Your FREE independent community magazine for Morpeth

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APR/MAY 20

MORPETH

HINTS ON STAYING GROOMED, KEEPING FIT, COPING WITH HOME SCHOOLING

As wonderful Captain Tom says Tomorrow will be a good day'

A SPECIAL ONLINE EDITION OF INSIDE MORPETH



STAY AT HOME STREET PARTY!

Friday 8th May 2020

DECORATE YOUR HOUSE RED, WHITE AND BLUE AND ENJOY A PICNIC IN YOUR FRONT GARDEN

Commemorate the end of WW2 by celebrating with your family, friends and neighbours! Remember to respect social distancing and stay in your own garden













inside e

Like so many other local businesses this is not the time when we at Inside Morpeth can work as we normally do to publish and deliver our magazine around town. However, we have put together this online edition and plan to continue publishing this way until life returns to some form of normality.

So we are keen to hear your stories about how you are coping with the current situation; perhaps you know someone who is going that extra mile to help those in needs; and we would also love to see your photographs showing how Morpeth is marking what has now become a Thursday 8pm ritual by clapping for those at the frontline who are doing their best to look after us and keep services going whilst complying with the Government's social distancing and lockdown instructions.

You can also get in touch with us if you are a local business and would like to advertise with us in our online Inside Morpeth.

The best way to do all that is by email to ian-leech@sky.com leaving your contact details or post a photograph, and we will return your calls as soon as we can.

Jan Leech

Editor of Inside Morpeth

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STAY HOME, STAY SAFE

HOMEWORK CAN BE FUN

COUNTY'S VIRUS RESPONSE

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FOOD BANK NEEDS HELP

KEEPING IN CONTACT!

MESSAGE OF HOPE

 $12\,$ town's defining area

CLIMATE CHANGE TALKS

10 WAYS TO STAY FIT

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We will meet again!

As a nation we are living through extraordinary times the likes of which none of us have ever known before. Perhaps the last time the country faced a crisis on a similar scale was during World War II and even those old enough to remember the dark days of 1939 to 1945 recognise that what we are going through now is very different to life in war time Britain writes lan Leech Inside Morpeth Editor.

We are being challenged by an epidemic globally as well as within the shores of Britain, that has quite literally swept the world on a catastrophic scale. Day by day the number of people affected by covid-19 in Britain has been steadily rising as sadly has the total of those who have succumbed and lost their lives to the disease.

Tragically too many people from our own community here in Morpeth and South East Northumberland, have lost their lives during the past few weeks and our hearts go out to all the family and friends who have lost a loved one. Their grief must be unimaginable.

Our hospital doctors, nurses, porters, cleaners, catering staff, paramedics and ambulance crews have been doing a heroic job to care for their patients, very often without regard to the risks posed to their own lives, and sadly far too many have paid the ultimate price for their dedication to their duty. Equally, those looking after the vulnerable in care homes locally as well as nationally, have gone - and continue to go - beyond the bounds of their normal duties to look after people they consider part of their own families.

Every Thursday night millions of us across Britain join together in our own communities and neighbourhoods to show our appreciation for the work they are doing, in that time-honoured way of clapping them. But it is not just the medical teams and carers we are applauding, it is the many others from all walks of life who are selflessly trying to keep our country going as normally as possible.

The policemen and women, the fire fighters, our posties, our milkmen, transport staff, the delivery drivers who are bringing food and supplies to the homes of those confined indoors or their gardens, because they are deemed too vulnerable to step outside their own properties and very many more. Those

few moments when we stand together to Clap for the Carers, touches each and every one of us emotionally and we know our applause is genuinely appreciated by those who sadly perhaps we took too much for granted before this epidemic

Surely we will never do that again!

Over the past few weeks all of us have quite rightly been asked to make what would have not so long ago have been unthinkable changes to our daily lives. We have been instructed not to go outwith the confines of our own homes for more than one hour's exercise a day.

We can't go to what shops are still open for other than essential items and if we do go out we must stay two metres or six feet, away from the person nearest to us. Millions of us have been told to work from home unless we practically can't do that and have to go to our normal place of work, or are classed as key workers, while many have had to temporarily close down their businesses, shut their cafes, coffee shops, pubs and restaurants to the customers who go there.

All are draconian measures none of us could ever have imagined a British Government in a free society such as ours, would ever have imposed upon us, but which we are being told by medical and scientific advisors are vital if we are to halt the spread of covid-19.

Like every city, town and village in Britain, Morpeth is virtually unrecognisable from the place it was a matter of weeks ago - a busy market town full of life and vitality. Now it is eerily quiet and the streets are almost deserted with shops, restaurants and bars, cafes and coffee shops, hairdressers and gyms all closed and their owners wondering when - or indeed if - they will ever open again!

We at Inside Morpeth have had to suspend normal publication and door-todoor delivery of our magazine - but that

doesn't mean we can't still be there for our readers. With the support of Morpeth Town Council, More in Morpeth and Greater Morpeth Development Trust who have readily agreed to host an edition of our magazine on their websites, Inside Morpeth will appear on-line for the time being until we can print and delivery copies to the homes of all our readers once again.

So we hope you find something of interest to read in this first on-line edition, as well as information that will keep you up to date, for instance, with what Town and County Council services are still operating; how and where you can seek the help Chancellor Rishi Sunak has promised residents and businesses large and small; and also who is offering home delivery services of food and meals around town.

We intend to keep publishing on-line so we would love to hear stories from you about what you are doing to keep you and very likely your children - busy and occupied at home; who has gone that extra mile to help you when you have needed it most; and we would welcome pictures of your street paying tribute on Thursday evening to NHS and other key workers.

These are indeed tough times and as the Chancellor himself has said, perhaps even harder days lie ahead as we try to rebuild the economy, Yet as everyone from Her Majesty the Queen downwards is saying, we will get through them. We will emerge from the dark days of this virus, perhaps stronger in some ways with a continued determination to look out for one another in a way which is being so splendidly demonstrated lately.

Businesses in Morpeth will re-open and the town will get back to normality

Her Majesty ended her recent speech to the nation by para-phrasing the words of wartime singing legend Vera Lynn when she said: "We'll meet again' - words that ring true for each and every one of us.

Stay at home and help save lives says Mayor

Normally, when writing one of these articles, it's a good idea to check back through the archive available on the Town Council website, to see what previous Mayors came up with, as a prompt or starting point. However, I don't think I will find any inspiration there for the current unprecedented COVID-19 lockdown situation, the ramifications of which seem never-ending in every aspect of modern life.

I am writing this on day 24 of the lockdown, when the government briefing announced that it will continue for another 3 weeks. Hard as it is to stay home, missing our friends and families, it does seem to be working to level out the rate of infection and resultant demands on the NHS, which saves lives.

Our high street was successfully bucking the national trend before Corona virus struck and it pains me to see our local businesses closed. I hope they can hold out until we can all return to support them.

I am however constantly grateful that I am locked down in a safe, green and friendly town like Morpeth, with plenty of room to get out for my regular exercise run.

I want to be sure that everyone in Morpeth, particularly our elderly and vulnerable, can get help if they need it and am glad to say that our strong Morpeth and Northumberland community have once again rallied round. The Parish of Morpeth has a 'buddy' system for 180 elderly residents, whilst the Hollon Trustees have contacted another 100 elderly 'annuitants' and the Morpeth and Stobhill Isolation groups have sprung up on Facebook to share information and ask for help.

In my own Stobhill ward, the Link shop in Shields Rd (01670 519575) have been doing sterling work, coordinating



Mayor Alison Byard says think about having a VE Day home garden party

volunteer shoppers and prescription collection.

Anyone who is struggling can also contact Northumberland County Council's Community Response Hub 'Communities Together' on 01670 620015, 9am – 6pm, 7 days a week. Everyone in Morpeth should be receiving a NCC 'Northumberland News special COVID 19 edition' newsletter, with details of the help and advice available, through their letterbox over the next few days.

Although the Town Hall is closed, Morpeth Town Council staff are still working from home and can be contacted on 01670 514314. Your local councillors are always available for give help or information:

Jack Gebhard 07859 111 985

Morpeth North David Lee Bawn 07947 248 220

Stobhill

Alison Byard 07963 306 549

Can I also ask that we all continue to check regularly on elderly or vulnerable neighbours.

The Queen referred to World War II in

her recent speech to the nation, and reminded us in the words of the popular wartime song, that once the lockdown has conquered the virus "We'll meet again".

The wartime generation knew a thing or two about national struggle, coping with rationing and the threat to loved ones, while staying cheerful. We have all been encouraged by the efforts of 99 year old veteran Captain Tom Moore, whose efforts in doing 100 laps of his garden before his 100th birthday have raised millions for the NHS, with money still coming in!

Many special events have sadly had to be cancelled or put on hold due to the need for social distancing, including the Morpeth Northumbrian Gathering and the town's plans to mark the 75th anniversary of Victory in Europe (VE) Day on 8th May 1945.

The Friends of Morpeth Floral Clock plan to have the clock planted up with red, white and blue VE75 logo in time for the celebrations have sadly been temporarily been put on hold at the time of printing.

However, can I encourage you all to mark the contribution of Captain Tom Moore and his generation on this important day by dressing your homes and gardens in red, white and blue and having a picnic in your front garden for a VE Day 'Stay at Home Street Party' on the afternoon of Bank Holiday Friday, 8th May. Please send us photos on info@morpeth-tc.gov.uk.

Finally, I would like to extend grateful thanks to all those who continue to work beyond the call of duty, facing the risk to their own health, to keep us safe and well fed: our NHS staff, pharmacists, Emergency Services, carers, charities, Northumberland County Council employees, delivery and retail staff and essential services. We can best support and thank them by following government advice to "Stay at home, protect the NHS, save lives".

Alison ByardMayor of Morpeth





Homework can be a fun 'replacement' for school!

By Hannah Owens

It is a strange time to be a school pupil right now, going from seeing friends and teachers five days a week to sharing a 'classroom' with siblings and parents, perhaps even an excitable dog who really is eating the homework!

In a national effort to slow the spread of Coronavirus, life has changed significantly in a matter of weeks, with schools only open to children of essential workers.

As the initial chorus of "hooray for no school" fades and boredom sets in, children are likely to feel confused and perhaps anxious about what has disrupted their world. Parents and carers may find themselves increasingly concerned regarding their child falling behind academically, facing the prospect of taking on the mantle of home schooling their children for the foreseeable future.

Deep breath parents and carers! No one is expecting you to replicate your child's teacher or provide home schooling for a full school day. However, do establish some structure; find out what works for your family and set some realistic goals and targets. Help is at hand, in addition to distance learning tasks that your child's school should provide, there is an abundance of free online resources that can help.

The Department of Education has compiled a list of online educational resources to support children's learning at home. These websites have been identified by some of the country's leading educational experts and offer a wide range of support and resources for pupils of all ages. The list includes subject specific resources which are currently being offered for free.

My students have found White Rose Maths especially good; providing five maths lessons each week for children from Year 1 to Year 8. Every lesson has a short video that demonstrates how to complete an accompanying activity.

From Monday 20th April 2020, BBC Bitesize will publish daily online lessons to help parents engage children from Primary School age to Post-16. The website offers a new TV channel, podcasts, videos, games and daily lessons.

Less formally, there are lots of ways to cover the wider aspects of the curriculum at home and you can get creative with these! Cooking and baking links to Science and measuring amounts and budgeting the ingredients requires Maths skills. It's still all learning time and can be fun!

Making learning meaningful and purposeful, together with keeping children motivated and engaged, can be a challenge. We're living through history and your child might like to write a journal or create a time capsule to document this period in time. They could do some research on significant individuals: Who was Florence Nightingale and why are the new hospitals that have been built named after her? Who is Captain Tom Moore? How has history changed throughout his life?

Promoting a little healthy competition to keep children motivated and engaged can be helpful. In school, we sometimes use reading and times table leader boards; this could be replicated at home and even shared between families and classmates over social media. Asking a reluctant writer to write to a grandparent, teacher, friend or someone they haven't seen for a while it may give the tasks more purpose. Similarly, reluctant readers could be encouraged to record reading and post it online to extended family to celebrate children's achievements.

Despite this being an awful time, people are pulling together: there are rainbows in windows and we clap on our streets every Thursday at 8pm. Stay positive; don't be too harsh on yourself or your class. Your best will be enough.

Hannah Owens

Teacher at Stobhillgate First School

Check out my Twitter @Oswald_Bear where I will be posting lots more ideas for children to explore.

County's 'tireless' response to coronavirus pandemic

It's true to say that we are living in an unprecedented crisis, certainly the biggest known to many of us in peacetime, as the coronavirus (COVID-19) outbreak takes its grip across the world.

I know this is an incredibly difficult and worrying time for all residents and businesses across Northumberland, and I want to reassure you that we have plans in place to continue to deliver critical services to the best of our ability following guidance from the Government.

Our frontline Council services are, and will continue to be, challenged as this outbreak develops, and we are working tirelessly to respond and deal with COVID-19 - prioritising key services such as children's and adult social care, and essential services which are vital to our communities.

The response from residents and businesses in Northumberland has been nothing short of incredible, with communities coming together to support those most in need and at risk. To support these efforts we launched Northumberland Communities Together, to support our network of volunteer groups, to make sure that help is targeted exactly where it is needed, and that the most vulnerable in our communities are safeguarded and protected.

I am acutely aware of the economic impact this crisis is having on all our communities, and we are working on ways that the Council can help residents across the county, particularly those in most need

Our teams are also working flat out to support businesses to help them access key grants and loan schemes that have been made available by the Government. These financial measures to protect jobs, incomes and businesses are certainly welcome economic interventions in this continued period of uncertainty.

Please be assured there is hope for the future. We are working on a plan for recovery, exploring every possible opportunity to support our residents and businesses to thrive and grow. I'm confident we will come out of this stronger - stronger together.

However, to make sure we get there



as quickly as possible, we all need to continue to support each other, and change our behaviour to help stop the spread of this virus.

That is why it is so important that we follow the guidance from the Government and play our part. The decisions we make today affect all of us.

Peter Jackson

Leader, Northumberland County Council

Trust will play its part in Morpeth life

Greater Morpeth Development Trust Doug Phillips had this message for the people of the town - 'For more than a decade our Trust has worked so hard to do our bit to make Morpeth a better place for all of us to live and work.

'We have been involved in big projects such as managing the revitalisation of Morpeth Town Hall which is now not only preserved for the future but is a modern community hub operating in such an historic building, and currently we are doing a similar job at Morpeth Railway Station. The station that dates from 1846 has been given a new lease for today's

rail travellers to have the best possible facilities to start or end their journeys, and up to seven small businesses will also be based in its refurbished offices.

"But we have completed much smaller projects such as restoring footpaths for walkers to enjoy often with the help of signage information telling them what they can see on their walks and we hope people are enjoying as part of their daily one hour's exercising.

"We are also proud of the way our annual Picnic in Carlisle Park has become such a popular event at the start of the school summer holidays.

"Sadly - like so many other events - Picnic in the Park can't go ahead this year



because of the coronavirus restrictions which have also meant we have had to temporarily suspend our monthly Community Cinema film shows.

"Just like everyone put their weight behind the recovery from the 2008 floods, I am sure we will all do the same and work together to overcome this current crisis.

"But also like so many others, we will be back when things return to some form of normality, making our contribution to community life in Morpeth. In the meantime, on behalf of the Trust I would like to wish everyone in Morpeth well and urge them to follow the Government's guidelines to stay at home, protect the NHS and save lives.'

Foodbank still in need of donations

The Wansbeck Valley foodbank is still operating during the coronavirus crisis providing a delivery-only service and perhaps not surprisingly, its volunteers have seen a huge increase in demand since the lock-down began.

The foodbank is a local charity set up to help prevent and relieve poverty or financial hardship by providing food parcels to those in need, with the help and generosity of people in the Wansbeck Valley area including, of course, Morpeth.

Around 60 volunteers collect donations from various local points, so the service can issue foods parcels to people who have been referred to them for help. A food bag contains provisions for a minimum of three days.

During normal times Wansbeck Valley foodbank will supply around 20,000 days worth of food at a value of £120,000 to local residents in need.

Spokesperson Linda Fugill told Inside Morpeth: "At the moment we are OK for volunteers as we are limiting the number of people in our warehouse due to be able to observe social distancing."

Linda said the service is still more than happy to receive food donations which can be left in baskets at the following outlets – Morrisons in Morpeth town centre, the Sainsbury Local Store at Stobhill and the Co-op convenience shop at Loansdean.

Donations will also be taken at the foodbank warehouse on the Northgate Hospital site.

"Any tinned or dried food will be welcome but particularly tinned meat and fruit, jars of jam or other spreads," she said.

"There is also information about giving a financial donation on our website – wansbeckvalleyfoodbank.org – and a Just Giving page on our Facebook page."



'We're still here to help with legal advice' - Ponteland solicitors

A Ponteland firm of solicitors is reassuring clients that it is still there to help them despite the current national crisis because of the coronavirus.

Nicholson & Morgan have been giving local people legal advice for more than 40 years from their offices in Bell Villas. Ponteland.

Because of the Government's current restrictions on trading and social distancing the firm says its offices are closed until further notice.

However, the four partners of the firm -

Andrew Morgan, Jonathan Heslop, Nigel Davison and Sarah Sinclair - say they are still working remotely to look after all their clients and keeping their legal affairs up to date.

"Like so many other businesses and firms we never imagined that we would have to be working like this," said senior partner Andrew Morgan.

"It is a situation affecting each and every one of us, but our clients still need our services and we are doing all we can to make sure we continue to give them the best legal advice and assistance we have always given them. "Clients can contact us through our telephone number, or by email and they can be reassured an appropriate partner or legal advisor will return their calls or emails as swiftly as we can.

"That way we will continue to deliver the level of services we have become known for over the past 40 years. It is perhaps a cliché but we will get through this crisis and we look forward to resuming our normal services just as soon as that is possible."

Nicholson & Morgan can be contacted by calling 01661 871012 or by email to law@nicholsonmorgan.co.uk



Morpeth charity continues to care for those it helps

Councillor Andrew Tebbutt reports for Inside Morpeth on work being done by the Hollon Trust to ensure its annuitants remain safe and well during the Covid-19 crisis.

The Trust was established by a former Lord Mayor of York Richard Hollon to celebrate 25 years of marriage to his wife Mary who originally came from Morpeth. He left a legacy to provide for an annual 'meat tea' for local people who were also to be given a ton of coal and six pounds of 'good beef or mutton.' To this day his wishes are still followed out as Councillor Tebbutt writes below, although the coal and meat gifts are no longer given.

The Hollon Trust which is one of Morpeth's oldest charities, has not been idle during the first four weeks of restricted movement as a result of the coronavirus.

We have nearly 100 annuitants all of whom are over 75 years old and living in Morpeth. When the lockdown was announced by the Government we decided we would split the names between our Trustees so we could ring around all of them initially to make sure they were safe and had the support they needed and to see if they would also welcome a regular call during the crisis.

I am pleased to say that our calls found all were initially happy they had the support they needed, even if their relatives were prevented from visiting them. Suggested follow-up calls were also generally welcomed and they are starting now. But we also made sure they know how to contact us. Sadly, we found one or two

had been admitted to care homes and another two or three had gone to stay with relatives.

So far we have not needed to intervene in any major way, but it is early days and we will remain vigilant. We have reviewed our financial arrangements so the Trust is positioned to help if and when the call comes.

Nobody knows what havoc Covid-19 could cause over the next few months but the Hollon Trust objective is simple and that is: "To relieve distress and or hardship for anyone living in Morpeth." Sadly, we cannot help people living outside of Morpeth.

Most trustees for one reason or another, are having to minimise social contact and will be mainly self-isolating for 12 weeks, but we are active on the telephone. Three are not so restricted and are very active 'on the street' particularly our Mayor Councillor Alison Byard and Kathryn Brown, community worker for the three Morpeth Anglican Churches. Both trustees have contributed significantly to the magnificent volunteer effort right across Morpeth,

The third is Ava Da Costa our Youth Representative, who has been active and remains available to speak to any young person who finds themselves in difficulties. The Hollon Trust works closely with other organisations in Morpeth particularly the Wansbeck Valley Food Bank, Contact Mental Health Group, Barnabas Safe & Sound, Citizens Advice Bureau and Churches Together. The Trust normally only takes referrals from 'trusted colleagues' such as those mentioned but will consider any application on its merits.

The Hollon Trust is, of course, best known in normal times for providing the annual Hollon Tea on November 5th each year. The first tea took place in November 1880 and apart from three years from 2008 to 2010, it has been held every year since including through the two World Wars.

In August the Trustees will be reviewing whether this year's event can go ahead, which is when the invitations are normally sent out. Despite the event being incredibly popular and its 140th anniversary, we are absolutely clear that we will not put our annuitants at risk if Covid-19 is still a threat locally. There is no pressure on Trustees to make a decision before then.

You can contact me Andrew Tebbutt as the Hollon Trust Secretary, on (01670) 511631 or email andrew.tebbutt1046@gmail.com

Keeping in contact with Contact!

By Rhona Dunn

Many of you will know about **Contact Mental Health Charity** which has been around for more than 30 years and is well known and supported in the area.

Put simply, Contact is a drop-in centre based in Morpeth for people of all ages and areas around South East Northumberland. We operate four days a week and for many of the more than 100 members we have it is like home, so when we had to make the difficult decision to close due to the problems of the coronavirus it was a huge blow to them.

Not only were they going to lose all the activities that we put on for them such as art, photography, creative writing, crafts, mindfulness and many others but some of our members benefit from one-to-one counselling and this could not happen. I have managed to organise some telephone counselling, however, which is working.

Our respite caravan is, of course, also closed and I am not sure that we will be able to pay bills for this year if the current situation goes on for a long time.

However, our important mission is what we are there for and that is to look after our members who are vulnerable adults

with varying degrees of mental health problems. They really are needing our support at this time.

Since the lock-down began Mary Kendall, another Trustee, and I have taken it upon ourselves to telephone members every two or three days to make sure they are managing on their own. Many of them are finding it very difficult as they are used to being with us at Contact every day. Some do not understand what is happening while others are struggling financially.

I say this because some of our members are on basic benefits and when the centre is open we help out by serving cheap lunches as well as providing food which we often get from Lidl and Marks & Spencer.

I also have some emergency food which we try to keep in such as basics like tea and coffee, long life milk, bread and spreads and on occasions assist with an unpaid bill with help from the Hollon Trust for which I am extremely grateful. This means that even though they are still getting their benefits they are not getting any extras to help out with. So what to do?

Jack Gebhard came to the rescue initially by offering to get some food and I was to

pay for it out of a neighbourly grant to help us out, but this was not going to last long. However, Jack sorted it all out and on his last delivery rang me to say he had left it on the step of one of our members. But when I rang them someone had taken it!

Jack was gutted but cheerfully went and got some more food. The result was that Jack also got a donation towards Contact which was amazing. He really is a tremendous example of the community spirit in Morpeth. I also got an offer of some food from Amble Food Centre through a Rotary Club friend.

I am not sure where next week's food is coming from but I am sure God will provide as he has done so far!

Morrisons have also given us some food but we have to top it up with necessities to bulk it out. Councillor David Bawn posted a message on Morpeth Matters that we are struggling and we have received some donations through our local giving page which is amazing and we have also received another donation from Tom Stewart of the Masonic Blood Bikes Group.

We are so grateful that people are thinking of us during what is such a difficult time for everyone.

Thank You - Rhona

Morpeth & District Chamber of Trade Vice Chair Lee Richardson has this message for readers of Inside Morpeth



'During these unprecedented times when we are all encountering new challenges, some greater than others and some impossible to navigate.

'Within Morpeth we have seen some great adaptations allowing shops to provide the same great services we are used to with home delivery now an option for many and social distancing operated effectively within stores.

'It is encouraging to see that those businesses that have been allowed to remain open under the Government enforced lock-down, have done so.

'So I would personally and on behalf of Morpeth Chamber of Trade members, like to extend great thanks to all key workers up and down the country who work tirelessly care and provide for us.

'Morpeth Chamber of Trade continues to operate and has communicated useful information to members as it has become available. Should you have any gueries please email our secretary on info@ morpethchamberoftrade.com'

Message of hope on behalf of Morpeth's churches

By Mike Willis, Minister at New Life Morpeth

We are certainly living in interesting times. Who would have thought that the whole world would or even could come to a virtual standstill because of this virus Covid-19.

For myself, as a minister, we have lost two dear friends due to this terrible virus, and personally, my wife was seriously ill with Covid-19. She needed to go to hospital 4 weeks ago, but thankfully was sent to recover at home. She is now making a slow but steady recovery.

Every time we turn on our TV there is more bad news, and the thought of lockdown continuing through most of 2020 is not a pleasant thought. And then, we have some amazing stories of how incredible people are – giving their time, effort and money to help their fellow citizens.

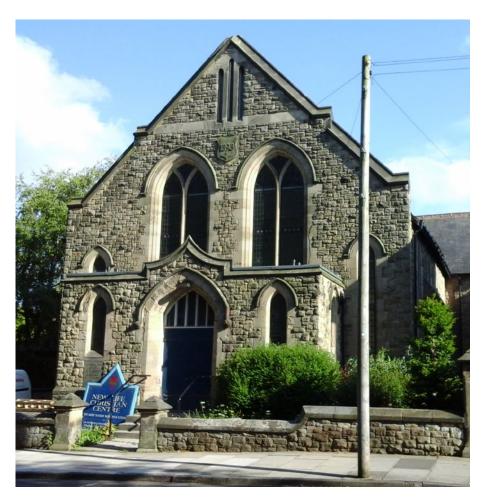
In Sept 2008 my first week as being a church leader in the town, Morpeth flooded. It was terrible and awful – the suffering, and destruction that occurred, but we came out the other side, and there were so many good things that happened, and it was amazing to see how our community worked together.

I see it as my job to in some small way try to bring hope – God's hope: that we will get through this and emerge stronger better human beings.

It is a time when we can spend quality time with our families, but also can be a time when we reflect on our own lives. I believe our lives are in God's hands, and He has a plan for us – a hope and a future. He loves us so much that He sent His son Jesus to rescue us, so that one day we will spend eternity with Him in paradise, and today He offers us His peace, which is something many of us need at this time.

My faith is something that strengthens me each day, and helps me to make sense of a difficult situation. My hope and prayer is that in this time of lockdown, you too can experience the peace of God today.

We as churches are there for you. If there is any way that we can help please do not



hesitate to get in touch, and we are now holding services on-line, and we would be delighted if you wanted to tune in, and spend some time of reflection and worship together.

Virtual services at Morpeth churches

Some details about how our local churches are keeping in touch with their parishoners whilst they have had to close their doors.

New Life Morpeth

There's a Sunday service online on the church's YouTube channel 'New Life Morpeth' which is also available on its Facebook page. It is a time of worship, communion and a short preach. Also a

daily time of reflection and devotion to encourage those listening in,

Morpeth Church of England

Its YouTube channel is 'Morpeth Parish' and there are daily reflections Monday to Friday at 8am, a Sunday parish service at 10am, then a Tea Time Church at 4pm with story, prayer, song and craft.

Morpeth Baptist Church

YouTube channel is 'Morpeth Baptist.'

Morpeth URC

YouTube channel is 'Morpeth and Area URC.' Church also has two children's videos each week and a Sunday service

St Robert's Church Morpeth

Updates and news available via the Church website and Facebook page



Edinburgh-based Land Use Consultants (LUC) were commissioned last year by Morpeth Town Council to carry out an Appraisal of the town's Conservation Area that was first designated 40 years ago centring on the Market Place and routes that radiate out from there up Newgate Street to Bullers Green, through Oldgate to the River Wansbeck then along Bridge Street to St George's Church.

What is a tightly drawn Conservation Area boundary also extends tentatively across the River Wansbeck at Telford Bridge to skirt around the foot of Morpeth's Norman Castle taking in a small collection of buildings to the west of the bridge, before looping around to include the 19th Century Courthouse,

Morpeth was at the forefront of declaring conservation areas back in 1970 when the then administering local authority covering the town was Morpeth Borough Council, three years after a Civic Amenities Act introduced the simple concept of recognising buildings and areas of historic interest and making provisions for the protection of that specific interest.

It was recognised at the time that the importance of conservation areas centred on their distinct character and appearance that may have developed over many centuries.

The LUC Appraisal states that a

conservation area designation is all about celebrating and preserving the local distinctiveness of a town such as Morpeth, as well as being a tool to help people understand and appreciate what is important about the place. Such a designation, it says, is not intended to discourage or prevent change, rather to inform and actively manage change to conserve and strengthen the elements that positively contribute to the character of a town such as Morpeth.

So what was it that made Morpeth eligible for conservation area status in the first place? Report author Rosie Brady of LUC suggests some of the reasons in the Appraisal document which will be of interest to many Inside Morpeth readers, especially any residents new to the town.

For a start she looks at the history of Morpeth which she states lies roughly at the centre of what was the Anglian Kingdom of Northumbria stretching from the Lothian Borders of southern Scotland to the Humber.

The story of the town dates back very nearly 1,000 years to the days when the Barony of Morpeth was granted in 1080 to William de Merlay by William the Conqueror in recompense for his support and services to the Norman invader. It was likely that the first Morpeth Castle on Ha'Hill was built around that time.

Just over 50 years later monks

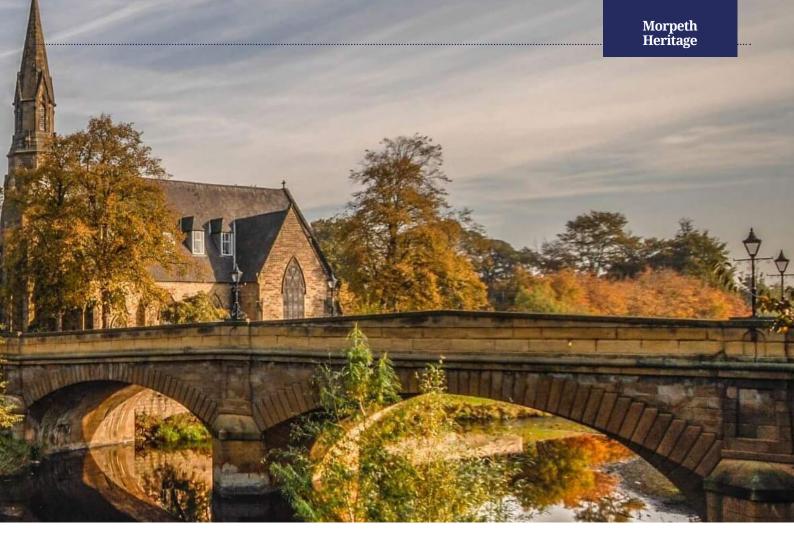
from Fountains Abbey in Yorkshire journeyed north to establish an Abbey at Newminster along the river towards Mitford, which - as local author Bridget Gubbins has recalled in books about Morpeth published by Greater Morpeth Development Trust – became the most important Cistercian Abbey in the north east of England.

Then, in 1199 King John granted Morpeth a charter to hold a fair and market which. of course, became such an integral part of local life particularly with regard to the buying and selling of livestock helped by the fact that the town was so ideally located on the principal main north-south highway along the east coast of England.

For centuries drovers walked their beasts from as far away as the Scottish Highlands to be sold in the town, and until as late as the 1950s Morpeth remained one of the most important livestock markets in the country.

The 13th Century Chantry Chapel built on the northern bank of the river has housed everything from Morpeth's King Edward VI Grammar School that first began teaching pupils in 1552, to a local government headquarters and a pop factory and today it is still in use as a craft centre, gift shop and tourist information.

Other notable historic town centre buildings are the Clock Tower and the Town Hall which was designed more than



300 years ago by the great architect Sir John Vanbrugh who was also responsible for Castle Howard in Yorkshire, the magnificent Blenheim Palace and closer to home, Delaval Hall.

A short walk out of the town is the imposing Victorian railway station which has just undergone a £2.2 million renovation to give it a new lease of life and make it fit for 21st Century rail travel.

The River Wansbeck has, of course, been central to the development of Morpeth running as it does through the very heart of the town, with its banks providing wonderful walks and open spaces adjoining Carlisle Park which was opened in 1929 when the Earl of Carlisle gifted the land to the people of the town.

Medieval buildings, alleyways and burgage plots which shaped the town centre can still be seen today while homes built in successive eras characterise the continuing development of Morpeth within the boundaries of the Conservation Area.

The use of varied materials and styles such as hand-made bricks – often robbed from earlier buildings – along with a developing range of roof coverings and windows, defines the nature of buildings and a changing architectural culture over the centuries, which as the Appraisal reports, continue to add to the character of Morpeth town centre to this

day. In fact, the Appraisal document is supplemented by a Gazetteer which notes and comments on every single building in the Conservation Area.

The chestnut trees in the Market Place, outside the Chantry and along Dacre Street that were originally planted in the late 19th Century, together with the magnificent contemporary floral decorations on the town centre streets and in Carlisle Park, bring continued praise from the judges of the Northumbria and Britain in Bloom competitions, and also make a welcome respite from the more conventional urban street scene.

The positive role heritage plays in defining local identity and character was recognised in the 2016 Morpeth Neighbourhood Plan which noted that the historic environment was an asset that needs to be conserved and strengthened by the town, so much so that the Appraisal was required to support the Conservation Area.

Morpeth Mayor Alison Byard and Councillor Nic Best who briefed me about the Appraisal, say they hope local people, business owners and potential developers, take the chance to read the report which they say is a very readable document. "It sets out how Morpeth has developed and been transformed over many centuries and why we all believe that special characteristics of the town must be preserved," they said.

The Appraisal, they say, will aid developers and planners by providing a clear context for future developments in the town centre and help keep Morpeth's identify and distinctiveness through its current and on-going period of rapid growth. For instance, currently there are a number of sites that seem ripe for development including the Riverside Leisure Centre due to be replaced by a new centre at The Terrace, and possibly, in due course, the former post office and sorting office in Oldgate.

Because the Conservation Area was tightly defined around the town centre it does exclude many local buildings of special interest, so the Town Council has commissioned a second Appraisal phase that will review the boundaries that were set back in 1970, and that will be carried out in the coming year.

"The document will be an essential tool for ensuring that the historic character and charm of our town centre will be protected and wherever possible enhanced, which is especially important during this period of rapid growth in Morpeth," added Councillor Byard.

Anyone wanting to view the Conservation Area Appraisal document can do so by contacting Morpeth Town Council or downloading it as a PDF from the Town Council website – www.morpeth-tc.gov.uk

Lessons to be learned from Morpeth climate change talks

By Ian Leech

Perhaps it should come as no surprise that today's younger generations are among the most concerned about what sort of world they will be inhabiting in the future because, after all, they are the ones who are going to have to face up to whatever challenges lie ahead over the next few decades.

Young people of today are so aware from an early age that the far-reaching global consequences of climate change pose a very real threat to humanity which will affect where people can live, work, grow food and maintain a healthy, safe lifestyle. Television broadcasts, press coverage and social media reports over recent weeks and months have vividly brought home that message.

Take the bush fires in Australia, for example, the ferocity and destructiveness of which horrified the world by devastating 18 millions hectares of land and destroying 6,000 homes and properties as well as claiming the lives of more than 30 people and killing an estimated one billion wild birds and animals.

Elsewhere there have been frequent reports of volcanoes, hurricanes, typhoons and earthquakes as well, of course, closer to home the overwhelming floods in the recent wake of Storms Ciara and Dennis that ruined people's homes and businesses across large swathes of the country.

There were reports of major rivers peaking at record-breaking levels while in one part of Yorkshire a temporary lake formed that was said to be 80 percent of the size of Windermere, England's largest lake.

Fortuitously, Morpeth escaped those most recent floods as the defences installed after the River Wansbeck burst its banks in 2008 with such disastrous consequences, did their job and kept the town dry, but many people and business owners still remember only too well the



Glen Sanderson at the front delivering his speech about NCC's response to the climate emergency

misery they had to endure for weeks and months afterwards.

Contrast that to last summer when temperature records were regularly being broken across England, peaking at a Mediterranean 38.7C - the highest ever recorded in England.

It is more than just extremes of weather that are concerning people the world over, however. The continued use of fossil fuels by countries such as the USA, India and China; the safe - or unsafe - disposal of waste including plastics as evidenced by David Attenborough's 'Blue Planet' series of programmes which showed how

the oceans are being choked by millions of tonnes of floating debris; the drive towards switching from petrol and diesels to electric cars; the benefits of more recycling or upcycling; or the importance of generating energy from wind or solar power are just a few of the issues that are concerning environmental activists - and many of those same issues were discussed and debated at a recent climate change conference right here in Morpeth.

The one-day event was organised by the Three Rivers Learning Trust which is responsible for seven local schools - King Edward VI School (KEVI), the Middle schools of Chantry and Newminster in



"We need to help prevent further changes to the climate by making changes to our lifestyles. Simple changes that everyone can make that will secure our planet for generations to come."

Morpeth and Dr Thomlinson in Rothbury, and the First schools of Abbeyfields (Morpeth), Harbottle and Thropton Village.

Together they educate around 3,300 students and pupils as well an employing more than 300 teachers and staff making the Trust the second largest local employer behind Northumberland County Council

As local councillors Joan and Andrew Tebbutt and KEVI educational consultant Sheila Clark told me, around 100 High and Middle school students and pupils attended the Town Hall conference along with Northumberland County and Morpeyth Town councillors, farmers and representatives of the NFU, the Environment Agency, Morpeth in Bloom, bus company Arriva, local businesses and the University of the Third Age.

I also met with Three Rivers Learning Trust chairman Paul Carvin to discuss the conference and, he told me: "We believe that the climate change crisis is the biggest threat facing our world so we will do all we can to reduce the impact we have as well as informing our students and others based on research and science.

"We will work with others – taking the lead if necessary – to address the climate change crisis that we face. In addition to taking a lead we hope to address the climate change crisis by speaking out at every chance we get – this Inside Morpeth feature will help us with this – as well as ensuring curriculum opportunities are taken to raise awareness and identify solutions; involve our young people in the challenges that lie ahead; and consider what action we can take to make a difference at a local level such as planting more trees around our school grounds.

"The County Council has declared a climate change emergency as has the national government, so in a way we are trying to respond to that. As a Trust we recognise the need to educate and engage with our students and pupils over climate change and we want to empower them

to give them knowledge and information they can share that with others.

"For example, if you think that most households in Morpeth will know someone attending one of our schools as a parent, grandparent, family member or friend then there is a real opportunity for us to take a lead on this."

The conference generated some interesting debates and views – especially from the young attendees – about what can and should be done, to minimise the impact on climate change.

For instance, conference feedback listed issues such as greater use of public transport to cut down on car journeys - a straw-poll has suggested, for example, that only one person daily travels to KEVI in most cars parked there. Conference delegates also wanted to see more recycling or upcycling - perhaps handing down school uniforms when they have been outgrown; turning the thermostats down on home central heating systems; cutting down on the use of plastic bottles and cutlery in school dining halls and tuck shops; or using longer-lasting LED light builds rather than the more conventional ones which Trust schools are already doing; and locally sourcing more food to be cooked in school kitchens.

Delegates also wanted to see more children and young people walking to school if possible, rather than being driven and they were certain if cars are waiting outside school gates than engines should be switched off rather than idling and emitting polluting fumes!

Initiatives such as 'meat-free Mondays' have been introduced at KEVI although as Paul Carvin said, the reaction was initially a strong backlash but he added: "Students dealt with that and meat-free Mondays are accepted as part of a normal school week."

All the Trust schools are fortunate to have plenty of open spaces around their sites which feature in curriculum lessons. It also follows a programme of tree planting which over the last six months has seen some 2,000 saplings planted around school grounds.

"There was an excellent response to the conference particularly in terms of the number of young people attending and the wonderful contributions they all made to the day," said Paul.

One positive outcome is that each of the Trust school governing bodies has been charged with preparing their own climate change actions plans which will be fed into the Trust's overall plan to deal with climate change issues.

Also on the agenda will be another climate change conference which this time will be tailored towards then Trust's First schools.

Perhaps the last word should go to some of the young people who attended the conference and this is what some of them jointly had to say – 'Climate change is really important to us. It is our future and an urgent problem which will affect our generation and all future generations. We all need to care more and everyone needs to do their bit. Our gardening team is working together to plant more trees and look at other solutions to CO2 problems...' Year 10 Eco Gardener's Group including Beth Marriott, Emma McCourt, Sam Hayles, Abigail Murray, Ami-Jane Green and Ilia Train.

Year 12 environmental students Georgia Gorbould and Masie Franco-Saunders, added: "In order to change public opinion we need to ensure Government officials listen and change policies. We need to help prevent further changes to the climate by making changes to our lifestyles. Simple changes that everyone can make that will secure our planet for generations to come."

Zoo's fundraising plea over Covid-19 shutdown

Northumberland's only registered zoo just five miles north of Morpeth has been seriously affected by the coronavirus crisis.

The zoo at Eshottheugh Farm - even if they haven't been there most people will know where it is because of the big yellow Beef Jerky van parked alongside the A1 at the end of the road on to the site – has had to close to visitors which meant that it lost its admission entrance fees overnight.

But as the owners say its 400 animals and birds from adorable lemurs, a fluffy Canadian Lynx, meerkats, wildcats, capybarras, racoons, donkeys, horses, goats and sheep to birds of prey to name but a few, still need feeding and looking after every day.

So the zoo keepers have had to be kept on and not furloughed in line with the Government's scheme to help businesses survive until they can re-open again.

The zoo had been planning to open a new restaurant at Easter but that has also had to be put on hold until the coronavirus crisis eases.

Many families still fondly remember the zoo's early days when it was the Eshott Farm attraction, before it was granted its formal zoo licence in 2015. Since then it has continued to grow in popularity as one of the county's most unusual visitor attractions, wildlife conservation and educational resource.

With no admission fees to count on the owners have, however, had to appeal for public support to keep the zoo going and, as curator Maxine Bradley says they have been 'overwhelmed by the generosity and response' of so many people as well as other local businesses. "The support we have had has been amazing and it really means so much to us," Maxine has said.

"We want to still be here when all this is over to provide a link between local people and wildlife they can't see close-up anywhere else in the region."

There are a number of ways people can help the zoo during the current crisis. For instance, it has set up a gofundme page or people can make a donation, purchase admission tickets now that will be valid for when the zoo re-opens in the future, adopt an animal or book an 'Encounter' experience date giving visitors the chance to get up close and personal with its animals and birds in the company of a knowledgeable zoo keeper.

Readers can find out more information, visit www.northumberlandzoo.co.uk

Help is at hand for home workers

By Lee Richardson - Director Coast Technology Limited Morpeth

The times we are living through are something we never thought we would see. Each day we are used to being sat next to our co-workers exchanging chat and ideas and now although we may be miles apart, that does not mean work should not continue not in the traditional way we are used to, but in a much more flexible way to keep productivity going.

Some of you may already be using great tools that are available to assist with home working, but just in case I have put together a few bullet points set out below, about what some of the technology leaders out there are offering.

- Microsoft Teams allows organisations to communicate in real time by instant messaging (privately or in groups) as well as making internal video or audio calls with the whole team or on a one-to-one basis. Microsoft are currently offering this service free of charge for six months. If you wish to take advantage sign up at https://bit.ly/coasttechteamsfree
- If you have staff currently working from home using their personal computers, in partnership with TrendMicro we would like to provide your employees with six months free access to Trends consumer internet security product Trend Micro Maximum Security. To benefit from this simply sign your company at https://bit.ly/coasttechfree-av and you will receive a download link that you can share with your employees and colleagues
- We can offer a phone system that can be set up within hours rather than months, to show your existing landline number on outbound calls and provide you with a number to have your calls forwarded to. This lets your business continue to run smoothly via apps on your employees' mobiles. If you would like to look at this option email info@coasttechnology. co.uk and we will contact you with information.

There are other solutions which can also benefit you - some are free, others are heavily discounted. If you are looking at moving to a more flexible way of working please email info@ coasttechnology.co.uk to arrange a free, no obligation 30 minute chat about the options that are out there to help you.

Community working together

Former Mayor Jack Gebhard the Morpeth Community Coordinator for Northumberland Communities Together, has asked us to say that he has seen at first hand how the national 'Good Sam' volunteering app and the council's Communities

Together initiative are really working around the town.

"So if anyone wants to request or offer help, the most efficient way is to register with Northumberland Communities Together," he told Inside Morpeth.

The initiative is supporting residents, groups and volunteers with practical advice and help for things like food

supplies, access to resources for other essentials, as well as safeguarding information for the most vulnerable and 'at risk' residents.

More information is available at www.northumberland.gov.uk/ communitiestogether or by telephoning (01670) 620015 between 9am to 6pm seven days a week.





Now, more than ever

For simple steps to look after your mental wellbeing search Every Mind Matters

10 steps:

To looking after YOU during lockdown



Physical and mental health is so important, but even more so right now, whilst the world is dealing with the Covid-19 pandemic, we are home working, and home schooling, and it is important you do not forget about you writes Christie Harley of Morpeth's Yoga Den

Unfortunately, alongside lots of other businesses across the word Yoga Den closed its doors on Friday 20th March, with no plans in place of reopening anytime soon. Yoga Den has been a place of peace and tranquillity for so many Northumbrians for the past 15 months so keeping a strong sense of community has been imperative.

Yoga is not just about getting into a physical posture, but also about self-care and self-love. Since lockdown measures were announced, many people have struggled to find a routine where they are nurturing their physical and mental selves, as well as sticking to their usual routine. To help you to take the lead in self-care and self-love I have created a 10 step guide.

Step 1: **Get physical**

Getting physical does not necessarily mean going for a 10k run every day (unless that's what you love), but to ensure you are moving and breathing freely each day. There are so many free exercise classes online to choose from, enjoy perusing and try supporting a local business with a small donation or a page share on social media. Everyone's talking about Joe Wicks, right now, but he's not for everyone, go to Youtube and find something that floats your boat, whether it be Yoga, Pilates, Zumba or boxercise, there will be something online that will get you moving. If an online workout isn't what you a looking for, use your outside time to go for a walk, and take notice of our beautiful town whilst it's quiet.

Step 2: Stretch

I have taught Yoga for three years, and practiced for a lifetime, but it always surprises me how many people never stretch. Step 2 is to stretch, so here's my challenge to you. When you wake up tomorrow, stand up and stretch up to the ceiling, then side bend to the left and to the right, bring the arms around the back lace the fingers and lift the arms

squeezing the shoulders blades together, and see how much better you feel. If you enjoy it, which you will, try to do it every day and start adding extra little movements as you get used to the stretch.

Stretching is a great way to wake the body up, it relieves stress and anxiety, decreases any muscle ache and improves the posture. Stretching is the physical aspect of Yoga, so when you start to feel the benefit of these minimal stretches, have a look into Yoga or Pilates. Try Sun salutations A for a get up and go first thing in the morning.

Step 3: **Create a sacred** space

Being at home with our loved ones, which is usually a place of peace and love, might now be starting to feel more like a war zone. It is essential to allow yourself 'space' in your home for quiet reflection; space could be a spare bedroom, a seat in your garden, a place in your bedroom that is free from distractions or maybe you're lucky enough to have a garage or shed that could be transformed into your very own sacred space.

The third step is to clear a place for you and only you to escape to when you need five minutes. Make your space any way you would like, add plants, a soft cushion, a scented candle some incense sticks, just whatever you need to feel peaceful and relaxed. Be creative, and make sure your loved ones are aware that this is yours, and when you go there to not disturb you.

Step 4: **Breathe**

Breathing techniques or pranayama as it is known in yoga, can be a way to feel grounded and centred at times of stress. We all breathe but learning to breathe in different ways has lots of benefits. For example, prevents anxiety and stress, increases energy levels, ensures the lungs are being used to the full capacity, improves digestion, and keeps you calm and centred. Wow, all those benefits just from breathing.

Try this easy conscious breathing technique:

Inhale for a count of 4, pause the breath for a count of 4, exhale count of 4, pause the breath for 4. Repeat this 6-10 times, have a break and do it again. Take note of how you feel as you breathe. (Do not pause the breath if you are suffering from any respiratory issues).

If breathing techniques interests you, there are lots of pranayama exercises for free online.

Step 5: **Meditate**

The art of mediation can be difficult to master and is sometimes why people have a tendency to try and then not stick to it. Our brains are working all the time, which is perfectly natural, the key here is to allow the mind to concentrate on something else other than your thoughts or to do lists. Guided meditations are a great starting point for newbies, YouTube has hundreds of free guided meditations to try, and there are apps like headspace and Calm which are a good option too.

Try this counting meditation to help you centre:

Sit comfortably and close your eyes. Connect and concentrate to your breath, focusing just on your inhales and exhales. Once you feel your heart rate slow, think of the number 100. Begin to count backwards, 99...98...97...96 and so on. Every time your mind thinks of something else other than the next number, return to 100 and start over. Take note how you feel when you reach number 1, and realise how still the mind has been.

Step 6: **Be Grateful**

We concentrate on gratitude a lot in Yoga, it is a mindful practice and helps focus on what is important in life. Gratitude is the quality of being thankful. What are you thankful for today?

Saying to yourself each day "I am grateful for..." adds a ray of sunshine into each day.

In January I ran a yoga retreat where we created gratitude jars. You can use an old sauce or jam jar and decorate it (if you are feeling creative), and then every day write what you are grateful for on a piece of paper and put it in the jar. Whenever you feel down, depressed, or sad, you can reach in the jar and pull out something to be grateful for.

I am grateful for the health of my family and friends.

I am grateful for the sunshine.

I am grateful for my dog.

I am grateful for clean, running water.

No matter how dark the day, there is always something to be grateful for.

Step 7: **Get connected**

Let us get back to calling our friends and family. Texting and emailing have become the norm but making a quick phone call to check in on a friend or a colleague can mean the absolute world right now. Life was too busy before, but now we have time to make that call and speak to other human beings. Facetime or video calls are another great way to stay connected, you could even set up a virtual coffee date with some friends. I have loved seeing pictures of family quiz nights, coffee dates and games evenings via facetime and skype on social media, so stay connected and get creative, and make sure you are talking with friends and family regularly.

Step 8: **Get Learning**

If you've been furloughed or perhaps your business has had to close like mine, use this extra free time to learn. There are

lots of sites out there offering discounted and even free courses, you could upskill in something to do with your job or maybe learn a new skill like cooking or painting. Tiddly Painters are offering donation-based classes on Facebook, and Healthy Prep Kitchen are publishing their recipes on Instagram. Try not to wallow, and make this time about learning and creating something new.

Step 9: **Get eating**

It's so easy to opt for the comfort food like crisps, chocolate and cake, and take advantage of some of the takeaways that are still open. This is fine sometimes, but try to be mindful of what you're putting into your body, ensure you are still getting your five portions for fruit and veg each day, drink water, and stick to meal times as best as you can. Incorporate step 8 and 9, and learn to cook and bake using as much fresh produce as you can.

Step 10: **Get to sleep**

Disturbed sleep is a biproduct of uncertain times, and I for one know about insomnia. If you are struggling with your sleep routine, there are lots of practices that can help you fall asleep. All of the first 9 steps will help your routine and relieve anxiety and stress you may be feeling.

A few extra sleep tips include no caffeine after 5pm, no tv/phone/iPad/laptops in the bedroom before sleep (blue light is a no no), have a bath before bed and keep the lights low. Try not to read or listen to the news or anything that will keep your mind awake and active before going to bed, and don't be angry with yourself if you can't sleep, just breathe and try the 100-1 counting meditation.

In these uncertain times it is lovely to see and feel the Morpeth community online. I hope that you stay healthy, safe and positive over the near future and look forward to opening my studio doors soon.

If you would like to get involved follow @christieharleyyoga on Facebook, Instagram, and YouTube. If you love Yoga or would like to start, there are over 40 online classes available at www.patreon.com/christeharleyyoga

Namaste

Laura's home grooming hints



Our regular Inside Morpeth columnist **Laura Anderson** who runs her own hair and beauty salon in Newgate Street, has some helpful advice for ladies – and gents – who are not able to visit their normal stylists during the coronavirus crisis.

Well Inside Morpeth readers – this is a strange old situation we find ourselves in. I myself have turned into a stay-athome Mum, home schooler and chief dish washer which is a far cry from being a full-time owner of a busy hair salon.

The days in the salon leading up to lock-down were very unsettling indeed. We all tried our hardest to put big smiles on and to cheer up our clients the best we could, but we all knew in our heart of hearts there was something awful looming on the horizon.

As a result we also felt it was important to give our clients as much hair care information as possible to prepare them for perhaps the months ahead when they would have to be looking after their own hair.

So I hope I can give you a little advice on looking after your own hair in these strange times until you can see you own stylists again!

Embracing the silver

Now is a good time to give our hair a break from hair colours. A lot of people in lock-down can embrace fabulous hats, bandanas and hair bands, while silver shampoos and conditioners are great for revitalising dull locks. Some contain magnesium and anti-yellowing properties to add a super shine. If you decide to go grey don't let your wardrobe wash you out. Safe colours can be grey and black but they can be the most ageing. Why not try wearing soft pastel colours such as lavender, pink or a vibrant red. If you are not confident with your lips try making your eyes stand out more with a heavier lash liner. Use a darker eyeliner or shadow to thicken them up.

Cutting men's or boy's hair

This can be really tricky and I have seen some horrors on social media and in my own private messages so I would suggest watching a few YouTube tutorials on line before attempting that first cut! If using clippers always use the larger and bigger guards first then slowly work your way down to using the smaller and shorter guards last. This will really help with blending. If you don't have hair scissors high street shops like Home Bargains, Boots and Superdrug sometimes sell them. Or try Amazon online or Ebay.

Finally can I wish all our readers good cheer and more importantly good health – and hair – in the days ahead. Like the others, I am not sure when our salon will re-open but when we do we will be so excited to see all our wonderful clients again because we are missing them so dearly. We love looking after your hair and hopefully will be doing so again in the not too distant future.

In the meantime take care and stay safe.





Who's stepping up to the plate?

With so many people self-isolating in their own homes, others visiting shops and supermarkets only sparingly, and restaurants, pubs, coffee shops and cafes all closed in line with the Government's social distancing instructions to try to halt the spread of the Covid-19 virus, dozens of suppliers large and small have been quite literally stepping up to the plate to stock up individuals and families as well as their pets, with food, drinks and take-away meals.

So with the help of Northumberland's Tourism Development Officer Dawn Goodwill-Evans we have put together a guide to who is supplying what in and around Morpeth. The list is by no means exhaustive, so if any businesses want to be added to it for future online Inside Morpeth editions, they can contact us at ian-leech@sky.com

Anglers Arms, Stakeford

Tel. 01670 825 795 Delivering pub meals, paninis, jacket potatoes, soups and puddings

Boulevard's Pizzeria, Morpeth

01670 519 170 Open evenings for take away

Blagdon Farm Shop

enquiries@theblagdonfarmshop.co.uk Order online and collect from the shop at Milkhope Centre Blagdon

Deli Farm, Morpeth

Tel. 07969 317 932 Full range of meats and veg. Delivery Morpeth area

E Price Fruit & Veg

Tel. 01670 512 666 Deliveries in Morpeth, ring to order

Ephesus Turkish Restaurant, Morpeth

www.ephesusmorpeth.co.uk Take-away menu, order online, delivery and collection only

Flavour Fox, Pegswood

(@flavourfox)
Diet friendly take away, full menu including vegan and vegetarian

Glenton's Bakery

Tel. 01670 818 062 Delivery of bread, pies and cakes

Horton Grange House, Ponteland

Tel. 01661 860 686 Delivering afternoon tea

Laidler's Home Delivery

sales@laidlers.com Fruit & veg, eggs, milk, home delivery

Marlish Water

www.marlishwater.co.uk Spring waters, soft drinks sugarfree, bottled water delivered locally, online ordering

Moorhouse Farm, Stannington

Tel. 01670 789 350 Farmshop is open, phone order taken, collection only

Morpeth Tandoori, Chantry Place

Tel. 01670 517 180/516 144) Open 5pm to 9pm collection of phone orders

Murphy's Kitchen

Tel. $07824\,875\,342$ Meat and cheese pies, minimum order £20

My Pet HQ

mypethq.co.uk Pet supplies available on line

Northumberland Cheese Company

www.northumberlandcheese.co.uk Online ordering with free delivery over £25

Northumberland Fruit & Veg

Tel. 07817 430 634 Fruit & veg box £25 free delivery within 5 miles of Bedlington

R Martin Butcher, Morpeth

Tel. 01670 513 359 Telephone orders only, shop open

R Green Butchers

Tel. 01665 570 253 Home delivery

Robson & Cowan Country Store

Tel. 01670 774 205 Garden and pet goods and supplies, general goods, appliances, delivery service

Running Fox

@therunningfox Cakes, scones, high tea type food, click and collect at Felton, home deliveries starting soon

The Mad Jam Woman

madjamwoman275@btinternet.com Jams and preserves, up to 4 jars £3 each plus £3 postage)

Wrights Bakers, Bedlington

Tel. 01670 825 381 Wide range of bread, buns, cakes, sausage rolls, pastries, pies, sandwiches, collection or delivery free to people self isolating



ANYONE CAN GET IT, ANYONE CAN SPREAD IT.

STAY HOME PROTECT THE NHS SAVE LIVES