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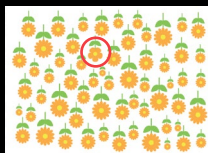
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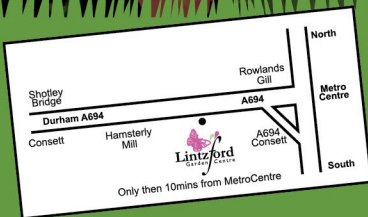
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A hotel with a great deal of personality

INNSiDE by Meliá Newcastle brings a slice of continental life to the heart of the city.

Located on the historical Quayside, it offers breath-taking views across the River Tyne and an eclectic home-from-home feel for guests. Each stay is enriched with music, art and literature curated by the hotel's local experts, so you #StayCurious with INNSiDE by Meliá Newcastle.

We are giving readers the chance to win the ultimate staycation in Newcastle, with an overnight stay (bed and breakfast) for two guests in this lifestyle destination hotel.

Also included is a 3-course dinner for two guests and a bottle of wine to share at the Mediterranean inspired destination restaurant and bar Gino D'Acampo Quayside.

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- Fully inclusive breakfast
- Plus a three-course meal each at Gino D'Acampo Restaurant and a bottle of wine

For your chance to win, visit [teamvalleypublications.co.uk/competitions](https://www.teamvalleypublications.co.uk/competitions) and answer the following question:

INNSiDE by Meliá Newcastle brings a slice of what to the heart of the city?

T&C's: Entrants must be 18 years old or over. One entry per person. Prizes are non-transferable and cannot be exchanged for monetary value. Subject to availability.

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IN THE GARDEN

Monthly advice on getting the most out of your garden

SUNSHINE & showers

As we approach the middle of Spring, there's plenty to do in the garden. Not only are the days getting longer, the soil is also beginning to warm up, which means there's plenty to be getting on with in the potting shed.

April is a good time to sow your favourite vegetable seeds indoors, or directly outdoors if it's warm enough, ready for a summer of bumper harvests. And if you want to fill your beds, borders, and containers with scent and colour, keep sowing your favourite flower seeds too.

If you have a greenhouse, lean to or frost free area, you can save money by buying small bedding plants in April, which are cheaper, and grow them on in the sheltered frost free conditions. Sowing from seed can be time-consuming and tricky; both on the web and in garden centres there is a great choice of plug plants for bedding and vegetables. These small plants need a frost free environment, and as much all round light as you can achieve. Take care with watering, too much at the early stages and the small plants can rot.

These small plug plants need to be potting on immediately, but take care to pot them up just one stage in pot size. If you put a small plug plant into a large pot, it will not thrive. If the plants are small, you need to escalate the pot size gradually, once the plants are more established, it's a good idea to plant them in the container and grow on in the greenhouse until ready to plant out. This will help the plants establish a good root system in the container before placing outside.

TOP TIPS FOR APRIL

- Enjoy instant colour by planting primulas and polyanthus in pots and at the front of borders.
- Continue deadheading spring bulbs and bedding, so they don't waste energy setting seed.
- Plant pineapple lily (eucomis) bulbs in pots for exotic-looking summer flowers.
- Sow sweet peas at the base of supports, and transplant those sown in autumn into their final positions.
- Spray the new leaves of disease-prone roses with fungicide to control mildew, rust and black spot.
- Take basal cuttings from clumps of perennials, such as delphiniums, campanulas and lupins.
- Prune hydrangeas, cutting back the old stems to a healthy shoot lower down.
- Sow sunflowers in a sunny, open site, then water regularly and protect seedlings from slugs and snails.
- Check for aphids on roses and rub them off before they develop into major infestations.

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Lumley Castle is a charming venue from the late 14th century, lovingly built by Sir Ralph Lumley. This medieval architectural gem, complete with a stone keep and defensive walls, has witnessed many owners yet has always remained close to the Lumley family, a well-known family from Northern England.

In the 19th century, the castle underwent a fabulous makeover, with interiors being spruced up in the grand Victorian style, all the while preserving its historical charm. By the 20th century, the castle had morphed into a hotel and event venue. The castle is rather famous for its ghostly tales, especially the haunting of Lily Lumley, which brings curious visitors from all over the world. As a hotel, it offers an enchanting blend of history and luxury.

It boasts magnificent state rooms and suites, with some even featuring four-poster beds, roll-top baths, Narnia-style wardrobes, and elegant lounges overlooking serene parkland or woodland.

What's more, guests can indulge in exquisite dining at the award-winning restaurant or immerse themselves in the Elizabethan Banquets, a fun medieval-themed dining experience where entertainers in traditional costumes add to the merriment.



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For your chance to win, visit www.teamvalleypublications.co.uk/competitions and answer the following question:

What is Lumley Castle rather famous for?

T&Cs: Entrants must be 18 years old or over. The prize is non-exchangeable, non-transferable and no cash alternative will be offered. The prize is subject to availability and blackout dates apply. The prize must be claimed by the prize winner only. ID may be required. **Closing Date: 19th April 2024**



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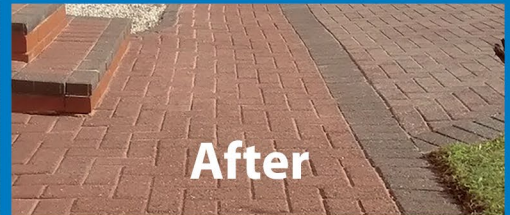
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GB's Jemma Reekie wins 800m silver

Great Britain's Jemma Reekie said she had learned "a good lesson" before the Paris Olympics after winning World Athletics Indoor Championship 800m silver in front of her home crowd to clinch her first major medal.

The Scot, 25, was backed by passionate support in Glasgow but initially looked disappointed after clocking two minutes 2.72 seconds, behind Ethiopia's champion Tsigie Duguma.

It came after GB's women's 4x400m relay quartet, which included twin sisters Lavai and Lina Nielsen, won bronze. Ama Pipi and Jessie Knight brought GB home in a national record of 3:26.36.

Those results meant the hosts ended the three-day championships fifth in the medal table with four medals.



SPORT PLANNER

23RD MARCH - 27TH APRIL

Rugby Union | Women's Six Nations

11TH - 14TH APRIL

Golf | The Masters, Augusta National

13TH APRIL

Horse Racing | Grand National

20TH APRIL - 6TH MAY

Snooker | World Championship

21ST APRIL

Athletics | London Marathon

Boulter wins San Diego Open title after stunning comeback victory

Katie Boulter won her first WTA 500 title by fighting back from a set down to defeat Marta Kostyuk in the San Diego Open final.

The 27-year-old Briton won 5-7 6-2 6-2 in the biggest triumph of her career so far. After a close first set, Boulter dominated Ukrainian Kostyuk to secure a victory that lifts her to a career-high ranking of 27th in the world.

"I don't know what just happened," Boulter said after the match. This has been very, very special for so many different reasons. This one is pretty amazing, I've worked very hard for it, I played some incredible tennis.

Boulter converted seven of her 11 break points and also saved seven of the 11 that she faced.

She recovered from 5-2 down in the first set to get back to 5-5, saving five set points in the process, but Kostyuk took the opener when the Briton double-faulted.

Boulter found her form and dominated from that point, breaking Kostyuk three times in the second set to force a decider. In the final set, she broke serve twice more and served out the match by hitting her first two aces of the match and a forehand winner on championship point.

Boulter was greeted by her boyfriend, Australian player Alex de Minaur, who flew from Acapulco early in the morning after retaining his title at the Mexican Open.

The WTA Tour includes 250, 500 and 1,000-level events - the categories denoting the number of rankings points awarded to the champion.

Boulter has risen 99 places in the rankings since winning her only other tour title at last year's Nottingham Open, a WTA 250 event.





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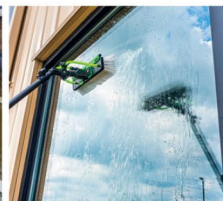
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DOUBLE CHOCOLATE COOKIES

This classic cookie dough is so easy to make and can be kept in the freezer so that you can cook up a fresh treat to share at any time. If you don't fancy chocolate then just replace with ingredients of your choice such as cherries, sultanas, or fudge pieces.



Prep Time:
10 minutes



Cooking Time:
16 minutes



Makes
16

Ingredients

- 225g butter
- 55g caster sugar
- 110 g soft brown sugar
- ½ tsp vanilla bean paste, optional
- 140g raising flour
- 225g porridge oats, not jumbo oats
- 100g milk chocolate chunks
- 100g white chocolate chunks

Method

1. Pre Heat the oven to 180C / 160C Fan/ Gas 4.
2. With an electric whisk or wooden spoon, cream together the butter, sugars, and vanilla bean paste (if using) until soft and creamy.
3. Stir in the flour, oats, milk and white chocolate chunks and combine until the mixture comes together.
4. Using your hands gently roll the mixture into a sausage shape, approximately 6cm in diameter then slice evenly into approximately 16 rounds.
5. Place on baking tray lined with baking parchment and bake for 16-18 minutes until lightly golden. Don't be tempted to cook for longer.
6. Allow the cookies to cool slightly and firm up on the baking tray before placing on a cooling rack to cool completely.

TIP: Swap out the chocolate for combinations of your choice such as roasted hazelnuts & dried apricots, crystallised ginger & white chocolate or sour cherries & dark chocolate chips. The total amount of the additions needs to be 200g.



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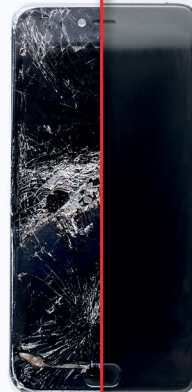


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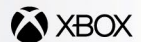
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	9	3	4	
		5	8	2
3	1	6		8
5	7	2		6

MEDIUM

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9	5		1	8
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3	9	6		

EVIL

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5			4	6
	8			
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4	3		9	5
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Released: 12/04/2024

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JAMES ACASTER

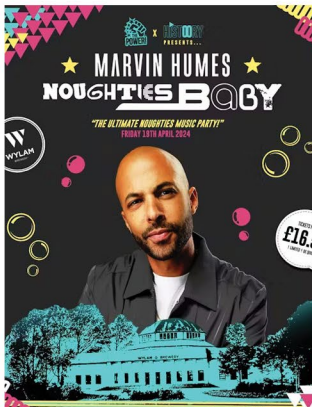
Off Menu podcast host and comedian James Acaster is back with his show 'Hecklers Welcome', his first tour since 2019's 'Cold Lasagne Hate Myself 1999'. He's very proud of it. That being said, you are allowed to ruin it. Fill your boots.

Where: 02 City Hall Newcastle
When: 8th April 2024

AL MURRAY: GUV ISLAND

Standing up so you don't have to take it lying it down anymore, the Pub Landlord is back to make sense of the questions you probably already had the answers to.

Where: Sunderland Empire
When: 14th April 2024



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Where: Wylam Brewery, Newcastle
When: 19th April 2024



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When: 3rd May 2024
Where: 02 City Hall Newcastle
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ERIC CLAPTON

When: 9th May 2024
Where: Utilita Arena
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GIRLS ALOUD

When: 1st June 2024
Where: Utilita Arena
Tickets On Sale: Now

BRUCE SPRINGSTEEN

When: 22nd May 2024
Where: Stadium of Light, Sunderland
Tickets On Sale: Now



THE LAST DINNER PARTY

When: 23rd September 2024
Where: 02 City Hall Newcastle
Tickets On Sale: Now



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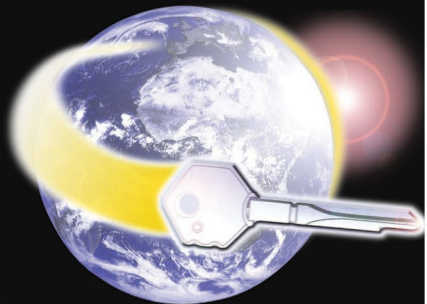
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