

# Boulmer Howick & Longhoughton



## WELLBEING WALKS ARE UNDERWAY

Thirteen people took part in the inaugural Longhoughton Wellbeing Walk on Wednesday 8 January 2025. From the Community Centre meeting place the walkers took a paved route through Burnside to North End then onto the footpaths around Chancel Place to arrive on Station Road. The pavement along North End was followed with a deviation into the St Peter and St Paul's Church yard where the emerging snowdrops were noticed. From the Church the walk proceeded along North End to the Co-op and back to the Community and Sports Centre. It was splendid weather for the walk – blue sky but very cold and crisp and the walk lasted 50 minutes. Great exercise and company!

The wellbeing walks will be held every Wednesday commencing at the Community and Sports Centre Car Park (Westfield Park). Meet at 11.00am. The walk will go at a speed to accommodate everyone. It will last for around one hour. All welcome. The walks are promoted by Longhoughton Parish Council in partnership with Northumberland Health Trainers.

**We need more volunteer walk leaders. Interested? Training will be given. Please contact Adrian Hinchcliffe on email [adrian.hinchcliffe@btopenworld.com](mailto:adrian.hinchcliffe@btopenworld.com)**

## MAJOR COMMUNITY AND SOCIAL GATHERING Your views are sought...

Over the last three years we have held major events to celebrate Queen Elizabeth's Jubilee, the Coronation of King Charles and last year the Summer Fete. They have been very popular with activities for all the family. This year the funding for such an event is more restricted but we could still put on a family event at Westfield Park which would be special and aimed at the whole community coming together. We have in mind the first weekend in July. Some suggestions are:

# Longhoughton Parish Council

## CONTACT YOUR COUNCILLOR

### Boulmer Ward

Adrian Hinchcliffe (Chair)

01665 572888

One vacancy

### Howick Ward

Chris Thomas 07869 330066

One vacancy

### Longhoughton Ward

One vacancy

Peter Bromley 01665 577071

(Vice Chair)

Bryan Ellis 01665 577973

Carole Green 01665 572610

Hannah Horsley 07733 338487

Peter McEwen 01665 572735

### RAF Liaison

Laura Rowberry 03001 658427

### County Councillor

Wendy Pattison 01665 579137

### Parish Clerk

Elizabeth Taylor 01665 830040

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

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

### Websites

[northumberlandparishes.uk/longhoughton](http://northumberlandparishes.uk/longhoughton)

[www.longhoughtonndp.co.uk](http://www.longhoughtonndp.co.uk)

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Newsworthy items for the next edition before the

**deadline on March 20**, 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

- A community picnic.
- A summer barbecue.
- A traditional summer fete

With any of these we could have live music and activities for young people such as running races, games, climbing wall, tug of war, face painting, assault course, art competition and a penalty shoot out, plus hot food and drink. We would like your views on whether this would be attractive to your family and whether you would attend. Also, would you be willing to help in some way in organising the event and on the day.

Without a good number of helpers such an event will not be possible. **We would love to hear from you. Please email Adrian Hinchcliffe on [adrian.hinchcliffe@btopenworld.com](mailto:adrian.hinchcliffe@btopenworld.com) or call 01665 572888 OR please contact any Parish Councillor listed on the front sheet of this Newsletter, OR any Trustee of the Community Centre OR Laura Rowberry at the RAF Beacon Families Centre.** *Thank you.*

## FUN OF THE CHRISTMAS CELEBRATIONS

Whether you are young or old coming together for celebrations at Christmas is a great thing to do. Christmas 2024 saw several celebrations at the Community Centre (Westfield Park) and we were very fortunate to have the support of the MGL Group that runs Longhoughton Quarry who contributed financially as well as providing over sixty gift packs for adults and a similar number of chocolate selection boxes for children. We are very grateful for MGL's generosity and we do thank them.

The celebrations started with the Children's Christmas Party attended by fifty children. What a time they had enjoying the intrigue of Steve Lubbock, a professional entertainer, and Zante the fox. Food and drink followed, prepared by Company B and local volunteers; and then the highlight of the party, a visit from Santa Claus accompanied by his Elf.

The children were intrigued by Zante the fox.

Children's activities were finished off a week later by the showing of a Christmas film.



## COMMUNITY LUNCH

Meanwhile the Community Lunch, attended by forty people was taking place. A great celebration including receiving the MGL Group gift packs and a welcome visit from the Longhoughton Primary School children who sang Christmas Carols.



## THURSDAY TOGETHER

The Thursday Together Group also had a Christmas Party with a buffet paid for by the MGL Group. This included live music provided by local musicians Tony Bird (violin) and Colin Lesser (keyboard). This was very much appreciated.

One thing that stands out in all of these celebrations is the role of volunteers. These events would not have taken place without a significant number of people giving up their time to organize it. The team of nine ladies who organise the Community Lunch each month do a fantastic job and the 'Events Group' at the Community and Sports Centre put on superb entertainment for us all. A huge thank you to all our



## PARISH COUNCIL NEWS

volunteers, we would be impoverished without you.



### SPACE FOR SHOREBIRDS

With the signs of spring all around we are reminded that it won't be long before we see some massive changes on our coastline. Many of the shorebird species that have been with us though the winter will be fuelling up for their mammoth migrations to their breeding grounds, with some travelling as far as arctic Canada and Greenland!

While most species of shorebirds will be leaving the coast, there are two that choose to stay and breed on our beaches: ringed plovers and oystercatchers. Each year we rely on a network of volunteers that help us get out and spot where these birds are looking to nest so that we can protect the eggs and chicks. If you'd like to get involved with this year's work then send us an email

([spaceforshorebirds@northumberland.gov.uk](mailto:spaceforshorebirds@northumberland.gov.uk)), All ages and abilities encouraged, and we provide full training so there's no prior knowledge needed!

### LONGHOUGHTON AND BOULMER WI

December proved a very busy month for the WI. We enjoyed our Christmas Lunch at the Dunstanburgh Castle Hotel on Tuesday 3 December and then two days later travelled to Newcastle to join with other WIs from across the federation for our annual carol service.

Janet Holt represented us all and gave a masterly rendition of one of the selected readings, giving a humorous perspective of an angel in the nativity story.

We met for coffee at the Lindisfarne Centre the

following week and enjoyed an evening walk on Monday 16 December, led by our President Christine, around the Christmas Lights in Alnwick. Christine welcomed us into her home with her usual warmth and provided traditional Christmas food.

One of the joys of the autumn was to welcome more new members to our group. We extend this invitation to you all with our very best wishes for 2025. Maybe one of your resolutions could be to join us? Your warm welcome is assured. We look forward to beginning the year with a quiz, glass etching in February, floral arranging in March, then a visit from the Longhoughton Heritage Group, to name but a few activities. The first Tuesday evening of each month at 7:30 is our regular meeting and our venue is The Beacon Centre. Jayne Knight will happily provide further information. We hope that good health and happiness follows you all throughout the coming year.

### SPEEDWATCH

The Team recently took delivery of a new Speed Watch gun. The SL700 laser gun, used by Northumbria Police, is now in use by the team. It has new features, one of which is the ability to measure the speed of two vehicles at once, one approaching and one departing. In other words, it can measure the speed of two vehicles which are going in opposite directions.

There are vacancies for Speed Watch members

The Speed Watch Team operates to make our community safe. Please respect all speed limits.



#### The team has

**vacancies.** If you would like to become a member or would like more information on what is involved please contact Peter McEwen on email [peter.mcewen@btconnect.com](mailto:peter.mcewen@btconnect.com) Volunteers are trained by Northumbria Police. The commitment time wise, is only a minimum of 2 hours a month.

## PARISH COUNCIL NEWS

### PARISH COUNCIL MEETINGS

The next meetings are as follows:

Monday **17 February** 2025 at Westfield Park

Monday **17 March** at Howick Village Hall

Monday **14 April** at Boulmer Memorial Hall

All start at 7.30pm

### VACANCIES FOR PARISH COUNCILLORS

Jules Tilley has had to retire from the Parish Council for business reasons. We thank Jules for all that he has done for the community over the last two years. This means that the Parish Council has three vacancies, one each at Longhoughton, Howick and Boulmer. Being a Parish Councillor is a very good way of serving your community. We welcome anyone in the Parish joining the Parish Council. Why not sit in at the next Parish Council meeting to see what it is

like? Parish Councillors are the eyes and ears of the community.

### NHS HEALTH CHECK AVAILABLE 6 FEBRUARY 2025

Walk-in health checks will again be available at the Longhoughton Community and Sports Centre (Westfield Park) on Thursday 6 February 2025 from 4.00pm to 7.00pm. Please take advantage of this offer.

### PICK UP YOUR PRESCRIPTIONS

Alnwick Medical Group has a scheme for repeat prescriptions to be picked up from the Longhoughton Community and Sports Centre on Tuesday and Thursday from 1.00pm to 2.00pm. We want it to be sustainable otherwise it will be lost.

## LONGHOUGHTON NEWS

### LONGHOUGHTON COMMUNITY GARDENERS

Longhoughton Community Gardeners would like to wish you a very happy 2025.

Walking round the village you may have noticed new shoots: the 12,000 bulbs we have planted throughout the village in the last few years a welcome sign of spring! We are hoping for a lovely, prolonged display this year as we have also planted tulips and allium. We still have snowdrops to plant; they must be planted in the green, so something to savour next winter!

#### Community Orchard

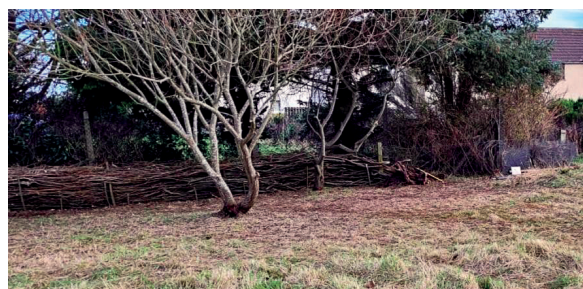
Those of you who are regulars to the community centre will have spied the hard work progressing in the once overgrown patch of land next to the carpark. The land has been cleared and a dead hedge created ready for the community orchard to be planted. If you are interested in getting involved in any way with this project we would be delighted to hear from you.

We have lost a few committed and enthusiastic committee members this last year and we are also seeking a new chair for our group in the summer so, again, if you are interested in keeping this community gardening group alive and active we would welcome your support.

### LONGHOUGHTON HERITAGE GROUP

The group have completed a survey of the first two parts of the churchyard, and made a record of the gravestones, which can now be found inside the Church. We hope this will be a useful resource for anyone coming to the village to find ancestors' gravestones, and for locals to keep an eye on how the stones deteriorate over time. It is linked to a map to help locate the gravestones easily.

We have plans to work on the third section this year, and if anyone would like to come along and have a go, please let us know at [longhoughtonheritage@gmail.com](mailto:longhoughtonheritage@gmail.com)



@longhoughtoncg

fb. longhoughton community gardeners

[longhoughtoncg@gmail.com](mailto:longhoughtoncg@gmail.com)



### ST PETER and ST PAUL CHURCH

Sunday 2 February at 6.00pm

#### CHORAL EVENSONG FOR CANDLEMAS

with the Rock Festival Choir  
followed by seasonal refreshments  
Everyone will be welcome.

## LONGHOUGHTON NEWS

### LONGHOUGHTON COMMUNITY AND SPORTS CENTRE

#### Signature Masterclass 22 February 9am to 4pm

Let's talk about YOU...

- Your energy levels aren't great which often leads to sweet cravings and sub optimal training sessions, or you might not be exercising at all.
  - Sleep could be better.
  - You would love to feel stronger and less prone to injury.
  - You might pick up every bug that's going around.
- These are Just a few of the things that Lucy French and I can help you with.

#### On Saturday 22 February we will be hosting our Signature Masterclass...

- "Building the Foundations of Health and Core Strength through Nutrition and Pilates"
- We invite you to join us at Longhoughton Community & Sports Centre where we will teach you the foundations of nutrition for optimal health and performance, and the key principles of Pilates for a stronger mind and body
- The day will run from 9.30 am until approximately 4.00 pm.

Places are limited, so if you're interested please contact me, Pip August on

**07900 846617 for more details .**

### Thursday Together

Thursday Together takes place every Thursday from 11.30am to 1.00pm at the Longhoughton Community and Sports Centre. It offers warm accommodation, refreshments and a light lunch and there is a speaker each week. All Free. The programme for February and March is as follows:

- |          |                                                                                                  |
|----------|--------------------------------------------------------------------------------------------------|
| 30.01.25 | Goats and Cockroaches – 24 hours in Kenya. Ian Knox                                              |
| 06.02.25 | Longhoughton Community Gardeners – Plans for the Future                                          |
| 13.02.25 | Mental health and wellbeing: exploring ways to look after your mental health<br>Natnaree Kaewhin |
| 20.02.25 | Recycling – How we are doing and where does it all go. Dr Wendy Fall                             |
| 27.02.25 | A Humanitarian Aid Trip to Ukraine. Terry Anderson-Faulkner                                      |
| 06.03.25 | Pass-storming through the Knoydart Mountains of Scotland. Adrian Hinchcliffe                     |
| 13.03.25 | Saving lives on the coast (HM Coastguard). Howick Coastguard Rescue Team                         |
| 20.03.25 | Longhoughton Families and their lives from the churchyard and records.                           |
| 27.03.25 | The Story of the Bathing House at Howick with Jen Teulon                                         |

### The new Community Wellbeing Room off to a great start

The re-styled Community Wellbeing room at the Longhoughton Community and Sports Centre has got off to a flying start. It has now been operating for just over one month with the following users offering private services:

- Taster Reiki sessions with Reiki Master Michelle Merna
  - Reflexology and Indian Head Massage with Hazel Smith's Head and Sole
  - Sports massage, acupuncture and cupping therapies with Lisa O'Malley's Tone to the Bone
- Hopefully joining this group is local hypnotherapy and counselling service provider, Jo Walker, of Walker's Therapy. Bookings are made directly with providers: we're happy to pass on their contact details.



If you're interested in hiring the Wellbeing Room, come and have a look! To organise a visit just contact us (details below).

The Wellbeing Room can be hired in two-hour blocks at very competitive rates. It's warm, offers a comfortable seating area and has generous space for treatment tables. The Centre has a large carpark and is fully accessible.

The Centre also has a new-venture introductory offer to help new, regular hirers build up their client base, including promotion via the Trust's social media and noticeboards.

Contact the Longhoughton Community and Sports Centre Trust via email [enquiries@longhoughtoncommunitycentre.org](mailto:enquiries@longhoughtoncommunitycentre.org) or leave a us message on 01665 572315

## BOULMER NEWS

### HIRING BOULMER MEMORIAL HALL

Hire Boulmer Memorial Hall for your celebrations. Booking or information from Nancy Robinson by email on [tomsmum@icloud.com](mailto:tomsmum@icloud.com) or send a message via the Hall Facebook page.

### **BALLance** every Thursday from 6.00pm to 7.00pm

The BALLance class aims to give your spine a smile by working trigger points along the spine, help reduce pressure in between the discs, reduce stress and improve posture. Contact Sophie at [fusionfitnessbysophie@gmail.com](mailto:fusionfitnessbysophie@gmail.com) to book your place or for more information.

### **DOG POO** An Unacceptable Nuisance and Public Health Hazard

Visitors and locals at Boulmer are noticing an accumulation of dog poo around the car park and especially in the grass on either side of the dunes footpath going south to Seaton Point. We know that a large proportion of dog owners pick up after their dogs because we see them going to the bins and we really appreciate their care and responsibility. But there is a handful of people who do not seem to care and do not pick up after their dogs. It is disgusting to leave dog poo and it is against the law in Northumberland where it is an offence to leave dog-poo anywhere in the open with a fine of up to £1,000 for the perpetrators. We ask you to please pick up after your dog. There are several bins for disposal at Boulmer and Seaton Point.



## HOWICK NEWS

### HOWICK VILLAGE HALL

**Howick Gardens and Arboretum** Snowdrops Walks start on Saturday 8 February 2025 from 10.30am to 4.00pm. Come and witness this splendid sight.

**Film Club:** Please email John Roper [johnroper1@btinternet.com](mailto:johnroper1@btinternet.com) to join the club mailing list and find out which films are showing and when. Donations only are suggested at £5.00.

**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

### **Village Hall booking**

Jane Doleman 01665 577801

**Howick Art Group:** We welcome new members. We meet on Monday mornings in Howick Village Hall, 09.45 to approximately 13.15. Our annual subscription at present is £80 which includes rental of the hall, the running of two exhibitions per year (one in the spring, usually over the Early Spring Bank Holiday, and one over the August Bank Holiday), visiting tutors, workshops and refreshments. If you would like to join our group, please contact us via our website at: [www.howickartgroupnorthumberland.com](http://www.howickartgroupnorthumberland.com)

Howick Art Group celebrate the work that members do. Here is a painting titled

Winter Sunset by Peter McEwen



### LONGHOUGHTON PARISH COUNCIL IS ON SOCIAL MEDIA

Search for Longhoughton Parish Council on Facebook, and Longhoughton pc on Instagram.



PROUDLY  
SUPPORTING  
THOSE WHO  
SERVE.