

# Northumberland news

SUMMER 2016

**AHOY**  
North Sea  
Tall Ships Regatta

**SAILING SPECTACULAR**  
Arriving in Blyth  
*What's on?*  
Summer events in Northumberland



# JOIN OUR FREE **VIP CLUB** TODAY

  
**NORTH SEA  
TALL SHIPS REGATTA**  
Blyth 2016  
organised by Sail Training International

**Friday 26<sup>th</sup> to Monday 29<sup>th</sup> August**

Be the first to receive the latest Tall Ships news, exciting offers and the chance to win some amazing prizes by signing up for our **FREE VIP Club**.



**Join at [tallshipsblyth2016.com](http://tallshipsblyth2016.com)**

For updates on the event, follow us on:



Tall Ships Blyth 2016



@TallShipsBlyth2016

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*Northumberland News is a magazine packed with features and news articles written specifically for county residents.*

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Sail Training International



# A round up of the latest news and events from around Northumberland



## LOVE Northumberland, HATE Litter

**Residents are showing their love for the county as the successful county wide clean-up campaign, 'Love Northumberland, Hate Litter', has launched for the second year.**

The campaign, which aims to raise awareness of the negative impacts of littering, focuses on engagement, education and enforcement to tackle littering.

The council is working in collaboration with schools, parish and town councils, businesses and local organisations to raise awareness of littering and to develop solutions to local issues.

A number of schools and community groups have marked the launch of the campaign by carrying out litter picking events in their local areas with support from the council which provided equipment for the events.

**To find out more visit [www.northumberland.gov.uk/LOVE](http://www.northumberland.gov.uk/LOVE)**

## Lighting up Northumberland

**A three-year scheme to replace over 40,000 streetlights in the county with modern, energy-efficient LED lamps has entered its second year.**

The £23m street lighting modernisation project has already seen almost 5,000 lights replaced and over 3,500 new lamp-posts installed, which are using two thirds less energy than the old conventional lights. The project will create a 64% energy saving and net savings of nearly £300,000 a year.



## New Chief Fire Officer

Northumberland has recently welcomed a new chief fire officer. Paul Hedley from Bedlington was the former deputy chief fire officer and has dedicated 25 years to the service. Paul's appointment follows the retirement of previous chief fire officer, Alex Bennett in July.



## Market Towns Film

A new film explaining the council's Market Towns' Initiative is now available to view online. The film explains the reasons behind the authority's plans for its nine major towns, how savings are being made and the benefits to the people of Northumberland.

**You can watch it now on [youtube.com/NorthumberlandTV](https://www.youtube.com/NorthumberlandTV) 'The future of your council services'.**

## New Civic Head

Councillor Alan Sambrook has been elected as the new civic head for Northumberland County Council, succeeding Cllr Kath Nisbet who is standing down after a year in office. In his position, Cllr Sambrook will carry out many community and ceremonial duties representing the county council across the region.

## Care Services outstanding

The joint work of the Council and Northumbria Healthcare NHS Foundation Trust has been praised in a recent inspection by the Care Quality Commission. Inspectors rated the Trust overall, its community services, community end of life care and the immediate response team as outstanding.



# THE TALL SHIPS ARE COMING...

August Bank Holiday Weekend

Friday 26<sup>th</sup> to Monday 29<sup>th</sup> August



**NORTH SEA  
TALL SHIPS REGATTA  
Blyth 2016**

organised by Sail Training International

*Enjoy our five-page guide to the biggest free event ever to take place in Northumberland*

## The 'Northumberland Navy' our sail trainees

80 people between the ages of 15 and 63, have been recruited as sail trainees and will sail on board the Tall Ships during their race to Gothenburg, Sweden. Most come from Northumberland and many of our ward councillors are supporting them.



Northumberland sail trainees

Trainees will be involved in almost every activity from taking the helm, setting sails and even climbing the rigging. They will experience what it is like to work on a Tall Ship, learn new skills and challenge themselves.

Fergusons of Blyth, the Regatta's principal sponsor, is supporting 13 trainees as part of their sponsorship. Alan Ferguson, executive chairman, said: "We selected trainees from applications that were invited both within the company and from charities working in Blyth.

"They include Fergusons employees and young people from Bad Apples Dance in Blyth, all with little or no sailing experience, but with a great sense of adventure and huge enthusiasm for this amazing opportunity. We are delighted to be sponsoring them."

Emily Runciman, aged 18, a student from Ashington is Northumberland County Council's Tall Ships ambassador.

She is taking part in her second event having sailed to Belfast for a Tall Ships Race last summer. Emily is sponsored by Active Northumberland and the Port of Blyth.

Emily, a member of the Northumberland Sport coaching academy at Northumberland College, said: "When you're sailing, you see things you'd never see on land such as whales, dolphins, an extremely clear starry sky but, most of all, being able to watch the sun rise and set without being blocked by buildings."

Other sponsors supporting trainees include IHC Engineering, DFDS, Bedlington Parish Council, Northumberland County Council Youth Service and Northumberland Sports Fund.



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

## Blyth jumps on board

Thanks to a £120,000 grant from the Arts Council, organisers are developing an extensive cultural programme with partners, individuals and community groups; including Headway Arts, Bait and creative producers, Culture Creative. It includes the reanimation of the Blyth Carnival and the production of three large scale evening performances.

Councillor Val Tyler, cabinet member for arts, leisure and culture at Northumberland County Council, said: "This is a very exciting free event and has something for all the family with the wonderful Tall Ships in port and 1.5 miles of entertainment including music, theatre and a spectacular fireworks display."



Headway Arts PrintAble group

[www.tallshipsblyth2016.com](http://www.tallshipsblyth2016.com)

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**PORT of BLYTH**

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For updates on the event, follow us on:



[tallshipsblyth2016](https://www.facebook.com/tallshipsblyth2016)



[@TallshipsBlyth](https://twitter.com/TallshipsBlyth)

# Ahoy there!

**In August, Northumberland will welcome the UK's only Tall Ships Regatta in 2016.**

**The biggest event ever to take place in the county will see up to 30 magnificent Tall Ships sail into Blyth for the four day event.**

**30 spectacular ships on show**

**4 days of free family fun**

**5 huge entertainment zones**

It promises to be a fantastic free event over the August Bank Holiday weekend: Friday 26 – Monday 29 August.

Residents and visitors will be able to celebrate the fantastic Tall Ships and enjoy five zones of free entertainment from Blyth beach to the town centre.

Entertainment includes fireworks displays, a Crew Parade and Blyth Carnival on the Saturday, street theatre, music stages and circus acts.

On Monday afternoon, the Tall Ships set sail on a 500 mile race to Gothenburg, Sweden.



*Willow and Jack Jobson on board the Tall Ship Maybe*

**FREE  
EVENT**





# WHAT'S ON?

## Daily activities include: \*

Street theatre	Northumberland Village
Fairground rides	Circus acts
Live music	Beach activities
Fireworks *	Jump on board a Tall Ship
Market stalls	

\* Please note that all events are subject to change and fairground rides are not free. No fireworks on Monday 29 August.

## Event opening times:

**Friday 26 August** Open 10:00am – Close 10:00pm

Blyth welcomes the world

**Saturday 27 August** Open 10:00am – Close 10:00pm

Creating a worldwide atmosphere for everyone to enjoy

**Sunday 28 August** Open 10:00am – Close 10:00pm

Blyth to Gothenburg Cultural Exchange

**Monday 29 August** Open 10:00am – Close 5:00pm

Grand Depart: celebrating Gothenburg

## Special activities:

### Friday 26 August

12:00noon – Welcome the world to Blyth and Northumberland

### Saturday 27 August

3:00pm – Crew parade and carnival

4:30pm – Crew prize giving (Dun Cow Quay)

### Monday 29 August:

2:00pm-3:00pm – Parade of sail with special music & film commission to wish the ships a fair sail

**Performance and fireworks on Friday, Saturday and Sunday at 9pm**

[www.tallshipsblyth2016.com](http://www.tallshipsblyth2016.com)

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**PORT of BLYTH**

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For updates on the event, follow us on:



[tallshipsblyth2016](https://www.facebook.com/tallshipsblyth2016)



[@TallshipsBlyth](https://twitter.com/TallshipsBlyth)





# Top things to do at the Tall Ships

Don't miss the only Tall Ships Regatta in 2016. With over 1.5 miles of entertainment on offer there is so much to do. Here is our guide to some of the highlights.

**FREE  
ENTRY**



**BOARD THE TALL SHIPS**



**SPECTACULAR FIREWORKS**



**LISTEN TO LOCAL MUSIC**



**FAIRGROUND RIDES**



**CIRCUS ACTS AND  
STREET PERFORMERS**



**ENJOY BIG BANDS ON  
THE MAIN STAGE**



**MEET THE CREWS FROM  
AROUND THE WORLD**



**SEE THE PARADE**



**LOCAL FOOD AND DRINK**





# Traffic and parking information

To ensure a fun and safe event, we have created park and ride facilities in the North and South of Blyth at Seaton Sluice and Sleekburn. They will operate from 10am till 10pm. There will be no event parking in the town itself.

Park and ride facilities are available and will cost £5 if booked in advance plus a 50p booking fee. Driving instructions are included with the tickets.

Free blue badge parking will be available, but must be reserved in advance. Visit [tallshipsblyth2016.com](http://tallshipsblyth2016.com) for details.

A traffic management plan will be in place during the event, including temporary road closures, a one-way system and parking restrictions. Parking permits will be issued

to residents where restrictions are in place. There will be no vehicle movements permitted in the event area during the event times. Information can be found at [tallshipsblyth2016.com/local](http://tallshipsblyth2016.com/local).

**EMERGENCY ACCESS WILL BE MAINTAINED AT ALL TIMES, INCLUDING TO THE HOSPITAL AND GP SERVICES.**

## Tall Ships Information Centre

An Information Centre is now open at the Keel Row Shopping Centre, Blyth, with staff available to answer any queries about the event.

For all the latest news including: details of all the ships, event maps, visitor and park and ride information and your programme guide to The North Sea Tall Ships Regatta, visit the Tall Ships website [tallshipsblyth2016.com](http://tallshipsblyth2016.com).



Chris Byrne, Culture Creative, outside the Tall Ships Information Centre

Photograph: Jane Colman, Johnston Press

[www.tallshipsblyth2016.com](http://www.tallshipsblyth2016.com)

For updates on the event, follow us on:



[tallshipsblyth2016](https://www.facebook.com/tallshipsblyth2016)



[@TallshipsBlyth](https://twitter.com/TallshipsBlyth)

## Park and Ride

Plan your perfect bank holiday weekend and book your parking for the Tall Ships Regatta now.

### Park and Ride:

Either the North or the South of the town.

### Park and Walk:

at Mermaid car park.



### Find out more at

[tallshipsblyth2016.com/parkandride](http://tallshipsblyth2016.com/parkandride)



Reserve blue badge parking at either Freehold Street or Keel Row.

Call ticketline on **0161832 111**

\*Plus 50p booking fee

## Public transport and cycling

Organisers are working with public transport providers and the details of services to Blyth are published on the Tall Ships website at [tallshipsblyth2016.com/transport](http://tallshipsblyth2016.com/transport). Secure bike parks will be available near the beach and in the town centre.

## Look out for... Our Tall Ships Volunteers

They'll be easy to spot in their yellow, turquoise and red polo-shirts. Our friendly volunteers will be on hand to welcome and guide you on the Tall Ships, entertainment, local places of interest and the 'best of Northumberland'.

**Northumberland**  
Northumberland County Council





# We are the Champions



## They're the people working behind the scenes to help transform our market towns.

Eight senior council officers are combining their day jobs with helping take forward the proposals for each of the county's main market towns.

Across Northumberland the council has identified opportunities to generate over £33million in capital income, contribute significantly to economic growth and regeneration and make annual savings in its running costs of £3.4million by ensuring all its properties are fit for the 21st Century and selling its surplus buildings.

Known as "Town Champions", their role is to work with a variety of stakeholders, share

information and promote the delivery of the plans in their towns.

The officers come from a variety of backgrounds – including housing, leisure and economic growth – but all will be working to help ensure our market towns flourish.

Council leader Grant Davey said: "These are exciting times across the county – as part of our market towns initiative new buildings are going up while others are being refurbished – all with the aim of

improving services for residents and boosting economic growth.

*“The Town Champions act as a link between the council and the towns”*

### List of Town Champions:

Alnwick	<b>Dave Campbell</b>
Ashington	<b>Janice Rose</b>
Bedlington	<b>Dean Jackson</b>
Berwick	<b>Geoff Paul</b>
Blyth	<b>Phil Soderquest</b>
Cramlington	<b>Geoff Paul</b>
Hexham	<b>Lorraine Dewison</b>
Morpeth	<b>Nigel Walsh</b>
Ponteland	<b>Sue Aviston</b>

"The Town Champions act as a link between the council and the towns as we take plans forward and ensure information can be passed both ways.

"And as officers they have no political persuasion – they are simply looking to get the best for every town and if successful, we will look to extend the role to other towns in the country"



# Who is my Town Champion?

## for Blyth

**Serving the community as Blyth Town Champion is Philip Soderquest, head of housing at Northumberland County Council.**

In his 'day job' he leads the authority's housing team, which includes all staff who are responsible for the running, management and maintenance of over 8,700 council homes.

Philip said: "There are a lot of exciting developments planned for Blyth. Partnership working is one of the best ways to improve and develop our communities; I plan to establish a forum and am looking forward to working closely with the people of Blyth.



"The area will be showcased this August Bank Holiday, when thousands of visitors are attracted to the prestigious North Sea Tall Ships Regatta."



## for Bedlington

**Dean Jackson, commissioner for curriculum and learning at the council, is representing residents as Town Champion for Bedlington.**

Dean has already spent a lot of time in Bedlington, getting to know residents and business owners in the community.

Dean said: "I was delighted to be asked to take on the role as Town Champion at what is a very exciting time for Bedlington. There are some great developments planned for the town which residents have already shown great interest in and enthusiasm for.

"In my role as Town Champion I aim to actively support residents and



encourage conversation around any ideas and concerns through the Bedlington Steering Group as we progress these ambitious plans for the future."



## for Cramlington

**As the council's director of planning and economy, Geoff Paul's background means he is well-placed to help take Cramlington forward as its town champion.**

As the council faces significant challenges over the next few years Geoff is fully aware the organisation will need to change and do things differently if it is to continue to successfully meet the increasing expectations of the residents in the county.

Geoff said: "I know Cramlington extremely well and have seen it grow and develop over the years.

"You only have to look around to see how vibrant the town centre is, with a great mix of retail, leisure and office facilities.



"My role will be to help ensure Cramlington continues to thrive, working with a range of stakeholders to share and develop ideas and take future plans for the town forward."



## for Ashington

**Janice has worked in local government for over 25 years.**

Originally trained as a town planner she subsequently moved into economic development becoming head of regeneration at Blyth Valley Borough Council before working for the Northumberland Strategic Partnership.

She has worked at Northumberland County Council since 2009 and is now responsible for developing the council's economic strategy and maintaining a strong relationship with both the North East's Local Enterprise Partnership and Combined Authority.

She said: "These are exciting times for Ashington and there is a real buzz around the town.



"We have the Portland Park development, which will include the creation of the new council headquarters site, while Station Road is undergoing work to re-open it to traffic.

"I'm working closely with the town team and the town council to help take a number of projects forward over the coming months and years."





# Northumberland's Local Heroes

**The Council's Local Heroes awards has recognised the outstanding efforts of residents who have gone the extra mile to make a difference to their local communities.**

Six residents from the South East of Northumberland were honoured at the Newbiggin Maritime Centre.

Spring 2016 Local Heroes winners collect their awards in Newbiggin



To find out more about the Local Heroes awards, or to nominate someone for an award visit [www.northumberland.gov.uk/heroes](http://www.northumberland.gov.uk/heroes)

Valerie Rowe, from Cramlington received her Local Heroes award as she reached her 25th anniversary as a foster carer. Valerie has fostered over 90 children during this time and has always gone the extra mile to nurture and support them into adulthood.

Helen Foster and Angela Ditchburn, were honoured for their life-saving when the pair raised the alarm and gave life saving CPR to a man who had collapsed from a heart attack in Blyth's market square. Helen and Angela were able to save the man's life and went on to meet him following his recovery.

Newbiggin residents Olive Straughan and Hazel Gasgoine were recognised for their dedication to their local Scouts group. Olive and Hazel have committed 31 and 40 years respectively to the group, volunteering their time to arrange activities, outings and events for young people.

Teacher Martin Murphy was also honoured for the bravery and quick thinking he showed when he came to the aid of a young boy who had been hit by a car on Cowpen Road in Blyth. Martin gave life saving CPR and medics praised Martin whose actions saved the young boy's life.

## Your Local Market

**Local traders selling some of the best local produce the county has to offer regularly come together at Northumberland Markets right on your doorstep.**

**Amble**, famously known as the 'friendliest port' has a market well suited to its fishing heritage. Browse a number of stalls selling a variety of fish, shellfish, crafts, household items, bread, cheese, plants, pet supplies and fruit and veg every Sunday between 10am – 4pm in the Harbour.

**Bedlington** also has a market selling a wide variety of fresh fruit and vegetables, hardware, toys, pet supplies, collectables and bric-a-brac all at great prices every Thursday between 9am – 4pm at the Market Place.

**Blyth** market sells a wide range of goods including fruit and veg, fish, farm produce, army supplies, toys, haberdashery, wool, babywear and more. The market takes place between 9am – 4pm on Wednesday, Friday and Saturday in the Market Place. Blyth's artisan market also features every second Saturday of the month on the market place and in the Keel Row shopping centre.

Twenty minutes up the road you'll find **Ashington** market selling fish, eggs, fruit and vegetables, hardware, bric-a-brac, confectionary, pet supplies, jewellery and food every Tuesday between 9am – 4pm. The market is taking place on John Street and Wansbeck square whilst the works to Station Road are taking place.

Please be aware that the goods on offer at our markets are dependent on the market traders who attend. This is subject to different factors including weather conditions.

For more information about Northumberland markets visit [www.northumberland.gov.uk/markets](http://www.northumberland.gov.uk/markets)



# Investing in South East Northumberland

## Town centre plans move forward



Bedlington town centre designs

The Bedlington Town Centre development project has taken a major step forward with the appointment of nationally acclaimed firm Ryder Architects to complete the design of new state of the art facilities and a number of starter

homes for local families. The firm has been at the centre of a number of regional projects including Ashington Leisure Centre and has been appointed after a 'competition' involving over a thousand local residents in Bedlington.

## Building bungalows in Blyth

Work has started on a £2.8million scheme to build 26 new affordable bungalows in Blyth.



Construction begins on new homes

The new housing development on the site of the former Morpeth Road School is being managed and funded by the Council and is due for completion in September.

## Work on track for Ashington's Station Road



Road scheme gets underway

A six-month project which will see Station Road re-opened to traffic, boost local trade, improve the overall look of the street and help deliver wider economic benefits as part of the ongoing regeneration of the town centre is well underway. A scheme will be launched later this summer to help shop owners improve their shop fronts over the next two years.

## New CCTV system scales the heights



New CCTV system unveiled

Six county councillors have joined together via the members small projects scheme to fund a "Sherpa" CCTV system.

The system can be installed in an area in a matter of minutes and can "climb" up a lamp-post itself to get into position and start monitoring. The scheme is the latest development in the "Hirst Neighbourhood Management Initiative", a long-term project managed by the council and supported by Northumbria Police and the Northumbria Police and Crime Commissioner.

## Concordia revamp nears completion

The new-look centre opened to the public on 25 July after a £3.1million investment from Active Northumberland and the council.

The state-of-the-art facility will boast a dedicated spinning studio, a new fitness studio, a revamped café, 10-pin bowling, a Clip n Climb and four-tiered soft play area, as well as becoming the new home for Cramlington Library and customer service centre.



# Five FREE things to do in your area

There is an endless list of places to visit and things to do across Northumberland this summer. Take a look at a small handful of the fantastic things to do for **FREE** in your local area.

## 1 Newbiggin Bay and Promenade

Newbiggin promenade offers a sheltered walk with views along the bay, with each end providing a chance for rock pooling and views over the UK's first ever permanent offshore sculptures.

**Newbiggin by the Sea, NE64 6DB**

## 2 Woodhorn Colliery Museum

Discover Northumberland's proud mining heritage at the Woodhorn Museum. Based in original colliery buildings, its interactive displays paint a picture of life in the former mining community.

**Queen Elizabeth II Country Park, Ashington, NE63 9YF**

## 3 Wansbeck Riverside Park

Covering 112 hectares of woodland, grassland and the river, Wansbeck Riverside Park in Ashington is a popular area for walking, bird watching and picnicking, as well as activities such as rowing and fishing.

**Ashington, NE63 8TX**

## 4 Blyth Battery

Blyth Battery boasts unique World War One and World War Two Coastal Defence buildings along with displays, exhibits and themes rooms.

**South Beach, Blyth, NE24 3PQ**

## 5 Druridge Bay Country Park and Visitor centre

Three miles of beautiful beach and a large freshwater lake surrounded by woods and meadows, at Druridge Bay you can watch wildlife, discover wild flowers and enjoy a picnic near the visitor centre.

**Red Row, Druridge, NE61 5BX**



## Northgate unit set for success

**A new state of the art facility in Morpeth will be leading the way in specialist care when it opens its doors in October.**

The new 15-bed facility, on the existing Northgate Hospital site, provides temporary accommodation, treatment and support for adults with an autistic spectrum disorder.

The specialist unit has benefited from a multi-million pound investment which has improved the communal living, learning and leisure facilities.

The facility is part of the Northumberland, Tyne and Wear NHS Foundation Trust's (NTW) specialist assessment and treatment inpatient service and will provide 24 hour support for adults with complex needs.

The new building will replace two outdated buildings on the site which are no longer fit for purpose, and has a number of design features that can be adapted by staff and patients to suit individual needs and preference in a bid to minimise change and reduce anxiety.

Residents will stay in single or shared flats within the unit which have a range of internal and external shared spaces offering opportunities for sensory therapy and recreational activity.

Councillor Scott Dickinson, vice chair of the Health and Wellbeing Board at Northumberland County Council visited the facility ahead of its launch. He said: "The new facility at Northgate is a fantastic development and a much-needed asset to Northumberland and the wider region.

"It is vital that everyone has access to the support they need to live as independently as possible and this purpose-built specialist care facility will allow exactly that.

"The previous unit was in high demand but just wasn't suitable to meet the needs of a modern medical facility anymore. The new facility is greatly improved and will undoubtedly benefit those who need it most.



*Pictured left: Councillor Scott Dickinson  
Below: Artists impressions of the new Northgate unit*



Work started on the building in May 2015 and is due to open its doors to the first residents in October.

Will Green, Northumberland, Tyne and Wear NHS Foundation Trust, said: "This will be a wonderful specialist centre; not just for our local area but for the nation. It's great that something of such national standing is being

built right here in Northumberland. It's been designed with service users at its heart and they will continue to shape the way care is provided when the centre opens its doors later this year."

Patients to the unit are referred by specialist learning disability and mental health teams regionally and nationally.



# Stay safe this Summer

Summer is here, and that means day trips to the beach, long walks in the countryside, and family barbecues. But what about the potential health hazards that come with the warmer weather? Take a look at these five Summer tips to make sure you stay healthy and safe while you enjoy what the great British Summer has to offer safely.



## Take care with picnic food



Dairy and meat products are among the worst offenders when it comes to food poisoning, so you need to take care when cooking food on a barbecue or taking it on a picnic. Just a couple of hours out of the fridge can cause nasty bacteria to develop.

- Make sure you thoroughly wash your hands and work surfaces
- Keep your raw meat products wrapped and separated from other foods
- Use separate utensils for raw food
- Thaw frozen food thoroughly in the fridge before cooking
- Ensure all food is cooked thoroughly before serving and meat is no longer pink, the juices clear and steaming hot

## Be sensible in the sun



It's easy to underestimate the strength of the British sun and many people will go without sunscreen in search of the perfect tan but ultraviolet radiation (UV) can be extremely damaging and it's vital to protect your skin from harmful rays and heat.

- Apply sunscreen regularly to any exposed areas of skin (min factor 15)
- Wear a peaked or wide brimmed hat to protect your face
- Drink plenty of fluids to avoid dehydration
- Take a break from the sun if you're feeling dizzy or nauseous
- Cool off in the shower or apply an ice pack to overheated skin

## Avoid accidents in the garden



The summer months are great for those wanting to do some serious work in the garden. But the combination of summer clothing and footwear with lawnmowers, spades and secateurs – may be an accident waiting to happen.

- Wear closed or steel-toed shoes when mowing or digging the garden
- Keep children well out of the way when using the mower or any power tools
- Pay attention to trip hazards such as hosepipes, flagstones, and plant pots
- Keep an orderly shed where chemicals and tools are safely stored
- Hire a professional to do the hard work, while you put your feet up!



## Take the sting out of summer



With the warmer weather comes the sudden appearance of bees, wasps, and other stinging insects. In Britain, our insects tend to be bothersome rather than dangerous, but you can't be too careful.

- Avoid wearing heavy perfumes and scents which are attractive to bees
- If you get stung, wash the sting area with soap and water and apply a cold compress
- Keep a lid on your food and sugary drinks
- Use a good insect repellent in the form of a spray, cream, or wristband
- Cover your arms and legs, and wear gloves when gardening





## Change4Life 10 Minute Shake Up is back!

Change4Life and Disney are teaming up again this summer with a campaign to inspire children to get active.

**Just keep moving**



Mum Sarah and son Aden from Ashington who recently took part in the Get Active Northumberland programme

Each one of the Disney-inspired games counts as a 'Shake Up' and goes towards the hour of physical activity kids need each day.

Children who are overweight or obese are more likely to develop illnesses like heart disease, some cancers and type-2 diabetes so it's important that children eat a balanced diet and get plenty of exercise to stay healthy. The 10 minute shake up is a fun way for parents and children to learn about being active together.

Get Active Northumberland (GAN) provide support via free programmes offering information and advice to families from NHS health professionals through a range of fun activities. They also run a range of specific programmes across

Northumberland for parents with children aged 5-13 years.

Children need to do at least 60 minutes of activity a day to help them stay happy and healthy but it doesn't have to be sport – any burst of 10 minute activity counts towards the physical activity kids need every day.

**Look out for the Shake Ups coming soon to the Shake Up Zone on [www.nhs.uk/10-minute-shake-up](http://www.nhs.uk/10-minute-shake-up) and to find out more about Get Active Northumberland programmes happening near you contact the GAN team on 01670 784183 or email [gan@nhct.nhs.uk](mailto:gan@nhct.nhs.uk)**

## Walking and cycling high on Northumberland's agenda

**A plan to get more residents cycling and walking has been introduced to Northumberland to bring a new travel culture by 2025 and encourage 90% of residents to make at least one journey a week on foot or on a bike.**

Only 13% of journeys in Northumberland under 5km are currently made on foot or on two wheels. The plan includes ambitions to secure investment in the county, improve safety conditions, engage more women and people in their 50s, and get every school in the county signed up to a travel scheme.

Five key programmes over the next two to three years will build on the legacy of the Tour of Britain in 2015, improve pedestrian and cycling environments in towns, and long distance routes across the county, and encourage

businesses to cater more for walkers and cyclists.

The strategy is outlined in Geared Up, a new prospectus drawn up by members of the Northumberland Cycling and Walking Board including Northumberland County Council, Active Northumberland, Sustrans, Kielder Water and Forest Park, Northumberland National Park, Northumberland Tourism, and the Northumberland Clinical Commissioning Group, with support from Natural England.



Members of the Northumberland cycling and walking board

# Residents LOVE Northumberland

**Across Northumberland proud Northumbrians are caring for their communities and going the extra mile to show their love for our county.**

Each year, the council celebrates their commitment and dedication at a special awards ceremony as part of the 'LOVE Northumberland – caring for our county' campaign.

This year's fantastic winners were presented their awards by Her Grace the Duchess of Northumberland at a special event in June at The Alnwick Garden, hosted by BBC TV's Carol Malia and sponsored by Banks Group.



## 2016 WINNERS

**Best new project** went to Beaconhill Primary School, Cramlington.

**Best urban project** was awarded to Josephine Butler Primary Campus, Ashington.

**Best coast or countryside project** went to Epiacum Heritage Ltd, Alston.

The **best young people's project** category was won by Leading Link for its Plessey Woods Art Trail.

The **best children's project** by Mickley First School for Community Life, Stocksfield.

The **awards for an individual whose efforts or commitment help to enrich the environment of Northumberland** was presented to Jean Bell, Peter Dawson, Kenneth Thompson and Aaron Ward.

Newsham Primary School at Blyth helped to launch the 2016 LOVE Northumberland HATE Litter campaign, and this helped them to win them the **school waste award**.

The **school sustainable travel award** was presented by Go Smarter Northumberland to Mickley First School for a range of initiatives around safe and sustainable travel.



*Love Northumberland award winners at Alnwick Garden*

To find out more about LOVE Northumberland go to [www.northumberland.gov.uk/love](http://www.northumberland.gov.uk/love)



# YOUR *Northumberland*

**We want  
to hear  
from you**

Our brand new residents' area, Your Northumberland is ready to be filled with your entries.

We want to see and hear why you love Northumberland. Send us your photographs and messages of your favourite spots and you might be featured in the next edition of Northumberland News.

## **Taken by you....**



## **Follow us...**

For current news of what's happening in Northumberland



**Facebook at:**

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



**Twitter at:**

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

Send us your letters and photographs followed by your name and your home town or village to:

[nlandnews@gmail.com](mailto:nlandnews@gmail.com) or  
Communications, County Hall,  
Morpeth, Northumberland, NE61 2EF

**NORTHUMBERLAND**  
AN INDEPENDENT SPIRIT

## **Celebrating the Northumberland Coast**

Northumberland is home to miles of beautiful coastline which is enjoyed by residents all year round but throughout the summer you can also get involved in a range of activities and events as part of the Festival of the Coast.



The centrepiece of the 2016 Festival of the Coast is the North Sea Tall Ships Regatta in Blyth and activities will continue throughout the summer with festival celebrations.

From walks and music events to duck races and festivals, the 64 miles of North Sea Coastline will be bursting into life in a celebration of the beauty, attractions, communities and maritime history the coast has to offer.

Visit [www.visitnorthumberland.com/coastfest](http://www.visitnorthumberland.com/coastfest) to find out more.

# MAKE MEMORIES AT

Maguires  
country parks  
★ ★ ★ ★ ★

## Competition QUESTION

For your chance to win a glamping holiday at Ord House Country Park, simply answer the following question.

How many Wishbone Lodges (Glamping Pods) are at Maguires Country Park in Northumberland?

A) 8  
B) 10  
C) 12

Email your answer, your name, address and telephone number to [nlandnews@gmail.com](mailto:nlandnews@gmail.com) or write to Communications, County Hall, Morpeth, Northumberland, NE61 2EF to enter.

Closing date for entry is 31st August 2016.  
The winner will be chosen at random and will be notified within seven days of the closing date.

Terms and Conditions: Only over 18s can enter. Closing date for entry will be 31st August 2016. After this date no further entries to the competition will be permitted. Maguires Country Parks reserves the right to cancel or amend the competition and these terms and conditions. The winner will be chosen at random from all entries received. The winner will receive a weekend break in a glamping pod for a family of four at Ord House, one of Maguires 5 star country parks. No cash alternative. If the winner cannot be contacted or does not claim the prize within 14 days of notification, we reserve the right to withdraw the prize and pick a replacement winner. All entries received will be destroyed once the competition winner has been chosen and the prize has been collected. Entry into the competition will be deemed as acceptance of these terms and conditions.

# WIN

A WEEKEND IN ONE OF  
OUR AMAZING  
**GLAMPING PODS**  
SLEEPS A FAMILY  
OF FOUR

Now for those seeking something completely different, there's a new buzz word, 'Glamping' (Glamorous Camping).

Tired of putting your tent up and down when you just want to relax and enjoy your free time, then try a Glamping break in a Wishbone Lodge (Glamping Pod). By Glamping you can relax and enjoy every minute of the great outdoors with all the 5 star amenities found at Ord House.

We are giving a family of 4 the opportunity to WIN a weekend break in one of our 10 Wishbone Lodges. This experience will far exceed anything most campers have ever known.



Ord House Country Park,  
East Ord, Berwick-upon-Tweed,  
Northumberland, TD15 2NS.  
Call us on 01289 305288  
[enquiries@ordhouse.co.uk](mailto:enquiries@ordhouse.co.uk)

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



# What's ON

## July

### Kirkley Hall Summer Ball

Welcome the season in style at the Kirkley Hall Summer Ball. Enjoy a three course meal followed by music by the Kirkley Hall resident DJ.

Booking is essential

**£24.95 per person**

**7pm start**

**Phone: 01670 841235**

**[www.kirkleyhall.co.uk](http://www.kirkleyhall.co.uk)**

**Friday 29 July**

### Knight School

Alnwick Castle will become home to a band of bold and courageous knights. Four fearless champions will set up their knight's school within the castle walls and demonstrate all the skills a true medieval champion might need.

**Free with admission**

**Open 10am - 5pm**

**Phone: 01665 511100**

**[www.alnwickcastle.com](http://www.alnwickcastle.com)**

**Monday 25 July to Friday 29 July**

### Over the Border in the Footsteps

Join a 10.5 mile guided walk starting at Buckham's Bridge car park through the borders and enjoy some of the most wonderful views in Northumberland National Park.

**£8 per person**

**10:30am - 5pm**

**Phone: 01434 605555**

**[www.northumberlandnationalpark.org.uk](http://www.northumberlandnationalpark.org.uk)**

**Sunday 31 July**

### Big Watch Weekend

Join Northumberland Wildlife Trust during one of the best times to spot whales, dolphins and porpoises off the Northumberland coast.

Booking is essential.

**Free admission**

**10am - 4pm**

**Phone: 0191 2846884**

**[www.nwt.org.uk](http://www.nwt.org.uk)**

**Saturday 30 July to**

**Sunday 31 July**

## August

### Seashore Safari

Explore plants and animals of the Seahouses Rocky Shore and discover fun facts about marine life on a guided tour.

Booking essential.

**Free admission**

**10am - 11:30am**

**Phone: 01670 622651**

**Friday 5 August**



### Animal Enrichment Day

Bring along some of your everyday household rubbish like plastic bottles and toilet roll holders and watch zoo keepers transform them into exciting enrichment aids for zoo animals.

**Free with admission**

**10am - 4pm**

**Phone: 01670 841235**

**[www.kirkleyhallzoo.co.uk](http://www.kirkleyhallzoo.co.uk)**

**Friday 5 August**

### Wallington Pipers

Enjoy the traditional sound of the Northumbrian Pipes as the Pipers return to Wallington Hall for their annual gathering.

**Free with admission**

**2pm - 4pm**

**Phone: 01670 773606**

**[www.nationaltrust.org.uk/wallington](http://www.nationaltrust.org.uk/wallington)**

**Sunday 7 August**

### The Three Loughs

Join a guided walk through reed beds to the National Nature Reserve at Greenlee Lough and around the shoreline of Broomlee Lough with its contrasting geology and flora which is home to otters and native crayfish.

**£8 per person**

**10:30am - 4pm**

**Phone: 01434 605555**

**[www.northumberlandnationalpark.org.uk](http://www.northumberlandnationalpark.org.uk)**

**Sunday 7 August**





### **The Railway Children in the Open Theatre**

Chapterhouse Theatre Company presents the unforgettable and heart-warming story of adventure and family set in the heart of the Yorkshire countryside.

**£10 per person**  
(Children under 3 go free)

6:30pm - 8:45pm

Phone: 01665 511350

[option 1 - To Book]

[www.alnwickgarden.com](http://www.alnwickgarden.com)

Thursday 11 August

### **B Festival**

Enjoy live music and bring a picnic to this evening music festival in the shadow of Bamburgh Castle.

All proceeds go directly to HospiceCare Northumberland.

**£17.50 per ticket**

6pm - 11pm

Phone: 01665 606515

[www.bfest.org.uk](http://www.bfest.org.uk)

Saturday 13 August

### **Vallum Farm Summer Fete**

Enjoy a family day out with stalls, live music, attractions and food at the annual summer fete in aid of St Oswald's Hospice and Hexham Priory School.

**Free admission**

(£3 per car entry)

10:30am - 4pm

Phone: 01434 672323

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

Sunday 14 August

### **North Sea**

#### **Tall Ships Regatta**

Come and see spectacular vessels in Blyth and enjoy street entertainment, live music and fireworks.

**Free admission**

[www.tallshipsblyth2016.com](http://www.tallshipsblyth2016.com)

Friday 26 August to

Monday 29 August



### **Knights' Tournament**

Marvel at our noble knights at Belsay Hall as they take on the ultimate medieval contest.

**£10 for adults, £6 for children, £26 for families**

(reduced entry for members)  
11am - 5pm

Phone: 0370 3331183

[www.english-heritage.org.uk](http://www.english-heritage.org.uk)

Saturday 27 August to

Monday 29 August

## **September**

### **Summer Nights Film Festival - Dirty Dancing**

Bring a blanket, a picnic and your friends to enjoy the great outdoors and the perfect outdoor cinematic experience you will never forget.

**£11 for early bird tickets or £13 for standard tickets**

8pm - 10pm

Phone: 01332 290606

[www.nationaltrust.org.uk/wallington](http://www.nationaltrust.org.uk/wallington)

Friday 2 September

### **Hadrian's Wall Live**

A whole weekend of live battles, spine-tingling displays, falconry, Gladiators and Roman soldiers.

**£10 for adults, £6 for children, £26 for families**

(reduced entry for members)

11am - 5pm at

Birdoswald Roman Fort

6:30pm - 9pm at

Housteads Roman Fort

Phone: 0370 3331183

[www.english-heritage.org.uk](http://www.english-heritage.org.uk)

Saturday 3 September to

Sunday 4 September

### **Etal Horticultural Show**

One of the oldest village shows in the county is back with over 150 competitive classes and many other attractions on the field.

**£3 for adults and £1 for children**  
1pm to 5pm

[www.ford-and-etal.co.uk](http://www.ford-and-etal.co.uk)

Sunday 4 September

### **Walk along Hadrian's Wall**

Join a guided walk along Hadrian's Wall, past Sycamore Gap and beyond Housesteads Fort and learn about the area and the work of the National Park.

**£8 per person**

10:30am - 4pm

Phone: 01434 605555

[www.northumberlandnationalpark.org.uk](http://www.northumberlandnationalpark.org.uk)

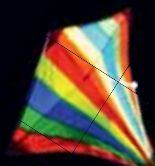
Wednesday 7 September





ENGLISH  
HERITAGE

# SUMMER FUN



Download your summer holiday planner with FREE child voucher  
at [english-heritage.org.uk/summerfun](http://english-heritage.org.uk/summerfun)

*Step into England's story*