

Next deadline **FRIDAY 28TH JANUARY 2022** EMAIL: [stamfordhamcommunicator@gmail.com](mailto:stamfordhamcommunicator@gmail.com)

**This publication is mainly available in digital format. If you know of anyone who would like a paper copy, please email their name and address to:**  
[stamfordhamcommunicator@gmail.com](mailto:stamfordhamcommunicator@gmail.com)

Dates for your diary—Some dates may be changed/cancelled due to Covid-19 developments  
 Regular Village Hall use starts Monday 10th January. Contact organisers to confirm.

### JANUARY 2022

Wednesday 12th January —WI—Speaker Sally Urwin—7.00pm Village Hall—all welcome

Saturday 15th January—Women's Self-defence Course—Village Hall—1.00pm—4.00pm

Tuesday 18th January—Stamfordham Walking Group—10am at the cross

Wednesday 26th January—Pub Quiz—Swinburne Arms—8.00pm

Saturday 29th January—Biodiversity@Breakfast - Church on the Green - 9.30am

**\*\*IMPORTANT\*\* NO POST OFFICE—THURSDAY 6TH JANUARY**

## Biodiversity@ Breakfast

Care about our planet? - come and share ideas for greening Stamfordham, family by family and together.

Hugh Clear Hill will share experiences with alternative source heating, and answer questions.

The breakfast will be  
 Saturday 29th January 9.30am  
 @ The Church on the Green

Free bacon rolls, vegetarian options and hot drinks.



### Lateral Flow Testing Kits

There are just a few in church for use at the moment.  
 More have been ordered. When they arrive, they will be available for you to collect from just inside St Mary's Church  
 Church is open during day light hours.

*C Hancock*

### Stamfordham Pop-Up Cafe

REGRETFULLY  
 THE JANUARY POP UP CAFE HAS  
 BEEN CANCELLED.  
 COVID SAFETY PREVAILS  
 LOOK FORWARD TO SEEING YOU  
 ALL ON  
SATURDAY 12th FEBRUARY 2022

### Stamfordham Walking Group



January's walk will be on roads, tracks and over fields to Matfen and back; approximately 6km there and 5km back.

Date: Tuesday 18<sup>th</sup> January 2022

Meet: 10am at the Stone Cross on Stamfordham Green.

If you would like to join us, please email or phone – [sally.hutt64@gmail.com](mailto:sally.hutt64@gmail.com) or 01661 886442 just so we don't leave you behind!

## Stamfordham WI

Wednesday 12th January 2022

West Room of Stamfordham  
Village Hall 7.00pm

**Speaker:** Sally Urwin

“From high heels to welly boots:  
swapping a city career to become a  
farmer’s wife and author.”

**Visitors welcome**

**\*\*AMENDED HOURS\*\***

**THE POST OFFICE— THURSDAYS**

**11.00AM—1.00PM**

Please note the following rules when  
visiting the Post Office.

- Wear a mask the whole time you’re in the hall
- Use the WEST ROOM ENTRANCE to enter
- Sanitise your hands on entering –  
sanitiser dispenser is on the wall in the entrance  
lobby
- Use Post Office
- Leave by the West Room entrance

**All services you would normally find available at a full  
time Post Office will be  
provided. Cash withdrawals can be made from most  
bank accounts.**

Do your feet need a little TLC?

**Joanne Leiper  
Foot Health Practitioner**

will be holding a surgery in  
The West Room, Stamfordham  
Village hall 9.30 -11.00am  
On Friday 14th January and Fri-  
day 28th January

Call Joanne 07890322719  
[northumberlandfoot-  
care432@gmail.com](mailto:northumberlandfoot-care432@gmail.com)

To book a little moment  
of heaven!

WOMENS SELF-DEFENCE COURSE  
STAMFORDHAM VILLAGE HALL  
NE18 0PF  
SATURDAY 15<sup>TH</sup> JANUARY - 1PM TO 4PM

*Come along, have fun and learn  
how to defend yourself, in a safe  
environment with a group of  
like-minded women.  
Session costs £25 and includes  
refreshments.*

We teach you situational awareness,  
how to avoid and de-escalate  
situations, to be more assertive and if  
you have to, how to defend yourself  
against potential threats.



TO BOOK YOUR PLACE OR FOR MORE DETAILS CONTACT STEVE ON 07456 657308

## Perspectives

Next meeting 29<sup>th</sup> January 2022

Details to follow

This Christmas, collect your used stamps and help RNIB create a world  
without barriers for blind and partially sighted people.

There is a collection box on Lord Stamfordham’s desk at the back of St  
Marys Church, just pop them in there, or drop through the letterbox at  
34 Grange Road.

Many of you have been collecting throughout the year, very many thanks  
for all your contributions.

Keep them coming please (I can collect from you if you wish).

# RNIB

## See differently



**Thank you so much**

Anne Williams, 34 Grange Road Tel: 01661 886 493

## ***Ponteland u3a***

Meetings and talks at St Mary's Parish Centre are held on the first Wednesday of each month at 2pm.

Our next two talks will be:

5<sup>th</sup> January – "On The Shoulders of Giants"  
The Progress of Modern Plastic Surgery  
by Mrs Sarah Pape.

2<sup>nd</sup> February – AGM and faith tea. Speaker TBA

We welcome enquiries from anyone wishing to join Ponteland u3a - please call the membership secretary on 01661 824953

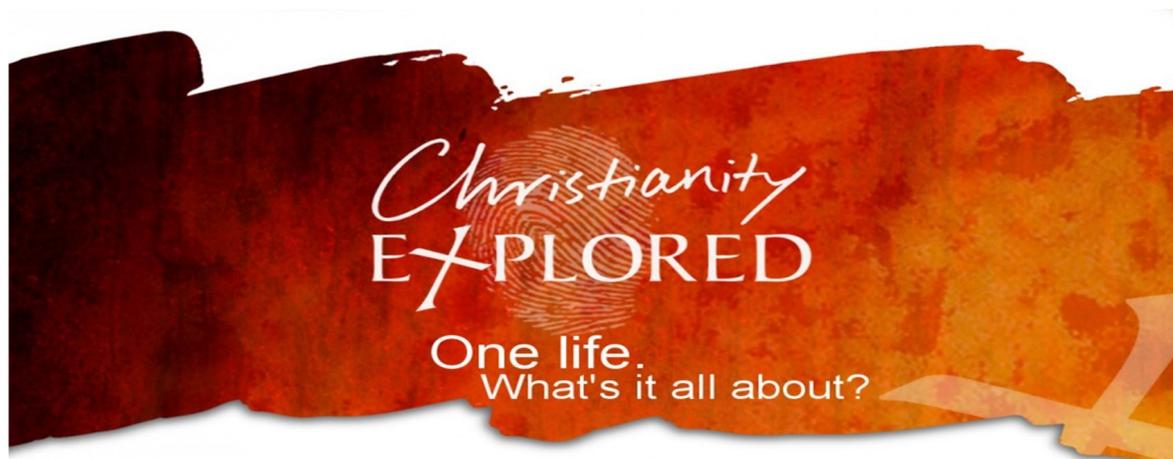
**Ponteland Health Walks** leave Ponteland Health Centre at 1030 on Tuesdays. Our walks are between 60 and 90 minutes in duration

If anyone is interested then they would be most welcome to join us. Please turn up at 1015 for a short registration.

John Hewett

**(NB If interested, please email me and I'll pass your details to John Hewett—Gill Blissett, Editor)**

Christianity Explored online is an informal and relaxed seven-week course starting on **Wednesday, 2<sup>nd</sup> February at 7.45pm.** It's for anyone who wants to think about the meaning of life. Whoever you are, whatever you're thinking, Christianity Explored is a place for you to explore what life's all about. It might just be the best news you've ever heard.



**Contact Philip for Zoom ID and passcode. [philip.ballard98@gmail.com](mailto:philip.ballard98@gmail.com) or on 07908023162**

Sir Thomas Widdrington (Educational) Trust Registered Charity Number 505778

### STUDENTS CRITERIA

Grants for educational purposes may be available to students under the age of 25 who are resident in the area comprising the parishes of Stamfordham, Belsay, Capheaton and Matfen or have a parent or parents so resident or who have at any time attended as a pupil at a school in Stamfordham or Belsay who are in need of financial assistance towards the costs of their education.

Please obtain an application form from Mr Ian Lawson at the address below or by emailing him. The Trustees will consider your application and, if appropriate, a grant may be made. Applications received by 31st January will be considered at the Trustees meeting in February.

13 South Side  
Stamfordham  
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NE18 0PB

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OR TEXT/ PHONE:  
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### **CHAIR YOGA TASTER SESSIONS**

Hello, I'm Dharma, a Yoga & Mindfulness Teacher living in Wallridge, currently running yoga classes in the Northumberland area – including a Gentle Yoga class at Stamfordham Village Hall.

I am fully qualified with many years' experience delivering a range of training and adult education. I am also a certified Accessible Yoga Teacher.

I will be setting up a Chair Yoga class at the village hall in January and just thought it might be nice to write a little piece for the Communicator on what yoga is and what chair yoga is.

### **WHAT IS YOGA AND WHAT IS CHAIR YOGA?**

The NHS website describes Yoga as 'an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing' ([A guide to yoga - NHS \(www.nhs.uk\)](http://www.nhs.uk)). It's a wonderful, gentle way to exercise our bodies as well as calm the mind and offer relief from the tension and stress of everyday life.

Chair Yoga is simply yoga that we practice either on a chair or using a chair as a prop.

Using a chair makes this wonderfully beneficial practice accessible to many more people – including many older people and those with health concerns or disabilities.

Each session will include a guided meditation and relaxation to ensure participants leave feeling refreshed and rejuvenated.

### **WHAT DO WE NEED TO PRACTICE CHAIR YOGA?**

We will be using the chairs at the village hall.

A blanket can act as extra padding as well as keeping you warm during relaxation.

A bottle of water can keep you nice and hydrated during practice.

### **WHAT NEXT?**

E-mail [yogawithdharma@gmail.com](mailto:yogawithdharma@gmail.com) or call/ text 07971 382623 for further details on the class (when it's running, cost etc).

More details about me, my qualifications and experience at my website: <http://yogawithdharma.com>

Thank you,  
Dharma

## ANNOUNCEMENTS, INFORMATION AND ADVERTS

### GILCHESTERS ORGANIC FLOUR—NEW PRICE LIST

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Wholemeal wheat	3 kg	£5.60	£4.70
Pizza	1.5 kg	£3.10	£2.60
Pizza	3 kg	£6.20	£5.20
Rye	1.5 kg	£2.90	£2.50
Rye cracked	1.5 kg	£2.50	£2.10
Spelt	1.5 kg	£3.60	£2.55
Spelt	3 kg	£7.20	£6.10
Emmer	1.5 kg	£3.75	£3.30
Einkorn	1.5 kg	£3.75	£3.30

Please email your order to:

**Teresa Holywell**

[teresaholywell@hotmail.com](mailto:teresaholywell@hotmail.com)

by **FRIDAY 7th January**

### Stamfordham Oil Buying Group

\*\*\*\*\* **IMPORTANT** \*\*\*\*\*

**NO DELIVERIES IN NOVEMBER.**

Next orders to be in by 31st January for delivery in February.

Please also remember that orders should be sent to both Steve Noble ([consultsnoble@aol.com](mailto:consultsnoble@aol.com) – tel. 886223) and Roy Hollis ([royanhollis@gmail.com](mailto:royanhollis@gmail.com) – tel. 886343). You will always receive an acknowledgement from one of us.

**Thank you again** to those who made donations to the Stamfordham Communicator. This has allowed us to print a few copies and deliver to those who don't receive a copy via email.

#### **Advertisers and supporters:**

You can now make your donation via online banking:

Account name:

Stamfordham Communicator

Account no: 38135868 Sort code: 30-91-91

*Gill Blissett, 26 North Side, Stamfordham, NE18 0QG*

The Editor does not endorse any advertisement in SC.  
No anonymous correspondence will be published or entered into. Any notices for the next edition should be sent to me by **28th January 2022** preferably using the SC email address, please.

*Gill Blissett*

### **Stamfordham Parish Council**

There are vacancies on the Parish Council so if you are interested, please email your details to

The Clerk, Claire Miller, at

[clairemillerparishclerk@hotmail.co.uk](mailto:clairemillerparishclerk@hotmail.co.uk)

## Sycamore Counselling Service, Hexham

The COVID-19 pandemic has impacted us in ways that we would not have expected. Our lives have changed considerably and the past months have presented many challenges for us all.

We are a charity running a counselling service that see clients face to face, on Zoom and by telephone - and our professionally qualified counsellors would be happy to support you towards better mental wellbeing.

We cover areas such as anxiety, depression, bereavement, stress and many others.

We offer a donations-based service in the hope that excellent counselling will be available to all.

Please visit our website [www.sycamorecounselling.com](http://www.sycamorecounselling.com) or our Facebook page @sycamorecounsellingservicehexham or call 07939 49 30 30 to find out more about us, or to make an initial appointment.

Jenny Tabori – Manager. Charity No: 1179039



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### Heather Hughes | Director

[h.hughes@homeinstead.co.uk](mailto:h.hughes@homeinstead.co.uk) |

w: [www.homeinstead.co.uk](http://www.homeinstead.co.uk) t: 07786 968080

I am a local employer, **Home Instead**. We are based in Hexham with clients along the Tyne Valley. I am looking for local people who would like to work in care, to support my clients in their own homes.

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## PAUL ARMSTRONG GARDEN SERVICES



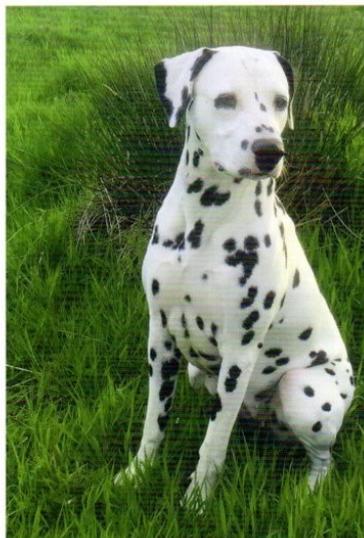
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[spottedogservices@outlook.com](mailto:spottedogservices@outlook.com)

Spotty Dog Services

Caroline 07778 022 987

## Graham Herford

### DIY/HANDYMAN

#### Some garden work undertaken.

If you need help with anything please call.

Small jobs also welcome.

Graham Herford, Fenwick Lodge, Stamfordham,  
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01661 886882

07834 608751

Email: [graham.herford@btinternet.com](mailto:graham.herford@btinternet.com)



### West Farm Boarding Kennels and Cattery

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#### Contact

Christine Green 07719 379921  
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## Town and Country Canine

Town and Country Canine is a fully insured, professional and reliable pet care service, providing dog walking in a group so your pet can play, make friends, be well rounded and socialised or individual walks are also available. Not forgetting home visits for puppies, cats and small pets. I have over 7 years experience as a professional dog walker and understand how important your pets are and meeting their daily needs when busy schedules take over or due to work, illness, injuries or just when we need an extra pair of hands.



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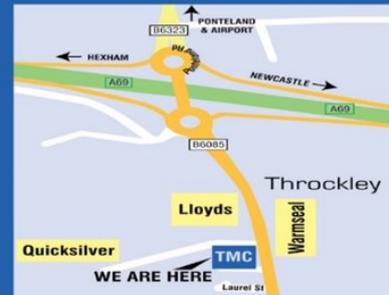


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## PLEASE HELP TO KEEP YOUR VILLAGE HALL

Stamfordham Playing Field & Village Hall charity owns the Village Hall, Playing Field and Sports Pavilion and is run by a small committee of trustees who volunteer to give some of their spare time to do what is possible with limited resources and they are asking for **your help**.

### A FEW THINGS YOU MAY NOT KNOW .....

- \* The Village Hall is an old building costing, on average, £1,000 per month to run (electricity, insurance, oil, essential maintenance, minor repairs, cleaning etc). There are further costs associated with the Sports Pavilion and Playing Field too.
- \* The Charity which is responsible for these **Village Facilities** only receives income from **kind donations, fund raising activities, being hired for use by the local community and the generosity of trusts/ organisations to whom we can apply for grants**.
- \* Urgent and essential repairs continue to be needed at the Village Hall. We have achieved a great deal in the past few years but there is always more to do.
- \* The new sports pavilion will not always be NEW and we have to put money aside for future maintenance work.
- \* Some of the Village Hall facilities need bringing up to date (curtains/blinds, re-decoration, lighting repairs, carpets, kitchens updated, etc.)

By **donating** to Stamfordham Playing Fields & Village Hall (Charity No. 502613) through the **Covenant Scheme** you could help fund the essential works to the Village Hall and ensure it continues to be there **for your generation and the next**. If you haven't done so already, please consider signing up and, if you are a taxpayer, please complete a Gift Aid declaration. This allows the charity to reclaim 25% tax on your donation making every £10 you donate worth £12.50.

### How can you help fund the work needed both now and in the future?

It would be great if you hired the Village Hall or Sports Pavilion for any events like **birthday parties, family gatherings, wedding receptions, business meetings**, etc. Contact us at [stamfordhamhall@gmail.com](mailto:stamfordhamhall@gmail.com) or via the website, [www.stamfordhamvillagehall.co.uk](http://www.stamfordhamvillagehall.co.uk)

It would also be great if you could get along to **SUPPORT** any of the **fundraising activities** that take place from time to time – even better if you would like to organise one yourself !!! Details of fundraising events, either at the Village Hall or at the Pavilion/Playing Fields, are usually in the **Stamfordham Communicator**, on the **Stamfordham Matters Facebook** page and on [www.stamfordhamvillagehall.co.uk](http://www.stamfordhamvillagehall.co.uk)

If you would like to join the Covenant Scheme and **set up a new Standing Order** please email our committee secretary, Sue Noble ([stamfordhamsecretary@gmail.com](mailto:stamfordhamsecretary@gmail.com)), who will be happy to reply to your email with a Standing Order Form and a Gift Aid Declaration, if you need one.

Once completed the **Standing Order form** should be emailed back to Sue or delivered to the Treasurer, Edward Trevelyan, at Low Cross House, 14 South Side.

The **Standing Order form** gives you details of the bank account for the Stamfordham Playing Fields & Village Hall charity so if you would prefer to set up your **Standing Order using Online Banking** please use your surname as a reference when completing with your bank online.

You should still **complete the form** and write '**Already Set Up Online**' and deliver it to the Treasurer, Edward Trevelyan, at Low Cross House, 14 South Side (or, if returned to Sue via email, please mention 'Already Set Up Online' in the email it is attached to).

Equally, a **one-off donation** from time to time would be most welcome.

**Stamfordham Playing Field & Village Hall** is a **charity** and, if you are a **taxpayer**, everything you donate will be worth 25% more if you complete a **Gift Aid Declaration form**. This form should be returned to either Sue or Edward, as above, in order that it can be recorded and sent to HMRC.

**Thank you on behalf of all the trustees.**

## Stay connected to your community

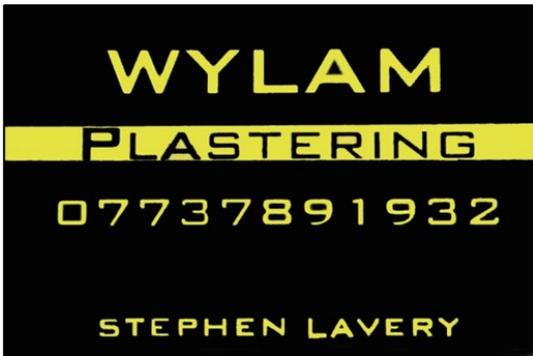
Are you living with sight difficulties and finding it hard to read the local newspaper? Perhaps you know a relative or friend who is visually impaired who might enjoy listening to local news?

The Tynedale Talking Newspaper (TTN) sends out a free audio recording of local news each week, courtesy of the Hexham Courant. Every month there is also a new recording of The Tynedale Talking Magazine or The Northumbrian.

Recordings arrive by post on a USB memory stick which can be listened to on a computer or Smart TV. No computer? No problem. TTN also has easy-to-use audio players to loan out to people who are not on the internet.

To find out more please contact Ed, the Registrar, on 07400 096937 or [www.ttnweb.uk](http://www.ttnweb.uk) or check out Facebook.

TTN is a charity (1034087 ) run entirely by local volunteers, helping people to stay connected and feel part of the community.



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# BODY & SOUL

## BOUTIQUE FITNESS

Situated within the picturesque Vallum Farm along Hadrians Wall Path, Body & Soul Boutique Fitness boasts up to fifty classes per week. With our varied timetable we have something for everyone from Les Mills, Spinning and other high intensity classes to a range of different Yoga and Pilates classes.

Our Technogym app also gives you access to all of our virtual classes and allows you to book our classes with ease.

Our monthly membership includes all our classes for just £49.00 per month\*

Pay as you go options available.

contact [info@bodyandsoulfitnessstudio.co.uk](mailto:info@bodyandsoulfitnessstudio.co.uk) for more info