewilding the Hepple-Whitefield Estate & Hepple Gin
15 th July	Nick Lewis, National Trust on Sir Edwin Lutyens & Lindisfarne Castle

If you would like any further information, take a look at our website <https://u3asites.org.uk/coquetdale> or send an email to coquetdale.u3a.comms@gmail.com

Joining your local u3a is a great way to find and develop new interests and make friends in a relaxed environment. We have monthly get-togethers, quiz nights and trips and visits. But it's the interest groups that are the lifeblood of an u3a. At Coquetdale u3a we offer a broad range of groups so whether you are an active, outdoor type or whether you enjoy more indoor pursuits, there is bound to be something for you, just look at the list below!

Art Appreciation	Book Groups	Ceilidh Dancing	Creative Writing
Cycling	Discussion Group	Dowsing	Food and Drink
Gardening	Music Appreciation	Nordic Walking	Photography
Railways and Modelling	Spanish Conversation	Table Tennis	Poetry
Vegetarian Food	Walking Group		

If you would like any further information, check out our website <https://u3asites.org.uk/coquetdale> or send an email to coquetdale.u3a.comms@gmail.com



NEW: COQUETDALE LEAGUE OF FRIENDS

Reg. Charity No. 508289

About us

The Coquetdale League of Friends, a local registered charity, has been run for the last 46 years by volunteers. Our aim is to support health providers and those who rely on their services in the Coquet Valley. We do this by raising funds and managing donations so that we can help our health care providers give their patients the best health services in this very rural area.

History

Founded in 1978, the League raised funds to provide equipment for the Old Rothbury Hospital, the GP surgery and the District Nursing team. The League continued to support the Hospital when it moved into the new building across the river, purchased items for the new hospital ward.

During the closure of our hospital the League continued to fund vital health related services in the community – support for patient transport, bereavement counselling and the Community Nursing Team. We also supported the Save the Rothbury Hospital Campaign and are delighted that NHS funded beds have been restored with the addition of much needed care home accommodation.

Current activities

Last year we donated two smart TV's to Rothbury Cottage Care especially for use by NHS patients and those on respite care who would otherwise not have a TV in their room. We contributed towards a defibrillator at Rye Hill and set up a grant to meet the top up fees for anyone using the new Care Home for respite care who was eligible for NCC support.

We will be considering our grants for 2024 at our meeting in May and welcome any organisation that provides health related support locally putting in a request to be considered. (Send details to the Secretary – email address below)

Join

We are always very happy to welcome new Friends. If you would like to get involved please contact the Secretary at cathyjacob@hotmail.com. We are particularly in need of anyone with social media or web building skills.

Donate

We are only able to continue our work supporting the nurses and doctors working in the Coquet Valley and their patients because of the money generously donated by the public. If you would like to donate our bank account details are as follows:

Lloyd's Bank, Sort code: 30-99-50, Account number: 20679463

Thank you.

Cost of Living Sources of Information

NEW: Alnwick District Food Bank:

The Coquetdale Foodhub would like to express our gratitude for all the superb support from so many people which has enabled us to feed so many hungry adults and children.

We would particularly like to thank everyone who has donated foodstuffs and/or money. This includes:

- ✓ the person who often puts tins of meat in the Co-op box
- ✓ the lad who put all his pocket money in the collecting tin
- ✓ the lovely man who just before Christmas left an anonymous donation of £300
- ✓ plus all those who have generously signed direct debit forms

We do hope that you will all continue to donate generously



ARE YOU FINDING THINGS HARD WITH THE COST OF LIVING?

It is especially hard at this time of year but HELP is available.

We are the Coquetdale Food Hub and we're here to give a helping hand.

With thanks to your donations we can now feed up to 50 adults and children.

Please give us a call on 07957 298057 and leave a message or email us at coquetdale.hub@gmail.com

NO FOOD IN THE CUPBOARD IS A TERRIBLE HARDSHIP.

PLEASE, next time you go shopping would you donate a few items to the Foodbank to feed hungry people and children?

To keep running we will always badly need:

Long life milk	Dried pasta/rice	Baked beans	Custard	Washing liquid/powder
Tinned vegetables	Rice pudding	Sponge pudding	Toiletries	Tinned vegetables
Tinned fish/meat	Pet food	Cereal	Pasta sauce	Soups



Our collections points are:

Thropton Spar	The Star Inn, Harbottle	The Running Fox, Longframlington
URC (Tues & Thurs)	All Saints Parish Church	St Mary's Longframlington
		Rothbury Co-op

THANK YOU SO MUCH, Alnwick District Food Bank can help you.

The Citizens Advice Service for free, confidential information and advice on benefits, debt, housing and employment problems. You can obtain help from us in a number of ways:

- By telephoning Northumberland Advice line on 0808 278 7944
- For energy advice 01670 339749.
- Help claiming universal credit 0800 144 8444. Open Monday to Friday 9am to 4.30pm. Closed Bank Holidays.
- By calling into our drop-in sessions: 10-12 on **Tuesday mornings**.

Debt advice is also available:

- **Monday to Friday on 01670 339960 or text DEBT to 81400**
- By going on-line at www.citizensadvice.org.uk/northumberland



Warm Hubs: created by CAN as places within the local community where people can be assured of finding a safe, warm and friendly environment in which to enjoy refreshments, social activity, information and advice and the company of other people'. The local Warm Hubs currently available are in The Star Inn in Harbottle, Hepple, Rothbury Jubilee Hall, Longframlington and Thropton Luncheon Club.

Did you know.....there are cheaper social tariffs out there for broadband?

<https://www.gov.uk/government/news/cheaper-broadband-for-struggling-families-14-august-2022>

Travelling to the EU? Check your EHIC expiry date. If expired, apply for a free GHIC via the NHS site to provide access to state run hospitals and GPs in the EU for the same price as a local. Travel insurance is still advisable.

<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>

Energy Advice in Rural Northumberland:

<https://energyadvicenorthumberland.org.uk/our-work/>

Pension Credit:

To calculate if you are eligible use:

<https://www.gov.uk/pension-credit-calculator>

For more information:

<https://www.gov.uk/pension-credit>***Don't miss out if you are eligible. If in doubt then check it out.***

It is always worth checking in with **Moneysaving expert Martin Lewis** to read about his latest advice on energy bills, rising mortgages and the cost of living crisis. If you need a guide on possible sources of financial help for energy bills:

<https://www.moneysavingexpert.com/utilities/how-to-get-help-if-you-re-struggling-with-your-energy-bills/>

Update on EES / ETIAS and Travelling to EU in 2024:

<https://commonslibrary.parliament.uk/the-eu-entry-exit-system-and-eu-travel-authorisation-system/>

This is a much delayed scheme and is now scheduled to be operational from early October 2024 for EES and mid 2025 for ETIAS.

Citizens from the UK will be required to complete an ETIAS application prior to boarding an aircraft, sea carrier, or coach vehicle for Europe, and this includes travellers who will only be transiting in Europe en route to other destinations. British citizens can expect their ETIAS application to normally be processed and approved within minutes, and the authorisation is sent by email in the form of a PDF document. There is no need to print or present any documents as the ETIAS is stored electronically against the passport details.

Landlines are changing

Many of you will have received leaflets from the likes of BT regarding the "Digital Voice" changeover, which means that the old copper landline services are changing. You can still have a landline in your home but the technology that powers it will be different. You should be able to keep your old landline number. Most existing (digital) handsets should work, but if they don't your provider can advise. You shouldn't face any extra costs for the service itself.

However, aspects to note:

- a) It won't work if there is a power cut as they need electricity to function. They are relying on you having a mobile phone and signal as back up in such circumstances.
- b) There is a possibility of the providers offering a "resilience solution" of a free battery pack for the landline connection in these power failure situations for certain individuals....however as our area can have power outages for days at a time there is some concern as to actually how resilient this offer is in reality. They are currently offering up to an hour of back up.
- c) These new digital landlines use your internet connection to make and receive calls. So, they are relying on you having a (reliable) internet connection at home. However, your phone network provider is able to provide you with a connection to support this new system at NO EXTRA COST to yourself if you don't already have an internet router.
- d) *Hiccups and serious incidents have already occurred nationwide and so back in December 2023 BT and other providers agreed to pause their forced roll out of these new digital landlines.*
- e) So if you are concerned by any of the above, fall into any of the categories below or don't wish to be changed over automatically then PLEASE INFORM YOUR PROVIDER THAT YOU WISH TO RETAIN YOUR CURRENT COPPER LANDLINE. **The BT contact number is 0330 1234 150:**
 - Are 75 and over.
 - Consider yourself to have some additional needs eg medical need, possibly isolated, single and feel vulnerable, medical issue that needs access to 999 quickly etc.
 - Only have a landline and no broadband.
 - Need of (or possibly will need in near future) a telecare personal safety alarm (ie those alarms worn around the neck and wrist in case of falls or personal emergency). Telecare systems do work with digital landlines BUT a power cut or internet drop out can cause them to fail.
 - People with no mobile signal at home.
 - People with no mobile phone at home.

AGEUK WARNED: Be aware of scam doorstep visitors or even phone or email messages trying to get you to part with your money. Perhaps check with current provider or neighbours first.

Please can everyone make sure their more vulnerable neighbours are aware that they don't have to do this and a simple phone call to the provider to stop this is all that is needed at present. Why not help them make that call if it helps to alleviate worry and anxiety? Thank you.

Some Ideas for the Coming Weeks

NEW: Cragend Farm: Mental Wellbeing in Coquetdale Northumberland



Cragend Farm is the latest example of a growing faith in the healing powers of heritage buildings. For in the same way that walks through Britain's forests are now being prescribed as an effective way to help counteract anxiety and stress, so the conservation trusts and charities of the heritage industry are starting to promote the power of ruins and historic buildings to improve mental wellbeing.

"It is a common theme we get back from all our tour visitors and guests," said Lou Renwick, of Cragend Grange, who with her family have rescued, restored and now give tours of these significant historic buildings, with holiday accommodation also available. "So many say how much calmer they feel. It is so appropriate that we can use Cragend Farm for these experiences, because it is a place that has such a strong sense of nurturing about it, historically with farming practices, and with Lord Armstrong using this site as a place to show how he could help the farming community with his innovations, and housing his prize herd of cattle here."

With its creamy stone walls and pillowed cobbled walkways Cragend Farm is a site like no other in the world. It is truly unique, thanks to the philanthropic Victorian inventor, Lord Armstrong of Cragside. In the centuries that have passed since agricultural labourers of Northumberland were first welcomed under its roofs, when it was a place to work and earn their daily bread, the farm has been steeped in history from its early origins of Iron Age settlers to the Victorian era of great innovation.

We use the buildings as a resource for historical tours and local research, and each year we also offer a free visit through competitions and through Heritage Open Days. We also raise funds for local community projects through our tours.

Cragend Farm, (Listed Grade II* Historic England site No 1153196) is thrilled that people are exploring the therapeutic side of their properties, with natural healing and contemplation, or forest bathing, now being prescribed by some doctors treating depression.

Historic England has also found that visits to historic towns, ancient places of worship and archaeological sites have the same beneficial effects on blood pressure and general wellbeing as social sporting activity.

Research by University College London five years ago was among the first to make the link between heritage sites and mental wellness. It showed that contact with a heritage site, whether as a visitor or a volunteer, frequently improved mood and even promoted a sense of citizenship among isolated and disadvantaged groups.

Britain's local authorities have been encouraging families to visit nearby museums, stately homes and historic sites as a healthy way to break the repetitive pattern of work, shopping and domestic chores.

While a period of respite in a beautiful castle or folly would probably benefit anyone, Lou Renwick believes that offering a moment "out of time", with no distractions, phone or television, is always destined to be a haven of peace and healing, and a visit to Cragend Farm is the perfect tonic.

Booking for 2024 now open: Day Visits, B&B and Self Catering Accommodation. All visits must be booked in advance.

We look forward to welcoming you.

Lou Renwick, Cragend Farm

www.cragendfarm.co.uk 01669-621533 lourenwick@cragendfarm.co.uk Instagram, twitter and Facebook @cragendfarm

POT HOLES DON'T REPORT THEMSELVES!

Have a go after every journey as it is very easy to do. www.northumberland.gov.uk , scroll down to TOP TASKS and click on Report a Pothole. Alternatively phone them on 0345 600 6400.

How easy is that? **Go on, have a go at reporting at least two after each journey, as there are far too many reports of tyre damage occurring locally in the recent months.**

Out-reach Post Office Services (aka Find Bessie)



Day	Location	Time
Monday	Hepple Post Office	9.00 am - 10.00 am
	Netherton Village Hall	11.00 am - 12.00 noon
	Holystone Church	12.30 pm - 2.30pm
	Hepple Post Office	3.00 pm - 5.30 pm
Tuesday	Thropton Village Hall	10.00 am - 12.00 noon
	Hepple Post Office	2.00 pm - 5.30 pm
Wednesday	Hepple Post Office	9.00 am - 10.00 am
	Netherton Village Hall	11.00 am - 12.00 noon
Thursday	Rochester Village Hall	9.15 am - 11.15 am
	Otterburn Village Hall	12.00 noon - 2.00 pm
	Hepple Post Office	2.30 pm - 5.30 pm
Friday	Hepple Post Office	9.00 am - 1.00 pm
	Hepple Post Office	2.00 pm - 5.30 pm
Saturday	Hepple Post Office	9.00 am - 12.30 pm

REGENERATION CORK YOGA MATS FOR SALE

Get ready for the New Year with a more relaxed and healthy self!

Made with a grippy and anti-microbial cork top, and soft natural rubber base. Wider and longer than standard for extra comfort.

Choose from either our best-selling original mat, or with a centre alignment line to help with positioning and as a focus point for balance.

Special offer £49.99 (RRP £84.99) with free delivery within 10 miles of Alwinton, or £5 Royal Mail delivery.

Contact Katie by email at katiesmith454@hotmail.com for further information.

Discover Northumberland
6 d · 🌐

Are you 21 or UNDER? Take the bus for £1 or LESS! Or go big with a £3 dayticket for UNLIMITED travel on bus, Metro, and Ferry! in Northumberland, Tyne & Wear & County Durham*Proof of age may be required. Terms and conditions apply.



Discover Northumberland
14 November at 11:26 · 🌐

Take a ride around #Northumberland for just £5 🚌 with the all day bus ticket! Where will your journey take you? 📍
See more and explore for less with the new adult bus fares 📄 - £6.80 gets you to Tyne & Wear, and County Durham 📄
#AllDayAnywhere 📄 Checkout transportnortheast.gov.uk for more info.



COQUETDALE TRANSPORT

1. UCCT Services 16a and 16b run Tuesdays and Thursdays.

Fares are £2 single/£4 return for adults, and £1 single/£2 return for children.

<i>X14 (from NCL) arrives Rothbury*</i>	<i>0723</i>	<i>1438</i>	<i>0723</i>	<i>14.38</i>
<i>471 (from Alnwick) arrives Rothbury**</i>	<i>NA</i>	<i>1435</i>	<i>NA</i>	<i>14.35</i>

	Tuesday Service		Thursday Service	
	16a	16a	16b	16b
Rothbury, Queens Head	08:15	14.45	08:15	15:00
Thropton, Cross Keys	08:21	14.51	08:21	15:06
Snitter, The Cottage	08:25	14.55	08:25	15:10
Netherton, Old Coach House	08:35	15:05	08:35	15:20
Alwinton, Phone Box	08:49	15:19	08:49	15:34
Harbottle, First School	08:55	15:25	08:55	15:40
Holystone, Mill	09:02	15:32	09:02	15:47
Hepple, Post Office	09:10	15:40	09:10	15:55
Thropton, Three Wheat Heads	09:19	15.49	09:19	16:04
Rothbury, Queens Head	09:30	16:00	09:30	16:15
<i>This service will not operate on Christmas Day, Boxing Day or New Year's Day</i>				
<i>X14 (to NCL) arrives Rothbury*</i>	<i>10.00</i>	<i>17.05</i>	<i>10.00</i>	<i>17.05</i>
<i>471 (to Alnwick) arrives Rothbury**</i>	<i>09.33</i>	<i>NA</i>	<i>09.33</i>	<i>NA</i>

*Run by Arriva **Run by Phoenix. Check their websites for up to date information, as times can vary.

2. Rothbury Shopper's Route

It is essential to book your place via Lesley to avoid disappointment. This **FRIDAY** only service is aimed at the elderly or mobility- impaired, providing door to door service and arrives at Rothbury at approximately 9.45am and leaves around 11am.

3. Upper Coquetdale Community Healthcare Transport

Visiting Rothbury Hospital or a local surgery? Having trouble getting there? Need a lift?

Upper Coquetdale Community Transport offers a friendly and cost effective Healthcare transport service to help those with no transport to get to their **GP appointments**:

£2 for journeys under 5 miles **£5** for journeys 5-15 miles **£10** if the journey is above 15 miles

We also go to various **regional hospitals**:

Alnwick **£15** Wansbeck/Morpeth **£20** North Tyneside/RVI, Cramlington/Freeman/Hexham **£25**

Opticians/Dentists/Podiatry/physio and other essential appointments work alongside pricing for regional hospitals according to their locations (unless at Rothbury hospital).

4. **DRIVERS NEEDED:** UCCT are looking for volunteer drivers for both the car and the minibus services. If you feel that you could help then please contact Lesley in order to help keep these much valued services on the road.

To book seats or make an enquiry please contact Lesley Leeson, Transport Manager: 01669 622264

Email: UCCT3@hotmail.com

Web page: www.ucct-transport.co.uk

Also on Facebook!

Lesley's working hours are Mon-Fri 12-3pm, with an answer phone for other times of the day which is checked regularly for emergencies.

**Voter ID requirement:
Don't Miss Your Chance to Vote**

NEW: NORTHUMBERLAND HAS ELECTIONS PENCILLED IN FOR...

THURSDAY 2ND MAY

FOR NORTH EAST MAYOR AND POLICE & CRIME COMMISSIONER

**ARE YOU REGISTERED TO VOTE?
ARE YOU VOTER ID READY?**

ALSO, IT COULD BE MAY, IT COULD BE AUTUMN, OR IT COULD BE ANYTIME BEFORE JANUARY 2025! BUT THE ONLY CLUE SO FAR FROM THE PM IS... HIS "WORKING ASSUMPTION WAS THE POLL WOULD TAKE PLACE IN THE SECOND PART OF THE YEAR."

**DON'T BE CAUGHT OUT AS ONE THING IS CERTAIN.....
THE GENERAL ELECTION IS GETTING CLOSER.....
HAVE YOU GOT YOUR PHOTO ID READY?
DON'T BE DENIED YOUR NEXT VOTE!**

How to apply for a free Voter Authority Certificate:

<https://www.electoralcommission.org.uk/i-am-a/voter/voter-id/applying-a-voter-authority-certificate>

Get help with electoral registration: Send your postal and proxy vote applications to **your local electoral registration team** (and not a political party). You can also contact them to find out if you're on the electoral register, to opt in or out of the open register that is available to anyone who wants to buy a copy, and if you already have a postal or proxy vote.

*Northumberland County Council
Electoral Registration Officer
County Hall, Morpeth, NE61 2EF*

*Phone: 01670 624811
Email: elections@northumberland.gov.uk
Website: http://www.northumberland.gov.uk/*

DO YOU WANT TO LEARN A NEW SKILL?
DO YOU ENJOY WOODWORKING?
DO YOU HAVE PRACTICAL SKILL YOU CAN SHARE?

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**"THE BARN"
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my three word ### candy.campfires.propelled



**For more info:
Call Paul on 07792 728 262
or search for:
www.rcvbarn.info**



"The Barn" Sessions

"The Barn" Community Workshop is now open

Tuesdays 2pm to 4.30pm
Mens Shed-Wednesdays 10am to 12.30pm
Wednesdays 7pm to 9.30pm

New from 17th January 2023
Mens Shed-Tuesdays 10am to 12.30pm

For more details e-mail: rcvbarn@gmail.com



PARISH OF UPPER COQUETDALE

COMMUNITY NEWSLETTER

March 2024



We live in a time of change, change which affects us all. Change which we often dislike. The weather is changing; what a muggy damp February this is turning out to be. But already the signs of spring are with us; snowdrops, aconites and crocuses are blooming, as are a few early daffodils.

We await the appointment of a new Rector. Our Parish Brochure has gone to the Bishop's team, and we meet with Bishop Mark early next month to discuss the next steps. All is proceeding according to plan. Soon the advert will go out, and we are looking forward to working with a new Rector.

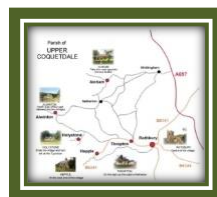
This month has sadly seen the death of three stalwarts in our communities. Bertie Woodcock, Kate Hazelwood, and Jane Edmondson. Bertie had moved around a bit in this locality, and was well known across the area and in the West Percy country. Kate was a musical and always smiling person: she helped out with the organ on Sundays. Jane, although living in West Thurston latterly, frequently returned to the valley and never missed a Harbottle Show. They all formed part of the fabric of our communities and are already missed. Each contributed in their own unique way.

Bet Bland has retired from operating our 200 club, a job she has done with great regularity for a good number of years. We are grateful to her for her services.

Last month's Curry Night was a great success. Netherton Memorial Hall is a congenial venue and it was a lively get together. We thank everyone who supported the event. £2343 was raised for the work of our churches in Alwinton and Holystone. Already we are planning fresh events to bring us all together.

Change brings new opportunities, fresh directions, and new life. Let us embrace the new year as the seasons go on and joyfully go forward into a new spring.

John Farndale, Lay Minister.



<u>200 Club Winners</u>	
FEBRUARY 2024	
£20	Helen Holmes
£15	Tom Burston
£10	George Graham
MARCH 2024	
£20	Louie Mawer
£15	Chelsey Craig
£10	Jean Caskin



The Parish of Upper Coquetdale runs a website that provides details concerning many local churches and their history, alongside details of currently “what’s on” in and outside of church through their news sheet. For further information please refer to: <http://coquetdaleanglican.org/>

They also kindly load up our newsletter onto their welcome page each month to help widen circulation. Thank you.



And finally

Another bumper issue with lots to look forward to....chocolate eggs and warmth being just two reasons to be cheerful, plus the positive hopeful sights of the spring bulbs and blossom. I can recommend the daffodil extravaganza at the top of the bank from The Peels, which brings cyclists out from Whittingham to witness this annual display.

Thank you to all who contributed. We are always on the lookout for items. Please get in touch and we will try to include it in a future edition. Contact details and submission deadlines are on p1.

We are still trying to widen the Newsletter coverage, as well as our contact database. We don't have a complete set of contacts for all households in the area. PLEASE CAN YOU HELP? We are grateful to the many that we know of who already print and share copies with their neighbours, especially for those living “off the net.” Also, if you have new or old neighbours ask them if they wish to join the blind copied distribution list by asking them to email me, Tracey, on stickypud@harbottle.net and I will add them to my list. Susan also has a distribution list and posts the latest copy on some local social media outlets. It isn't perfect but at least we keep trying to improve it. Thank you.

Look after yourselves.

The UCRG has been established over 20 years as a registered charity. We promote the benefit of the inhabitants of the Upper Coquetdale area, consisting of the parishes of Netherton & Biddlestone, Harbottle, Hepple & Alwinton. The charity provides facilities in the interest of social welfare for recreation and other leisure time occupations. Throughout the pandemic we were able to continue with our community newsletter in electronic form enabling isolated communities to keep in touch, and renewed batteries and consumables for the Alwinton & Netherton defibrillators in 2021.

In 2022 we funded the provision of a defibrillator in Harbottle village at a cost of £1510 plus the cost of several first aid/defibrillator training courses open to anyone in the local parishes. In 2023 we have recently assisted with the training of members of the local Archery Club and again run a free First Aid Course for 7 locals. We are collecting names already for the next one. So if you are interested be it for personal or work purposes then please get in touch. They usually run in June but can be scheduled for earlier if sufficient numbers allow. Each course can accommodate 10-12 people. The certificate also looks good on Personal Statements and Job Applications for older teenagers.

If you know of a group that may benefit from some funding and they meet the above criteria, then please contact us via jsirogerson@btinternet.com

If you would like to advertise your business in return for a small donation and reach many local households each month, then please contact Susan Rogerson: jsirogerson@btinternet.com All funds raised, plus extra donations and money provided via fund raising events, help The Upper Coquet Resource Group (UCRG) to keep this voluntary community group going.



THD

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Complete architectural design service for property owners, developers and building contractors.

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Planning Applications
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Call us or send your enquiry via E-mail



We visit the property for an initial consultation



From the consultation, we then provide a fee quotation for the proposed works



Before submitting for planning approval, we will alter the architectural drawings until you are happy with the design

A set of existing and proposed architectural drawings are provided



Once the fee has been agreed, we will conduct a tape measured survey of the property



We submit a planning application on behalf of the client



If and when planning approval is gained, The Home Designers are on hand to supply detailed construction drawings as well as structural calculations and support provided by our sister company, The Home Engineers North East

THINKING OF IMPROVING YOUR HOME?

Morpeth Office
0167 050 5064

7A Oldgate,
Morpeth,
Northumberland,
NE61 1PY

Newcastle Office
0191 477 6677

Unit 16,
The Stottie Shed
Bakers Yard, Christon Road, Gosforth,
Newcastle Upon Tyne
NE3 1XD

✉ enquiries@thohomedesigners.co.uk

🌐 www.thohomedesigners.co.uk



Many thanks to THD Ltd, via Kate, for their generous donation to The UCRG, which enables to continue supporting local groups, activities & first aid courses.



ELSDON MEMORIALS
MJ ROBERTS AND SON
MEMORIAL, VASES AND ENGRAVING SERVICES

ALL ENQUIRIES TO:
ANGI ROBERTS
 TELEPHONE NUMBER: 01669 650367
 EMAIL: ELSDONMEMORIALS@GMAIL.COM

Vintage tea party items for hire

All you need to host the perfect tea party!

For information contact Alison Bolton:

01669 630252 or email: alison.1969@hotmail.co.uk

Donations for any hire will be given to the UCRG.



HINDMARSH EQUESTRIAN :Freelance groom covering Northumberland/ Scottish Borders

Available for: Coaching/Teaching * Riding- schooling, hacking, jumping, competition * Lunging * All general yard duties: Bringing in/turning out * Competition/ hunt turnout * Plaiting * Trimming * Competition grooming * Pony Club grooming * Holiday cover * Tack cleaning *Holding for vet/ farrier etc.

Fully Insured*First aid certificate*Full Pony Club B test*Certified freelancer with British Grooms Association*Quad bike ticket

Please contact me to discuss your requirements: Anna Hindmarsh.

Call/text: 07469249158 * Email: hindmarshequestrian@hotmail.com * PM on Facebook.

My "local" heroes; Pass it on:

Heads2toe: soft tissue and sports/remedial massage therapist Stephen Heads, based in Rothbury but can visit your home. 07921 568965 or <https://www.heads2toe.co.uk/>

Rothbury based Kevin T Coe for fixing plumbing leaks! Friends have been saved recently by Kevin appearing quickly to work his magic. When in need: 07970 539574.

Stuart Wiggins, High Street, Rothbury 01669 620591: Numerous products and services offered at this local, family run business including retailing with free local delivery, service and repair of consumer electronic products and appliances, plus aerials & satellite installations. Free assessment on the repairability of items.

For more info: www.stuart-wiggins.co.uk

White & McCarthy for kitchen/cooking appliances and repair service. Take the appliance to them and it will be assessed for free as to whether it can be repaired and the estimate of the cost provided. They saved my tumble dryer yet again from a final trip to Alnwick tip. Based on Coopies Lane, Morpeth and can be contacted on 01670 512993 or www.whiteandmccarthy.co.uk Excellent service recently for a dishwasher purchase.

Wag & Co: We are the only visiting dogs charity befriending older dog lovers in their own homes as well as in care or in hospitals. For further details either to volunteer with your dog or ask us to visit, then please check our web site:

www.wagandcompany.co.uk



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 Tree & gardening services
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- Tree removal
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- Stump grinding
- Pollarding
- Hedge trimming
- Hedge reduction




Volunteer with your dog
 ...and help end loneliness in older dog lovers.

We're a community of dog owners sharing our dogs with older dog lovers across the North East.

There are thousands of lonely pensioners who can no longer look after a dog of their own and need their help.

Just a couple of hours a week for a chat and a cuddle with your special dog makes all the difference to someone else's life and probably yours too.

Apply today, we'll make it safe and easy to volunteer.

Apply online www.wagandcompany.co.uk





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FEEL GOOD, FEEL FIT, FEEL BETTER

SUITABLE FOR DOGS OF ALL AGES AND ACTIVITY LEVELS

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canistrides@yahoo.co.uk



<p><i>Sweeties</i> <i>Bridge Street, Rothbury</i> Sweets * Treats * Gifts* Pick & Mix* Slushies* Hot & Cold Drinks</p> <p>Traditional sweet shop stocking a large variety of sweets & chocolates. We can special order anything we don't have in stock. Now stocking Coquet Chocolate: Beautiful handmade chocolates & truffles, made in Rothbury.</p>	<p><u>DEFIBRILLATOR LOCATIONS</u></p> <p>Harbottle: Star Inn courtyard Holystone: Priory Farm wall Hepple: on the village hall wall Netherton: on the village hall wall Thropton: on the school wall Alwinton: car park on the toilet block wall Sharperton: End wall of Sawmill Close, nr junction Alnham: the wall of Kings Priory School Field Centre Biddlestone: wall of No1, Biddlestone Barn, NE65 7DT</p> 
<p><u>DRAKESTONE BUILDING SERVICES</u> Joinery, General Building, Tiling & Decorating Work</p> <p><u>Billy Gibson</u></p> <p>Tel: 01669 650206 OR 07979042499 Email: feeshearer@googlemail.com</p>	<p><u>Collins Fish Van</u></p> <p>Visits the area on a Thursday: Hepple Post Office: 8.00am Sharperton (on the hill): 8.30am Alwinton Village Green: 9.00am Harbottle (Chapel end then Pub): 9.10am Holystone Post Office: 9.40am</p>
<p><u>Northumbria</u> <u>Pet Crematorium</u></p> <ul style="list-style-type: none"> • Beautiful Peaceful Environment • Compassionate and Caring Service • 100% Guarantee Your Pets Ashes Back • Pick Up & Delivery Service • 24hr Ashes Return Service <p>Tel: 07393 481 561 Email: northumbriapetcrem@gmail.com www.northumbriapetcrematorium.co.uk</p>	<p><u>POT HOLES DON'T REPORT THEMSELVES!</u></p> <p>Have a go after every journey as it is very easy to do. www.northumberland.gov.uk , scroll down to TOP TASKS and click on Report a Pothole. Alternatively phone them on 0345 600 6400. How easy is that? NCC defines "an actionable defect" as a pothole of at least 40mm (1.5 inches) deep and a minimum of 300mm (1 foot) in diameter. However, we think that if you aren't happy, then report it!</p>

RMAC Heating: Small business focussing on quality not quantity. With extensive experience in the Heating industry working as engineer and service manager I decided a few years ago to go solo and concentrate on the installation, service and repair of oil, gas and LPG boilers and heating systems. Undertaken work in Upper Coquet area as well as Alnwick & Morpeth.
Trades: Gas Work, Central Heating & Plumbing. I can also organise specific dates to visit the area to service boilers if you wish to coordinate timings with neighbours.



August 2024 visit to Harbottle already planned...
Please call if you wish to be added to the journey.

Humanities Tutor Available

French, English, History, Classical Civilisation & Ancient Greek

I am a student at the University of St Andrews studying English and Classics with over three years of tutoring experience to GCSE and A-level. Available for enthusiastic, student-led sessions online and in-person!

Email: ibredmaynecontact@gmail.com

Litter Challenge: Enjoy, Respect & Protect our Countryside

Please help; if you see it then please pick it up safely and bin it.

LOCAL EV CHARGING POINTS:

***ALWINTON CAR PARK *HARBOTTLE: IN FRONT OF THE SCHOOL**

CONTINUED OVERLEAF.....

Reminder from Northern Power Grid:

Support available for our customers

If you experience a power cut, the easiest way to report and access the latest information is via our website www.northernpowergrid.com/power-cuts. Alternatively, our teams are here for you 24/7 by calling **105**.

You can also find some useful hints and tips on our website at www.northernpowergrid.com/what-to-do-in-a-power-cut. Our customer support vehicles are prepared and ready to go out into local communities, where possible.

Power cut advice and tips include:

- Bookmark Northern Powergrid's online power cut map and reporting service on your mobile devices – www.northernpowergrid.com/power-cuts
- Have a charged mobile phone with important numbers saved, including 105, the free national power cut phone line.
- Turn off electrical appliances at the socket (this is particularly important for heating or cooking appliances as your power could be restored at any time and potentially cause a safety hazard).
- Keep one light switched on so you know when power is restored.
- Keep a battery-operated or wind-up torch handy – they're much safer than candles.
- Check on your elderly or sick neighbours and relatives.
- Ensure you have warm clothing and blankets handy and some food and drink in your home that does not require electricity to heat or prepare it.
- Call 999 in the event of a medical emergency.

If you have additional needs due to your medical or personal circumstances, and are not part of our Priority Services Membership, you should consider joining for **free** by visiting [Priority Services Membership](#) or **calling 0800 169 2996**. This will help us to support you during a power cut. This will include regular updates on the situation and consideration of any need for provision of hot food and alternative accommodation.

Those who can join include customers:

- Of pensionable age
- Who have a hearing or visual impairment
- Who have additional communication needs
- Who are in a vulnerable situation
- Who have young children at home
- Who are disabled, chronically sick, or have a long-term medical condition

Please remember to check on neighbours, friends and family members who may need additional support.

CONTINUED OVERLEAF.....

An Updated Message from Harbottle Parish Council

CIVIL EMERGENCIES PLAN FOR HARBOTTLE PARISH

Emergencies resulting in loss of power, telephone, mobile telephone, water.
Damage to property

In the Event of Electricity Failure

The Emergency Hub at the Star Inn will come into operation in the event of a long power outage, especially if there is no indication when power will be restored.

A varied response will be needed according to the emergency, but as a general rule:

Loss of power overnight: Emergency hub will open up in the morning and remain open as long as needed.

Loss of power during the day: Emergency hub will open late afternoon/early evening to provide hot food, drinks and hot water.

A sign will be placed outside the Star to indicate that the Hub is open and we will endeavour to spread information by word of mouth or telephone if they are working.

Emergency Centre:

Star Inn, Harbottle: Telephone: 01669 650221
Equipped with generator and providing shelter, heat, hot water and food.

Main Contacts:

Harbottle:	Sue Bolam:	The Old Mill, 01669 650360
Holystone:	Stuart Wardlaw:	Lanternside, 01669 650409
Sharperton:	Joe Ormston:	North Sharperton Farm, 01669 650321

Other contacts:

Simon Kenny, Park House Farm:	01669 650250
Alan Stripp, Well House Cottage:	01669 650324
Northumberland County Council:	01670 627599; 0345 6006400

Other Resources

Two tents, 10m x 15m and 3m x 4m with lights and heaters
Contact: Simon Kenny

Parish Emergency Fund

Held by Harbottle Parish Council
March 2024