

NWR CONFERENCE – DARLINGTON 2025

Saturday, 18th October, 2025 - 09.30am to 16.30pm

Theme “CONNECTIONS”

**YOU ARE INVITED TO THE NORTH EAST AREA DAY CONFERENCE HOSTED BY
MIDDLESBROUGH/TEESSIDE GROUP TO CELEBRATE THE 200TH ANNIVERSARY
OF THE FIRST PASSENGER RAILWAY IN THE WORLD,
FROM DARLINGTON TO STOCKTON**

Venue – Hopetown Museum, North Road Station, McNay Street, Darlington, DL3 6SW
Tel : 01325 405060 (Open Tuesday to Sunday 10am – 5pm)

Inspiring speakers on the history of the railways, brain-gut connections and health and well-being, focussing on post 50 women's health

Refreshments throughout the day, including cakes in the afternoon

Buffet lunch and time to chat to other delegates from all around the country

A choice of 5 workshops in the afternoon –

- crafting your own fabric pumpkin with Pimm's and Needles,
- a Creative Writing session with our member Barbara who has an MA in Creative Writing and has written her first novel “Connecting to your higher self for well being through Creative Writing”,
- a Sound Bath experience with Diane Richards, sound therapist
- a more in depth session covering practical strategies to rediscover inner strength and embrace a new era of vitality and better health - with Dr Kelly Rose
- free time to explore the Hopetown Museum and be outside in Nature

Morning speakers

Mike Crawshaw – Head of Culture and Heritage with Darlington Borough Council, Mike has spent the last 30 years immersed in a career in Heritage, Leisure and Culture.

A large proportion of this has been managing venues including the Darlington Hippodrome (theatre) and Hopetown Darlington. He has also played a major role in major heritage led restoration schemes for these venues resulting in a £16m scheme at the Hippodrome and £37m Hopetown investment to reimagine the site. Mike has also spent a lot of time developing Outdoor Events and Festivals to bring to Darlington, including Cycling Tour of Britain and the recent S&DR200 programme, celebrating the bicentenary of the Stockton and Darlington Railway.

Dr Kelly Rose, RNutr - is a leading expert in nutrition, behaviour change, and women's health, dedicated to helping women reconnect with themselves through nourishing habits that support body, mind and soul. With a background in academic research and real-world practice, Kelly blends evidence-based nutrition with self-compassion and empowerment, guiding women to break free from restrictive dieting and step into a healthier, more fulfilling life.

As the founder of Nourish Minds and creator of the Nourish for You protocol, she specialises in supporting women over 50, particularly those navigating prediabetes, type 2 diabetes, and the hormonal shifts of midlife to reclaim their energy, confidence, and sense of self. Her work is about

freedom ‘freedom from sugar dependency’, energy crashes, and the feeling of being disconnected from your own body.

In this keynote talk and workshop, Kelly will explore what it means to feel truly connected to yourself, your body, and your future. She will guide participants through practical strategies to rediscover their inner strength, develop a nourishing relationship with food, and embrace a new era of health and vitality.

‘You have spent years putting others first now it’s time to reconnect with your self and rise.’



drkelly@nourishminds.co.uk

www.nourishminds.co.uk

Instagram @dr.kelly.nourish

TO BOOK YOUR PLACE PLEASE EMAIL ANDREA BOWNESS-ETUR
andreaetur@hotmail.co.uk

Queries – please call or text 07872 947257

PAYMENTS SHOULD BE SENT BY BANK TRANSFER TO
J HAMBY
sort code 40-47-58
bank account number 32236281

£55 for members

£60 for non members

PLEASE ENSURE YOU MAKE A SEPARATE BOOKING FOR EACH PERSON, IF YOU ARE BOOKING FOR SEVERAL PEOPLE

PLEASE PUT THE FULL NAME OF THE DELEGATE AS A REFERENCE AGAINST EACH PAYMENT

Please also note that payments are non refundable unless there are exceptional circumstances and then refunds MAY be considered on an individual basis, if funds allow.

DEADLINE FOR BOOKINGS – 1ST SEPTEMBER 2025

USEFUL INFORMATION

Getting there!

Fly into Teesside Airport – only 6.5 miles away

A 20 minute walk from the Town Centre, on a number of bus routes, 5, 7, 8, X66

By car, from the north – A1 (M) exit junction 59 towards Darlington and follow the A167.

Or take the A68 to the town centre and follow the signs for HOPETOWN.

By car, from the south – A1 (M) exit junction 57 and join the A66 (M) towards Darlington, then follow the A167.

By car, from the west – A66, join the A1 (M) NORTH at Scotch Corner, exit at junc 57 and join the A66 (M) towards Darlington, then follow the A167

By car, from the east – A66, follow the signs for the SOUTH, exit 2nd roundabout onto the B6279 to Darlington Town Centre and follow the HOPETOWN signs.

Or take the A67 and Yarm Road to the Town Centre and follow the HOPETOWN signs.

Parking available all day in Skerne Bridge Car Park* on John Street (sat nav DL1 1LG) (202 bays and 10 EV bays) and McNay Street (sat nav DL3 6SW), £1 per hour or £4 for the day (8am to 6pm)

*The oldest railway bridge in the WORLD still in continuous operation is the Grade 1 listed Skerne Bridge, which famously carried Locomotion no 1 and its passengers across the River Skerne on 27th September 1825. The bridge overlooks the car park and has a viewing area. Make sure you take a look! Today the bridge is used for local services on the Bishop Auckland to Saltburn line.

Darlington is on the main King's Cross to Edinburgh train line serviced by LNER, or cross country services from many areas of the UK. It's really easy to get to and is the main reason for picking it as our conference location so you can reach here by many means of connection.

Taxis – Take Me 01325 282828, United 01325 282855, Station Taxis 01325 468888, Royal Cars (Middlesbrough) 01642 666666, Boro Cars (Middlesbrough) 01642 222222, or use Uber

You may want to take a train journey from Darlington while you are here for our conference to immerse yourself in our Connections theme.

Darlington to Saltburn (by the sea), a delightful Victorian seaside town with the country's oldest funicular cliff lift (and the second oldest in the world), a smuggler's inn on the beach, colourful beach huts and a pier, (not to mention the delicious fish and chips and ice creams) is a mere 56 minutes from the main Darlington station and will cost you around £10 for a return ticket. Direct trains run every hour.

How about going a little further afield?

Darlington sits on the main high speed line so you can be in the beautiful University city of Durham within 15 minutes, bustling Newcastle-upon-Tyne within 35 mins, and take the stunning scenic trip to Edinburgh, the tracks being right beside the sea for most of the way, in under 2 hours.

Accommodation suggestions (less than a mile from the town centre)

**Mercure, Kings Head
Dalesman Hotel
Bannatyne Boutique Hotel**

1.7 miles from the town centre - Travelodge

Accommodation suggestions (1.5 to 3.5 miles away) – with a touch of luxury

**Blackwell Grange Hotel
Rockcliffe Hall Hotel, Golf and Spa
Hall Garth Hotel
The Croft Hotel**

Accommodation a little further afield – you would need a car if staying at these – and with more even more luxury!

**Best Western Walworth Castle
Redworth Hall Hotel
Hardwick Hall Hotel
Crathorne Hall Hotel
Wynyard Hall and Spa**

And there's [airbnb.co.uk](https://www.airbnb.co.uk), of course.

Darlington has 2 big parks to enjoy walks and fresh air, South and North Parks) and 2 huge cemeteries – some famous people laid to rest in the WEST Cemetery (opened in 1858) are George Stephenson (d 1881), the highly respected Manager of the Darlington-Stockton section of the North Eastern Railway, and Francis Mewburn (d 1867), the world's first railway solicitor and the legal brains behind the Darlington-Stockton Railway. In 1819 he defeated the Duke of Cleveland's attempts in Parliament to prevent the railway being built, because he feared it would ruin his fox coverts. At a dinner at The Croft Spa Hotel in 1829 to celebrate the opening of the Croft branch, Mewburn predicted that one day people would be able to leave Darlington by train in the morning, attend the opera in the evening and arrive home in time for breakfast! Dixon's He laid the foundation stone for the Skerne Bridge. You will have heard of the Mason-Dixon Line in the USA? Jeremiah Dixon's brother George was the grandfather of John Dixon (d 1865) who became one of the first railway civil engineers and Stephenson's Chief Engineer and Surveyor on the Darlington-Stockton Railway; he was also elected to the Darlington Board of Health in 1850. John is buried in the West Cemetery, along with the wayward brother of Charles Dickens, Frederick William Dickens (d 1868) who only lived in Darlington for a year, working as a journalist, but during that time he ran up substantial debts, trading on his brother's name. He was the inspiration for Fred, the dissolute brother of Little Nell in The Old Curiosity Shop. There are many other really interesting people laid to rest here, if graves are your thing!

Places to eat in Darlington

Taipan – Asian Fusion Restaurant (vg, v) - 10, Crown Street, DL1 1LU

Woollen Mill – British (vg,v) – 3 Feethams, DL1 5RD

Abu's – Indian, Bangladeshi, Balti (vg,v) – 22 Duke Street, DL3 7AA

The Wynd Cafe and Bistro – European (vg, v) – 15A Post House Wynd, DL3 7LU

Asianista, Bambudda – Asian/Chinese (vg, v) 67 Gladstone Street, DL3 6JU

Stable Hearth – Italian pizzeria (vg, v, gf) – 33/35 Duke Street, DL3 7RX

Saltfish Seafood Restaurant – British (vg, gf) – 11 Houndgate, DL1 5RF

Suggestions of other places worth a visit within an hour or so of Darlington, if you are coming to the conference by car : -

Yarm – a lovely market town with plenty of cafes, restaurants, independent shops, bars and walks beside the river, just 15 minutes away by car, past Teesside Airport. You can take a train from Darlington to EAGLESCLIFFE, about 10 mins, and take a very pleasant walk in to Yarm from there. NB DO NOT take the train to YARM station as that's much further out from the town itself – it's one of those weird anomalies!

Whitby – seaside delight and the inspiration for Bram Stoker's Dracula, you could visit by train but it's over 2.5 hours, change in Middlesbrough; or a very pretty journey by car over the North Yorkshire Moors, approximately 1.5 hours

Yorkshire Dales – Wensleydale creamery and the Railway that runs between Scruton and Leyburn, scenic train journeys running from Settle across to Carlisle, High Force Waterfall in Teesdale – Darlington really is the gateway to the Dales!

Northumberland – the beaches are spectacular, and deserted – you can be there in under 90 minutes by car

York – capital of Yorkshire, home to the Minster, Guy Fawkes, The Shambles, the smallest street with the longest name and so much Roman and Viking History you'll be hard pushed to fit it all in to one day trip!

Thirsk – famous for James Herriot, the country vet, where there's a museum in his honour - a very pretty Yorkshire market town, about 40 mins drive south

Northallerton – a really nice market town with a Betty's Tearoom, lots of lovely shops and only just over 10 mins away by the intercity train!

Darlington HIPPODROME Theatre, Parkgate, DL1 1RR

We are hoping to get a group discount for Operas on the Friday and Saturday nights at this gorgeous theatre. It's Edwardian era theatre seating 1000 and underwent a £13.7 million restoration in 2017.

Our opening speaker Mike Crawshaw also happens to be very involved with this theatre. Be sure to let us know if you'd like to go to see a show!

Friday 17th October – English Touring Opera – Britten : The Rape of Lucretia

Saturday 18th October – English Touring Opera – Donizetti : The Elixir of Love

Theatres further afield?

The Billingham Forum (you will need a car to get to this one), near Stockton -

Friday 17th October - Talon, the Best of The Eagles

Saturday 18th October – Cirque, The Greatest Show – Reimagined

The Globe, Stockton-on-Tees

Thurs 16th October – A Tribute to Whitney Houston, Queen of the Night, 10th Anniversary Tour

Tues and Wed 21st and 22nd October – Riverdance 30 : The New Generation

Newcastle Theatre Royal will have the fabulous Miss Saigon showing in October, ahead of a major UK tour. Book early for the best seats! (theatreroyal.co.uk)

Sunderland Empire (you will need a car to get to this one)

Throughout October, the amazing musical, Mary Poppins (ATG Tickets)

We look forward to welcoming you to Darlington!!!!