



**Crookham Village Hall  
 Small Hall Brick in a Wall Appeal 2020**



As you may know, Crookham Village Hall committee has been hugely successful in obtaining funding towards the rebuilding of the small hall. However, funders are asking for a substantial contribution from local people. The hall committee is looking at various funding initiatives and one idea that it has decided to pursue is for hall supporters to "sponsor a brick".

We are asking that everyone who has the village hall at heart contribute a nominal £10 for a brick to help build the new room. We have a poster version of a wall and we are asking that every donor signs a 'brick', donors can of course remain anonymous if they choose. Once our target has been reached, we will frame the poster and it will go on permanent display in our new small hall. If you would like to show your commitment towards the project by sponsoring a brick, donations can be sent to CVH by BACS: Sort Code 12-19-46, Account Number 00144703 with the reference 'Brick' and a confirmation email to the Treasurer at [sp8s@btinternet.com](mailto:sp8s@btinternet.com) or feel free to pay directly to any committee member.

Thank you for your continued support,  
 Crookham Village Hall Management Committee.

**FORD**

**Easter Egg Hunt  
 Ford Village**

The Easter Bunny has been creating lots of Easter eggs but has lost all her paintings!

Can you help her find them all?

If you find one of her paper eggs, please bring to either Ford Village Shop, the Horseshoe Forge or the Estate House and the nice people there will reward you with a real chocolate egg!

**Easter Sunday 12th &  
 Easter Monday 13th April**

ONE egg per child please

**A STEP BACK IN TIME**

**Easter Holiday Fun  
 at Ford & Etal**

- Easter Bonnet Competition
- Easter Egg Hunt
- Pop up Market
- Easter Baking
- Horse drawn Carriage Rides
- 'Come & Try' Canoeing Sessions
- Drawing Competition
- Easter Eats, Treats & Sundaes
- Easter Bunnies
- Bunny Hunt
- Quiz Trail

**LOTS TO SEE & DO IN ALL THE VILLAGES!**  
 visit [www.ford-and-etale.co.uk](http://www.ford-and-etale.co.uk)  
 for dates & times of these events

Ford & Etal Estates logo and cashforkids logo.

## **Corona virus (Covid 19) emergency.**

Due to the above, many events in April and May have been cancelled or postponed. Below is a list so far:-

28th March	Carham 1018 Conference, cancelled
2nd April	Etal Hall AGM - postponed.
4th April	AI and Foaling Conference Heavy Horse Centre - cancelled
4th April	Music in Etal Village Hall - cancelled.
7th April	Little Grimm Tales - Norham, cancelled.
10th April	Flicks in the Sticks - Etal Village Hall - cancelled.
13th April	St. Abbs Market - Etal Village Hall, cancelled.
18th April	Montagu Singers - Norham, cancelled.
	Spring Fair - Branxton, cancelled.
20th April	Mothers' Union - cancelled.
21st April	Film in Branxton - cancelled.
22nd April	Branxton Play Park AGM postponed
25th April	Crookham Gardening Club, cancelled.
30th April	Talk by David McLean - Cornhill Village Hall, postponed.
3rd May	Springtime with Heavies - Heavy Horse Centre - cancelled.
8th May	VE Day street party - Ford - cancelled.

**Tillvas** have made the decision to postpone all events for April and May.

**Crookham Village Hall.** Following government guidelines the committee has decided to cancel all organized activities in Crookham Village Hall. This means that in April and May the following activities will not take place -

Coffee mornings, Knit and Natter, Exercise Class, Art Group, Book Club, Gardening Club, Film Evenings, Pie and Peas supper.

The March winners of the 90's club were Maureen Charlton and Heather Pentland.

Any queries phone Gemma on 01890 820452

**Cornhill.** Community Choir Practice, cancelled.

Bell View Services Soup and Sandwiches, cancelled.

**Branxton** Parish Council meetings are cancelled until further notice. If any resident has an issue please email the Branxton Parish Council email address

### **A message from Tom Fairfax, Mindrum.**

Given the strategic and local situation, I have decided, reluctantly, to cancel my installation ceremony on 4<sup>th</sup> April as High Sheriff of Northumberland in favour of a very small private declaration. This is sad, but I think the direction of travel is clear and it is probable that the wider health situation will develop further over the coming weeks. I am determined to add value to the wider community whilst supporting the strategic effort to defeat this disease.

I would like to thank everyone who had agreed to come and support me – I hope, that when the dust settles, there may be an opportunity to get people together under safer circumstances. In the mean time, I feel incredibly privileged and honoured to be taking over this amazing role from Harriet Joicey.

Whilst I suspect that my "Rules of Engagement" may need to change during my year – I see the role of High Sheriff as being as important as ever and will be working hard to find ways to serve and support those who drive this community at every level without undermining the efforts of the amazing people who are delivering this campaign to keep both country and county as safe as possible.

The situation may look difficult and uncertain at present but a brief look at history shows that the UK – and the North East in particular – have always been at our very best when faced with challenging odds. I am energised by the challenge, humbled to be able to support the solution, but overall, truly excited to see what we will all achieve as we work this through together.

Kind Regards

Tom

Tom Fairfax

High Sheriff in Nomination for Northumberland 2020/21

**Sunday 6<sup>th</sup> September**

Gates open from 12noon  
at Etal Showground,  
Ford & Etal Estates, TD12 4LT

**Children & parking are free.**



**[www.etalshow.org](http://www.etalshow.org)**

Superb family entertainment  
130+ exhibition classes to enter.  
[etalshow@gmail.com](mailto:etalshow@gmail.com)

**Dog friendly village show.**

### Askew Educational Trust

Trustees of the Askew Educational Foundation met on 2<sup>nd</sup> March and welcomed Judith Spawls as the new Honorary Secretary and Treasurer. Judith succeeds Mrs Ann Harris, who has retired from the post after 19 years.

The Trustees would like to express their gratitude to Ann for her impressively long period of loyal service to the Charity, during which she kept the books, dealt with all correspondence and oversaw the distribution of grants to young people in the Parish. Previously, Ann was well known for running the pre school at Ford. It was therefore fitting that her later role with the Askew Trust enabled her to follow the full educational career of many of those she had looked after and taught from their very first day in school.

The Trustees join with all past beneficiaries of the Charity in wishing Ann a long and happy retirement.

The Askew Educational Foundation is a local charity which provides grants to young residents of Ford Parish undertaking further education. Applications are invited from school leavers and others, and further information on eligibility will be made available in a later edition of The Fourum. In the meantime any enquiries should be directed to Judith Spawls on 07769 667201 or [judithspawls@gmail.com](mailto:judithspawls@gmail.com)

### **Ford Pre-school & Ford Toddlers Under Fives Stay & Play and Mums to be.**

Every Thursday Morning, School Hall,  
Hugh Joicey C of E Aided First School,  
Ford. TD15 2QA

9.00- 10.30am (Term time)

All Welcome. Pushchair access.

Only 50p per family

### **Ford Pre-school**

Ofsted Outstanding Provider 2010 & 2015

Engaging early learning sessions for  
2,3 & 4 year olds. Monday-Friday.

Open 8.45 am to 2.45 pm.

Sessions from 3 hours to 6 hours

For details email [fordpreschool@gmail.com](mailto:fordpreschool@gmail.com) or call 07899320510.

### Extract from the Draft Minutes of Ford Parish Council meeting. Tuesday 10th March 2020 at 7pm in Crookham Village Hall

This extract highlights the discussion on road condition in the area.

#### **6. Highways.**

Cllr. Glen Sanderson was going to come to the meeting to listen to councillor's concerns about the condition of the roads in the local area but he sent his apologies on Monday to say he would not be able to attend. However, Paul Jones was also due to attend, which he did along with Graham Bucknall.

These minutes will not be a word for word report on what was said at this point but will try to highlight the main points made by those present.

• The chairman welcomed Paul Jones and Graham Bucknall and explained that following Graham's attendance at the last meeting in January, councillors had agreed to write to the MP for the area, Anne-Marie Trevelyan, to point out their concerns about the condition of the roads. Her reply stated that she had asked Cllr. Sanderson to look into the issues.

• Cllr. Watson pointed out that although the general response from Highways had been positive, it was disappointing that Cllr. Sanderson could not be in attendance to respond to councillor's concerns.

• Paul Jones said he would try to explain the processes involved in highways maintenance and where investment will go.

- The Highways network is ageing and in decline. There has not been enough capital investment over the last 30-40 years.
- The north suffers more than others due to extreme weather.
- Northumberland is large compared to other Local Authorities with over 5000 km of roads to maintain.
- The roads were not designed to cope with the type of traffic they are having to deal with in the 21st century.
- The Local Transport Plan is a long-term vision which aims to make the network safe and reliable, resilient and sustainable for all users including pedestrians and cyclists.
- They adopt an asset-based approach looking at a hierarchy of roads and traffic.
- There are inspection standards- monthly, six monthly and yearly depending on the road type.
- The LTP provides £18.6 million direct from Government. £12.3 million will be used for Highway and road surface maintenance, the rest is for safety schemes, infrastructure, landslips etc.
- They also bid for extra funding (DFT Challenge Fund) and are among a handful of Councils who have managed to win three amounts of funding at the highest level for specific areas of maintenance.
- There is still not enough funding to do everything they would like to do. However, NCC have just signed off its medium financial plan which looks at spending over the next 3 – 4 years and over the next two years they have committed to an extra £15 million capital investment for highway maintenance particularly focussing on the rural roads network, pavements and residential areas. Cllr. Sanderson has been instrumental in gaining this extra funding from NCC.
- Investment in a new computer asset management system for logging pothole reports should improve the information received and link better to the customer care system. This will give ongoing feedback about progress on a reported problem.
- Artificial Intelligence is being used linked to cameras onboard inspector's vehicles. These digitally record the condition of the highway. Working with other Local Authorities and a provider the AI is being "trained" to recognise problems such as damaged signs, potholes, condition of road sections etc. This will help to make decisions on what gets done and where.
- Investment is being made in equipment and staff. More cost effective than hiring in equipment. Trying more often to make a permanent repair instead of temporary repairs although there is a cost to this as it involves traffic management.
- Some U and C roads are so poor it's very difficult to know where to start and stop. Often there is nothing to patch into. A much more major scheme is sometimes required which becomes a very expensive repair.

Following on from Paul Jones' information general, discussion took place over some specific issues. There was general consensus among councillors that some potholes are not being picked up by inspectors. Repairs are made but they don't last very long. Sometimes the repairs are not made well.

• Cllr. Rudge from Branxton PC commented that she felt the condition of the road network got worse the further north it was. Specifically she thought the A697 was worse in the north of the county. Graham Bucknall responded that there are to be two major improvement schemes to take place in the near future on A697. Concerns were raised about diversions from the A1 affecting the smaller roads. Paul Jones explained that Highways England who maintain the A1 are able to do this and NCC have tried to obtain funding from them to mitigate this. However Highways England are under no obligation to provide this funding.

• Cllr. Clarke stated that although the Letham Hill – Hay Farm road was supposed to have been repaired recently she has been out and counted 30 potholes which meet the 300mm wide and 40mm deep criteria for filling which have not been filled in.

• Cllr. Gray asked once a pothole has been marked, how long should it take for it to be repaired. Paul Jones replied that it depends on various criteria based on safety and type of road and extent of the defect. Can be anything from 24 hrs to 28 days or longer.

• Mention was also made of the major cycle race which happens every year in the area which has needed to change its finish line because original finish line road surface was too bad and dangerous.

• Cllr. Mather (Lowick PC) reported that on a positive note some good repairs have been made to a U road in the Lowick Parish but also commented that it was difficult to understand why some repair areas were not linked together.

• Cllr. Beattie raised the subject of flooding on the A697. Some problematic areas repeatedly flood. Paul Jones responded that drainage is always taken into account during highways maintenance. Will be tackled on a priority basis.

• Paul was asked by Branxton PC councillors whether an extension to the double white lines on the A697 at the Branxton junction could be extended to reduce the risk of cars overtaking near the junction. Paul responded that this could be looked at but it will have to be prioritised based on accidents.

• Cllr. Baker made the point that the 20mph speed limit that was agreed to be set up outside Ford School last November has still not been implemented. Paul agreed to look into this.

• In summing up Cllr. Baker said that it still felt that areas like ourselves are always going to be at the bottom of the list and we are worried what the condition of the roads will be like in the next 5 / 10 years without some investment.

#### **20. Date of next meeting**

Date of next meeting –AGM and Bi-monthly meeting - 12th May 2020 Lady Waterford Hall -7pm.

**For the full draft minutes please go to the Parish Council website - <https://northumberlandparishes.uk/ford>**

## Easter Holidays at Ford & Etal

### Easter Weekend:

Below is an overview of the various activities taking place over the weekend, some from Good Friday to Easter Monday and some on Sunday or Monday only. Check [www.ford-and-etale.co.uk](http://www.ford-and-etale.co.uk) for full details, including dates and times.

**Ford Village** – egg hunt; start at Ford Shop, finish at Ford Shop, the Estate House or Horseshoe Forge to claim a prize.

**Heatherslaw Railway** – the ticket office will be decorated for Easter (and the following week) and on Easter Sunday there's a visit from the life-sized Easter Bunny, a bunny hunt on the train and treats for kids.

**Heatherslaw Tearoom** – Easter Bonnet competition: visit wearing a bonnet and get a free Easter Sundae. Post a photograph into the box or email to [philrobson497@btinternet.com](mailto:philrobson497@btinternet.com) to be in with a chance of winning a £20 voucher.

**Lavender Tearooms** – pick up a quiz trail sheet and follow it round the village. Return completed sheet for a prize.

**Hay Farm Heavy Horse Centre** – Easter Egg hunt by horse-drawn carriage AND meet the special Easter visitor. He's 3 ½ foot long, weighs 2 stone and has very big ears!

**Easter Holidays:** (every day unless otherwise stated)

**Lady Waterford Hall** – display of Ford School's decorated Easter Egg competition.

**Etal Castle** – Etal Castle will be closed until at least the beginning of May.

**Active4Seasons** - 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup> April – “Come and Try Canoeing” Sessions.

**Heatherslaw Mill** – “Little Red Hen Hunt” for children, following the theme of the classic children's story. ALSO 6<sup>th</sup> - 10<sup>th</sup> and 13<sup>th</sup> - 17<sup>th</sup> April – bake your own hot cross bun (children's activity) – sessions at 11.30am and 2.30pm, pre-booking recommended.

**Heatherslaw Tearoom** - Launch of Ice-cream parlour, 3rd April.

**Ford Nursery** - Launch at the Horseshoe Forge – Easter weekend.


### Riding For The Disabled Etal Manor

Very special riding pony needed, must be quiet.  
Around 14hh

We would ask you to bring the pony on Mondays (Term Time Only) for 12 noon until 3pm, either to be led by owner or one of our volunteers over 3 short sessions  
Volunteers also required.

CAN YOU HELP?

For further information contact Joyce Stevens Tel: 01890 820589



## TAKE OUT MENU

TO ORDER CALL: 01890 820200

### Light Bites

Homemade Soup of the Day with Crusty Bread	£3.00
Chicken Goujons	£5.00
Hand Cut Chips	£2.50
Cheesy Chips	£3.50
Chilli Cheesy Chips	£4.00
Onion Rings	£2.50
Nachos, Cheese & Chilli	£5.00

**HOME MADE PIES** £2.50 each / £7.00 for 3  
Chicken, Steak & Ale, Pork made with Cheviot Brewery Ale  
Add Peas and Gravy for £1

### SANDWICHES & TOASTIES All £4.00

Choose either Sandwich or Toastie  
Choose White, Malted or Gluten Free Bread

- Cheddar Cheese with Pickle OR Onion OR Tomato
- Honey Roast Ham
- Honey Roast Ham & Cheddar Cheese
- Brie & Cranberry
- Tuna Mayonnaise

**JACKET POTATOES**  
All served with Salad & Homemade Slaw

Cheddar Cheese	£4.00
Beans	£4.00
Homemade Slaw	£4.00
Tuna Mayonnaise	£4.00
Chilli- Beef or Vegetarian	£5.00

Add Cheddar Cheese to any dish for £1

### CHEVIOT TAKE OUT BEER

BOTTLED LOCAL REAL ALES  
£3 a bottle or £10 for 4

Ask for available varieties	
<b>HARBOUR WALL</b>	4.3% - Pale Ale
<b>UPLAND ALE</b>	3.8% - Best Bitter
<b>BLACK HAG</b>	4.4% - Oatmeal Stout
<b>TRIG POINT</b>	4.5% - Session IPA
<b>Etale</b>	4.0% - Dark Bitter

Winner of Best Beer (up to 4%) of 2020 Bradford CAMRA Beer Festival

### Mains

Beef Battered Haddock & Chips	Small £6.50 or Large £8.50
Add Mushy Peas & Tartar Sauce 30p	
Local Sausage & Mash with Gravy	£6.95
Veggie Sausage & Mash with Veggie Gravy	£6.95
Gammon Steak & Egg served with Chips & Salad	£9.95
Scampi & Chips with Salad	£6.50
Lamb Stew with Veg & Dumplings	£6.95
Lasagne (Veggie or Beef) with Garlic Bread & Salad	£7.50
Chicken Balli or Veggie Balli Curry with Rice & Naan Bread	£7.50

### Children's Menu All £4.00

Lasagne with Garlic Bread  
Sausage & Mash/Chips with Peas or Beans  
Chicken Goujons & Chips with Peas or Beans  
Vegan Sausage & Mash/Chips with Peas or Beans

**CHILDRENS MEAL DEAL £6.00**  
Any Main from Children's Menu + Chocolate Brownie or Ice Cream + Fruit Shoot  
Available when bought with an adult meal

### Desserts

Sticky Toffee Pudding	£4.00
Warm Chocolate Brownie	£4.00
Local Daddingtons Ice Cream	£2 a pot

The food symbols stated are for guidance only. If you have any food preferences or intolerances please inform a member of staff when placing your order.



## SUNDAY LUNCH TAKE OUT MENU

TO ORDER CALL: 01890 820200

### SUNDAY DINNER

**Topside of Beef / Leg of Lamb / Loin of Pork / Vegan Nut Roast**

Served with Mash & Roast Potatoes, Pork and Apricot Stuffing (Not with Nut Roast), Yorkshire Pudding, Roast Parsnips, Seasonal Veg & Gravy

for 1 person	= £9.95
for 2	= £15.95
for 3	= £20.95
for 4	= £25.00

### Desserts

Sticky Toffee Pudding	£4.00
Warm Chocolate Brownie	£4.00
Local Daddingtons Ice Cream	£2 a pot

### TAKE OUT Bottles of Cheviot Brewery Ale

£3.00 each / £10 for 4 500ml bottles  
Ask for available varieties



**HARBOUR WALL**  
4.3% - Pale Ale



**UPLAND ALE**  
3.8% - Best Bitter



**BLACK HAG** 4.4%  
Oatmeal Stout



**TRIG POINT** 4.5%  
Session IPA



**Etale** 4.0%  
Award Winning Dark Bitter

The food symbols stated are for guidance only. If you have any food preferences or intolerances please inform a member of staff when placing your order.

## THE FOOT HEALTH CLINIC

### TREATMENT FOR HEALTHY FEET AND NAILS

Fungal & Thickened Nails Treated - Diabetic foot care – Corns – Cracked Heels - Verucca – Athlete's Foot – Hard skin removal

Ingrown Toenails – Nail Trimming - Medical Pedicures – Nail Correction and Reconstruction  
Specialising in medical cosmetic treatments – a safer alternative in footcare and ideal for those with health issues

Registered member of the Chiropody, Podiatry and FHP Association

“At home” appointments also available for less mobile patients.

23 Castlegate, Berwick-upon-Tweed, TD15 1LF \* [www.thefoothealthclinic.org](http://www.thefoothealthclinic.org) \* e-mail: [michelle@thefoothealthclinic.org](mailto:michelle@thefoothealthclinic.org) \* Tel: 01289 382718 \* Mob: 07950309382

The Foot Health Clinic 



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### Etal Village Shop & Post Office Order Form

*JAMES FORDS OF NORHAM*

Order Mon for Tue, Wed for Thurs & Thurs for Sat

Large White Sliced Loaf

Large Brown Sliced Loaf

Small White Sliced Loaf

Small Brown Sliced Loaf

4 x White Rolls

Harvest Farl Brown

Stottie White

4 x Fruit Scones

4 x Cheese Scones

4 x Plain Scones

Large Teacakes

Singin Hinnie

*TROTTERS OF SEAHOUSES*

Order Mon for Tue

Pork Pie

Bacon & Mushroom Quiche

Broccoli & Pepper Quiche

Sausage Roll

Cornish Pasty

Steak Pie

Please phone or e-mail your orders to us

before 1pm on the day of order

Tel: 01890 820761 or

E-Mail: [lavendertearooms@btinternet.com](mailto:lavendertearooms@btinternet.com)

**Thank you for supporting your  
local shops**

**Winter Fuel on sale  
at Etal Post Office  
20kg Bags of Coal  
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Keep it local!**



**Citizens Advice  
Northumberland is here to  
help.**

We provide free, confidential and impartial information and advice, on a range of issues including money, benefits, housing and employment..

Contact our Money Advice Team on – 01670 339960 – or Text DEBT to 81400 – to receive a call back within 2 working days.

If you are interested in volunteering for Citizens Advice Northumberland, email [volunteer@citizensadvicenorthumberland.org.uk](mailto:volunteer@citizensadvicenorthumberland.org.uk) or call 01670 339985



## Lavender Tearooms at Etal Village Shop & Post Office

### Opening Times April

Monday – Thursday 9am ~ 1pm

Friday Closed

Saturday & Sunday 10am ~ 1pm

Post Office Mon – Thurs 9am ~ 1pm

Collection Time 12 noon

Tel: 01890 820761

e-mail: [lavendertearooms@btinternet.com](mailto:lavendertearooms@btinternet.com)

Web: [www.lavendertearooms.org.uk](http://www.lavendertearooms.org.uk)

## FORD VILLAGE SHOP

### Covid-19 Opening Hours.

We will, unfortunately, be on reduced opening hours  
until further notice.

Shop & Post Office will be every day.

Mon-Sat 8.00am to 12.30pm

Sun 9am to 12.30pm

The Tearoom will be closed.

Starting Monday 23rd March we will be running a  
daily delivery around Ford, Etal, Heatherslaw &  
Crookham.

We will be delivering newspapers plus any groceries  
ordered the previous day.

We will continue to offer hot and cold sandwiches  
and Tea & Coffee to take away or deliver.

Payment can be taken over the phone or left outside  
for collection on delivery.

Please ring Graham on 01890 820230 or 07821 110910  
[sales@fordvillageshop.co.uk](mailto:sales@fordvillageshop.co.uk)

## Border Villager Taxi

We will take you to the Doctors, Shopping, Airports, Train Stations or  
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We can cater for up to 8 passengers with ample space for luggage.

### Call Scott on

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Email, [scott@bordervillagertaxi.co.uk](mailto:scott@bordervillagertaxi.co.uk)

Web, [www.bordervillagertaxi.co.uk](http://www.bordervillagertaxi.co.uk)

## Handmade at Heatherslaw

FORD & ETAL ESTATES

John Speight's Papercut Art &  
Spirit of Colour Jewellery  
Opposite Heatherslaw Mill

Apr to Oct: Daily 10am - 4pm

Nov, Dec & March: Wed to Sun 11am - 3pm

Jan & Feb: Closed

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

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

## Recycle

OLD INK CARTRIDGES  
and now also


## TONER CARTRIDGES

The FOURUM can make money by  
recycling your old inks.

Please leave them with Etal or Ford  
shop or in Crookham Village Hall

All funds raised go towards the cost of  
printing The FOURUM.

# SHOP LOCAL



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Oaklea, Branxton  
Cornhill on Tweed TD12 4SL



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on **07900 841636** [www.thebeautyroombranxton.co.uk](http://www.thebeautyroombranxton.co.uk)

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Kindling also available.  
Locally harvested and  
delivered to your door.



**Contact John Moore**




**Geoff & Carol FISH & CHIPS**  
The van visits on Tuesdays.

Please note times are approximate.

Milfield (Village and then Threefords)	4.30 to 5.40
Etal (Black Bull)	5.50 to 6.10
Ford (Village)	6.15 to 6.30

Geoff Allan Catering,  
28 South Road, Wooler. NE71 6SN.  
Carol 07786954664/01668 282262  
and Geoff 07876506837,  
[geoffallancatering@tiscali.co.uk](mailto:geoffallancatering@tiscali.co.uk)



**Your very Good Friend ...**

A milkman is now making door to door deliveries of fresh milk in the local villages including Branxton, Ford, Etal and Crookham on Mondays and Thursdays before 6 am.

Based in Coldstream, he can do returnable 1 pint glass bottles as well as plastic 1/2ltr, 1ltr, 2ltr, and 3ltr.

**All enquiries to Daren Bruce on 01890 882950.**

## **Advice for managing your mental wellbeing during COVID 19**

It is normal to feel more worried and anxious than usual as we are living with higher levels of uncertainty and a changing situation which is hard to control. Managing your mental health and psychosocial wellbeing is as important as managing your physical health at this time.

Here are some tips on looking after your mental wellbeing:

- Try to minimise reading or listening to news that causes you to feel anxious or depressed. Seek out information, from a reliable source, at specific times of day on how to take practical steps to prepare your plans and protect yourself and your loved ones.
- Make time for ‘micro lifts’ in your day if possible – this could involve learning a new exercise or joining an on-line book club for example. Having small activities to look forward to can help to give our mood a little lift and give a sense of achievement. This is especially important at a time where we cannot plan for bigger events to look forward to things such as holidays and gathering with friends.
- Beware of ‘dramatic language’ and sensationalising in newspapers and on TV.
- Stay connected with loved ones – ensure this is done in a safe way and include digital methods like Skype if needs be.
- If you find yourself feeling anxious or overwhelmed, regulate or slow your breathing. Take a ‘mindful breath’ to help anchor you and bring yourself back into the present moment.

### **Self-isolation**

At some time, any one of us may have to go into self-isolation and this can require us to adapt to another set of circumstances. Self-isolation can bring its own challenges in terms of how we adapt to it.

Here are some tips on coping and maintaining good psychological wellbeing during self-isolation:

- Feeling of loneliness, anxiety, low mood and guilt can be common reactions to the situation. Acknowledge how you are feeling and talk to someone you trust.
- Try to be kind to yourself at this time and do things that you know help you to feel good.
- Minimise watching reading or listening to news that causes you anxiety and distress.
- Stay connected: maintain your social network during self-isolation – do this in a safe way, by phone, Skype, Facebook, WhatsApp if need be.
- Vary your activities - don’t just sit in front of a computer or tablet screen. Prolonged exposure to blue light from these devices can be disruptive to health and wellbeing.
- Keep a healthy diet as it can be tempting to sit and snack on unhealthy foods.
- Do some exercise: increase physical activity you can do inside your home, such as going up and down the stairs or following online activities such as yoga /dance.
- Engage with nature; get as much exposure to the outside world as possible even if only in your own garden.
- If appropriate increase communication digitally or by phone with friends or neighbours who might also be at home in isolation.

If you find yourself feeling overwhelmed there are also some online resources which may be of further help:

### **Resources for managing wellbeing during COVID 19:**

Anxiety UK has some good resources on managing anxiety and a list of self-isolation activities you can do at home -

<https://www.anxietyuk.org.uk/blog/covid-19-and-anxiety-part2/>

‘Get self-help’ - a useful website with a range of resources for managing different aspects of mental health -

<https://www.getselfhelp.co.uk/>

Information to parents and carers on how to open a conversation with their child about coronavirus and put their mind at ease -

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

### **Advice from WHO regarding Mental Health Considerations during COVID-19 Outbreak -**

[https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af\\_2](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2)

Advice on Looking after your mental health during the Coronavirus outbreak by the Mental Health Foundation -

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

MIND has a lot of useful resources on looking after your mental health during this outbreak -

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Useful contact numbers:

Samaritans 116123

CALM 0800 585858

Northumberland Talking Therapies - 0300 303 0700

Mind National- 0800 132 737

Crookham COVID-19 Action Team 07826 907074

Judith Stonebridge, Consultant in Public Health.

### ***CROOKHAM VILLAGE HALL***

*Why not hold your function in Crookham!*

The Village Hall is available for hire with our new commercial grade kitchen. Suitable for private functions of up to 60. To hire, contact Laura Bell 01890 820446 or the hall at [CVHTD124SY@outlook.com](mailto:CVHTD124SY@outlook.com)

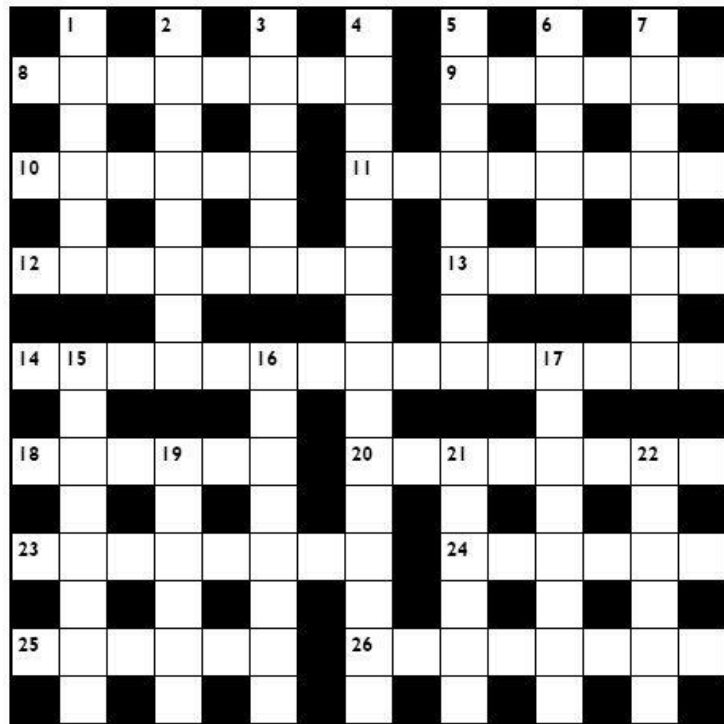


# THE FOURUM CROSSWORD No 2

By Cromwell



20 Across



## ACROSS

- 8 A fictional roguish character in George Du Maurier's novel, Trilby (8)
- 9 The 11th letter of the Greek alphabet (6)
- 10 Informal name for solid Carbon Dioxide when used theatrically (3,3)
- 11 Chemical element, Atomic Number 1 (8)
- 12 Piste (3,5)
- 13 A market for goods (6)
- 14 Tree disease first identified in Holland in 1921 (5,3,7)
- 18 King of the fairies in Shakespeare's A Midsummers Night's Dream (6)
- 20 Underwater vessel piloted by Troy Tempest in a 1960's TV series (8)
- 23 A prolonged and bitter feud (8)
- 24 Performed with great enthusiasm (6)
- 25 Compound that turns red litmus blue (6)
- 26 A short track for racing motorcycles on (8)

## DOWN

- 1 Antonin...Czech born composer (6)
- 2 Metamorphic rock used for flooring, gravestones etc (8)
- 3 Lightweight tent often used as a sunshade and for entertaining in a garden (6)
- 4 Plant, also known as the Autumn Aster (10,5)
- 5 Plant, also known as the Sword Lily (8)
- 6 Bring goods in from abroad (6)
- 7 The state of being lazy (8)
- 15 Label Rum, confused, may keep you dry (8)
- 16 Physicist famous for his ideas on relativity (8)
- 17 Jumbled hedge gas leads you to clever folk (8)
- 19 SI unit used for measuring angles (6)
- 21 A type of printer (6)
- 22 Borne or supported on water (6)

### Ford Snooker 100 Club



March 2020 winning numbers  
 59 David Mulvey £35  
 73 Fiona Skeen £15  
 26 Colin Speight £10

**Morag Pitman, from Cornhill, would like to thank everyone for their cards, flowers and kind gestures after her recent fall. All very much appreciated.**

# CHURCH NEWS

## **Services in Ford and Etal Churches are suspended for the time being.**

Coronavirus emergency.

Etal and Ford church will be open every day during daylight hours for anyone who wishes to sit quietly and pray.

In the absence of our own vicar you can contact our Rural Dean, Rob Kelsey on telephone No. 01289 382325 or e-mail [robert.kelsey@live.com](mailto:robert.kelsey@live.com)

**Local contacts are listed in Etal & Ford church porches and on the website [www.achurchnearyou](http://www.achurchnearyou)**

**Secretary : Heather Pentland 01890 820201  
[heather@hjpentland.plus.com](mailto:heather@hjpentland.plus.com)**

## **Crookham United Reformed Church. & Flodden Peace Centre.**

Daily devotions and new Sunday worship are available from the URC website - <https://urc.org.uk/>

Please continue to enjoy the peace garden in Crookham this Spring and Easter which is open.

It might be a good place to reflect about conflict and peace locally and globally during this current crisis when words of peace and hope need to be heard.

### **Contact details:**

Rev. Mary Taylor, 7 Catrail Road,  
Galashiels TD1 1NW 01896 756990  
[m.taylor\\_1@btinternet.com](mailto:m.taylor_1@btinternet.com)

## **The Parish Churches of Branxton, Carham, Cornhill**

The Archbishops of Canterbury and York have asked that all public worship be suspended. This means that there will be no services at the churches until further notice.

The churches will remain open and you are welcome to use it for private prayer. There are resources in the churches to help you with this.

**Contact is John Carr. Tel. 01890 820239  
or [jbcarr@btinternet.com](mailto:jbcarr@btinternet.com)**

## **St Ninian's Church Wooler**

**ALL PUBLIC SERVICES CANCELLED.**

St. Ninian's will be open for Private Prayer.

Please see notice on Church Door for open times.

**Rev. Fr. David Phillips**

01665 574240

## **A Very Warm Welcome to Worship at Donaldson's Lodge Methodist Church**

In the light of government advice all services have been cancelled until further notice. In Emergency please ring one of the ministry team.

Ministry Team  
Rev Kim Hurst 01289 306291  
Deacon: Jackie Wright 01665 721185

## Fourum Snippet

Within the woods, copses and fields of our rural *Fourum* landscape, it is possible to spot a surprising number of massive coniferous, redwood trees, *Sequoiadendron giganteum* belonging to the Swamp Cypress family. It is recognised as being the largest tree by volume in the world and can live for more than 3,000 years. There are good examples to be seen near the Ford Castle car park and a splendid example standing like a solitary sentinel



in a field near the Ford & Etal Estate Office, shown here. In its natural habitat of California, the tree can grow to 85 metres; even in Britain it can grow to 50 metres or more and growth is very rapid because this height can be achieved after only 150 years. The tree has a very thick fibrous bark that helps to protect it from forest fires. The tree shown has probably not yet reached its full British height but it already has a huge girth.

The species was introduced to England in 1853 by a Victorian plant collector, William Lobb (1809-1864). Lobb passed samples to John Lindley, Professor of Botany at the University of London, who named the tree *Wellingtonia gigantea* in honour of the Duke of Wellington who had died in 1852. But this was invalid because of an already unrelated species, *Wellingtonia arnottiana*; nevertheless, *Wellingtonia* has remained as the popular name in Britain. Although the *Wellingtonia* has no commercial value for its wood, its ornamental qualities appealed to major landowners throughout Britain, including those at Ford, Etal and Pallinsburn, who were quick to obtain samples for their estate and parkland settings.

“Pāgānus”



**TAKEAWAY MENU**

<p><b>Tubs</b></p> <table border="0"> <tr><td>Macaroni Cheese</td><td style="text-align: right;">3.75</td></tr> <tr><td>Mince &amp; Potatoes</td><td style="text-align: right;">3.95</td></tr> <tr><td>Sausage Hotpot</td><td style="text-align: right;">3.95</td></tr> <tr><td>Haggis, Neeps &amp; Tatties</td><td style="text-align: right;">3.95</td></tr> <tr><td>Chicken Curry &amp; Rice</td><td style="text-align: right;">3.95</td></tr> <tr><td>Stovies</td><td style="text-align: right;">3.75</td></tr> </table> <p><b>Selection of Pies &amp; Pasties</b></p> <table border="0"> <tr><td>Mince Pie</td><td style="text-align: right;">1.45</td></tr> <tr><td>Sausage Roll</td><td style="text-align: right;">1.00</td></tr> <tr><td>Chicken Pie</td><td style="text-align: right;">1.50</td></tr> <tr><td>Scotch Pie</td><td style="text-align: right;">1.45</td></tr> <tr><td>Steak Pie</td><td style="text-align: right;">1.90</td></tr> <tr><td>Chilli Pie</td><td style="text-align: right;">1.50</td></tr> <tr><td>Haggis, Neeps &amp; Tattie</td><td style="text-align: right;">1.75</td></tr> <tr><td>Stovie Pie</td><td style="text-align: right;">1.50</td></tr> <tr><td>Macaroni Pie</td><td style="text-align: right;">1.50</td></tr> <tr><td>Meat Pastie</td><td style="text-align: right;">1.45</td></tr> <tr><td>Cheese Pastie</td><td style="text-align: right;">1.15</td></tr> </table> <table border="0" style="margin-top: 10px;"> <tr><td>Ham Quiche (per slice)</td><td style="text-align: right;">2.00</td></tr> <tr><td>Brunch Quiche (per slice)</td><td style="text-align: right;">2.20</td></tr> <tr><td>Cheese &amp; Onion Quiche (Per slice)</td><td style="text-align: right;">2.00</td></tr> </table>	Macaroni Cheese	3.75	Mince & Potatoes	3.95	Sausage Hotpot	3.95	Haggis, Neeps & Tatties	3.95	Chicken Curry & Rice	3.95	Stovies	3.75	Mince Pie	1.45	Sausage Roll	1.00	Chicken Pie	1.50	Scotch Pie	1.45	Steak Pie	1.90	Chilli Pie	1.50	Haggis, Neeps & Tattie	1.75	Stovie Pie	1.50	Macaroni Pie	1.50	Meat Pastie	1.45	Cheese Pastie	1.15	Ham Quiche (per slice)	2.00	Brunch Quiche (per slice)	2.20	Cheese & Onion Quiche (Per slice)	2.00	<p><b>Baked Potatoes</b></p> <table border="0"> <tr><td>Cheese &amp; Beans</td><td style="text-align: right;">3.95</td></tr> <tr><td>Tuna Mayonnaise</td><td style="text-align: right;">3.95</td></tr> <tr><td>Cheese Savoury</td><td style="text-align: right;">3.95</td></tr> <tr><td>Coronation Chicken</td><td style="text-align: right;">4.25</td></tr> </table> <p>Soup of the Day (per cup) 1.40</p> <p><b>Cakes (per slice)</b></p> <table border="0"> <tr><td>Lemon Drizzle</td><td style="text-align: right;">1.65</td></tr> <tr><td>Chocolate Cake</td><td style="text-align: right;">1.65</td></tr> <tr><td>Victoria Sponge</td><td style="text-align: right;">1.65</td></tr> <tr><td>Cherry Cake</td><td style="text-align: right;">1.20</td></tr> <tr><td>Caramel Shortcake</td><td style="text-align: right;">1.00</td></tr> <tr><td>Rocky Road</td><td style="text-align: right;">1.00</td></tr> <tr><td>Chocolate Brownie</td><td style="text-align: right;">1.50</td></tr> <tr><td>Flapjack</td><td style="text-align: right;">1.00</td></tr> <tr><td>Honeymoon Slice</td><td style="text-align: right;">1.50</td></tr> <tr><td>Border Tart</td><td style="text-align: right;">1.65</td></tr> <tr><td>Eyemouth Tart</td><td style="text-align: right;">1.65</td></tr> <tr><td>Bakewell Tart</td><td style="text-align: right;">1.65</td></tr> </table> <p><b>SCONES</b></p> <table border="0"> <tr><td>Fruit, Plain or Cheese</td><td style="text-align: right;">0.85</td></tr> </table> <p><b>HOMEMADE PUDDINGS</b></p> <table border="0"> <tr><td>Rice Pudding</td><td></td></tr> <tr><td>Apple Pie</td><td style="text-align: right;">1.65</td></tr> <tr><td>Fruit Crumble</td><td></td></tr> </table>	Cheese & Beans	3.95	Tuna Mayonnaise	3.95	Cheese Savoury	3.95	Coronation Chicken	4.25	Lemon Drizzle	1.65	Chocolate Cake	1.65	Victoria Sponge	1.65	Cherry Cake	1.20	Caramel Shortcake	1.00	Rocky Road	1.00	Chocolate Brownie	1.50	Flapjack	1.00	Honeymoon Slice	1.50	Border Tart	1.65	Eyemouth Tart	1.65	Bakewell Tart	1.65	Fruit, Plain or Cheese	0.85	Rice Pudding		Apple Pie	1.65	Fruit Crumble	
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**PLEASE NOTE**  
Please make us aware of any dietary requirements

Any advance notice of orders (preferably by 4pm the day before delivery) would be much appreciated to ensure we meet your requirements

Payment can be made by card over the phone or cash and can be arranged when ordering

Cornhill Village Shop & Coffee Shop, Main Street,  
Cornhill on Tweed, Northumberland TD12 4UH Tel : 01890 883313  
www.cornhillvillageshop.co.uk julie@cornhillvillageshop.co.uk  
lynda@cornhillvillageshop.co.uk Partners : Lynda Waite & Julie Jones



**CORNHILL VILLAGE SHOP**  
**DELIVERY SERVICE**

As you are all aware the Coronavirus has disrupted the lives and daily living habits of everyone. This is where we would like to help if we can.

We are offering a delivery service for groceries and ready made meals (Menu overleaf). Where possible and providing our suppliers can still deliver to us, we will try our best to get essentials to people who need to self isolate.

We have a list of people who have kindly volunteered to deliver goods where we can so we are hoping to try and cover **CORNHILL, DONALDSONS LODGE, WARK, CARHAM, BRANXTON**. If you do need goods and don't live in these areas please still give us a try and if we can we will do our best to get you what you need.

It is a time to pull together and check on your neighbours near and far. Just a wave or a thumbs up can brighten someones day especially if they are self isolating and can't go out. If you have any queries at all please give us a ring

**SHOP 01890 883313 LYNDA (Mobile) 07912 561502**  
**JULIE (Mobile) 07789 765610**

Please be patient with us and we will get to you when we can...

## *Etal Village Hall*

Available for your:

- Wedding reception
- Conference
- Meeting
- Training course
- Exhibition
- Birthday Party

Or any other Event you have!



[www.etalvillagehall.org.uk](http://www.etalvillagehall.org.uk)  
E-mail: [etalvillagehall@yahoo.co.uk](mailto:etalvillagehall@yahoo.co.uk)  
Tel: 01890 820777

## Crookham COVID-19 Action Team Here to help

Call us **07826 907074**

Are you concerned about COVID-19 and how it may affect your life in the weeks ahead? Crookham Village Hall's COVID-19 Action Team has been set up to support older and more vulnerable residents through the epidemic.

We'll also try to support NHS staff, carers, other emergency service workers and anyone who is in self-isolation.

### WE ARE HERE TO HELP.

We'll find volunteers who can run errands to the shop or chemist to top up essential supplies or pick up a prescription.

Even if you just need someone to talk to, please get in touch. Here are examples of the help we can offer:

- Collect grocery orders
- Collect and deliver prescriptions
- Phone or video call if you are lonely, concerned or just want to chat
- Collect and post parcels and letters

Privacy will be respected. Call us if you need help or support



Hospice at Home and Wellbeing Services

COVID 19

HospiceCare is taking a proactive approach to what is happening nationally. The delay phase of the pandemic has been announced and although social distancing measures have not formally been introduced by the government, we want to take sensible measures to protect our clinical workforce. Given that our hospice work is largely within patients' homes, our key focus needs to be on safeguarding our clinical staff members to enable the team to maintain their health, to allow them to safely continue delivering care. So with immediate effect:

- All Wellbeing services held within our Alnwick and Berwick buildings are cancelled from today. This includes our Weekly Drop-Ins, The Willows, Bereavement and Dementia Cafes, Dementia Football and Information Hubs. We will see people on an individual basis and the most appropriate staff member from the clinical team will maintain regular contact with them. This is in line with actions taken by other providers of Wellbeing services.
- Our café area at Greensfield House, Alnwick, is now closed.
- Our Wellbeing Centre, Hazel Marsden House, Berwick, will only be used to see patients individually.
- In the meantime, we are aiming to have more regular telephone conversations rather than face-to-face sessions for our Wellbeing services. Our existing referral process and criteria remain unchanged for the present time. Please can we ask people contact us via telephone should they wish to self-refer.
- Hospice at Home will continue unchanged with the emphasis on continuing to take Universal precautions relating to Infection Control.

Please don't hesitate to telephone our nursing team on T. 01665 606515 or T. 01289 309997 or email: [nursingteam@hospicecare-nn.org.uk](mailto:nursingteam@hospicecare-nn.org.uk) *Nina Burnett HospiceCare Clinical Lead*

### A point of local interest.

In the 19<sup>th</sup> century the wives of the hinds (men who were hired to work on a farm for a year) were expected to spin a certain weight of lint (flax) for the farmer's wife. To supply this, a plot of lint was grown at each of the farms. The Lint Haugh on the river side of the B6354 is a permanent record of flax growing.

## Ford Parish Council and Corona Virus outbreak.

If anyone in the Parish requires help or advice please do not hesitate to contact either the clerk on 01890 820566, [clerk.fordpc@btinternet.com](mailto:clerk.fordpc@btinternet.com) or the chairman, Richard Baker on 01890 820761, [etaltearooms@btinternet.com](mailto:etaltearooms@btinternet.com).

For info from the Government go to:- <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Please send material for the FOURUM (note the spelling) and requests for the e-mail version to: [theforum@gmail.com](mailto:theforum@gmail.com) and check that you get a reply in a day or two.

We prefer material sent monthly as e-mail attachments in text (.txt);

Word (.doc or .docx); photographs (.jpg); Acrobat (.pdf).

For back editions see [www.etalvillagehall.org.uk/the-fourum](http://www.etalvillagehall.org.uk/the-fourum)

Commercial advertising rates are £5 per advert or £45 for 10 editions. Cheques to be made out to **FORUM Newsletter** & sent to **32 Crookham Village, Cornhill on Tweed. TD12 4SY.**

**Deadline for the April edition.**

**Monday 13<sup>th</sup> April**

Proof Reader team:

**Mary Lockie                      Nicola Gibb**  
**Kathleen Holmes            Phil Reynolds**

**Production: John Pentland, Steve Taylor & Shaun Beattie.**

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