

Notes for your diaries:

Monday 2nd March, The Barber Bus. The Millennium Beacon 3-4:30pm

Monday 2nd March, Warden Parish Council. Newbrough town Hall 7pm.

Wednesday 4th March, Newbrough Parish Council. Newbrough town Hall 7pm.

Saturday 7th March, Mobile Fish & Chip Van. Millennium Beacon , Fourstones 4:30-6:30pm. Sidgate, Newbrough 6:45-7:15pm

Thursday 12th March, Newbrough W.I. Newbrough town Hall 7pm.

Thursday 12th March, Climate Action Group Meeting. Newbrough Town Hall 7:30pm. There will be a talk on "Woodlands and Climate Change" by Ian Everard from the Forestry Commission. A donation of £1 is requested.

Monday 16th March, Local History Group. Newbrough town Hall 7:30pm

Tuesday 17th March, Appeal Hearing for The Railway Inn. Hexham House, Gilesgate, Hexham 10am. After having the planning application turned down twice, the owner has appealed against the decision. The appeal hearing is open to the public.

Thursday 19th March, Town Hall Quiz. Newbrough Town Hall 7:30pm for 8pm start. Teams of up to 6 per team, entry £2 per person. Cash prizes and nibbles, bar open

Friday 27th March, Big Brew Coffee Morning. Methodist Church 10am to 11pm.

Friday 27th March, Gin Tasting Evening. The Boatside Inn 6:30- 9:30pm.

Yoga Classes for March;

Classes at Naturel at Warden are:

Wednesday 4, 11, 18 March 12.15-1.45pm & 6-7.30pm Open to all, 7.45-9.15pm Men Only

Friday 6, 13, 20 March 9.15-10.45am

Saturday 14 March 2-4.30pm a yoga class for experienced students cost £13.00, please book a place.

Also 1-1 classes are available on request. Contact Norah below.

If you want info on any of these classes or more info on other local classes please contact Norah Phipps 01434 674249 or email yoganorah@gmail.com

Pilates classes

New Year, New You! Looking to improve your mobility, flexibility, strength and ease your back and joint pain? Then try our Pilates classes in Warden and Newbrough.

There are classes for all fitness levels, even if you've never tried Pilates before.

Try our mat-based exercises to get rid of back and joint pain and to move better, strengthen your back and core muscles and improve posture and flexibility.

Class led by a fully qualified and very experienced Pilates teacher so you can be sure you will be safe and your injuries or limitations will always be taken into account.

Class timetable:

- **Thursdays 5pm at Newbrough Town Hall.** 1hr class aimed at back and joint ache, mobility problems and beginners.

- **Thursdays 7:15pm at Naturel Therapies, the Old Chapel, opposite the Boatside Inn,**

Warden. 1hr class. Beginner to improver level for all-round body strength, better posture, core and back strength, improved mobility, flexibility and to help improve and support your existing exercise routines. This will help you to run better, lift weights better, ride better, improve your golf swing and all while easing back pain and building a stronger back.

- **Sundays 10am at Naturel Therapies, the Old Chapel, opposite the Boatside Inn,**

Warden. 1hr class. Mixed ability class (not suitable for beginners) for all-round body strength, better posture, core and back strength, improved mobility, flexibility and to help improve and support your existing exercise routines. This will help you to run better, lift weights better, ride better, improve your golf swing and all while easing back pain and building a stronger back.

What a way to start your Sunday - Join us and become a Sunday morning warrior!

One-to-one and small-group sessions also available.

To find out more or book, contact Sarah@perfectlypilates.co.uk 07341817156 or book online at www.perfectlypilates.co.uk

Other News:

The Stanegate Magazine available On Line. The stanegate magazine can be read in glorious technicolour by going to the village web site www.fourstonesandnewbrough.co.uk and selecting Stanegate Magazine from the "Home" drop down menu. Copies of the magazine are available for the last 12 months.

If you have dates of events that you would like publicised or know of anyone who would like to be added to the mailing list please email Fourstones Info for further information on local events and news refer to www.fourstonesandnewbrough.co.uk.