

Boulmer Howick & Longhoughton



2023
to
2036

CONSULTATION ON THE NEIGHBOURHOOD PLAN

The draft of the Neighbourhood Plan is now available for consultation with all residents of the Parish of Longhoughton. **The Neighbourhood Plan gives a voice to residents on the future development of the parish to 2036.** To enable residents to obtain an understanding of the draft proposals we are circulating with this newsletter a supplement which summarises the draft plan. The supplement also contains details of exhibitions and drop-in events at which members of the Steering Group and Parish Council will be present to discuss the draft proposals and answer any questions. It gives guidance on where you can see a full copy of the draft plan, all the back-up papers and other evidence that has come from earlier consultations with residents.

We would like to hear your views on the draft plan!

The Parish Council and the Steering Committee would like to hear your views on the draft plan. To enable this we are circulating a response form for you to complete and return. It is also available on our website www.longhoughtonndp.co.uk



Longhoughton
Parish
Council

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[Please contact the Clerk about the parish councillor vacancy.](#)

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Newsworthy items for the next edition, before the **deadline on 17 November**, please.

Disclaimer: The Boulmer, Howick and Longhoughton Community Newsletter is published by Longhoughton Parish Council. The views expressed represent the understanding of the editors or of any named person contributing to the newsletter.

PARISH COUNCIL NEWS

MEDICAL CLINICS AND SERVICES IN THE PARISH

Over the next six months experts from the County Council Health and Wellbeing Service will give a series of talk/clinics with hands-on service. The talks will be given at the Longhoughton Community and Sports Centre on the following dates and topics:

| | |
|------------------------------------|---|
| 21.09.23 (Thursday) 10.30am | The eatwell guide |
| 19.10.23 (Thursday) 10.00am | Fats and sugars |
| 16.11.23 (Thursday) 10.00am | Food labels and portion sizes |
| 14.12.23 (Thursday) 10.00am | Physical activity and the five ways to wellbeing |
| 18.01.24 (Thursday) 10.00am | Internal and external triggers to food choices |
| 15.02.24 (Thursday) 10.00am | Eating out and alcohol |

All free including refreshments : All welcome

- The expert staff from the Health and Wellbeing Service will give advice through the presentations and, if requested, will hold one-to-one sessions with individuals.
- They may refer individuals to their GP or will guide people through the services they offer to benefit their health.
- They will undertake health checks for individuals by offering blood pressure checks, weight checks and other checks.
- The team provides specialist health training and support to people who wish to make lifestyle changes.

Please take advantage of this service.

MEETING WITH ALNWICK MEDICAL GROUP

The Chair and Vice Chair of the Parish Council met with the Partners of Alnwick Medical Group (AMG) on 18.09.23 to discuss the possible ways in which the Practice can provide a service in Longhoughton. A number of possibilities were discussed but each needs more consideration and investigation. The Parish Council will continue to work with AMG and further progress will be reported through this Newsletter.

THURSDAY TOGETHER COFFEE MORNINGS INCLUDING 'GIVE AWAY' SLOW COOKERS

The next 'Thursday Together ' coffee mornings are to be held as follows:
Thursday 12 October 2023 from 10.00am to noon.

Thursday 9 November 2023 from 10.00am to 12 noon – this will include a presentation of cooking with slow cookers and a number of models will be given away. DO NOT MISS OUT!

All Thursday Together coffee mornings are free of charge. Meet up with your neighbours for a chat and catch-up

At the Thursday Together coffee morning on 14 September 2023 the Citizens Advice Bureau gave a presentation on tips to save energy and cut your bills. Several handouts were provided and several residents were promised free Carbon Monoxide alarms. It was a great shame that only ten people attended the presentation.

PARISH COUNCIL MEETINGS

The next two meetings of the Parish Council are as follows:

Monday 16 October 2023 at Longhoughton Community and Sports Centre commencing at 7.30pm.

Monday 20 November 2023 at the Longhoughton Community and Sports Centre commencing at 7.30pm.



PARISH COUNCIL NEWS

SUPPORT FOR SERVING RAF PERSONNEL, VETERANS AND THEIR FAMILIES

The Royal Air Forces Association provides life-changing support for serving RAF personnel, veterans, and their family members at Rothbury House in Rothbury. The accommodation is open to the military community over the age of 60 where the welfare of the community is top priority. They benefit from the following:

- Trained staff on hand 24 hours a day
- All bills included
- Communal activities, including coffee mornings
- Transport to appointments if required
- Delicious meals cooked by our excellent kitchen staff
- Digital accessibility tools in rooms
- A welcoming, like-minded and tight-knit community



They offer experience visits and can arrange overnight accommodation as required. They would be delighted to discuss this with anyone eligible and interested. Get in touch with them on retirementhousing@rafa.org.uk or call 0800 018 2361

COMMUNITY SPEED WATCH

After a long wait both our candidates for Speedwatch are now approved and trained. They will be operational in Longhoughton before September is out. **You have been warned!**

FRIDAY KICK-ABOUT FOR 11 TO 16 YEARS OLDS

Every Friday between 5.00pm and 6.00pm, up to the end of the year, the Community and Sports Centre are putting on a kick-about for young people from the ages of 11 to 16. The session is being led by a qualified FA coach. It is free of charge. **Come and get involved!**

SUMMER HOLIDAY ACTIVITIES FOR YOUNG PEOPLE

Many thanks to Annie Arscott for organising and managing the summer holidays activities at the Longhoughton Community and Sports Centre. They were very much appreciated by all.

LONGHOUGHTON NEWS

FOOTBRIDGE OVER THE HOWICK BURN NOW UNDER CONSTRUCTION

Progress has been made on the bridge and the permissive route. The majority of the path itself has been cleared of fallen trees resulting from Storm Arwen. This has allowed access for the bridge contractors, particularly the excavator to get to the location of the new bridge. The foundations have been excavated and the concrete poured. The structural engineer and the metalwork contractor have met and agreed the next stages of the process. The main contractor, (Ian Weatheritt) is seeing if the bridge can be constructed in October before the winter weather sets-in. Once this bridge is complete it will enable walkers to recommence doing a circular walk from Longhoughton to the burn mouth and back via Low Steads Farm.

LONGHOUGHTON HERITAGE GROUP EXHIBITION

The Longhoughton Heritage Group has been undertaking research into graves and associated stories from Longhoughton church graveyard. They mounted an exhibition of their work on Saturday 9th September, which was very well attended and was located in the church for a week. One visitor was the great-grandson of one of the people who the group researched and travelled to the event from Perth in Scotland. The Group are doing exceptional work in uncovering some very interesting stories of people who resided in this area in previous years. Keep up the good work. If you wish to consider joining the Group for this very interesting research please contact Jenny Whittle on email jenny_whittle@hotmail.co.uk



LONGHOUGHTON NEWS

COMMUNITY GARDENING GROUP

The Community Gardening Group are considering creating a community orchard but are first looking round to find a suitable piece of land. They are currently looking at spare land at the Longhoughton Community and Sports Centre. The Group do excellent work around Longhoughton in maintaining the planters which brighten up the village. If you are interested in joining the group please contact Gill Bromley on email gillbrom56@yahoo.co.uk

DAILY ADULT CARE AVAILABLE IN LONGHOUGHTON

People First Care Limited are to run adult care services for members of the community every Friday from 10.00am to 3.00pm at the Longhoughton Community and Sports Centre. They will provide refreshments, lunch, activities, in-house entertainment, trips out and above all top class care for your loved ones.

Please contact Emma Stephenson on: emmahatpeoplefirst@outlook.com or phone 079493 923468.

LONGHOUGHTON AND BOULMER WOMEN'S INSTITUTE

In August, we had a wonderful tea party at Joan's house, which was a good fundraiser for our Christmas Meal at Ad Gefrin. Our September meeting involved ladies being shown line dancing steps by Maureen Stephenson. It was a lot of fun followed by much needed refreshments. Winnie's Coffee Morning will be at Bertram's and there will be a monthly walk led by Christine. Ian Williams, the Amble Poet, will be speaking at the October meeting. Contact Alison on 07837271882 for more details.

BOULMER ROAD TREES AND PAVEMENT

At last the dead tree and dead boughs at the top end of Boulmer Road have been taken down by the County Council and are no longer a risk to passers-by and residents. Thank you to the County Council for doing this work.

Complaints have also been received about the long grass and nettles that are partially blocking the pavement from Longhoughton to Boulmer in several places forcing families to walk single file on the pavement or on the carriageway. This is a continuing problem and needs to be dealt with by the County Council.

LONGHOUGHTON COMMUNITY GARDENERS

Spring Bulb Planting

All Welcome!

Sunday 15th October 11.00am

**Meet at the church
(bring a trowel if you have one)**

**Free soup and Cake in the
Community Centre afterwards!**



BOULMER NEWS

VACANCY FOR A PARISH COUNCILLOR IN THE BOULMER WARD

There is still a vacancy for a Parish Councillor in the Boulmer Ward. If you are interested in knowing more about what is involved please contact Elizabeth Taylor, Parish Clerk on telephone 01665 830040 or Adrian Hinchcliffe on 01665 572888.

BOULMER CAR PARK DEVELOPMENTS

We are awaiting news from the County Council.

BOULMER WILDFLOWER MEADOW

The meadow was cut on time on 11.09.23 but since then it seems to have rained every day making the baling of the grass impossible. An alternative way of clearing the cut grass may have to be found.

BOULMER MEMORIAL HALL

Bookings for the hall can be made by contacting Nancy Robinson on 07769 698622 or message her through Boulmer Memorial Hall Facebook page.



HOWICK NEWS

New Parish Councillor for Howick

Jules Tilley has been co-opted by the Parish Council to the vacant seat for Howick. Jules has lived in Longhoughton for 19 years and knows the area very well. He joins Chris Thomas as representatives for Howick on the Parish Council and he is looking forward to this role and to getting involved in all aspects of the Parish Council work.

THE COPLEY HALL (HOWICK VILLAGE HALL)

Craft Club: For details call Audrey Jamieson on 01665 577797.

Howick WI: Meets on the first Wednesday of the month at 7pm. Contact Jeanette Archbold on 01665 577384

Copley Hall booking - Jane Doleman 01665 577801

HOWICK FILM & LIVE MUSIC CLUB: Community film nights

Howick Community Film Club is based in the beautiful Howick Village Hall. Film nights are typically every three weeks on Sundays with a 6pm start, occasionally on Fridays. We alternate between mainstream/old classics and world cinema (sub-titled) and have a HD projector and a 4m wide screen which provide a truly cinematic experience.

It's a very relaxed and informal evening and new visitors are made most welcome. We have a 'cabaret style' table layout so you can sit with your family or friends and bring your own drink and nibbles. During the winter we have a roaring log fire on the go. There is no set admission charge but we do appreciate donations to cover our running costs (suggested £4-5/head).

LIVE MUSIC CONCERTS

We aim to put on half a dozen high quality live music concerts each year. It may be necessary to hold some concerts at other local venues that are larger than Howick Village Hall, to make them financially viable.

Receiving details of events: if you would like to be added to our email circulation list for details of our film nights and/or live music concerts please contact John on 01665-576413 or email johnroper1@btinternet.com

Slow Cooker Recipe for Artisan Bread: *save on making bread*

350g self-raising flour 2 tsp baking powder ½ teasp. salt
2 teaps. oregano 100 g grated mozzarella You can also add olives, sundried
Black pepper to taste 250 ml milk tomatoes, roasted onions etc
1 tbsp white wine/cider or malt vinegar (to turn the milk)
Milk or egg to wash the top of the bread

METHOD: First add the vinegar to the milk in a jug, leave for 5 minutes until it curdles
Mix the flour, baking powder, salt, pepper, herbs and mozzarella in a bowl, slowly add the milk
and use a spoon to stir until a soft dough forms. Shape into a round and place on baking/
greaseproof paper and put it into the slow cooker. Use a foil sling so you can lift it out to turn
the bread over in the greaseproof 30 minutes before it finishes.
Brush the top with milk and slash the top in an X shape, turn the cooker on high and cook for 2
½ hours, then flip the bread over to brown the top of the bread for another 30 minutes.
This recipe is super easy. Enjoy!

LONGHOUGHTON COMMUNITY AND SPORTS CENTRE (WESTFIELD PARK)

Thursday Together Coffee mornings at the Community Centre from 10.00am to noon.

Come and enjoy a coffee and chat with your friends and neighbours. ALL FREE. Thursday Together will be open on the following dates:
Thursday 12 October 2023
Thursday 09 November 2023 To include a Slow cooker demo and GIVE AWAY.

Longhoughton Film Club

The film club has been running for almost a year and is a great success. It is clearly meeting a need in the Community. What a great deal for a donation of £3. Films are shown every Monday from 7.30pm.

Community Lunch

Come and enjoy a lunch with your friends and neighbours. Only £5 for a three course meal. Tremendous value and a good occasion. The lunch is on the last Wednesday of each month commencing at noon on 25.10.23 and 29.11.23.

Books for Borrowing

The Centre has a new range of best sellers which are available for residents to borrow.

Other regular activities

Most regular activities are mentioned below:
Monday AM Matting Group
Monday PM Pins and Needles
Monday PM Longhoughton Film Club
Tuesday PM Pilates
Wednesday AM Yoga Stretch
Wednesday AM Seated Exercise to Music

Wednesday PM Longhoughton Indoor Bowling
Wednesday PM Community Lunch: Last Wednesday each month
Wednesday PM Scouts
Thursday AM Thursday Together: 2nd Thursday each month
Thursday AM Health and Wellbeing clinic 3rd Thursday in the month
Thursday PM Balance
Fridays PM Social Gatherings most weeks

BOOK THE COMMUNITY CENTRE

We have accommodation available for all purposes: meetings, christenings, weddings, birthday parties, funeral wakes, business meeting, football. Competitive hire charges. Visit our online booking facility on www.longhoughtoncommunitycentre.org

Want to join in live football?

Longhoughton Rangers Football Club train and play at the Community and Sports Centre. They have teams for all ages supervised by qualified coaches. Make contact and come and have a game. Contact Martin Mawer by email on m.mawer23@gmail.com



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