Northumberland NEWS

Great Northumberland Fun

Investing in our county

Summer 2018

Free weekly health walks



www.northumberland.gov.uk

Northumberland



16 and 17 year olds in Northumberland can now book their incredible autumn half-term experience with National Citizen Service (NCS).

This summer will see over 100,000 teens take part in NCS - and the condensed autumn programme is the perfect opportunity for anyone who missed out or wants to boost their CVs and university applications.

With NCS, they will:

- ✓ Develop vital skills for life and work
- ✓ Meet incredible people and have fun
- ✓ Spend time living away from home
- Challenge themselves and grow in confidence
- ✓ Make a positive impact in their community
- ✓ Achieve things they never dreamed possible
- Broaden their horizons and unlock new opportunities

During the autumn half-term, their NCS journey will begin with four days, three nights of outdoor adventure in the Lake District or Yorkshire Dales. The residential is jam-packed with exhilarating activities that will make teens feel unstoppable. When they return home they'll spend time developing new skills ready for work and life before they put everything they've learnt into action. Together with their team, they'll create a project that makes a difference in the local community.

NCS is great for CVs and UCAS applications, plus participation is formally recognised through national certification that logs the number of volunteering hours completed.

At a celebration party, teens will be also be awarded with a certificate signed by the Prime Minister. The NCS experience can really help them stand out.

Josh Burton, 17 from Morpeth, is an NCS graduate. Josh said: "Not only did I meet so many new and supportive people, the programme also helped me to become more confident and engaged in my community."

NCS is open to 16 and 17 year olds. Through government-backing, places cost just £50 (£10 for those eligible for free school meals), which includes the adventure residential stay, transport, food, training, activities and morel

To sign up visit NCSYES.CO.UK or call 0191 247 4020



INSIDE this issue



Available online, by email or in print.

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

Published quarterly, it is distributed free of charge by Northumberland County Council. Every effort is made to ensure that all information is accurate at the time of publication.

If you would like to receive Northumberland News in large print, Braille, audio, or in another format or language please contact us.

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TWITTER AT: twitter.com/N_LandCouncil



FRONT COVER

Photo: Headway Arts in Blyth with representatives from local community groups.

They are working together to create 600 flags that will appear along Blyth's tideline on 19 August to commemorate the discovery of Antarctica by Captain William Smith of Blyth.



COME AND JOIN THE GREAT NORTHUMBERLAND SUMMER OF FUN

This summer we are celebrating the best Northumberland has to offer, and everyone is invited!

Great Northumberland 2018 is an eight-week extravaganza of arts, culture and heritage events, exhibitions and live performances.

Celebrations kick off on July 7 with a spectacular event in Hexham that will include street theatre and music. A closing event will take place in Berwick on September 1 with a celebration of the unique musical traditions in the county, including the debut performance of a newly-commissioned song, the 'Great Song of the North'.

Great Northumberland will offer free entertainment with something for everyone. It will bring together people from the region and beyond, to enjoy and experience a summer of free events where the heritage of Northumberland meets its future - where arts, culture and traditions unite to shape tomorrow.

So, come and join us. We can't wait to share the secrets of our great county with you this summer.

We want everyone to get involved in Great Northumberland, so if you're an event organiser or tourist attraction with a family-friendly event happening between July and September make sure you add it to our website.



INTERESTED? To find out more go to www.greatnorthumberland.co.uk

If you want to hear more and be in with the chance of winning some exclusive Great Northumberland prizes make sure you sign up to our newsletter online.

SPREADING THE WORD AT COUNTY SHOW

In May we were spreading the word about Great Northumberland to thousands of visitors at the Northumberland County Show.



Our Great Northumberland marquee allowed visitors to taste, touch and see so much of what the county has to offer. Traders in the tent included local food producers, tourist attractions and Active Northumberland, as well as council services. We held prize draws with some fantastic prizes while storytelling with Peter Rabbit proved a big hit with the children.

Thank you to everyone who popped in to see us.







Northumberland food producers take their message to Parliament

PRODUCED IN NORTHUMBERLAND



PRODUCED IN NORTHUMBERLAND

Some of the finest locally produced food and drink took centre stage in a special showcase event in the Houses of Parliament.

A group of producers from the county, along with representatives from Northumberland County Council headed to Westminster, to raise the profile of the excellence of the local food and drink industry to some of the most influential decision makers in the country.

Scores of Government ministers including Michael Gove, Secretary of State for Environment, Food and Rural Affairs, and Jake Berry, Northern Powerhouse Minister took time out of their busy schedules to meet local producers and sample their produce. MPs from every corner of the UK, including all four Northumberland MPS also visited the exhibition.

Produced in Northumberland, run by the council, highlights and promotes the local businesses that make, sell or serve foods produced within the county. The scheme guides residents, visitors and holiday makers towards authentic Northumberland delicacies to experience and take home.

Leader of Northumberland County Council, Councillor Peter Jackson said: "The event was a fantastic opportunity to demonstrate the diverse range of high quality producers in Northumberland. We were delighted to welcome a constant stream of people through the door to taste it for themselves, which made it extremely worthwhile and a tremendous success.



"Food tourism is a huge part of our wider tourism offer, with local produce that is unique to our county which we're immensely proud of. Our trip to Westminster helped increase awareness of that and we sent an open invitation to those attending to visit Northumberland to find out for themselves."

Mark Turnbull from family-run butchers Turnbulls of Alnwick added: "It was a fantastic day - and it was great exposure for Produced in Northumberland. I hope this will be a springboard to something special."

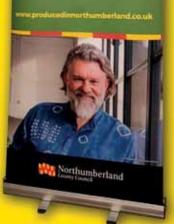
The eight-strong Produced in Northumberland members that headed to Westminster were: Carroll's Heritage Potatoes, Doddington Dairy, Kitty's Homemade Ginger, Lindisfarne Mead and Alnwick Rum, Marlish Water, the Northumbrian Bakehouse, The Old Boathouse Food Group and Turnbulls of Alnwick.





"I'm incredibly proud to be promoting Produced in Northumberland. It's about time people knew about and shouted about how marvellous our local artisan producers are."

sking - Hairy Biker







PARK LIFE

The country parks of Northumberland offer something for everyone and summer is the ideal time to visit.

From the open coast to valley woodlands, lakes and grassland, each site provides a haven for local communities, as well as drawing visitors from across the county and further afield.

This summer work is also underway on ambitious plans to improve three of Northumberland's favourite parks -Druridge Bay, Plessey Woods and Bolam Lake.

Earlier this year the council agreed to invest almost £1m to significantly improve the three parks with a range of new facilities, including new play areas, improved paths and parking and enhancements to visitor centres.

The first of the upgrades, a new 'destination' play park at Druridge Bay, is due for completion by the end of July. And while the major improvements will take place at these parks, a number of visitor access improvements will also be carried out at other country parks across the county, including upgrading paths and car parks.







TO DISCOVER MORE about all our fantastic green spaces search 'Country Parks' on our website **www.northumberland.gov.uk**

LOVE Northumberland Awards - who will triumph in 2018?

The stage is set for the winners of the LOVE Northumberland Awards 2018.

On 12th July Her Grace the Duchess of Northumberland will present the awards to successful entrants, in an event compered by BBC TV's Carol Malia.



The beautiful Alnwick Garden will provide the backdrop for the occasion - which celebrates projects and initiatives which improve local areas or neighbourhoods for the benefit of the community.

Entries have been invited in the categories of: Best children's project; B Best young people's project; B

Best urban project;

Best coast or countryside project;

Main sponsor of the awards is the Banks Group.



Best new project; Best school recycling project; and An award for an outstanding individual.



LOOK OUT for the results in local press, at www.northumberland.gov.uk/love and on the council's social media channels.

COUNCIL CRACKDOWN ON ROADSIDE LITTER OFFENDERS

While we pride ourselves on our green and pleasant county, we all play our part in keeping it that way.

Love Northumberland Hate Litter is the Council's campaign to reduce litter and the harm it causes to Northumberland's environment.

A particular focus of the campaign this year is on the environmental problems and massive clear up costs caused by irresponsible people who throw rubbish from vehicles. It's a national problem recognised by the UK Government who have this year introduced new legislation to help tackle the problem and this has been used by the council as part of an enforcement crackdown.

Where litter is deposited from a moving vehicle the identity of the owner will be obtained from the DVLA and the Council will issue a £100 penalty notice to the registered keeper.

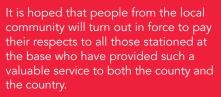
The council's environmental enforcement team now have dashboard cameras that have already helped identify offenders and resulted in successful enforcement action.



IF YOU SEE litter being thrown from a vehicle it can be reported to the Council via **www.northumberland.gov.uk** or by phone: on **0345 600 6400**

ALNWICK RAF PARADE TO MARK 100 YEAR ANNIVERSARY

Over fifty servicemen and women from RAF Boulmer will march through the streets of Alnwick on Sunday July 22 to celebrate the centenary year of the RAF.



The parade will start in Bailiffgate near Alnwick Castle at 11am and will follow a route through the castle grounds onto Greenwell Lane, through Bondgate Arch and the centre of town followed by an inspection and reception at Northumberland Hall at 12 noon.

RAF Boulmer has been an integral part of the defence of Northumberland since 1940. The base has however developed significantly over the years. Today it is the Force Headquarters for the United Kingdom Airspace Surveillance and Control System that maintains a watch over our skies 24 hours a day, 365 days per year.



Finishing touches made to Emily memorial

The finishing touches are being put to a statue which will create a lasting memorial to Northumbrian suffragette Emily Wilding Davison.

The year 2018 marks the 100th anniversary since women were granted the right to vote.

Emily Wilding Davison campaigned passionately for this right and the statue will commemorate her life and achievements and celebrate the huge historical importance of her actions.

Emily Davison's name became known around the world in June 1913 when she stepped onto the Epsom race track and was struck by the thundering hooves of King George V's horse Anmer. Emily never recovered from her injuries and died four days later. She was buried in St Mary's Churchyard in Morpeth.

Northumberland County Council has contributed £50,000 towards the memorial with Morpeth Town Council contributing £5,000. Once completed the statue will be erected in Carlisle Park in Morpeth.



RAF

Photo: Nationally renowned sculptor Ray Lonsdale working on the life sized replica of Emily

ULD YOU A FOSTER

People just like you foster children. You don't need to be superhuman to become a foster carer.

Our foster carers are made up of lots of different kinds of people, so don't rule yourself out. Whether you want to offer a temporary home on a short term basis, or take a major role in bringing a child up, we offer support in all areas, from initial enquiry to training and ongoing support.

NAME: Avril Pearson

SPECIALITY: Foster carer for children with additional needs

WHAT INTERESTED YOU IN **BECOMING A FOSTER CARER?**

I have a number of friends who are foster carers, and over the years they've always told me I would be a good advocate for children with additional needs in foster care, as my youngest child is disabled.

WHAT REWARDS DO YOU GET FROM BEING A FOSTER CARER?

The rewards of being a foster carer are more than I ever thought possible. To have a child within your care who has additional needs that you can support is very gratifying and to see them progress and flourish is incredibly rewarding.

NAME: Lisa Ward

SPECIALITY: Long term foster carer

WHAT INTERESTED YOU IN **BECOMING A FOSTER CARER?**

I became a foster carer 22 years ago. I had space in my home, I only had one child at the time, and I thought we could give another child a home and a good family life.

WHAT IS THE PROCESS OF BECOMING **A FOSTER CARER?**

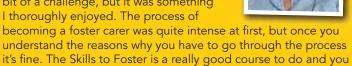
Now it's a six month process; you have to be vetted and assessed. They look into your past life to see if you are capable of looking after children, but at the end you get plenty of rewards in return when you actually get to foster a child.

NAME: Yolanda Minto

SPECIALITY: Foster carer to teens

WHAT INTERESTED YOU IN **BECOMING A FOSTER CARER?**

I initially fostered my two nieces. It was a bit of a challenge, but it was something I thoroughly enjoyed. The process of



understand the reasons why you have to go through the process it's fine. The Skills to Foster is a really good course to do and you meet new people from all sorts of different backgrounds.

WHAT REWARDS DO YOU GET **FROM BEING A FOSTER CARER?**

There are small rewards, like a hug off a child that doesn't normally show any affection, but then there are big rewards, like when a foster child tells you you're amazing and you've changed their life. It is the most astounding thing that you can ever feel.

NAME: Diaue Clark

SPECIALITY: Short term foster carer

WHAT INTERESTED YOU IN **BECOMING A FOSTER CARER?**

I had a very happy and secure childhood, but not all children have that. I firmly believe that you have to give something back to society, so this is my way.



Yes, absolutely. It's a challenging job, but it has huge rewards, you're supported by a great team, and it's lovely to watch the children in your care progress.

FOR MORE INFORMATION on becoming a foster carer contact Caroline Matthews at foster@northumberland.gov.uk or call 01670 62 62 62



INVESTING IN THE COUNTY'S FUTURE

Economic regeneration is key for the county to thrive and across Northumberland work is progressing to create a positive future for everyone. The council is progressing a number of regeneration schemes in town centres while working to attract new jobs and investment in the county.

BEDLINGTON

Plans to give Bedlington the vibrant town centre that it deserves are moving to the next stage following funds being released by the board of the council's regeneration company for a multi-million pound redevelopment.

The scheme when completed, will include a new store for a well-known food retailer, additional retail units, car parking and a number of new apartments which aim to transform the town centre economy. It is projected that up to 200 jobs could be created by the scheme.

AMBLE

In Amble, proposals for a new supermarket and up to 35,000 sq ft of extra retail units on the former Northumberland Foods Factory site have been brought forward.

The proposals include an option to sell part of the site to a supermarket operator, subject to the scheme being given planning permission later this year with the aim of the supermarket opening by summer 2019.

ASHINGTON



Artist's impression: Bedlington regeneration scheme

The council's development company has also bought the Ashwood Business Park on the edge of Ashington to kick-start investment in the site.

Development of the Enterprise Zone has the potential to create hundreds of jobs and bring significant investment into the town.

CAR PARKING

Bespoke action plans have also been revealed to improve car parking in Hexham, Berwick, Morpeth and Alnwick that build on studies carried out last summer and take on-board the views and opinions of all stakeholders.

BORDERLANDS

While a devolution deal is imminent for the North of Tyne area, the Borderlands Partnership also brings together the five local authorities of Northumberland, Carlisle City, Cumbria, Dumfries and Galloway and Scottish Borders to promote the economic growth of the area that straddles the Scotland-England border.

They are working together on ways to make the area more attractive to investors, visitors and those who may wish to come and live here. The Partnership wants to improve transport links, improve broadband connections and support schemes that provide clean, cheap energy to local households.

Want to find out more? Visit **www.borderlandsgrowth.com**





Ashwood Business Park, Ashington

HAVE YOU HAD A DAY ON ST OSWALD'S WAY?

St Oswald's Way is a longdistance walking route, exploring some of the finest landscapes and fascinating history in Northumberland.

The route links some of the places associated with St Oswald, the King of Northumbria in the early 7th Century, who played a major part in bringing Christianity to his people.

Starting from Holy Island in the north, the 97 mile route follows the stunning Northumberland coast, before heading inland across beautiful countryside to Heavenfield on Hadrian's Wall.

It takes in ancient castles, heritage coastline, hills and valleys, forest, farmland and picturesque villages.

The route has been split down into manageable distances and there are some smaller circular routes too.





FOR FURTHER INFORMATION go to www.stoswaldsway.com or call in at your local tourist information centre for a map pack or guide book.

NEW-LOOK ST CUTHBERT'S WAY WEBSITE

A new-look website has been launched to promote the magnificent long distance walking route St Cuthbert's Way.

Running from Melrose in the Scottish Borders to Holy Island in Northumberland, the 100km route is popular with visitors and is suitable for all ages and abilities.

The website is now mobile friendly and includes mapping of accommodation and food and drink establishments along the route and an online shop where the official guide and completion certificate can be ordered. To find out more visit **www.stcuthbertsway.info**



Step up your health with weekly walks

Free health walks are taking place across the county to encourage more people to get out into the great outdoors and improve their health.



The walks are suitable for all levels of ability and take between half an hour and an hour and a half.

All you have to do is turn up at one of the venues wearing sensible footwear and appropriate outdoor clothing. You'll have great company, trained walk leaders and safe walking routes to get you on your way to a healthier lifestyle.

> To view a timetable of walks in your area log on to www.activenorthumberland. org.uk and search health walks under the A-Z section.

FOR MORE INFORMATION PLEASE CONTACT...

For south east area: Andrew Tunnah on Atunnah@northumberland.gov.uk or 01670 623512

For north Northumberland: Jane Hardy on: jhardy01@activenorthumberland. org.uk or 01670 627327

For west Northumberland: Loraine Oliver on: loliver@activenorthumberland.org.uk or 01670 622368

CELEBRATING NORTHUN

This summer we're inviting you to enjoy the arts, heritage, innovation and culture that Northumberland has to offer. With 56 days of family friendly events, exhibitions and live performances, many of which are free, there should be something to suit everyone.

HERE ARE JUST A FEW OF THE EXCITING EVENTS NEAR YOU THIS SUMMER:

THE GREAT NORTHUMBERLAND 2018 SHOWCASE EVENT

7 July, 1pm-5pm

HEXHAM ABBEY GROUNDS AND THE SELE

The celebrations kick-off with an exciting launch event in Hexham on 7 July. This fantastic opener will launch the Great Northumberland summer programme of events. The family-friendly day will include street theatre, music and a spectacular showcase event produced and created by outdoor arts aficionados Walk the Plank.

From 1pm come and see roving street theatre artists perform in the town centre and the Abbey Grounds, as well as a full line-up of musical talent. The anticipation will build to the main showcase event in the Sele. Between 2.45pm and 4pm representatives from each Great Northumberland event will highlight their forthcoming event on a giant screen and an animated special effects map, providing you with a snapshot of what's to come throughout the summer.

Entertainment will continue until 5pm, so why not pack a picnic and make a day of it.

CARNIVAL CAPERS

28 July, 11am-7pm SEATON DELAVAL HALL

This year Seaton Delaval Hall is celebrating 300 years of dramatic history. This event will celebrate the Delavals and their infamous parties. Enjoy a day full of fun and frolics, magic and mischief, spectacle and sorcery, trickery and theatre. Carnival Capers brings history to life with music, performances and parades taking place at timed moments throughout the day across the grounds.







WOMEN ON THE WALL, THEN AND NOW

4 August & 5 August

THE SILL NATIONAL LANDSCAPE DISCOVERY CENTRE AND VINDOLANDA

Vindolanda and The Sill National Landscape Discovery Centre, working in partnership with Hexham Book Festival, have come together to deliver a series of events and activities focused on women, both during the Roman occupation of Britain, and those who live and work along The Wall today.

There are two writing competitions, inspired by the discovery at Vindolanda of what is believed to be the earliest surviving female handwriting from Britain, in the form of tablets with a birthday invitation from Claudia Severa to Sulpicia Lepidina, the wife of Vindolanda garrison's commander in AD100.

Over the weekend of 4 & 5 August there will be workshops with artist Michelle Wood and artist and author Chloe Daykin.

Great

Northumberland

OUR GREAT BERLAND

ALNWICK ALIVE - MUSIC IN THE MARKET PLACE

12 August, 10.30am-4pm

ALNWICK

Alnwick Market Place will be alive to the sound of music, song, dance and the spoken word for a programme of free entertainment with a strong regional flavour and Northumbrian focus.

The market place will be transformed into an open-air venue. There will be stalls selling local foods and crafts, including traditional Northumbrian recipes such as Singing Hinnies, Pan Haggerty and Alnwick Stew.



BLUE FLAG

BLYTH BEACH

The Williams was a tall ship built 200 years ago and owned by Captain William Smith, a man born and raised in Blyth. During a trading voyage he discovered Antarctica but he was never credited with the discovery. The Williams Expedition aims to restore a working tall ship as the Williams II in Blyth, to then recreate the original expedition with a local crew sailing her south to Cape Horn and Antarctica, 200 years after the original discovery.

On 19 August Headway Arts will unveil an installation of over 600 handmade blue sail cloth flags illustrating this journey of discovery by Williams. They are working with local people to create the flags which will appear along the tideline near to Blyth's iconic beach huts from dawn till dusk.

THE GREAT SONG OF THE NORTH - BERWICK

1 September 4pm (formal concert 5.30pm)

BERWICK GUILDHALL AND THE MALTINGS

Bringing Great Northumberland to a resounding close, join a festival procession through the centre of Berwick from 4pm, before a community choir gathers in front of the town's beautiful Georgian Guildhall to sing a rousing selection of well-loved Berwick and Northumbrian songs. This will conclude with a specially commissioned celebratory fanfare of the newly restored ceremonial Fanfare Trumpets of the Kings Own Scottish Borderers, and a gala tea at The Maltings.

This event will be followed by a musical celebration of Northumberland with a concert at The Maltings at 5.30pm. The community choir and members of The Orchestra of Scottish Opera will perform a newly commissioned song 'The Great Song of the North' by composer Dominique Le Gendre.

TO FIND OUT the full range of exciting events happening in Northumberland this summer go to **www.greatnorthumberland.co.uk**

h&w Health and Wellbeing



Whether you enjoy a glass of wine with your dinner, a beer while relaxing on the sofa, or if you prefer going out for a few drinks after work – keeping track of the amount you're drinking can slip your mind. Many of us underestimate how much we're really drinking and therefore underestimate the risks.

WHAT IS THE HEALTH GUIDANCE ON WEEKLY UNITS?

The Chief Medical Officer guidelines are that men and women should have no more than 14 units of alcohol per week to stay 'low risk'.

WHAT ARE THE RISKS OF REGULAR DRINKING?

The more you drink on a regular basis the greater the risk of developing a range of health problems.

It can take many years for the health harms from regularly drinking alcohol to develop. These illnesses include various cancers, strokes, heart disease, liver disease and damage to the brain and nervous system.

6 pints of 4% lager/be

6 glasses (175ml) of 13% wine

WHAT CAN I DO TO REDUCE MY RISK?

If you're regularly drinking as much as 14 units a week it's best to spread your drinking evenly over three or more days.

It's also recommended you should take at least three days off drinking each week and there are many tools that can support you in finding ways to cut down. The free One You, Days Off app is a simple and easy way to keep a track of the days you drink alcohol and the days you don't and it's available to download on IOS and Android.



units

in Northumberland



EXERCISE... MADE EASY

DID YOU KNOW THAT WALKING BRISKLY FOR JUST **10 CONTINUOUS MINUTES COUNTS AS EXERCISE?**

And, it's easier than you think to fit into your day with the Active 10 walking tracker app!

Just 10 minutes brisk walking each day can make you feel better in so many ways - it gets your heart pumping faster as well as reducing the risks of long-term health conditions like heart disease and some cancers.

To help track the amount of Active 10's you are doing you can download the free app by searching 'Active 10'. The app will help to track your activity level, allow you to set your own goals and encourage you to progress up to 30 minutes of brisk walking per day.

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Download the app to

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NEW CARERS GUIDE PUBLISHED

A new guide packed with information to help carers in Northumberland to stay well and connected has been published.

Looking after someone - Northumberland Carer's Guide and Wellbeing Check contains advice to help carers find the right kind of information and support they need to help them to care safely and effectively. It also helps carers to think about their own health and wellbeing and identify areas where they may need help.



TO REQUEST A COPY contact Carers Northumberland on 01670 302 025 or email info@carersnorthumberland.org.uk Full of Northumberland



Photo: Councillors Wayne Daley, Veronica Jones and Robbie Moore at the inaugural Pride event in Alnwick



Northumberland **County Council and** Northumbria Healthcare **NHS Foundation Trust** are proud to have taken part in the first ever Northumberland Pride event.

Northumberland Pride, which celebrates lesbian, gay, transgender (LGBT+) communities, took place at Alnwick Rugby Club in June and a range of Trust and Council services including the Sexual Health Service, Wellbeing Service, Fostering and Adoption, Apprenticeships, and Registrars supported the event with stalls and information.

Over the last year a great deal of work has been carried out to support, LGBT+ staff. The Trust and Council have a joint staff network to help both organisations develop policies and procedures, to ensure they are LGBT+ friendly.

Help to shape the future of your county

The council has prepared a draft Local Plan covering the whole of Northumberland. The Local Plan includes detailed proposals about where new homes, workplaces and facilities will be located, and how the environment will be protected.

Belford Woole Alnwick 🔿 OAmble To find out more: Rothbury Niew the documents and comment at: Ashington h O O •Newbiggin Morpeth O Choppington www.northumberland.gov.uk/localplan Bellingham Bedlington O Blyth 🚜 View documents in libraries, customer information Cramlington O Seaton Delaval centres and council offices. Ponteland O Haltwhistle Haydon Bridge Hexham Mean Speak to an officer at one of the drop in events organised Corbridge Prudhor around Northumberland. See the map for locations and Allendale opposite for further event information.



Local Plan drop-in events:

Town	Date	Time	Venue
Hexham	Wed 11 Jul	2pm - 7pm	Trinity Methodist Church, Beaumont Street NE46 3LS
Allendale	Thurs 12 Jul	2pm - 6pm	Library, Dawson Place NE47 9PP
Belford	Thurs 12 Jul	2pm - 7pm	Bell View, West Street NE70 7QB
Amble	Fri 13 Jul	2pm - 7pm	Development Trust Offices, Dilston Terrace NE65 0DT
Alnwick	Sat 14 Jul	10am - 3pm	St James Community Hall, Pottergate NE66 1JW
Berwick	Mon 16 Jul	2pm - 7pm	Town Hall, Marygate TD15 1BN
Ashington	Tues 17 Jul	2pm -7pm	Hirst Welfare Centre, Alexandra Road NE63 9EL
Haydon Bridge	Wed 18 Jul	2pm - 7pm	Community Centre, Ratcliffe Road NE47 6ET
Blyth	Thurs 19 July	2pm - 7pm	Buffalo Centre, Regent Street NE24 1LL
Seaton Delaval	Fri 20 July	2pm - 7pm	Parish Council Offices, Astley Road NE25 0DG
Prudhoe	Sat 21 Jul	10am - 3pm	Waterworld, Front St, Prudhoe, NE42 5DQ
Choppington	Mon 23 Jul	2pm - 7pm	Social Welfare Centre, Colliery Road NE62 5SS
Morpeth	Tues 24 Jul	2pm - 7pm	Corn Exchange, Morpeth Town Hall NE61 1LZ
Ponteland	Wed 25 Jul	2pm - 7pm	Memorial Hall, Darras Road NE20 9NX
Rothbury	Thurs 26 Jul	2pm - 7pm	Jubilee Hall, Bridge Street NE65 7SD
Bedlington	Fri 27 Jul	2pm - 7pm	Community Centre, West Front Street NE22 5UB
Cramlington	Sat 28 Jul	10am - 3pm	Concordia Leisure Centre, Forum Way NE23 6YB
Wooler	Mon 30 Jul	2pm - 7pm	Cheviot Centre, Padgepool Place NE71 6BL
Corbridge	Tues 31 Jul	2pm - 7pm	Parish Hall, St Helen's Street NE45 5BQ
Newbiggin	Wed 1 Aug	2pm - 7pm	Sports & Community Centre, Woodhorn Road NE64 6HG
Seahouses	Thurs 2 Aug	2pm - 7pm	Sports & Community Centre, Stone Close NE68 7YL
Bellingham	Fri 3 Aug	2pm - 6pm	Library, Town Hall NE48 2AS
Haltwhistle	Sat 4 Aug	10am - 3pm	Library, Westgate NE49 0AX



FOR FURTHER QUERIES email: planningstrategy@northumberland.gov.uk or call: 0345 600 6400



Northumberland

STAY SAFE Hus Suuder

Summer is here, and that means day trips to the beach, long walks in the countryside and family barbecues. But there are also potential hazards that come with the warmer weather. Take a look at these tips to make sure you stay healthy and safe this summer.

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.

Safety tips:

- Make sure you thoroughly wash your hands and work surfaces
- * Keep raw meat products wrapped and separate from other food
- 🌣 Use separate utensils for raw food
- Thaw frozen food thoroughly in the fridge before cooking
- Ensure all food is cooked thoroughly before serving. Cut into the meat to check that none of it is pink and that any juices run clear

BE SENSIBLE IN THE SUN

It's easy to underestimate the strength of the British sun but ultraviolet radiation (UV) can be extremely damaging and it's vital to protect your skin from harmful rays and heat.

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Safety tips:

- Apply sunscreen regularly to any exposed areas of skin
- Wear a peaked, or wide brimmed hat
- Drink plenty of fluids to avoid dehydration
- Chill out in the shade if you are feeling dizzy and when the sun's rays are strongest
- Slip on the shades don't forget your eyes need protecting too

WATER SAFETY

There are three main dangers when people enter open water: The cold, which can stop people in their tracks; invisible currents, which can sweep even the most competent swimmers away; and objects on the river bed that can harm swimmers.

Safety tips:

- Never swim alone or after drinking alcohol
- Choose your landing point before you go in as it may be impossible to get out
- Always keep within your depth
- Don't dive in, it could be shallower than you think or there may be hidden underwater dangers
- Don't swim near weirs, once caught in the undertow you have little chance of escape



During the summer months there are more motorbikes and cyclists on the road.

Motorists should take longer to look for bikes.

Safety tips:

- Take longer to look for bikes when you pull out of, or are approaching a junction
- Keep your distance
- Check for bikes when changing lanes
- Remember your blind spot
- Park safely and check for bikes
 before opening your car door



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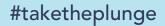
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What's ON



July

Accompanying and caring for horses at the Olympics

Join top Northumberland based horse vet Lesley Barwise-Munro who worked at the Rio Olympics. Find out more about how the horses are transported across the world and the measures put in place to avoid the necessity for quarantine. Organised by Friends of Kirkley Hall. £5 non-members, £4 members. All welcome. Pay on the door. Further information: friendsofkirkleyhall@yahoo.com Wednesday July 11, 7pm

Thirston & Felton Fair

A traditional village fair with something for everyone. Dog show, fun run, music, stalls, rides, side-shows, crafts, Punch and Judy, falconry display and much more.

£3 entry. Recreation Field, Felton, NE65 9QA Saturday July 14, 11am - 5pm

Kielder Art & Architecture

View an award-winning collection of 20 pieces of art and architecture that responds to the scale of its unique environment and fascinating history. Visitors can also join an experienced art curator on a minibus tour to explore Kielder's most well-known artworks. Advance booking required on: 0845 1550236 or visit www.kielderartandarchitecture.com Sundays July 8 and July 22, and August 12, Wednesday August 22 and Sunday September 9.

Chapterhouse Theatre Company presents The Adventures of Sherlock Holmes

Join Chapterhouse Theatre Company for The Adventures of Sherlock Holmes, in the setting of the beautiful Belsay Hall and Gardens. Belsay Hall and Gardens, Belsay, Northumberland, NE21 0DX. 01522 569222. www.chapterhouse.org July 21, 7pm

Defending Berwick and The Border Living History Weekend

A tented encampment will be set up close to the town's fortifications, illustrating past aspects of life and warfare on the Anglo-Scottish border. You'll be invited to experience medieval textile making, cookery, archery and handling armour and weapons and there will be talks by re-enactors. Free of charge. www.visitberwick.com/heritage Saturday July 21 - Sunday July 22,

11am - 4pm

Invasion IX

Meet a host of science fiction characters ranging from Daleks to Doctors, Jedis to Jawas and many more! Dress up as your favourite character if you wish. Admission free, parking £5 per car www.experiencewoodhorn.com July 22, 10am - 4pm (meet the characters), 10am - 5pm for all other activities.



Wild Summer at Wallington

Have a wild adventure, meeting wildlife experts, discovering the secret life of trees, bug hunting and learning all about the amazing world of bees. If the sun isn't shining pop into Toobelz House for wild play and craft activities. www.nationaltrust.org.uk/wallington Wallington, Cambo, near Morpeth, Northumberland, NE61 4AR July 23 to September 2, 11am - 3pm



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Pop-Up Ashington Group Hut

An exciting opportunity where everyone can have a go at making art. A fun and family friendly experience inspired by the hut where the Ashington Pitmen Painters met to explore art, work and life. Entry free for children 0-16,

£7 for adults and £6 for concessions. Passes valid for 12 months.

Woodhorn Museum, Ashington. www.experiencewoodhorn.com July 23 - September 2. 10am - 4pm

Northumberland Live @ Bedlington

Multi-platinum singer Matt Cardle is heading the line up at Gallagher Park, Bedlington for the Northumberland Live @ Bedlington Festival. Entertainment for all the family **Free of charge.** July 28, 11am - 9pm



August

Summer Food and Craft Fair

A wide range of arts, crafts, food and drink stalls. Free entry and parking. Plus the resident Kirkharle Courtyard shops and lakeside walk. Kirkharle Lake and Courtyard, NE19 2PE

www.wearejensens.co.uk August 11 - 12 , 10am - 5pm



Medieval Week

An entertaining cast of characters show you what life was really like in the middle ages, from skilled artisans and expert falconers to artful jesters and an inexplicable alchemist! Alnwick Castle. www.alnwickcastle.com August 11 - 19

Craft Fair -Newbiggin Maritime Centre

Monthly Craft Fair. Local crafters. Third Sunday of the month Newbiggin Maritime Centre, Church Point, Newbiggin, NE64 6DB www.nmcentre.org.uk August 19 and September 16

Rennington Scarecrow Festival

Residents of this small village come together to put on a display of scarecrows around the village. All Saints Church hosts a selection of music. Entry is free but donations appreciated. Refreshments also on sale. August 25 - 27, 11am - 4pm



September

Crans, Creels & Tunes

Iris McMillan will tell the story of her family and the herring trade. Ferguson Hall, Belford, NE70 7ES. 01668 213073. Admission free. September 9, 2.30 - 4.30pm

The Making of Berwick Cockles

Cameron Robertson will tell the fascinating story of the making of Berwick Cockles. Bellview, West Street, Belford, NE70 7ES. 01668 213073 September 13, 7.30pm

My Life as a Pitman

A special tour of Pitman Painter Oliver Kilbourn's work, My Life as a Pitman. He describes the collection of 40 paintings as his biography in paint. The event is free but booking is essential. Ring 01670 624455 during office hours. www.experiencewoodhorn.com Saturday September 15 and Sunday 16, 12 noon and 2pm.

Berwick Film & Media Arts Festival

Includes exhibitions, film screenings and live events, as well as school screenings and family activities. Various times and locations. For further information www. bfmaf.org Thursday September 20 - Sunday 23.





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