



# Clara Vale NEWS

SUMMER 2019



## Clara Vale biennial open gardens

With art fair, pop up choir, live music, midsummer supper and bar

**Sunday June 16th 2019 2-11pm**  
**Gardens and allotments open their gates from 2-5pm**  
**£3 entry with map**

The Art Fair will be open in the main hall from 2pm featuring the work of local artists including collographs, paintings, ceramics, linocut, macramé, handpainted glass and silver jewellery. Whittonstall Community Band will be performing between 2-3pm in the hall yard

Come and be part of a one-off pop-up choir from 3-5pm, led by highly experienced and well-loved musical director Beccy Owen. Whatever voice you have, and regardless of experience, we guarantee that you'll have a blast learning a selection of uplifting songs in a safe, inclusive group workshop, followed by a light-hearted performance in the beautiful, shaded Memorial Garden in the heart of Clara Vale.

Pay As You Feel on the day, with a suggested donation of £5 per adult £2.50 per child. Please email [popupchoirs@gmail.com](mailto:popupchoirs@gmail.com) to register your place.

There'll be afternoon tea and cakes served between 2-5pm.

Join us for a Midsummer Supper from 5pm into the evening. The pizza gang will fire up the oven and serve our very own wood-fired pizzas. There'll also be a delicious hog roast, jacket potatoes and mixed salads.

We'll have a licensed bar throughout the afternoon and evening. Payment by cash or cheque throughout the event.

So please come along and have a wonderful time.

We'll be sending out forms for opening your garden or allotment shortly.

**Anyone wishing to volunteer and help on the day (or before) please contact:**

**Cate Hilton at 10 South View or on 07738399666**

find us on **facebook**

[bookings@claravale.org.uk](mailto:bookings@claravale.org.uk) [www.claravale.org.uk](http://www.claravale.org.uk)



# Village Hall News

## Strolls with Poles Nordic Walking

**Have you ever seen some people walking using poles or sticks and wondered what they were doing and why they were using them? They were probably Nordic walking.**

Nordic walking is a low impact full body exercise which uses 25-46% more calories than walking without poles. It's a great exercise for everyone from children to 80+ year olds. If you can walk you can Nordic walk.

Nordic walking has some excellent health benefits both physically and mentally. Physically it improves your posture and gait, tones up your upper arms, shoulders, takes the weight off your lower body so is great for those with sore knees, hips or backs or for rehabilitation after knee and hip replacements. As you are using 90% of your muscles you will burn more calories so can be used as part of an exercise programme to lose weight. Your fitness levels will increase and you will be amazed that you will be able to walk further than when you don't use poles.

Nordic walking can also lower your risk of chronic illnesses, such as heart disease, type 2 diabetes, asthma, stroke and some cancers. It is also beneficial to people with Parkinson's Disease as it gives a significant increase in body balance.

The mental health benefits stem from the production of endorphins which help to reduce stress and manage pain. When out in the fresh air you can't help but be happy especially in our beautiful countryside or coastal areas. Also, if you enjoy company, then Nordic walking is definitely for you. You can make new friends and visit areas you may never have visited before.

## Cyclothon 2019 - we're off again!

Get the bikes out, oil the chains and get ready: this year's Cyclothon is coming. On Sunday, 12th May, there will be four rides starting from the village hall, as usual, to suit all abilities. 8 miles around the river with a playground stop in Newburn, perfect for families and the less experienced riders;

15-20 miles, good for older children (and their parents, all children under 16 need an adult with them) and everybody who don't mind muddy tracks and some hills;

35-40 miles into the undulating Northumberland countryside, or, for the fittest riders,

It's recommended that you learn the Nordic walking technique from a qualified instructor to get the full benefits and avoid injury. You don't need any special clothing to Nordic walk, just comfortable shoes and clothing. You'll be able to borrow poles until you decide to buy your own.

Are you interested in trying Nordic Walking? Strolls with Poles will be holding some Nordic Walking sessions on: Saturday 4th May 10am-12pm and Sunday 26 May 10am-12pm.

Meet at Clara Vale Village Hall. Wear appropriate comfortable clothing and trainers or walking shoes. Please bring a water bottle. Poles will be provided.

£10 per session payable by BACS or cheque. Book a place by following the link on the website [www.strollswithpoles.com/shop](http://www.strollswithpoles.com/shop)

### Strolls with Poles, Nordic Walking for fun AND fitness

Strolls with Poles now have two instructors: Julie who has been a fully qualified INWA British Nordic Walking Instructor since 2012 but has been Nordic walking since 2005. She has a vast amount of knowledge and experience. Martin is newly qualified but has been Nordic walking for 7 years. He's usually found at the front of the group. They are both passionate about the benefits of walking in general but especially so about the unique advantages of Nordic walking.

To get started or for more information contact Strolls with Poles on 07443495622, email [strollswithpoles@gmail.com](mailto:strollswithpoles@gmail.com) or visit our website [www.strollswithpoles.com](http://www.strollswithpoles.com)

**Julie Barnett**

60-70 miles into Northumberland too, but the hillier parts...

And, as always, there will be something to look forwards to: drinks, sandwiches and cakes in the village hall after the ride. All rides include either a picnic or a cafe stop at lunchtime.

Let us know if you want to join and email us at [richter.design@btinternet.com](mailto:richter.design@btinternet.com)

Should your bike need a bit of attention before the ride, why not come to the next breakfast on Saturday, 4th May; there'll be another Dr Bike session at the Village Hall.

**Veronika R**



## Found Sound: Clara Vale 2019

**On Saturday 30th March, Clara Vale's nature reserve was a hive of activity as artist in residence Helen Collard unveiled her work inspired by the village!**

Found Sound: Clara Vale 2019 is a soundscape unique to Clara Vale. It features familiar and hidden sounds from the village including a dawn chorus, bees, pond life, planes, trains, electromagnetic fields and bio-signals from plant life. These environmental sounds were combined with imagined sounds of the village using piano and voice featuring vocals from village resident Andrew Ord and singer-songwriter Beccy Owen. The field recordings were made with artist Tim Shaw.

For one evening, village residents and members of the public were invited to an event, including a walk through the reserve to join Helen in The Alex West Hide to listen to the soundscape, and to chat about it afterwards.

Helen has been an artist-in-residence in Clara Vale from January-March 2019 as part of Monkfish Productions' PITCH Gateshead residency programme and Found

Sound is the culmination of her work. Helen says of her time in Clara Vale: "It was amazing to be invited to work in such a generous and warm community. I felt very early on, that somehow, even though the working pit has now gone, the ethos central to a pit village was still strong in the village's make-up. There was a feeling of unity, and a nurturing of community in Clara Vale, that was very special to be around. I was given 60 hours on this project, which isn't that long but, by many hands, it became light work. Through conversations, insights and input from Andrew, Barbara, Rachel, Don, Gordon, Gill and Christina a sound work came together. My time in Clara Vale has been magical. To me, the village hall and the nature reserve are beautiful artworks in themselves. I have loved spending time understanding these artworks. And in turn, making a sound work about them, and the people and animals that do and have inhabited them."

Monkfish would like to say a huge thank you to Clara Vale Village Hall and Clara Vale Nature Reserve for all of their support with this event and the residency as a whole. We would also like to say many thanks to lots of local residents who met with Helen during her time at Clara Vale and who shared their stories. Thanks also to Arts Council England for supporting this project.

You can listen to Found Sound here: (best listened to through headphones) <https://tinyurl.com/yyy7c4tr>

**Claire Murphy-Morgan**

## Volunteers Corner

Many thanks to all those who regularly volunteer their time to make sure that events in the hall are successful. The place wouldn't be the same without you! And an extra special thank you to Bill Coburn, our new Village Hall Association secretary, who responded to a plea for help in the last newsletter.

Sunday, 14 July is yet another opportunity to join in and volunteer whatever time and skills you have, as part of our next Volunteer Day. The aim of the day is to do as many of the basic maintenance jobs in and around the hall and grounds as we can. Tea, coffee and a hot lunch with a vegetarian option will be provided so why not come along and help from 10am onwards? Many hands definitely make light work.

**Kath Patton**

## Flavours from around the world

Our monthly pop up takeaways have been a huge hit with you all, many of you choosing to eat in and have a drink and natter. It's especially lovely to see many families coming with their children to have a night off from the cooking and washing up. The line -up of international dishes for you to try continues over the summer months and into autumn with good old British fish and chips on the menu too.

Wednesday 29 May: Frosts Mobile Fish & Chips  
Wednesday 26 June: The Pickle Palace Curry Night  
Wednesday 31 July: Frosts Mobile Fish & Chips  
Thursday 29 August: Zucchini Pasta Bar  
Thursday 26 September: Venezuelan Feast  
Thursday 31 October: Catalinas Romanian Halloween Menu.

Remember to bring your own containers or plate as we continue to Go Green in 2019 and save on single use containers and wrappers.

**Rachel K**

## Building work Update

As you'll have seen we now have a new flat roof to replace the old leaking one. Work on the toilets and storage area will be starting on 13 May and is expected to take about 2 weeks. The next phase will be the reconstruction of the stage to accommodate the soft play. The final phase is the refurbishment of the kitchen, architect's plans and a 'mood board' are on display in kitchen – your comments would be welcome!

**Gill H**



# Village Hall News

## Grant spending

You've probably noticed that work has begun on the final stages of refurbishing the Village Hall. The flat roof has been replaced and the toilet blocks will soon be updated. Shortly after that, the new glass doors will be installed and the stage area will be converted to versatile storage, before the kitchen undergoes its much-needed transformation. All of this work is being paid for by grants from the Garfield Weston Foundation and the Land of Oak and Iron fund, although we will probably have to contribute some of our own cash to create the finishing touches.

## Individual Giving

Costs such as heating, lighting, water, insurance and general maintenance and repairs have to be met from the money we continue to raise ourselves. Some of it comes from hiring out the hall and fundraising events, but we also rely on donations from residents and friends of the village, many of whom pay a regular amount each month by standing order. This is voluntary and there is no set amount and donations can be anything from £2 or £3 a month upwards.

The hall now costs around £25,000 a year in regular outgoings and we'll need to raise this amount annually long after we've spent all the grant money, so if you haven't done it already and you'd like to contribute to the upkeep of the hall, so that it can continue to be the heart of the village, please fill in an Individual Giving form which you can get from Rachel or any of the Trustees, and we'll do the rest. We can also claim back any tax you have paid on the donation if you sign a Gift Aid declaration.

**Kath P**

## Jumble sale madness!



We had another fantastic jumble sale in March. Due to International Women's day it was held a couple of weeks later than usual but the change of date didn't appear to affect the turn out on the day.

We seem to have got our publicity right as people came from the surrounding villages of Crawcrook, Ryton, Blaydon, Greenside, Prudhoe and Throckley to hunt for a bargain. There was an almost equal mix of those who saw the sale advertised on a poster and those via social media, so we will keep doing what we always do as it seems to work!

It was a bumper year for donations, especially brick-a-brac, shoes and boots, handbags and women's clothes. We received fewer donations of children's toys and clothes this year but although we may have had some disappointed children, it didn't appear to affect sales. The donation of cakes and biscuits was amazing and the cafe made over £300. This year's grand profit was £1,410 which we believe is the most we have ever raised in the 5 years the jumble sale has been held. Anything remaining is donated to the local charity shops in Prudhoe, although we do make a bit more by taking some of the remaining clothes to Cash for Clothes in Prudhoe.

We couldn't do it without the community's help, so a big thank you to everyone who contributed to the success of this year's jumble sale. See you next year!

**Angela and Catherine**



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## International Women's Day

Our celebrations for International Women's Day began in the afternoon with a couple of hours for women to indulge themselves. The therapists offered 15 minute slots of reiki, reflexology and aromatherapy massage in the meeting room with the wood burner keeping everyone warm. In the hall, yoga sessions gave women the opportunity to try out a few postures and to enjoy a relaxation. Half-way through the afternoon women sat together and sang harmonies. Meanwhile, in the kitchen women created a frieze using suffragette colours while the harmonic sound of women singing together and aroma from the therapy room drifted through.

In the early evening we gathered again to hear four local women tell their own inspirational stories in 15 minute slots. Topics included Helen Haran on working towards gender balance in politics and communities, an amazing film of Barbara Keating's bees in their hive in the winter, Lucy Anne Hartley sharing how she has worked towards her dreams and now opened a space for artists to work and collaborate, and finally Sarah Smith talked passionately about her engagement with Extinction Rebellion. They gave us much to discuss for the rest of the evening.

Then came the food. Everyone brought a dish to share, many with an international flavour. What a feast! Finally, Beat Root Jam played and sang their mix of roots, reggae, jazz blues and soul covers. A perfect way to end the day's celebration of International Women's Day.

To ensure an international element to the day we raised funds for Womankind which works to transform the lives of women across the world. We were pleased to raise £250 from ticket sales and our themed raffle.

There were many memorable moments for those who took part including the ambiance in the therapy room, the singing, the inspirational speakers, the tasty food and finally dancing to the soulful sounds of Beat Root Jam.

Thank you to everyone who contributed their time and talents and to everyone who came along to share this special event.

**Rose D**

## Bringing our heritage to our doors

Land of Oak and Iron have kindly awarded us a grant of £2,000 towards designing and engraving two new glass entrance doors into the Village Hall. The doors are intended to reflect our cultural and natural heritage.

We're calling a meeting on Tuesday 7th May at 7pm in the Village Hall to take this project forward. We hope that some of the many designers and artists in the village will come and lend their expertise to the design process. To help us develop a concept for the design we have started to ask people for words and images they associate with the village; so far we have:

**Community**  
**Renewal/Transition/Evolving**  
**Nature**  
**Heritage/ Respect the Legacy**  
**Hub/Heart of the village**  
**Connection people - nature**  
**River/Tyne Valley/Railway**  
**Street Names**  
**Peaceful**  
**Gardens/Allotments**  
**Dandelion/Allium**

Let us know if you think we have missed something that is important to you, so that the final design reflects our community and the shared experiences and memories of the whole village.

**Gill and Veronika**

Email: [mannasutt@yourtimehypnotherapy.com](mailto:mannasutt@yourtimehypnotherapy.com)

### How can I help?

- Hypnobirth
- Stress Relief and Aid Rel
- Phobias / Fears – Flying, birds, water, etc
- Exam Stress and Motivation
- Menopausal Symptoms
- Improving Self Confidence
- Exercise and Performance Motivation

 Your Time Hypnotherapy



# Village Hall News

## Learn Karate and self defence at Clara Vale Village Hall!

Clara Vale Karate Club is part of the Seiken Ryu Karate Association that offers quality teaching throughout the North of England. Sessions at Clara Vale are available every Friday evening 6:30-8:30 under the instruction of black belt 3rd Dan, Joe Robson who has trained for 15 years. The sessions focus on karate and its self defence applications as well as physical fitness offering a wide variety of training methods. Karate is an excellent martial art and form of physical exercise that can be enjoyed by all ages, so training sessions can be attended by both children and adults. If you want to find out more or have any questions contact Joe on 07519009874

## SAVE THE DATE!

Cartloads of community spirit. Family friendly fun. Marvellous musicians. Crazy dancing shoes. Fabulous home cooked food AND... BEER.

All this can only mean one thing...

## 31 August 2019 CLARA VALE FESTIVAL RETURNS!!

Put it in your diary!

And if you want to be part of a wonderful team making it happen please email claraalefestival@gmail.com

## In Memoriam: Peter Wright



The amount of cards, flowers and messages we as a family have received of Peter shows how just how well thought of he is.

Peter and his family have lived in Clara Vale for 40 years. Peter had always wanted to live by the river so when he came across Clara Vale he knew it would be a wonderful place to raise a family. Having been known as the ice-cream man from his younger days, Peter had many trades of work but family had always come first. He was known also for his woodwork making the finest gates, fences, stables, wendy houses and the most recent project, the beautiful summer house in the garden, where Elaine and Peter would spend many nights by the log fire drinking wine. He was so proud of Clara Vale, the countryside and his home, making sure our garden was beautiful and filled with flowers. He was the kindest person who would help everyone, getting excited of people's little projects and always one for conversations.

He will be a great miss but forever in our hearts.

We would like to thank you all as we have raised in his name £250 towards the British Lung Foundation.

Lorna Wright and family

**Michael Huston** MCIAT

**hub** architecture

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# CLARA VALE CONSERVATION GROUP

## A safe haven

Birds have started nest building and as usual we are asking dog owners to keep their dogs on a short lead when walking through the Reserve. If you own a cat, a small bell on a collar will give birds some warning.

Many of the birds that breed in the Reserve nest on or very close to the ground. Moorhens and mallards nest in or on the edge of the ponds. Yellowhammers are particularly threatened. Nationally they have declined by 50% in 25 years. We used to see as many as forty or fifty in the feeding stations. The most this winter has been 12. They nest on the ground so are vulnerable to disturbance or predation by cats and dogs. Willow warblers, chiffchaffs, whitethroats and blackcaps are migrating many thousands of miles to nest in the Reserve. The least we can do is to give them a chance to breed successfully.

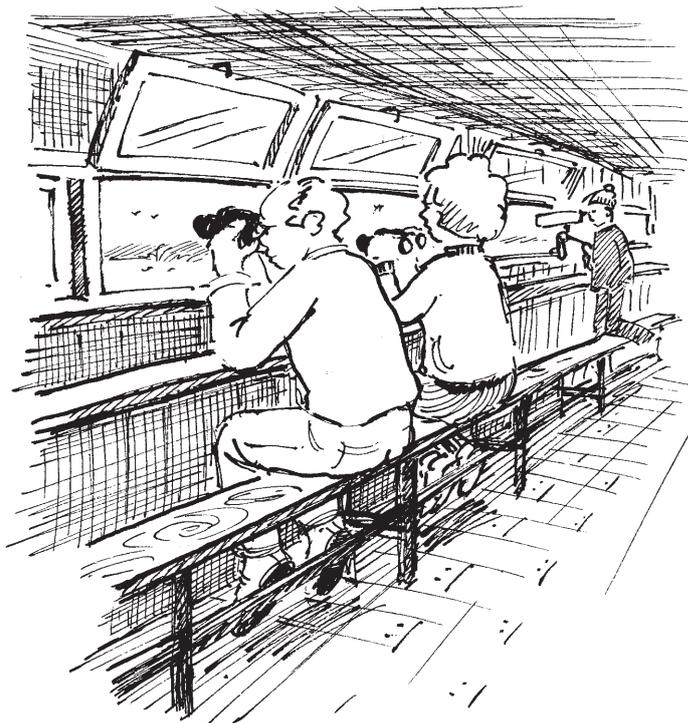
The Nature Reserve has statutory protection as an L.N.R. (Local Nature Reserve). It's primary purpose is to provide a safe haven for wildlife. It's a very small Reserve and therefore more vulnerable to disturbance. Keeping your dog on a lead and not allowing it in the ponds will give the birds (and other wildlife) a chance. We want people to enjoy all the flowers and wildlife in the Reserve and we ask everybody to "tread lightly". Thank you.

## Tree management

You've probably noticed that the Conservation Group has been cutting down some trees on the Reserve. This is to stop the grassland being shaded and to prevent the soil becoming too fertile.

The reserve has a number of different habitats and one of the richest is the grassland. It contains around 130 different plant species. If the grassland gets shaded, this diversity will be reduced.

Also when trees shed their leaves, the soil around them is enriched which encourages the growth of large, vigorous



grasses and other plants, crowding out smaller, less vigorous species. The ponds can also be adversely affected by too much shade which is why we have removed some of the willow and hawthorn near the new dipping pond.

Most of the trees we have cut down will regrow. Our plan is to coppice them from time to time to keep the amount of shade under control. Regarding the dipping pond, it is still getting established. By the end of this summer it should be a lot more plants and animals in it.

## Education

Emmaville School has been enjoying springtime in the reserve. More than 150 children have visited. Years 3 and 4 came down over three days and the reception class spent a day with us. They greatly enjoyed their first-hand experience of nature and we look forward to them visiting again later this year. The equipment provided by the Newcastle Building Society greatly enhanced their visits.

## Come and join the Conservation Group

We're a friendly, laid-back group who maintain and safeguard two of Clara Vale's important assets, the Nature Reserve and the Orchard.

We meet once a month to discuss ongoing and upcoming topics and set dates for practical tasks the tasks usually last no more than a couple of hours.

We hold community events from time to time, always well received in the village. Why not come and be part of it and learn more about the environment around us, perhaps some new practical skills too!

To find out more have a look at our website, [www.cvcg.org.uk](http://www.cvcg.org.uk) or come along to our next meeting in the Hall on Monday 13th May at 8pm.

## Take me out! Pet Services



Let us build a friendship with your furry friends so that you can relax in the knowledge that they are in good hands.

We are offering dog walks, puppy visits and cat or small animal visits to those who may have to leave their pets alone during the day.

As a trio we have over 30 years of experience caring for all breeds and sizes of animals with varied temperaments.

CUDDLES ARE GIVEN IN EXCESSIVE AMOUNTS FREE OF CHARGE!

TEL: Phoebe

07703453922 or 01661598946

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Email: [fakemeoutwalking@yahoo.com](mailto:fakemeoutwalking@yahoo.com)

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# WHAT'S ON IN THE VILLAGE HALL

## REGULARS

### **Dru Yoga**

Tuesdays, 9.30-11am

### **Coffee Mornings**

Tuesdays, 11am-12noon

### **Dog Club**

Wednesdays, 7.45-9pm

### **Toddlers**

Thursdays, 9.30-11.30am

### **Bread Basket**

Thursdays, 5-6pm

### **Iyengar Yoga**

Thursdays 8-9.15pm

Sundays 7-8.30pm

### **Karate**

Fridays, 6.30-8.30pm

## May

### **Local Elections**

Thursday 2, 7am-10pm

### **Village Breakfast**

Saturday 4, 9-11am

### **Strolls with Poles Nordic Walking**

Saturday 4, 10am-12noon

### **Lunch Club**

Friday 10, 12noon-1.30pm

### **Cyclothon**

Sunday 12, times tbc

### **Strolls with Poles**

### **Nordic Walking**

Sunday 26, 10am-12noon

### **Over Halfway Takeaway**

### **Frosts Fish & Chips**

Wednesday 29 5-7pm

## June

### **Lunch Club**

Friday 14, 12noon-1.30pm

### **Open Gardens, Art Fair, Pop up Choir, Whittonstall Community Band**

Sunday 16, 2-6pm

### **Midsummer Supper & Bar**

Sunday 16, 6pm-11pm

### **Village Hall AGM**

Monday 17, 7.30pm

### **Over Halfway Takeaway**

### **The Pickle Palace Curry**

### **Night**

Wednesday 26, June 5-7pm

## July

### **Village Breakfast**

Saturday 6, 9-11am

### **Lunch Club**

Friday 12, 12-1.30pm

### **Volunteer Day**

Sunday 14, 10am onwards

### **Over Halfway Takeaway**

### **Frosts Fish & Chips**

Wednesday 31, 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 book the hall please leave a message 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

### **William Coburn**

Secretary  
33 Bracken Way  
Crawcrook  
0191 4139761  
07960 016652

### **Steve Hilton**

Treasurer  
10 South View  
0191 413 1535

### **Martin Church**

4 Edington Gardens

### **Sean Haran**

13 North View  
0191 366 2607

### **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