



Clara Vale NEWS

SPRING 2019



International Women's Day, 8 March

8th March is designated as International Women's Day and has been celebrated across the globe for well over 100 years. It's a day to celebrate women's achievements and to show solidarity with women campaigning all over the world.

Here in Clara Vale we are organising a day of events to celebrate International Women's Day. Starting from 2.45pm there will be an art workshop and an opportunity to try out a range of holistic treatments. Hot drinks and biscuits will be available. This part of the day is free and will be for women only providing a women's space for a couple of hours. After this the rest of the evening is open to all.

At 6.30pm several local and inspirational women will give short talks about their varied interests, achievements and the things they hold dear. This will be followed by a sharing supper. Please bring a dish, perhaps with an international

flavour, to share. Bring your own soft drinks or alcohol. To round off the evening Beat Root Jam will be performing their mix of covers and original Motown, reggae, jazz blues and soul covers and originals. Sit and chat over a drink or dance the night away.

Tickets for the evening can be purchased in advance or on the door at £10 or £5 concessions. Phone 07543281301 or collect from Rachel at 17 Maryside Place, Rachel at 6 Maryside Place, Carolyn at 5 West View or Rose at 3 Stanners View. There will be a raffle on the day. All proceeds will go to Womankind, (www.womankind.org.uk) a global women's rights organisation working in partnership with organisations and movements to transform the lives of women and girls in the home, in the workplace and the communities they live in.

International Women's Day Walk

Meet on Sunday 10th March for our International Women's Day walk. We will meet at Clara Vale Village Hall at 11am. Our route is a 7 mile circular which will take us past Newburn and Wylam bridges. It's a mostly accessible and level route.

find us on 

bookings@claravale.org.uk

www.claravale.org.uk



Village Hall News



Volunteering is good for your health

There are many reasons why volunteering is good for you. It increases your feeling of well being by making you more active - socially, physically and mentally – and it is a lot of fun too. The Village Hall relies almost entirely on volunteers to keep it going. From the Toddler Group to the Trustees, from those who prepare lunches and breakfasts, to the volunteers who put up the Christmas lights, the village wouldn't be the same without them. Everyone is invited to get involved – especially if you are new to the village – as it 's a great way to make new friends and get to know your neighbours better.

Coming up:

Volunteer Days

Saturday 27 April, 10am-4pm

Sunday 14 July, 10am-4pm

Some volunteer roles are just required occasionally such as one-off maintenance or tidying. We've fixed some dates for volunteer days over the next few months and hope that many of you will come along. There is always a free lunch for everyone who does!

Perhaps you enjoy cooking? Our monthly Lunch Club would welcome some help with preparing and cooking dishes. Not a cook? There is always washing up!

Could you be our next Secretary?

Other roles require a longer-term commitment. For some time now, the committee has been without a Secretary and this makes life difficult for other committee members, especially the hard-working chairperson.

The Secretary's role is not as onerous as it used to be, as we now have Rachel, our Hall Manager, to deal with a lot of the day to day admin. However, our constitution requires us to elect a Secretary who is responsible for the administration of the committee meetings. These are held on the first Monday in each month, from 7.30pm to around 9pm. The Secretary's duties are to take the minutes at each meeting and to circulate them by e-mail, along with a new agenda prior to the next meeting. Any other duties would be purely voluntary. The meetings are semi-formal, as befits a serious charity, but there is always a lot of laughter and bonhomie, not to mention biscuits, with none of the enmity that characterises some other organisations.

So, if you have the basic admin/IT skills needed, and can spare a few hours a month, the committee would be delighted to hear from you.



Art in the Village

An artist in residence for Clara Vale
Spring 2019

If you've popped into the village hall on a Friday over the last 4 weeks, you may have noticed a new arrival sitting in the kitchen, pen and laptop at the ready, chatting to visitors or simply writing or recording ideas. If so, you'll have seen or met Helen Collard: a new artist-in-residence for Clara Vale.

PITCH Gateshead is a new artists' residency programme run by Monkfish Productions, which supports artists to make work in new and unusual spaces. It also supports the communities related to a space to host the artist in residence and to give practical advice and support. The programme is supported by Arts Council England, and Helen is currently PITCH artist in residence for Clara Vale.

Helen is a multidisciplinary artist and researcher from Newcastle who, over the next few weeks, will be gathering ideas from her time spent in the village and its surroundings, and will be making new work as a result! Monkfish and Helen are delighted to be working with Clara Vale Village Hall and Conservation Group on this exciting new



opportunity, and we are looking forward to meeting more people from across the village.

Helen's work features in a current exhibition called *Catch Your Breath* at Palace Green Library, Durham which is on until 17th March, if people are interested. I'd highly recommend it! Helen is showing an interactive breathing machine called the Ohmerometer. More info about this exhibition can be found at www.dur.ac.uk

Watch this space for more information about Helen's progress, or follow her on Monkfish Productions www.monkfishproductions.org or on the Village Hall Facebook page.

Claire Murphy-Morgan

Hall building work

In our last newsletter we reported that had received a grant from the Weston Anniversary Fund to improve our storage, toilet and kitchen facilities. At the moment tenders are out for the work and Joe Shepherd, our project manager is awaiting quotes. We'll keep you informed of progress.

Bringing our heritage to our doors

We've been awarded a grant of £2,000 by Land of Oak and Iron (funded by the Heritage Lottery Fund) to design and engrave glass doors for the Village Hall and business centre. The idea is that the designs will represent our past as a pit village and the natural heritage around us. We have lots of artists and designers in the village, if you would like to be involved please let Gill or Rachel know.

Village Hall 'Little Library'

We now have some definite times when you can access books, in other words when the Hall will be open!

Mondays: Dancercise 6-7pm
Tuesdays: Coffee Morning 11-12pm
Thursdays: Bread basket 5-6pm

Choose a book, buy your bread! Find the book cabinet in the meeting room adjacent to the kitchen. I can forward any book requests to Blaydon Library.

Babs Clark 0191 413 3250



Village Hall News

Calendar raises over £1000 for Village Hall

This year's Clara Vale calendar was the best selling one ever, thanks to the hard work and design skills of Dominic Raad along with support from Sarah Raad and Alison Church. The theme of 'Clara Vale of Yesteryear' proved very popular with people both in the village and the immediate area, and much further afield.

In total, 174 calendars were sold and made just over £1,000 in profit, which will go towards the upkeep of the Village Hall.

Thanks to spreading the word about the calendar through the Clara Vale Facebook page and a number of local interest and history group pages, the calendar was bought by people throughout the UK including London, Aberdeen and Cardiff and several calendars went overseas, being bought by several Australians with a Claravalian connection.

It was through these contacts that we received help from a relative of Clara Simpson, who the village is named after. Ross Buddle Atkinson, the great great grandson of Clara who now lives in Australia, got in touch and sent us a better quality image of Clara which took pride of place on the cover of the calendar.

Many of those collecting the calendars in person have stopped to tell us their memories of Clara Vale and to express their gratitude at providing them with the perfect Christmas gift for their loved ones! Several of them had the added bonus of spotting a relative who appeared in a photo in the calendar and we have received offers of more photographs of the village and its residents from days gone by to be used on future projects.

Jumble Sale

Saturday 23rd March, 2-4pm

Spend the next few weeks having a therapeutic clear out and give your unwanted stuff to the Clara Vale Jumble Sale.

At 2pm on Saturday 23rd March come to the Village Hall to buy some real treasures and bargains to fill the space you've made. Find everything you didn't even know you needed, then revive yourself with some excellent coffee and cake.

Previous Clara Vale Jumble Sales have raised loads of money for the Village Hall. So, please help in whatever way you can, whether by donating, helping get ready for the sale or by buying stuff on the day. The Hall will open on the morning of 23rd March and the previous evening to receive items for the jumble sale.

Fashion & Fizz

Spring 2019

Is coming to the Village Hall on Friday 29th March. Come along and join this fun social event, looking at ladies' Spring clothing, colours and styles. This is the fourth Fashion & Fizz event run by House of Colour accredited personal stylist Lucie Gage of Clara Vale, who has extensive retail and fashion experience and a loyal client base.

Fashion & Fizz is a light-hearted and interactive evening promising useful insights to the new season colours and styles, with hints and tips on how to get the best look without breaking the bank.

Lucie will be welcoming everyone interested in managing their wardrobe, learning more about making better clothing choices and how the influence of colour and style can make you look good and feel great!

Contact Lucie to book in advance on 0191 474 0368. Tickets £5, including free glass of fizz on arrival.

Hassle free parties, events, meetings

We've partnered up with a few local businesses to make life easier for you when booking the Village Hall for your event. We now offer a variety of packages for children's parties. Choose from an Animal Handling Workshop delivered by For Paws Animal Shows, an Arty Party from The Creation Station, a Frisbee Friendly Party with Mr Frisbee or interactive and fun games with Disco Don. All details are on our website www.claravale.org.uk. We can also organise the catering for your party, workshop, meeting or other event. Just send an email or talk to Rachel (see back page for contact details) about your requirements and we'll do the rest for you.

Holistic Therapies

On a Tuesday evening why not book a relaxing and therapeutic treatment in the warmth and privacy of the meeting room. Rachel Orange of Rural Holistic is experienced in Indian head massage, access bars, the Emmett technique, aromatherapy massage and reflexology.

To book a 30 or 60 minute treatment between 5-7pm, call or text Rachel on 07545 865009.

Rural Holistic Therapies' Treatments start at £15.



YOGA something for everyone

Yoga is everywhere these days – endorsed by celebrities and sports stars, and promoted for its physical and mental health benefits. In Clara Vale we are lucky to have two different types of yoga class – Iyengar yoga has been a regular feature for many years, but it has recently been joined by Dru yoga sessions.

So what is the difference between these, and all the other styles of yoga out there? (In addition to these there is ashtanga, kundalini, vinyasa flow, hot yoga... the list goes on) and how do you know which one is for you?

There are common elements to all styles of yoga – a range of physical postures that help to build both strength and flexibility, learning to control and use the breath, and an element of mindfulness or meditation. But the emphasis on each element, and the way they are taught and integrated, varies.

Yoga originated in India centuries ago as a spiritual practice, but from the early 20th century, a few practitioners began to develop it further. One of these was BKS Iyengar, who taught for 75 years across the world. He came to yoga as a young man, plagued by ill health. Through study of anatomy, and a lifetime of yoga practice, he came to a deep understanding of the yoga postures and their physical benefits, refining and adapting them. He was one of the key teachers to bring yoga to the west.

Iyengar yoga classes, particularly those for beginners, focus on the physical postures, or asanas. Work on the breath, and then more meditative practice, tends to come later when students are more experienced. Teachers encourage correct alignment and position, and poses are held for a while to enable muscles to lengthen, or to build strength. Props such as belts and foam blocks are used to enable students to access the poses even if they are beginners, or have areas of stiffness, or past injuries.

Iyengar yoga feels dynamic. The day after a class you will definitely know you have done something. It can also feel restorative, lowering blood pressure and reducing stress levels.

Dru yoga was developed much more recently in the late 1970's by a group of yoga enthusiasts in Wales. The Dru yoga centre is nestled in the mountains of Snowdonia and is home to the world peace flame. Designed to be practised by people of all abilities, fitness levels and age groups its emphasis is on soft flowing movements in and out of postures, directed breathing, positive affirmations and visualisation. It is practised to music, which supports mindful and dynamic movements with creative expression. Unique to Dru, Energy Block release sequences are designed to access every level of our being, realign the spine, improve body awareness or create a sense of empowerment or raised confidence working with the heart energy. Dru yoga is accompanied by Dru relaxation and meditation, involving positive affirmations to bring a sense of calmness and clarity. Energy flows more freely through the body when our lives are more harmonious and yoga really supports us in our ability to achieve a stronger sense of natural health and wellbeing.

Iyengar yoga teachers:

Sian Atkinson: sianatkinson@myphone.coop 0191 413 2730
Richard Caink: richard@wholetree.co.uk

Dru yoga teacher:

Rachel Orange: rforange@hotmail.co.uk
www.facebook.com/drustaryoga 07545 865 009



Village Hall News

Food delivered to your Village Hall door!

Celebrate the weekend being almost in sight on the last Wednesday or Thursday of the month with the new Over Halfway Takeaway!! Expect quality, fresh food, friendly service and a variety of international flavours. Pick up your food between 5-7pm and eat in the village hall where a choice of hot and cold drinks will be available or takeaway.

Our first night at the end of January was a huge success, the fish and chips completely sold out! Thank you to Robert Frost for providing great food in freezing temperatures and dealing with a lengthy queue of hungry villagers efficiently.

Thursday 28 February ACROPOLIS

A real taste of traditional Greek food (V,V+,GF options)

Wednesday 27 March FROSTS MOBILE FISH & CHIPS

Wednesday 24 April FLAT EARTH

Serving delicious filled flatbreads (V, V+, GF options)

Wednesday 29 May FROSTS MOBILE FISH & CHIPS

Wednesday 26 June PICKLE PALACE CURRY NIGHT

(V, V+. GF options)

To reserve a table phone 07543 281 301 or email bookings@claravale.org.uk

Go green in 2019 by saving on single use containers and wrappers. Bring your own container or plate.

Young People Work Swap Special Offer

Aged 16-24 years?

Volunteer to help with the running of the hall for 1 hour and use the meeting room or main hall FREE for 1 hour

Or BOGOF, Buy 1 hour in the hall and get the next hour free, prices start at £8 per hour.

We offer space for table tennis, badminton, music playing or practise and will also consider suggestions you may have.

Could you deliver leaflets and newsletters, help in the kitchen at the Takeaway night, Breakfast or Lunch Club, join in tasks on Volunteer Day?

Get in touch with Rachel by texting/calling 07543 281 301 or leave a message on the Clara Vale facebook page.



Chris O'Brien
Tel: 07977 216 355
E-mail: Chris@CatchTheSpirit.co.uk
Web: CatchTheSpirit.co.uk

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Clara Vale Disc Golf Course

There's a new Disc Golf course on the recreation ground! This was funded and installed by villager Chris O'Brien (3x Scottish Open Champion and 2x European Doubles Champion). The council are in support of this development as it gives local people something new and exciting to do in the outdoors with friends and family. It promotes health and wellbeing and is totally accessible to all ages, abilities and walks of life. Disc Golf is quite similar to 'stick and ball' golf, the main difference being it is played by throwing a flying disc into a target or 'basket'. After your tee shot, wherever your disc comes to rest is where you take your next throw from. Count how many throws you take to get it into each basket and mark your scores on a scorecard. The least number of throws wins!

From March to October there will be regular skills and games sessions lead by Chris and sons on Monday evenings and once per month on Sunday afternoons throughout the summer. Golf Discs are available to borrow or purchase from:

Chris at 6 Stanners View. You can also order online at www.catchthespirit.co.uk/shop or call Chris for more info on 07977216355.

In Memoriam: George Edward Bell 1920-2019

George moved to Maryside Place, Clara Vale in 1925, when his father found work at the Colliery. He attended the village school until 1934, leaving on the Friday and starting at the pit on the Monday. He worked as an engineer on the surface, keeping the diesel engines in full working order, pumping water out of the pit. Just before the closure of Clara Pit he started his second career as a nurse, later charge nurse, at Prudhoe Hospital. Here he met his second wife, Joan, also a nurse/sister. They were happily married for 43 years. On retirement in 1985 the pair of them spent many happy holidays travelling the UK in their campervan. George tended his beautiful garden in Crawcrook and also spent time with his favourite dogs. A gentleman of immense wit, sadly missed. George leaves a widow, a son and daughter-in-law and two grandchildren alongside a number of people proud to call him their adopted grandfather.

CLARA VALE CONSERVATION GROUP

Talk on Bird Ringing

Many of you will have met Richard Barnes, of the Durham Ringing Group, when he is ringing birds in the reserve. He's kindly agreed to give a talk on bird ringing. To find out how and why birds are ringed come along to the Village Hall on Tuesday evening, 26 February, time TBC – look out for notices nearer the date. Richard and the Ringing Group will be back ringing birds on **Saturday 2 March, 8-11am.**

RSPB Garden Birdwatch

More than 20 children from Clara Vale and Crawcrook, along with their families, joined us for the RSPB big garden bird-watch event in the nature reserve. Everyone made a bird feeder to take home to entice birds into their own gardens. It was good to see so many children engaged in the activities and taking their spotter sheets home to count the birds in their gardens. From the hides, in one hour, we saw 88 birds of 20 different species, including 4 species that are becoming increasingly rare; Willow Tit, Tree Sparrow, Yellowhammer and Bullfinch. For the full list, go to our website: cvcg.org.uk.

Feeding birds in your garden

Winter is far from over and as it goes on, natural food becomes more scarce. So putting out food for the birds helps them survive. At this time of year birds need high energy foods with a high fat content such as fatballs, sunflower seeds and peanuts as well as seed mixes. There are a lot of cats in the village so make sure the food is in the open to give birds a chance to escape. If you own a cat, a bell on its collar will give birds some warning.

A helping hand

If you'd like to help out on the Reserve with coppicing, scything, raking and other tasks, please contact Don on 413 2730 or Gordon on 413 8287. Please leave your email address and/or phone number. No previous experience needed.

Hide keys

If you'd like a key for the hides contact Gordon, 4138287. Keys cost £5 and will open all hides in Gateshead at Shibdon Pond, Far Pasture, Thornley Woods and Lamesley. A bargain!

Michael Huston MCIAT



architecture

07894 869 432

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www.hubarchitecture.co.uk

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Hands Up For More Business

Hello! Some of you know us as Sarah and Dom who live in the village with Jake & Boots

BUT... did you also know that we run a design and marketing business from a big shed at the bottom of our garden?

We work with small businesses regionally and nationally to improve their image, raise their profile and increase their sales, in one case by over 30%. We have also worked for Clara Vale based businesses such as Paul Mitchell and Lucy Walker Haywood - as well as being the creators of the almost legendary Clara Vale of Yesteryear calendar!

Could you, or someone you know, benefit from our design and marketing services?

Cups of tea and chats are always available so why not get in touch?

BRANDING MARKETING WEBSITE SOCIAL MEDIA PRINT: tent.uk.com

WHAT'S ON IN THE VILLAGE HALL

REGULARS

Dancing Tots

Mondays, 10-11am

Dancercise

Mondays, 6.30-7.30pm

Dru Yoga

Tuesdays, 9.15-11.30am
& NEW 7.30-8.30pm

Rural Holistic Therapies

Tuesdays, 5-7pm

Coffee Morning & Library

Tuesdays, 11am-12noon

Meditation

Wednesday, 10.30am-12noon

Dog Club

Wednesdays, 7.45-9pm

Toddlers

Thursdays, 9.30-11.30am

Bread Basket

Thursdays, 5-6pm

Iyengar Yoga

Thursdays 8-9.15pm

Karate

Fridays, 6.30-8.30pm

Iyengar Yoga

Sundays 7-8.30pm

February

Lunch Club

Friday 15, 12noon-1.30pm

Pickle Palace Pop-up Market

Thursday 21, 5.30-6pm

Conservation Group Talk

Tuesday 26 7.30pm

Over Halfway Takeaway Acropolis-Greek Food

Thursday 28 5-7pm

March

Breakfast

Saturday 2, 9-11am

Pickle Palace Pop-up Market

Thursday 7 & 21, 5.30-6pm

Lunch Club

Friday 8, 12noon-1.30pm

International Women's Day

Friday 8, 2.45-11pm

The Baby Hub

Saturday 9 March, 10-11am and
11.15am-12.15pm

Women's Walk

Sunday 10, Meet at the hall 11am

Jumble Sale

Saturday 23, 2-4pm

Over Halfway Takeaway Fish & Chips

Wednesday 27, 5-7pm

April

Pickle Palace Pop-Up Market

Thursday 4, 5.30-6pm

Lunch Club

Friday 12, 12noon-1.30pm

The Baby Hub

Saturday 13 April, 10-11am and
11.15am-12.15pm

Over Halfway Takeaway Flat Earth: Filled Flatbreads

Wednesday 24, 5-7pm

Other regular events

1ST MONDAY OF THE MONTH

Councillor Surgery 6.30-7.30pm
Village Hall Committee meeting 7.30pm

2ND MONDAY OF THE MONTH

Conservation Group Committee
Meeting 7pm

Advertise in the next
newsletter for just £5

Please supply a hi-res PDF
Width: 93mm Height: 64mm

BOOKINGS

Planning a celebration?

The Village Hall is the
perfect venue for weddings,
parties and events, check
out our facilities online.

If you have an enquiry or would like to
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or text **07543 281 301** or email
bookings@claravale.org.uk

Hall with use of the kitchen £18 p/h

Kitchen area only £8 p/h

Meeting room and kitchen £15 p/h

Whole hall £20 p/h

Daytime party (12-5pm) £40

Evening party (6-12pm) £70

Clara Vale Village Hall Committee

Gill Hale

Chair
8 East View
0191 413 5435

Vacant Position

Secretary

Kath Patton

Treasurer
3 Tyne View
0191 413 6542

Martin Church

4 South View

Sean Haran

13 North View
0191 366 2607

Steve Hilton

10 South View
0191 413 1535

John Kelly

20 South View
0191 413 3247

Veronika Richter

14 Maryside Place
0191 413 1186

Ben Thomas

1 Edington Cottages

Jess Lloyd

15 North View

Mary Hughes

15 East View

KEYHOLDERS

Rachel Kirkman

Clara Vale Village Hall
& Business Centre
Manager
07543 281 301
bookings@claravale.org

Christina Bainbridge

Caretaker
0191 4137600
07443 005 889

Gill Hale

0191 413 5435