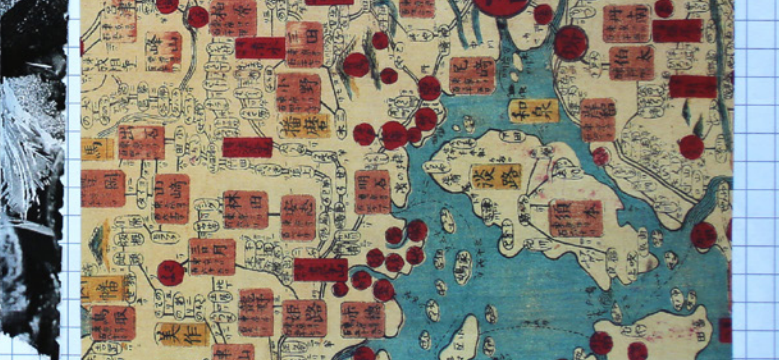
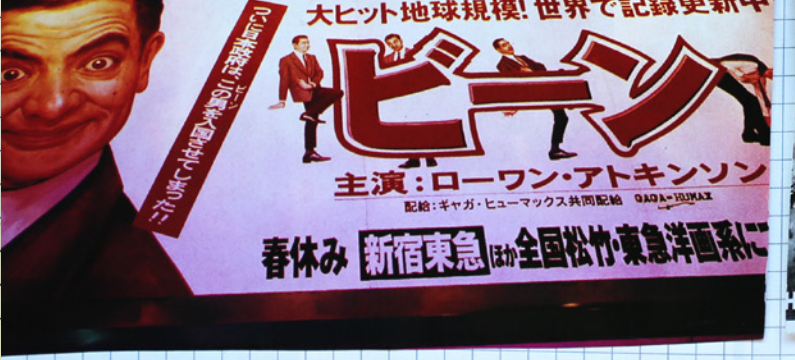
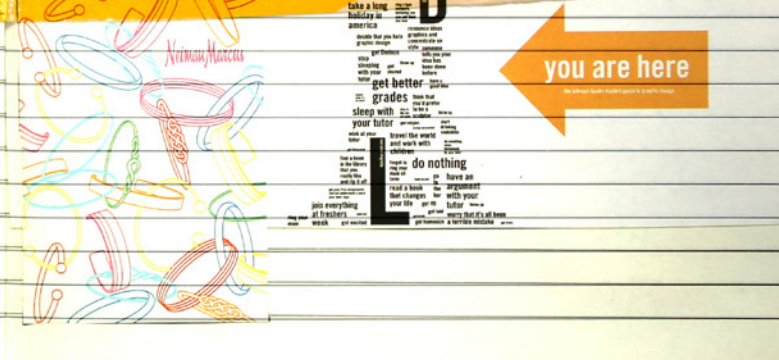
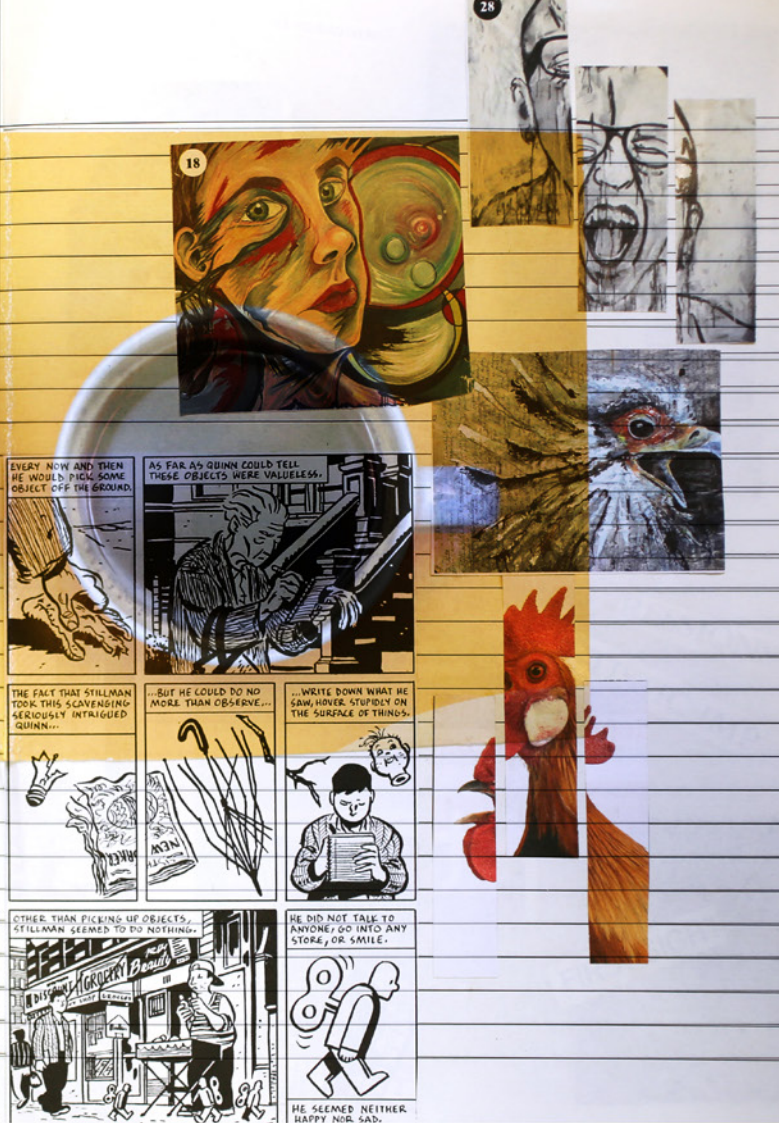


# TAKE PART IN TEESDALE

**A project developed and delivered by Northern Heartlands to support positive health and wellbeing outcomes for adults living in rural Teesdale.**





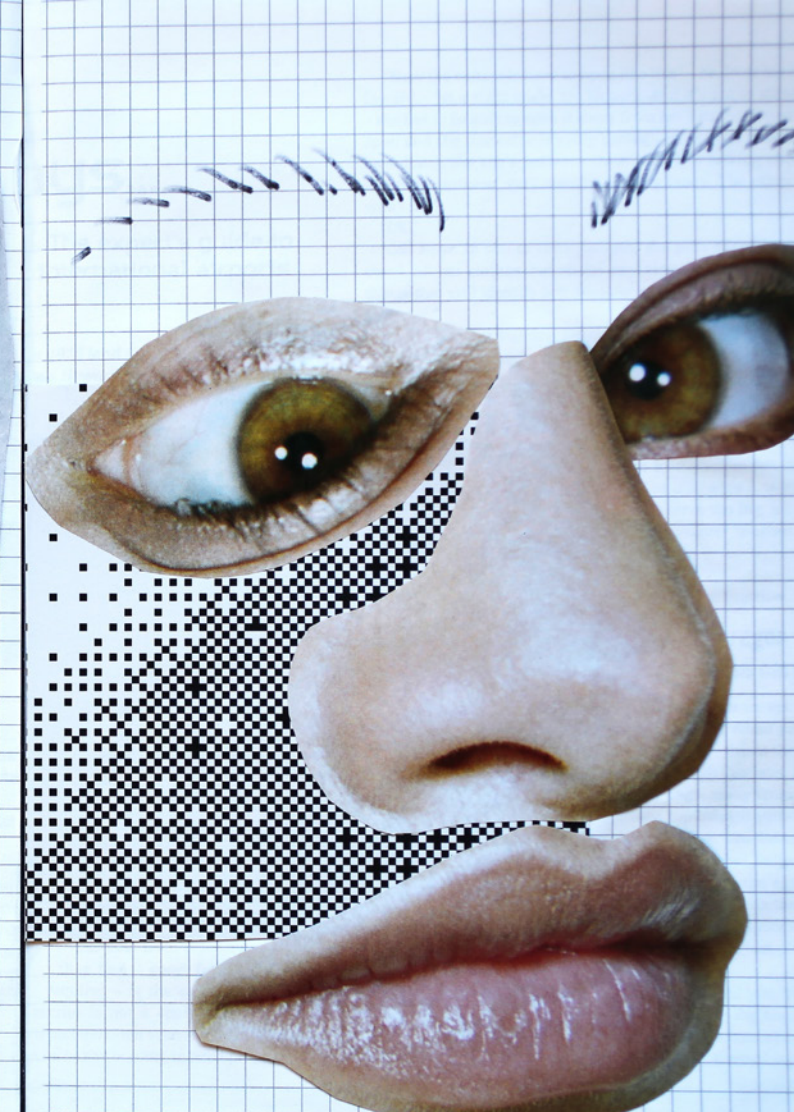
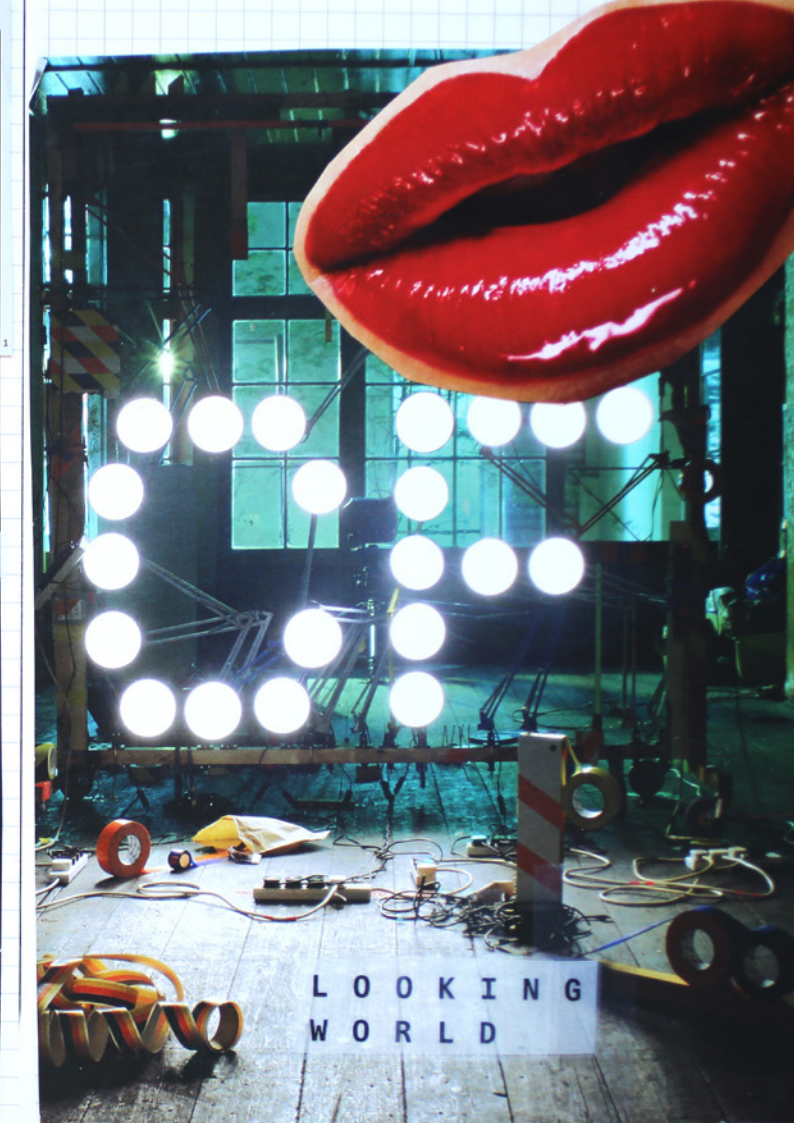
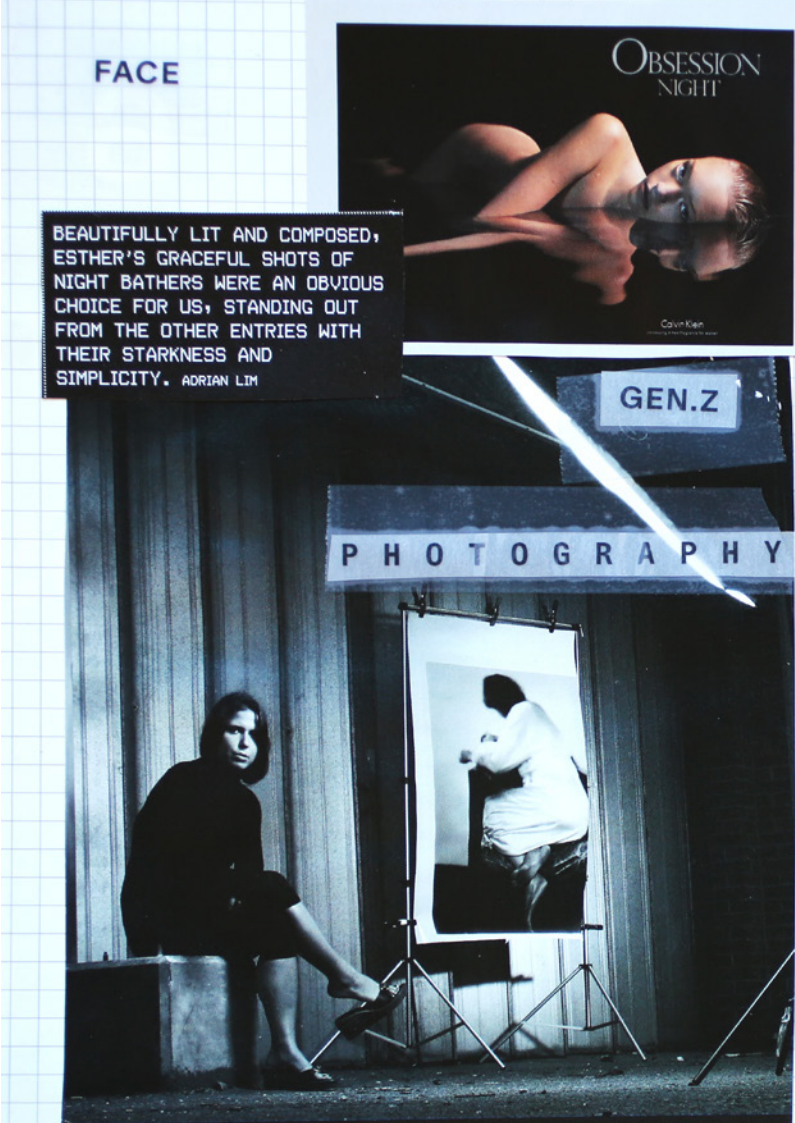






8 food for thought

Chicago

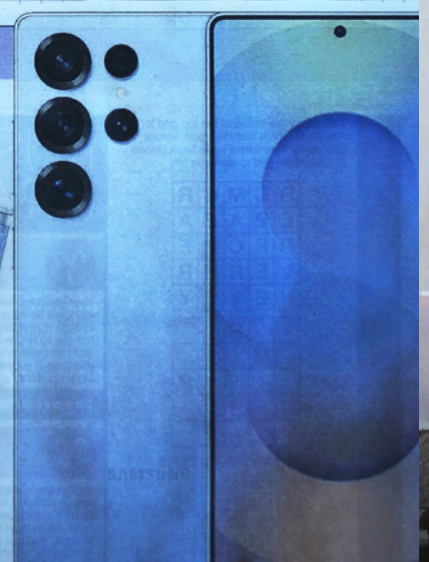




GET well Soon



Tech  
Ready to  
explore a  
different  
Galaxy?



Samsung makes some subtle tweaks

Come rain or shine

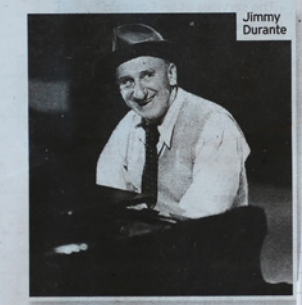
Scot the lot: Edinburgh has many weatherproof options

Tech  
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Samsung makes some subtle tweaks

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**1820:** George III, longest-lived and longest-reigning King of England, died at Windsor aged 81.  
**1856:** Queen Victoria instituted Britain's highest military decoration, the Victoria Cross.  
**1880:** WC Fields, US comedian who claimed he wouldn't act with children or animals, was born in Philadelphia.  
**1886:** Karl Benz patented the first practical car with petrol-driven internal combustion engine. It had three rubber-tyred wheels and went at 9.3mph.  
**1916:** Zeppelins bombed Paris for the first time.  
**1942:** Desert Island Discs started on BBC Radio, presented by Roy Plomley. His first castaway was comedian Vic Oliver.



**1951:** Actress Elizabeth Taylor, 19, divorced her first husband, hotel chain heir Nicky Hilton.  
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**1985:** Oxford University dons refused to grant Margaret Thatcher an honorary degree.



ON THIS DAY

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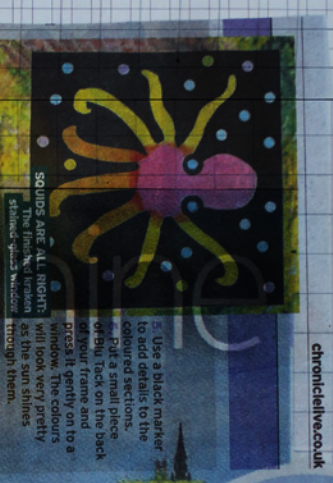
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**NEED TO KNOW**  
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Book walking and food tours, harbour cruises and Codrill at chysperfor.com  
MORE INFO: maelboston.com



Well and wild: The Codrill boat ride



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Well and wild: The Codrill boat ride

chroniclelive.co.uk

chroniclelive.co.uk

Dip in: Szeczenyi Bath



# TAKE PART IN TEESDALE



**Take Part in Teesdale is a project developed and delivered by Northern Heartlands to support positive health and wellbeing outcomes for adults living in rural Teesdale.**



Through arts and creative activity facilitated by a range of professional local artists, participants reported feeling more confident, resilient and equipped with ways to see things from different perspectives. Feedback demonstrated an increased sense of connection, increased social interaction and new friendships formed, and participants reported that they left the project feeling happier and healthier.



This publication is a joint collaboration between participants and artist Ronan Devlin. Participants were invited to reflect on the Take Part in Teesdale project, explore materials/words around them and reflect on their own creativity. Some found beauty in the surrounding landscapes and others in items and images from everyday life.



In a world with lots of digital noise and often hurried activity, this publication invites the viewer to take a moment, slow down and look around. Enjoy the art work created by participants in this publication and use the booklet as a prompt to become an active participant yourself – and learn to look differently at what's in the world around you.



Perhaps choose an object around you, explore it for 3 minutes from different angles or distances...What did you discover that you might not have seen at first glance? Could you draw, write about or photograph your observations for example?



What else might you discover if you approach your daily surroundings with curiosity? What unexpected, overlooked stories or opportunities might exist within the spaces you move through each day?

This project was funded by Know Your Neighbourhood, Durham County Council and Arts Council England. Developed and led by Northern Heartlands (registered charity number 1186306)



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**ARTS COUNCIL  
ENGLAND**



Funded by  
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