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150 • JANUARY 2020

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2020

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theCryer
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Preamble

Cryer Recipes

SEE PAGE 7

Charity of the Month

SEE PAGE 11

This month's feature advertiser

SEE PAGE 9

To advertise in The Cryer, contact Jodie on 01665 602553

Well here we are another year over. Welcome to our first issue of 2020. We hope you have all had a lovely Christmas and New Year.

We welcome a new advertiser for the New Year, WCF Pet and Equestrian, who are launching their dog friendly coffee shop. Offering you all a free coffee and doggy treat when you mention The Cryer.

Great British Interiors, who you will have seen on our back page for a while now, are our featured advertiser this month. They tell us more about themselves and what they do. If you haven't already been to their store in Morpeth or seen their work on our facebook page, you should definitely check it out. It's enough to give anyone décor envy!!

We have Shak as our featured charity this month. Take a look at page 4 to learn more on how they help our furry, 4 legged friends.

We would just like to wish all the best for all of our advertisers past and present. Thank you for advertising with us. May our lovely readers keep you all nice and busy and you all have a prosperous 2020!!

Team Cryer

The Cryer is an independent publication delivered to homes and businesses in the Alnwick, Amble, Alnmouth, Shilbottle, Hipsburn, Lesbury, Foxton, Felton, Newton-On-The-Moor, Swarland, Longhoughton, Denwick, Rennington & Warkworth areas. Disclaimer: while every effort is made to ensure the accuracy and legitimacy of all advertisements and editorial published, The Cryer cannot accept responsibility for any false statements or errors. Copyrights and permissions have been sought wherever possible. In the case of inadvertent omission please contact us. All editorial and artwork created by the proprietors or agents for inclusion within this magazine remains the property of The Cryer and may not be used elsewhere without the written permission of the copyright owners.

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recycle

Over 55 and feeling alone?

Come to the Drop In

Feel at home in a friendly atmosphere

Free tea, coffee and cake

Every Thursday, Friday and Sunday
11am - 4pm

in The Stuart Halbert Elderberries Room
at The Alnwick Garden

FREE ENTRY TO THE DROP IN CENTRE

For more information contact Sue Simpson or Yvonne Dale.

e: communityandeducation@alnwickgarden.com t: 01665 511 350 option 1

WE ARE A **CHARITY**

Alnwick Castle

NOW RECRUITING FOR 2020!!

See website for details

www.alnwickcastle.com

Closing date 1st February 2020

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CREATING HOMES FOR PEOPLE

We are a local, volunteer-run, social business recycling unwanted furniture back into our community. All furniture donated is re-distributed back to families and individuals across the region on low income

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We urgently require donations of clean good quality items of unwanted furniture, household items and white goods for re-distribution. **FREE COLLECTION** of single items, as well as full house clearance and bereavement services.

NO NEED TO DUMP IT!

If you're downsizing, moving house or simply treating yourself to new furniture, why not let us make good of your unwanted goods. Our friendly team are available to collect Monday to Saturday in and around Northumberland.

Hate to see things go to waste? We do too!
Call us now on: **0191 2242116** for **FREE** prompt collection

ARE YOU IN NEED OF LOW COST FURNITURE?

Why not call in to see us at:
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Newcastle upon Tyne NE6 2YF.

OR

View and purchase our items on-line at
www.facebook.com/orangeboxnortheast
LOW COST DELIVERY AVAILABLE

THANK YOU IN ADVANCE FOR YOUR HELP

Chicken, ham and vegetable pasta

A Free medley of tender chicken strips, ham, leeks and peas in a delicious white sauce

INGREDIENTS

350g dried **strozzapreti** or other pasta shapes

1 small **leek**, chopped

150g **frozen peas**

150g baby leaf **spinach**

200g **pulled ham** (5% fat or less) or lean ham, visible fat removed, chopped into small chunks

2 cooked skinless and boneless **chicken breasts**, cut into thin strips

FOR THE SAUCE:

1 large **onion**, roughly chopped

½ x 400g can **cannellini beans**, drained

100g **cauliflower**, cut into small florets

1 medium **potato**, peeled and roughly chopped

½ tbsp **Marmite**

1 **chicken stock cube**, crumbled

4 large **garlic cloves**, peeled

½ tbsp chopped fresh **rosemary** (or ½ tsp dried rosemary)

120g plain **quark**

35 minutes Serves 4

METHOD

1. First put all the sauce ingredients except the quark in a medium saucepan over a high heat. Add 400ml boiling water and bring to the boil, then cover and simmer for 15 minutes or until tender.
2. Meanwhile, bring lots of water to the boil in a large saucepan, season with salt and add the pasta and leek. Bring back to the boil and cook for 7 minutes. Add the peas, spinach, ham and chicken, bring back to the boil and cook for a further 3-4 minutes or until the pasta is cooked. Drain well and return to the pan.
3. Remove the sauce from the heat and, without draining, blitz until smooth using a stick blender. Add the quark and blitz again. Stir the sauce through the pasta, season to taste and serve hot with a green salad.

SLIMMING WORLD **ALNWICK**
Monday: 9.30 & 11.30am
5pm & 7pm with **Rachael**
Thursdays: 5pm & 7pm with **Tracey**
At Lindisfarne Adult Learning Centre

SLIMMING WORLD **LONGHOUGHTON**
Mondays: 5pm & 7pm with **Tracey**
At Westfield Park, Longhoughton

SLIMMING WORLD **AMBLE**
Mondays: 5.30pm & 7.30pm with **Joy** at Amble Parish Hall
Wednesday: 9.30am with **Rachael** at Amble Parish Hall

CRYER QUIZ 1

The month of January was named after the roman god Janus. Janus was the god of what?

WHAT'S ON IN JANUARY

Box Office
01665 660550

Box Office
01665 660550

3-5TH	Playhouse Grand Opening Weekend
5TH	Alnwick & Northumberland on film
3-16TH	Cats
9TH	Wizard of Oz Ballet
10-11TH	Frozen 2
17-25TH	Peter Pan Panto
21ST	Starwars: The Rise of Skywalker
28TH	David Harper - Unexpected Tales
29th	PWYD - Emergence 2020 Tour
30th	Gary Delaney: Gagsters paradise

www.alnwickplayhouse.co.uk

HospiceCare Monthly Monday Craft Sessions
First Monday of each month 2-4pm Alnwick Wellbeing Centre

Elderberries at The Alnwick Garden

Chair Based Exercise, every Tuesday 10.30-11.15am in The Elderberries Drop-In Room at The Alnwick Garden.
£4 per session, payable on entry to the session. All equipment provided, wear comfortable clothing. Carers welcome to support individuals in the session.

Clinic Café in The Elderberries Drop-In room at The Alnwick Garden Tuesday 14th January 2.00-3.30pm - Gardens around the World.
Speaker – Ian Dent, Outreach Gardener.
Suggested £2 donation to cover refreshments.

Musical Movie Afternoon, Tuesday 7th January 1.30-4pm in The Elderberries Drop-In room at The Alnwick Garden.
Calamity Jane.

Singing for the Brain
Alzheimer Society in The Pavilion Room at The Alnwick Garden.
Tuesday 21st January 1.30-3.00pm.

Drop In Centre at The Elderberries Room, every Thursday, Friday and Sunday 11-4pm.
Feeling Alone? Cake, chat, companionship for the over 55s

NO PRIOR BOOKING NEEDED FOR ANY ABOVE EVENTS

PAW PRINTS
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for you and a tasty treat for your dog* when you bring them along to
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South Road (beside Aldi)
Alnwick NE66 2QW
tel: 01665 660790

Opening hours: Monday - Friday 8.30am - 5.30pm
Saturday 9.00am - 6.00pm • Sunday 10.00am - 4.00pm
Please note that our coffee shop closes half an hour before store closing times each day.

*one coffee and treat per customer - quote offer code: CRY1

With a degree in textiles under her belt and an ardent passion for fabric, 'Great British Curtain Co.' founder Louise Potts began her career in textiles working for Betty Jackson in London and later, Lucy Barnes in New York.

Starting out as an online venture, The Great British Curtain Co. Quickly gathered momentum and Louise and husband Chris decided they needed a premises to house their team of skilled seamstresses and to showcase their huge range of fabrics and designs.

By February 2018 the business had expanded and re-named 'Great British Interiors' to include home accessories and furniture to accompany the beautiful soft furnishings and window treatments that are the very core of the business.

Customer response has been outstanding and the team is ever expanding, tripling in the first six months since opening with each member of the team absolutely dedicated to providing first class customer service from start to finish.

If fabric and design are the heart of the business, then the backbone is a love of people, community and family values. Customer feedback has been incredible, a testament to the dedicated, bespoke service offered by Louise and Chris.

Great British
INTERIORS

Australia day is celebrated on what date?

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SHAK was formed in June 2006 by Stephen Wylie after the sudden death from Lymphoma of his beloved German Shepherd cross Shak.

Uttering those fateful words 'never again' he decided he wanted to help in the world of rescue and sold his own business to concentrate on providing an alternative to the destruction that was happening in pounds all over the country. It was whilst working in one of those pounds that Stephen quickly saw there were a lot of dogs losing their lives simply because they had nowhere else to go.

Only taking in abused, neglected and abandoned souls or put to sleep cases at the vets, today SHAK takes care of 60+ dogs at any one time.

By providing sanctuary in the beautiful Northumbrian countryside just outside of Alnwick, Stephen and his team help its inhabitants to learn to trust and, as Stephen calls it "allows them to simply be a dog again."

The charity receives no government funding or grants, all of its funds are self generated through its shop in Blyth and from the wonderful generosity of its supporters.

If you would like to make a donation or help in anyway then please send an email to shak@shak.org.uk

Registered Address: SHAK HQ Greenwell Road Alnwick Northumberland NE661HB (Please note these premises are office premises only. No dogs are kept on site.)

Which American president was born in January?

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			7		5		9	
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					2			

SOLUTION ON PAGE 18

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CRYER QUIZ 6

In January of what year did the Euro bank notes and coins enter circulation?

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What American holiday is celebrated on the 2nd Monday of January?

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ANIMAL ANTICS

2020 already, I hope you all had a great Christmas break and you are all sticking to your New Year's resolutions, mine was to have less cat nip after a rather bad Christmas hangover.

So, after a year (or 3) of uncertainty it looks like we are finally going to get an answer on Brexit, now not many people know this, but I have an insider at No 10. Larry the Cat who you can often see sat on the steps at number 10 has seen his fair share of comings and goings and is always good for a scoop, if you fancy a chuckle and are a member of the Twitter family you can find him @Number10Cat, Larry is always good for a witty comment but has got a bit lazy over the years with all the treats he receives.

While you are tweeting have a look @ SHAKRescue as well, they are this month's featured charity and they do some great work for our not so intelligent four-legged friends (honestly cats are by far the superior pet). I love to see more animals in the magazine so if you know of any other animal related charities please let the human helpers know.

So good luck with the resolutions, I am already fancying a cat nip and I will see you all in the month of love

Meow for now

Prince Harvey

Leaflets distributed for £50 per 1,000

Please mention **The Cryer** when responding to adverts

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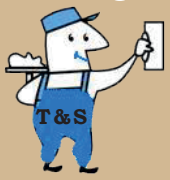

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CRYER QUIZ 9

In January of what year was Czechoslovakia divided into Slovakia and the Czech Republic?

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HOROSCOPE

CAPRICORN

DECEMBER 22 - JANUARY 19

Capricorn is a sign that represents time and responsibility, and its representatives are traditional and often very serious by nature. These individuals possess an inner state of independence that enables significant progress both in their personal and professional lives. They are masters of self-control and have the ability to lead the way, make solid and realistic plans, and manage many people who work for them at any time. They will learn from their mistakes and get to the top based solely on their experience and expertise.

Belonging to the element of Earth , like Taurus and Virgo, this is the last sign in the trio of practicality and grounding. Not only do they focus on the material world, but they have the ability to use the most out of it. Unfortunately, this element also makes them stiff and sometimes too stubborn to move from one perspective or point in a relationship. They have a hard time accepting differences of other people that are too far from their character, and out of fear might try to impose their traditional values aggressively.

Saturn is the ruling planet of Capricorn, and this planet represents restrictions of all kinds. Its influence makes these people practical and responsible, but also cold, distant and unforgiving, prone to the feeling of guilt and turned to the past. They need to learn to forgive in order to make their own life lighter and more positive.

Capricorn - the Goat of Fear A goat with the tail of a fish is created to face fear and create panic. It is the sign of decisions made to be protected from monsters in our minds, lives, and immediate physical surrounding. Always ready to transform into something that scares those scary things off, Capricorn speaks of each natural chain reaction of fear, where one scary thing leads to many others, rising up as defensive mechanisms that only make things worse. Immersed in their secrecy, they face the world just as they are - brave enough to never run away, but constantly afraid of their inner monsters.

CRYER QUIZ 10 The Japanese New Year is celebrated on what days in January?

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Berwick Infirmary	0344 811 8111
Childline	0800 1111
Citizens Advice Bureau	03444 111 444
Community Mental Health Team	01665 608000
Coquetdale Cottage Hospital	01669 620555
Electricity Power cut	105
Gas Emergency	0800 111999
Hillcrest Maternity Unit	01665 626732
HospiceCare Northumberland	01665 606515
Lionheart Radio	01665 602299
Local Police	101
Morpeth Cottage Hospital	01670 395600
National Rail Enquiries	08457 484950
Newcastle Airport	0871 8821121
NHS Direct	111
NSPCC	0808 800 5000
Northgate/Prudhoe Hospital	01670 394000
Northumberland Business Service	01670 813322
Northumberland Care Trust	01665 511733
Northumberland County Council	0345 600 6400
Northumberland Fire & Rescue	01670 621110
Northumbrian Water	01830 520108
Public Transport Traveline	0871 200 22 33
RSPCA (24hr)	0300 1234 999
Samaritans	116 123
Social Services Alnwick	01665 603411
St. George's Hospital	01670 512121
Wansbeck Hospital	01670 521212

DIRECTORY

ADVERTISER	PAGE	TEL NO
ACTIVITIES		
Alnwick Castle	5	
www.alnwickcastle.com		
The Alnwick Garden	4	
www.thealnwickgarden.com		
ART SUPPLIES		
Creative Art Supplies	14	01665 798080
BUILDERS		
David Daley Construction	14	07940 357974
Taylor & Sons	15	07761 756665
CARE PROVIDER		
Whellcare	12	01670 231847
CARPETS		
Beddy Buys	2	01665 714411
CCTV		
Hamilton Aerials	21	07981 646846
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Sewing Maid	16	07770 382329
ELECTRICIAN		
RSF Electrical	12	07782 110360
FLORISTS		
Simply Flowers	12	01665 602747
FUNERAL DIRECTORS		
Alistair Turner	12	01665 510 699
FURNITURE SERVICES		
Orangebox	6	0191 224 2116
GARDEN SERVICES		
NGM	14	01665 578188
Stainton Coast & Country Garden Service	19	01665 798543

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GARAGE SERVICES		
Lionheart Garage	16	01665 606090
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J T Groundworks	19	07548 814625
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Gutterman	19	01665 710475
HOME DECOR		
Great British Interiors	20	01670 516866
JOINERY		
David Flannighan	15	07941 691422
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MKM	1	01665 606977
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WCF	8	01665 660790
PRINTING		
Azure Printing	10	01670 510271
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Jaspers	16	07853 449465
The Black Swan	4	01665 510683
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Get Rid Removals	13	07981 646846
ROLLER DOORS		
Garolla	13	0191 394 0076
ROOFING		
Alnwick Roofing	17	07974 051345
Astro Roofing	10	07756 734969
Roof Doctor	17	07548 880262

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Amble Quality Sheds	19	07843 783030
TV & AERIALS		
Hamilton Aerials	15	07981 646846
Keenlyside Services	15	01670 790003
WINDOW CLEANING SERVICES		
Professional Cleaning Services	15	07770 356852

JANUARY QUIZ ANSWERS:

1: Beginnings
2: Garnet
3: January 26th
4: Carnation
5: Richard Nixon **6**: 2002
7: Martin Luther King Jnr Day
8: Januarius **9**: 1993
10: 1st to 3rd

SUDUKO SOLUTION

9	1	6	2	7	4	3	8	5
4	3	2	8	5	6	9	7	1
8	5	7	3	1	9	2	4	6
6	4	9	5	3	8	1	2	7
1	8	3	9	2	7	6	5	4
2	7	5	6	4	1	8	3	9
3	2	1	7	6	5	4	9	8
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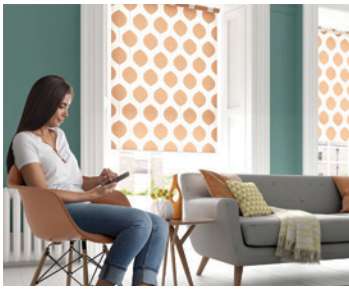

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