

## Swarland Village Action Group Committee:

Chairman: Vacant, Secretary / Editor: Bryan Stanley,

Treasurer: Susan Richardson.

Committee Members: David Bradbrook, Robert & Sue Brotherton, Neil Mansfield, John Richardson, Suzanne Stanley, Caroline Thomas.

### Write it Down Now !!!

Please supply information for inclusion in  
the June issue by  
**Wednesday 25<sup>th</sup> May 2016.**



The cost of production of this issue of

The Column has been met by

**Newton on the Moor  
& Swarland Parish Council**  
and  
**Swarland Club**

The Club now operates the newspaper service for the area.  
All **daily newspapers** are catered for along with the sale of  
**bread, eggs and milk.**

This service is open **from 7.30 to 11am**  
Monday to Sunday inclusive.

Newspapers and magazines may be ordered and reserved.  
All vouchers accepted.

**Post Office on Mondays and Thursdays 8am till noon.**

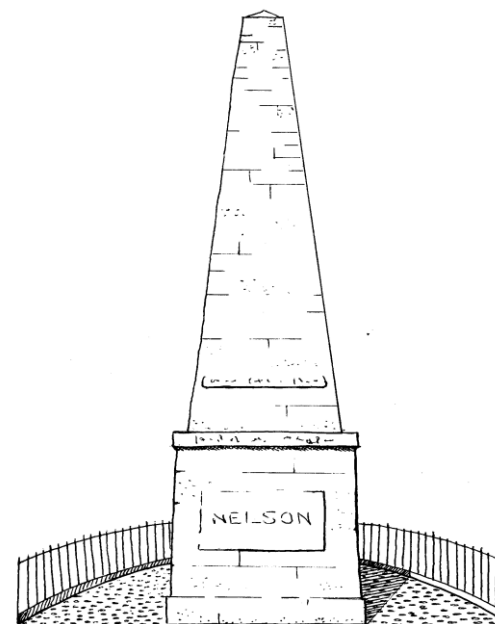
**SWARLAND VILLAGE  
WORKING MEN'S CLUB**

Available for private parties by arrangement.

Tel. 01670 787 825

**Swarland Club** is pleased to sponsor *The Column*.

# The Column



**April 2016**

Produced by

**Swarland Village Action**

**Newsletter 82**

**Do we need the weekly shoppers' bus  
service? Please contact the Parish Clerk -  
see inside for details.**

Welcome to your latest issue of **The Column** and if you're new to the area, welcome to you too. If you wish to put something into the next issue **please supply it for inclusion in the June issue by Wednesday 25<sup>th</sup> May.** Please send it to: the Editor, Bryan Stanley, on 01670 787 916 or by email at maxitoby1@gmail.com .

## Swarland Village Action

### **Sale of Golf Balls**

Golfers please note that golf balls are available at the excellent price of 20p each. **Please knock at No.5 The Square, Swarland.**

## Swarland Moor Local Heritage Group

Our speaker in **February, Bob Harrison**, kept us fascinated by his '**Anecdotes of the Napoleonic Wars**'. Bob always directs attention to little known facts and part of his talk referred to the women who were on board the British ships and the roles they played during the fighting.

Our **March** meeting featured **Andy Griffin** whose enthusiasm for and understanding of the **Northumbrian paintings in Wallington's Hall of Fame** kept us riveted. I wish I'd heard Andy's talk before I spent a day at Wallington; it would have been so much more meaningful. Perhaps a return visit is called for!

On **Tuesday 12<sup>th</sup> April** our speaker will be **Mr Ricalton** and the title of his talk "**World War 2 - A Secret War - Swarland in Mortal Danger!**" That sounds like an evening not to be missed.

This meeting is also our **AGM and pooled supper**, but please don't be put off coming to the talk by the thought of the AGM. The talk will be first, business and supper afterwards and you'll have ample opportunity to escape if you wish before we get down to the business!!

On **Tuesday 10<sup>th</sup> May** **Mrs Kim Bibby-Wilson** will be telling us about the "**Northumbrian Identity - language, music, dance and customs**". Something a little different and another enjoyable evening not to be missed.

Our final speaker before our summer break will be **Chris Hunswick** who will be talking on **Tuesday 14<sup>th</sup> June** about the "**Archives of the Duke of Northumberland at Alnwick Castle**". I hope you'll agree, our talks are nothing if not varied!

We are making a day trip on Saturday 9<sup>th</sup> July to Bishop Auckland Castle and Escombe Church. Private guided tours for both have been arranged and Escombe is one of the oldest Saxon churches in the country. There are some seats and places available. If you would like more details or would like to join us please ring the contact number below.

We always welcome new members but are equally delighted when visitors for just a speaker or a talk arrive. Charges for visitors are £2.50 per person. We meet on the second Tuesday of the month at 7.30pm in the Swarland Village Club. Any enquiries about the Heritage Group please ring 01670 787 121. Looking forward to seeing you.

*Caroline Thomas*

## Neighbourhood Watch Update: January / March 2016

### Swarland / Longframlington

\* A burglary occurred between 30/12/15 & 01/01/16 in **Old Swarland**. A garage window was broken, through which entry was gained. Several chainsaws and a hedge trimmer were stolen.

**Studley Drive, Swarland** \*Burglary occurred 31/01/16 between 16.00 & 20.30. An insecure open garage door enabled the burglar to steal a quantity of drills, chainsaws & other tools.

**Leamington Lane** \*Burglary occurred between 05/02/16 & 08/02/16. An insecure stable was entered and a metal shovel removed.

A common assault took place at an address in the **Swarland area** at 22.00 on 27/02/16.

Between 19/01/16 & 21/01/16 arson destroyed a touring caravan parked at **Westerheugh** caravan site.

A hay bale was stolen overnight on 28/01/16 from **Shirlaw Hope Farm**

### Incidents in other areas

**Rothbury** - \*Burglary at a dwelling on south side of Rothbury High St.

\*Burglary at a dwelling on Whitton View.

\*Theft of van from an insecure garage. Van subsequently involved in a bilking, failure to stop for police & robbery. A 28 year-old male was subsequently arrested and charged with 18 offences. He was remanded in prison.

\*Criminal damage to a motor vehicle in Rothbury High St.

**Thropton** - \*Theft of motor vehicle from outside owner's address on the main street.

**Netherton** - \*A burglary occurred during the day time 21/12/15. A door key was removed from an insecure outer building hiding place. The key was then used to enter the farm house, where an item of clothing was removed from the bedroom area.

**Road Safety** - 10/01/16 A 39 year-old male was arrested, charged and convicted for drink driving after a collision in Glanton. Fined £250 and disqualified for 17 months.

A 57 year-old male also arrested and convicted for drink driving at Blagdonburn, Rothbury. Fined £85 and disqualified for 12 months.

If you wish to contact your local officer, please contact: Sergeant 1883 Graham Vickers, Coquetdale Neighbourhood Policing Team, Rothbury Police Office, Front Street, Rothbury, NE65 7TZ. Tel. 101 Extension 61353. [www.northumbria.police.uk/advice&information/crimeprevention/index.asp](http://www.northumbria.police.uk/advice&information/crimeprevention/index.asp) .

*Harold Hinchliffe, 2 Nile Drive, Swarland. Tel. 01670 783 669 Mob. 07713 097 250*



## Felton & Swarland Local History Society

We meet in the Coquet Room, Felton Village Hall at 7.30pm on the 3<sup>rd</sup> Monday of each month between September & May. The Society aims to spread an appreciation of history at the local, rather than national, level with a series of talks by noted, and often entertaining, speakers. It also has a small research group for those who prefer a more active approach to local history – anyone is welcome to join this group. Annual Membership is £15. Non-members are welcome to attend any of the meetings for a small charge of £2.50 a meeting. Tea / coffee and biscuits, for which we ask a small donation, are served at the end of each meeting.

The next meetings are:

**18<sup>th</sup> April:** Ken Hutchinson: “**Newcastle behind the scenes - artworks, sculptures, plaques and memorials**”.

**16<sup>th</sup> May:** **Social Evening & “The Kings Shilling”** - a talk & songs about recruitment into the Red Coat army. By Alan Giles & Friends.

We maintain a display of “Felton Parish in World War One” in Gallery 45. This is changed each month to reflect what was happening a hundred years ago. Our thanks to Jane and Mary for hosting this display for the society free of charge.

For further information, please contact Philip Cotton, 01670 787 228 or [philipandwendycotton@yahoo.co.uk](mailto:philipandwendycotton@yahoo.co.uk).

## Mobile Library Dates

The mobile library comes to the parish every other **Wednesday** morning. It stops in **Swarland** opposite **The Square from 10.00 - 11.00am** and in **Newton on the Moor from 11.10 - 11.30am**. If you miss these it's also in **Guyzance** from 11.40am – 12.00 and **Old Felton** from 12.15 – 12.35pm. The next few dates are as follows: **13<sup>th</sup> & 27<sup>th</sup> April, 11<sup>th</sup> & 25<sup>th</sup> May and 8<sup>th</sup> & 22<sup>nd</sup> June 2016**. Value the service? “Use it or lose it”.

## Swarland Village Hall Activities

The Hall offers seating space for up to 120 people, a stage with lighting and a modern sound system (plus hearing loop), a kitchen and toilets.

Current activities in the Hall include the following:

**Karate Classes** every Tuesday **5.30 - 8.30pm**. Contact Gary Davidson on 07930 838 872.

**Swarland Craft Group** on Wednesdays **1.30 – 3.30pm**. £1.00 per session includes refreshments. New members always welcome. For further details ring Margaret 01670 787 705 or Joyce 01670 787 855.

**Swarland Carpet Bowls Club** on Thursday evenings. New members are always welcome. If you would like to give it a try, just come along. For more information, contact Jack Dobson on 01670 787 836.

**If you wish to book the Hall** for a group or private use **please contact Bryan Stanley**, details at the front of The Column.

## NotM & Swarland Parish Council (February - March)

### **Superfast Broadband in Newton on the Moor**

At the Parish Council (PC) meeting on 23<sup>rd</sup> March it was commented that works seem to be complete on the ‘green box’ in NotM, so it is hoped that access will be available very soon.

### **Boundary Review**

Letters are to go to parish residents west of the A1 to seek their views on possible changes to the Parish Boundary, and also residents who live in or immediately adjacent to the ‘peninsula’ of Felton Parish bordering on Leamington Lane.

### **NCC Grant for Works to Vyner Park**

The PC was very pleased to accept a grant of £10,000 from NCC’s Small Grants Scheme, supported by County Councillor Trevor Thorne. The funding will be used to improve facilities and storage at the Vyner Park Pavilion and work will start as soon as possible.

### **Dial-a-Ride Bus Service**

It was regrettably decided at the March PC meeting that the current dial-a-ride bus service, picking up in Swarland and Newton on the Moor on Thursdays for shopping etc in Alnwick is no longer sustainable and will make its last journey on Thursday 21<sup>st</sup> April 2016.

Grateful thanks go to Upper Coquetdale Community Transport for providing an excellent and reliable service over the past two years. Unfortunately without grant money the PC cannot afford to continue the service as it is.

***The PC will be researching other options to replace this service and is anxious to hear your needs - preferred days etc. Please ring Jan Anderson on 01665 575 145 or email: [jananderson3000@gmail.com](mailto:jananderson3000@gmail.com).***

### **Pothole Issues**

Potholes continue to plague the Parish and residents are urged to report those they notice to NCC on **0345 600 6400**. (See more below)

**If you have any comments or queries please contact the Parish Council Clerk, Jan Anderson** at 16 Newton on the Moor, Morpeth NE65 9JY.

Tel. 01665 575 145 or [jananderson3000@gmail.com](mailto:jananderson3000@gmail.com)



## Community Messaging

If any person you know might like to receive the local police community message updates, please email the Alnwick NPT mailbox (details below)

Thank you for your continued support,  
*Graham*  
Sergeant 1883 Graham Vickers, Coquetdale Neighbourhood Policing Team, Rothbury Police Office, Front Street, Rothbury, NE65 7TZ.  
Tel. 101 Extension 61353 or [alnwick.npt@northumbria.pnn.police.uk](mailto:alnwick.npt@northumbria.pnn.police.uk) .

**Pest Management Services**

Fully licensed and insured  
Moles, Rodents, Rabbits,  
Wasps and other insects.

Contact Rory Brotherton  
01670 788 174 or 07769 176 666

**Swarland Village Hall, 'Winefest' Report**

This year's 'Winefest' proved once again to be a resounding success. This well-supported and enjoyable social evening meant we were able to raise £410 towards Village Hall funds. Behind the scenes there is quite a lot of organising to do and this time special thanks must go to Sheila Woolfrey who co-ordinated the whole event.

Len & Pauline Coates handed over the reins this year, having started the concept over 20 years ago though they were still on hand to advise the new team. Len's 'Dingbats' are still perplexing everyone!

The wine tasters were spared from having to listen to my excruciating jokes as I also took a back seat. Instead, Malcolm Nesbit compered the evening with aplomb.

Thanks go to the kind donors for the excellent raffle prizes and to Nelson's in the Park for selling tickets and helping to collect in the wine.

Many thanks also to all the helpers who contributed in various ways before and during the evening.

Looking forward to the next 'Winefest', details of which will appear in The Column.

*Ken Long*

**Possible New Activity in Swarland Village Hall**

Meditation can improve health and wellbeing. If there are enough people interested from in and around Swarland (everybody is welcome), then an experienced meditation guide from the Compassion Buddhist Centre in Newcastle (see [www.meditation-newcastle.org](http://www.meditation-newcastle.org)) would be happy to come and run one or more 'taster sessions' in our community.

If this is something you would be interested in coming along to, then please express your interest by sending an email to [northumberland.meditation@gmail.com](mailto:northumberland.meditation@gmail.com). Thank you.

**Deadline for items for the June issue of  
The Column: Wednesday 25<sup>th</sup> May 2016.**

**Swarland First School News**



The school, led by our School Council, has achieved the Anti-Bullying Award for a second time. Congratulations to everyone in our school community for making this possible. It acknowledges the effective anti-bullying strategies that are in place and demonstrates to others that the safety of our

children is taken seriously and bullying is not tolerated. It shows we have a positive, progressive, inclusive ethos, where everyone in the school community knows that bullying is not accepted or tolerated. Children can come to school without the fear of being bullied and parents can feel confident that, should bullying happen, they know who to approach and can be reassured that it is dealt with efficiently and effectively.



\* \* \* \* \*

The children and staff got dressed up as their favourite book characters for World Book Day on 3<sup>rd</sup> March. Children came to school dressed as Harry Potter, Willy Wonka, Robin Hood, Winnie the Witch, Wombles, Katy Morag and many others. We celebrated the pleasure we get from reading through various activities throughout the day.



*Louise Fletcher, Head Teacher*

**Recycling Corner**

Why not recycle your unwanted items through The Column? Recipients of free items are asked to make a small donation towards this newsletter's running costs. Items for sale? – If successful, the seller is asked to make a small donation as above.



## LICENSING ACT – NOTICE OF APPLICATION FOR LICENCE

Type of Licence	Premises Licence
Applicant or name of Premises Club	Management Committee of Vyner Park Charity
Have submitted an application for a Premises Licence in respect of:	
<b>Vyner Park Pavilion and Park, Park Road, Swarland, Morpeth, Northumberland, NE65 9JP</b>	
<b>Details of existing relevant licensable activities, or those to be carried on at the premises if this is a new application.</b>	
Sale of alcohol on the premises and provision of regulated entertainment and Provision of facilities for regulated entertainment (1000-2300 seven days a week). This will include plays, films, outdoor sports, live music, recorded music, performance of dance and anything of a similar description to those listed above as well as the provision of entertainment facilities for making music, dancing and other entertainment of a similar description.	
<b>Details of additional changes to relevant licensable activities if application is to vary an existing licence.</b>	
N/A	
Closing date for representations	<b>12th May 2016</b>
<b>Details of the application can be viewed Monday to Friday 9:00am to 4:30pm. The Licensing Section, Northumberland County Council, Public Protection Service, Loansdean, Morpeth, Northumberland, NE61 2AP.</b>	
<b>Any objections to this application must be made in writing stating grounds of objections and sent to: The Licensing Section, Northumberland County Council, Public Protection Service, Loansdean, Morpeth, Northumberland, NE61 2AP.</b>	
<b>It is an offence knowingly or recklessly to make a false statement in connection with an application and is subject to a maximum fine of £5000 on summary conviction for the offence.</b>	

### Collection of Papered Postage Stamps

Thank you to at least one person who read her Column and gave me some papered stamps to add to the kiloware for the Red Squirrel fund. Don't throw your old envelopes away as I collect stamps still on a small piece of envelope, to be bagged up and sold to raise money for Lower Coquetdale Red Squirrels. Anyone willing to pass on their used stamps (even still on much of the envelope), please contact Bryan Stanley – details elsewhere.

### The **Governors of Swarland First School** require a **Part Time Lunchtime Supervisor**.

This is an opportunity to work as part of our team in this happy school, supporting pupils during lunchtimes. We are looking for someone with excellent interpersonal skills who can communicate positively with children and respond to the needs of each individual child, developing their personal, social and emotional development.

The role will include supporting children in the dining hall and leading games in the playground. This is a permanent part time post. Term time only. 6 hours a week.

Band 1 Point 5-9 £12,435 to £13,725 per annum pro rata. Required as soon as possible.

We are committed to safeguarding and promoting the welfare of children and young people and expect all staff to share this commitment. An enhanced DBS disclosure is required for this post.

For further details and an application pack, please contact Mrs Hall in the school office on 01670 787 346 or e-mail us at [admin@swarland.northumberland.sch.uk](mailto:admin@swarland.northumberland.sch.uk).

Further information about the school can be found on our website at [www.swarland.northumberland.sch.uk](http://www.swarland.northumberland.sch.uk).

### Felton Surgery News Spring 2016

#### **Saturday 16<sup>th</sup> April 2016 Zip Wire From Tyne Bridge**

Dr Waite, Helen Dempster, Eileen Davidson and one of our District Nurses Lauren Cockburn are going to zip wire from the Tyne Bridge on the 16<sup>th</sup> April to raise much needed funds for the Pancreatic Cancer Research Fund. We are raising funds for this charity because our friend Dr Mark Horner was diagnosed with pancreatic cancer 3 years ago and Lauren has just lost her grandfather to the illness. Lauren's grandmother also has pancreatic cancer. We are looking for sponsorship for this daredevil escapade because we are all frightened of heights but feel that facing our demons is a good thing to do for a worthy cause.



Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving – they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity. So it's the most efficient way to donate – saving time and cutting costs for the charity. Go to <https://www.justgiving.com/eileen-davidson3>.

### The Shepherd's Hut

I would like to thank everyone who has used the Shepherd's Hut for their support over the past few months; I very much appreciate it.

**I would also like to advise that from the 1<sup>st</sup> April I am revising my opening times to the following:-**

I will no longer be open on a Saturday due to other commitments. However, I will be open on **Tuesday** instead.

So the new days / opening times are:- Tuesday 10-5pm ,  
Wednesday 10-5pm, Thursdays 10-5pm, and Friday 10-2pm.

Many thanks and I look forward to seeing you all soon.

Becky

### Red Squirrels update

Look out for information about our new website which is currently being developed to provide another way to report Red or Grey sightings, and keep you informed as to what's happening in the squirrel world in our neck of the woods. We hope we can launch it soon; there will be posters and anyone who has supplied us with information in the past will be notified by email.

Sadly, there have been a few sightings of Greys, possibly just passing through, BUT there have been several reports of Reds in various locations. It is a constant and ongoing challenge, but hopefully with our collective efforts, there can be a brighter future for our native Red Squirrels.

At present you should continue to report Red or Grey Squirrels (alive or dead) anywhere in the area by **phoning 07779 69 40 06 or 01670 787 916 or email [swarlandredsquirrels@gmail.com](mailto:swarlandredsquirrels@gmail.com) (ideally with an OS Grid Reference or at least a precise location) so that we can pass your sighting(s) on for recording as part of the RSNE region's figures.**

If you'd like to get more involved, please contact Bryan on 01670 787 916 (or [maxitoby1@gmail.com](mailto:maxitoby1@gmail.com)) or Rosie Mould on 01665 570 129 (or [rosiemould@hotmail.com](mailto:rosiemould@hotmail.com) ).

Bryan Stanley

### Superfast Broadband within the Parish

iNorthumberland will be in both Newton on the Moor and Swarland to update everyone and answer their questions as to the availability of broadband in various parts of the parish.

**Jubilee Hall, NotM: 4 – 5pm**  
**Swarland Village Hall: 6 – 7pm**

Come along to either session to find out the latest information as to what we can expect and to tell NCC staff what else we might want.

### Pothole Update from your Parish Council

In line with your concerns we have continued to highlight the poor state of the roads around our parish. This month Northumberland County Council (NCC) provided the following update in response to a question on the number of reported potholes within the Parish:

*'Northumberland County Council has dealt with 158 jobs in your parish which have been raised from defects. These defects will include pot holes, missing signs, drainage issues and other highway related issues. We are dealing with four at present and there are another 20 which we are aware of, but they are not causing immediate danger and therefore will be prioritised.*

*Since December (and in the inclement weather), we have been concentrating on strategic routes to allow safe passage for network users. These have been identified as higher usage areas which pose greater risk because of the number of network users.*

*To add to the above we have had a 300% increase for third-party reactive works within the county. The highways inspectors are now back to their normal cyclic activities and the roads within your area will be routinely inspected within 6 months.'*

NCC can only fix potholes or road defects if they are aware of them, so people need to report what they see. Reporting a pothole is fairly easy; either through the County Council's website (where you pinpoint the pothole on a map) or by telephone (0345 600 6400). But be sure to highlight any risks or danger that the pothole is causing. If the Council finds damage on one of our roads that is considered a serious risk to road users, staff will repair the defect within 24 hours. Other potholes, which aren't a serious risk, will be repaired within 14 to 28 days.

**So if you see a pothole, please report it as soon as possible to Northumberland County Council on 0345 600 6400.**

*Bob Ryan, Parish Councillor*

### Spring Wine Tasting

**7:30 pm, Friday 22<sup>nd</sup> April**  
**at**

**the Jubilee Hall, Newton on the Moor**

Our wine tutor will be Suzanne Lock from Advintage Wines.

The theme will be New Zealand wines (red and white), there will be the usual bread and cheese palate treats.

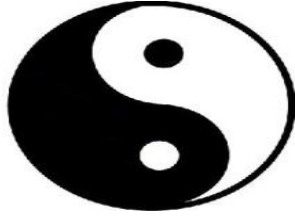
The cost, payable at the door, will be £10.00 per person.

It would be very helpful if you could let me know you're coming on the 22<sup>nd</sup>, and the number in your party.

Please circulate this information to anyone else who may be interested.

**Contact: Dudley – Tel. 01665 581 531 or  
email: [williamsdd@utsc.utoronto.ca](mailto:williamsdd@utsc.utoronto.ca) .**

## New Health & Wellbeing Activity for Swarland Village Hall



### **Qi Gong for Health – Anne Raine, Instructor**

Qi Gong (Chinese Energy Exercise) systems are a series of repeated exercises which contribute to the growth and movement of Qi (Energy), adding to one's life energy and delaying the process of ageing! In China it is used in Traditional Chinese Medicine to promote good health and is also part

of the Chinese school curriculum. Chinese people have a reputation for long life and good health and are often seen practicing Qi Gong in parks and other outdoor spaces.

Qi Gong practice can be done standing and seated and is an enjoyable and beneficial way to improve mobility, posture, balance and circulation. It is a calming, gentle but powerful way to exercise which suits all fitness levels and abilities.

**Interested?** Then please come along to a

### **FREE Qi Gong taster session at Swarland Village Hall**

**on Wednesday 4<sup>th</sup> May 2016 from 10am to 11am. (Refreshments after).**

Hopefully, if enough folk are interested, classes will start on **Wednesday 11<sup>th</sup> May, 10 - 11am for 12 weeks. Cost will be £3.50 per session.** No special clothing is required for practice but it does need to be comfortable and easy to move in. Shoes should be flat soled to ensure good balance and posture.

**Your Instructor!** For those who don't recognise the name, I've lived in the village for the past 27 years. I'm a qualified Exercise & Qi Gong Instructor, my main focus being the over 50's, and an Associate Instructor with the Hands of Light School of Tai Chi and Qi Gong, based in Scotland. I currently teach three Qi Gong classes a week for Age UK Northumberland at their Ashington HQ, supporting over 50 class members. I would really like to share the joy and benefits of Qi Gong with folk closer to home by running a class in Swarland.



**Qi Gong on the Beach!**

I look forward to seeing you at the taster session on the 4<sup>th</sup> May, but in the meantime if you have any queries about the Qi Gong class please contact me on my mobile: 07934 425 844. Thank you.

*Anne Raine, Exercise & Qi Gong Instructor.*

## Jubilee Hall, Newton on the Moor

Every **Tuesday** is Bowls Club with lots of matches coming up with other villages in the area. New members are always welcome.

**Saturday 9<sup>th</sup> April:** 10-12, coffee morning.

**Mon 11<sup>th</sup> April:** 4-5pm, NCC Broadband drop-in-session, come along and find out about the new faster broadband!

**Friday 15<sup>th</sup> April:** Dance to Milburn Music, 8-11.30pm, pooled supper, £4 entry.

**Friday 22<sup>nd</sup> April:** Wine Tasting with Suzanne Lock from Advintage Wines. Starts at 7.30pm. See elsewhere for details and booking.

**Wednesday 27<sup>th</sup> April:** PC Meeting 7pm, everyone is welcome to attend.

**Friday 13<sup>th</sup> May:** Dance to the music of Terry Deane, 8-11.30pm, pooled supper, £4 admission.

**Saturday 14<sup>th</sup> May:** Coffee Morning 10-12, delicious home-baked goods to eat in or take away.

**Friday 10<sup>th</sup> June:** Dance to the music of Alan Chandler, pooled supper, 8-11.30pm, £4 on the door.

**Saturday 11<sup>th</sup> June:** Special Birthday Coffee Morning to celebrate the Queen's 90<sup>th</sup> birthday, with activities and games for the family, as well as some wonderful archive material to look at. We will have birthday cake and a toast. Do come along and join in the fun!

**Thursday 16<sup>th</sup> June:** AGM of the Jubilee Hall committee, 7pm, everyone welcome to attend.

**Wednesday 22<sup>nd</sup> June:** Parish Council Meeting, 7pm, open to all.

**Thursday 23<sup>rd</sup> June:** EU Elections all day.

*Judy Williams, Jubilee Hall Treasurer*

## Play Sports at Vyner Park – Competitions

The Vyner Park Charity is looking for anyone and everyone who is interested in playing sports at the park.

We're looking to develop tennis and 5-a-side football sessions that would provide regular play sessions and competitions. Other sports such as Basketball, Running and Netball can also be played on the courts if there is an interest.

A Bowls section is already in place, but again we would like more people to use the green.

We are looking to set up our first football and tennis competitions in May or June, so can we ask that anyone who is interested in taking part or simply playing a game to contact Bob Ryan at [robh.ryan@btinternet.com](mailto:robh.ryan@btinternet.com) or [vynerpark@gmail.com](mailto:vynerpark@gmail.com).

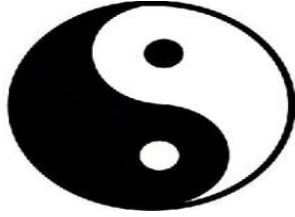
Access to tennis and bowls in Vyner Park will be open to all this year from 1<sup>st</sup> **May**, though we would ask users to place a voluntary donation in the Vyner Park Charity Tin within Nelson's to help pay for maintenance and improvements.

So get out and play.

*Bob Ryan, VP Charity Management Committee*



## New Health & Wellbeing Activity for Swarland Village Hall



### **Qi Gong for Health – Anne Raine, Instructor**

Qi Gong (Chinese Energy Exercise) systems are a series of repeated exercises which contribute to the growth and movement of Qi (Energy), adding to one's life energy and delaying the process of ageing! In China it is used in Traditional Chinese Medicine to promote good health and is also part

of the Chinese school curriculum. Chinese people have a reputation for long life and good health and are often seen practicing Qi Gong in parks and other outdoor spaces.

Qi Gong practice can be done standing and seated and is an enjoyable and beneficial way to improve mobility, posture, balance and circulation. It is a calming, gentle but powerful way to exercise which suits all fitness levels and abilities.

**Interested?** Then please come along to a

### **FREE Qi Gong taster session at Swarland Village Hall**

**on Wednesday 4<sup>th</sup> May 2016 from 10am to 11am. (Refreshments after).**

Hopefully, if enough folk are interested, classes will start on **Wednesday 11<sup>th</sup> May, 10 - 11am for 12 weeks. Cost will be £3.50 per session.** No special clothing is required for practice but it does need to be comfortable and easy to move in. Shoes should be flat soled to ensure good balance and posture.

**Your Instructor!** For those who don't recognise the name, I've lived in the village for the past 27 years. I'm a qualified Exercise & Qi Gong Instructor, my main focus being the over 50's, and an Associate Instructor with the Hands of Light School of Tai Chi and Qi Gong, based in Scotland. I currently teach three Qi Gong classes a week for Age UK Northumberland at their Ashington HQ, supporting over 50 class members. I would really like to share the joy and benefits of Qi Gong with folk closer to home by running a class in Swarland.



**Qi Gong on the Beach!**

I look forward to seeing you at the taster session on the 4<sup>th</sup> May, but in the meantime if you have any queries about the Qi Gong class please contact me on my mobile: 07934 425 844. Thank you.

*Anne Raine, Exercise & Qi Gong Instructor.*

## Jubilee Hall, Newton on the Moor

Every **Tuesday** is Bowls Club with lots of matches coming up with other villages in the area. New members are always welcome.

**Saturday 9<sup>th</sup> April:** 10-12, coffee morning.

**Mon 11<sup>th</sup> April:** 4-5pm, NCC Broadband drop-in-session, come along and find out about the new faster broadband!

**Friday 15<sup>th</sup> April:** Dance to Milburn Music, 8-11.30pm, pooled supper, £4 entry.

**Friday 22<sup>nd</sup> April:** Wine Tasting with Suzanne Lock from Advintage Wines. Starts at 7.30pm. See elsewhere for details and booking.

**Wednesday 27<sup>th</sup> April:** PC Meeting 7pm, everyone is welcome to attend.

**Friday 13<sup>th</sup> May:** Dance to the music of Terry Deane, 8-11.30pm, pooled supper, £4 admission.

**Saturday 14<sup>th</sup> May:** Coffee Morning 10-12, delicious home-baked goods to eat in or take away.

**Friday 10<sup>th</sup> June:** Dance to the music of Alan Chandler, pooled supper, 8-11.30pm, £4 on the door.

**Saturday 11<sup>th</sup> June:** Special Birthday Coffee Morning to celebrate the Queen's 90<sup>th</sup> birthday, with activities and games for the family, as well as some wonderful archive material to look at. We will have birthday cake and a toast. Do come along and join in the fun!

**Thursday 16<sup>th</sup> June:** AGM of the Jubilee Hall committee, 7pm, everyone welcome to attend.

**Wednesday 22<sup>nd</sup> June:** Parish Council Meeting, 7pm, open to all.

**Thursday 23<sup>rd</sup> June:** EU Elections all day.

*Judy Williams, Jubilee Hall Treasurer*

## Play Sports at Vyner Park – Competitions

The Vyner Park Charity is looking for anyone and everyone who is interested in playing sports at the park.

We're looking to develop tennis and 5-a-side football sessions that would provide regular play sessions and competitions. Other sports such as Basketball, Running and Netball can also be played on the courts if there is an interest.

A Bowls section is already in place, but again we would like more people to use the green.

We are looking to set up our first football and tennis competitions in May or June, so can we ask that anyone who is interested in taking part or simply playing a game to contact Bob Ryan at [robh.ryan@btinternet.com](mailto:robh.ryan@btinternet.com) or [vynerpark@gmail.com](mailto:vynerpark@gmail.com) .

Access to tennis and bowls in Vyner Park will be open to all this year from 1<sup>st</sup> **May**, though we would ask users to place a voluntary donation in the Vyner Park Charity Tin within Nelson's to help pay for maintenance and improvements.

So get out and play.

*Bob Ryan, VP Charity Management Committee*





