



## Dr. Rebecca gives hope every day in a difficult world

A new book which can help with positive thoughts has been issued by County Durham author and inspirational coach Dr. Rebecca Williams Dinsdale. Her much-anticipated fifth book, “Your Lifejoy Year 2 ~ Hopeful Thoughts for Each Day.” continues her mission to spread positivity, resilience, and joy through insightful daily readings.

Dr. Rebecca, known for her previous books such as “Lifejoy: Your Manual for Resilient Living” and “Lifejoy Journal: An Adventure to Hope, Harmony, and Happiness” draws from her personal experiences and observations of life’s challenges and triumphs.

Dr Rebecca’s, latest book reflects her dedication to providing readers with a source of inspiration and strength for navigating life’s journey no matter what difficulties may exist or be ahead. Her themes, curated month by month, cover aspects like truth, trust, contentment, care, courage, and wonder, offering a diverse range of insights. They offer a powerhouse of help and a piece of calm in a world of chaos.

“Experiencing any challenge in life can be used to impart resilience, cultivates inner strength, and foster gratitude for the good aspects of life we possess. Regardless of the specific challenges we face, there are countless individuals enduring greater hardships who would willingly exchange places with us. It’s a matter of perspective and how you approach life, and my books are valuable resources that guide you in discovering coping strategies to navigate through challenging days,” said Dr Rebecca.

“Your Lifejoy Year 2 ~ Hopeful Thoughts for Each Day” is available from Dr. Rebecca’s official website [www.drrebecca.org.uk](http://www.drrebecca.org.uk) where exclusive treats await buyers.



## Sought-after North East artist showcases favourite artworks at The Exchange 1856

## The Full Monty makes its way to Newcastle Theatre Royal

Based on the 1997 smash-hit film, still very much of our time, **The Full Monty** visits Newcastle Theatre Royal Tue 27 Feb – Sat 2 Mar 2024 promising laughter, heart and unforgettable moments.

The loss of Sheffield’s traditional steel industry and the subsequent unemployment leaves Gaz and his mates down on their luck and feeling like they have been thrown on the scrap heap, but they are determined to fight back... perhaps by baring a little more than they ever thought they would!

The UK tour of Simon Beaufoy’s *The Full Monty*, directed by Michael Gyngell and choreographed by Ian West, stars Danny Hatchard (*EastEnders*; *Not Going Out*) as Gaz and Jake Quickenden (*X Factor*; *Hollyoaks*) as Guy, alongside Bill Ward (*Coronation Street*; *Emmerdale*) as Gerald, Neil Hurst (*All Creatures Great and Small*; *Casualty*) as Dave, Ben Onwukwe (*Marcella*; *Coronation Street*) as Horse and Nicholas Prasad (*RSC: The Comedy of Errors*) as Lomper.

Further cast include Oliver Joseph Brooke, Katy Dean, Laura Matthews, Danny Mellor, Adam

Leading North East artist, Mark Taylor is showcasing some of his most-loved paintings at The Exchange 1856 in North Shields as he takes up the artist-in-residence position.

12 of Mark’s stunning artworks are currently on display in the foyer of the newly refurbished Exchange 1856 and in its Thomas Brown room. These include a huge portrait of a weary Austrian sailor, who was clearly happier at sea than on land, and a scene from the white fish market in North Shields in its heyday in the 1800s.

Mark is famous locally for his beautiful oil paintings of the North Tyneside coastline, as well as moving portraits of real fishermen, and he boasts many celebrity fans including Sam Fender, Sting, Duran Duran’s Andy Taylor and acclaimed screenwriter Ian la Frenais.

Aside from being an artist, Mark is a skilled Lifeboat Coxswain for Tynemouth RNLi and his deep love of the sea clearly shines out in all his work.

Mark said: “My father was a famous North East artist and I followed in his footsteps when I became a full-time professional artist in 2011. I paint what I want to, which tends to be scenes of where I live and the sea, as I love both – people tell me my passion for my subjects jumps out and it’s what makes my work special.”

Anyone wanting to see Mark Taylor’s paintings at The Exchange 1856, can visit the venue during opening hours – 10am until late.



Porter Smith, Suzanne Procter, Alice Schofield, and Leyon Stolz-Hunter. The young actors playing the role of Nathan on tour will be Cass Dempsey, Theo Hills, Rowan Poulton and Jack Wisniewski.

This fast and funny play, still very much of our time, showcases friendship, resilience and the power of self-discovery. A poignant tale with hilarious mishaps, and a soundtrack including 80s and 90s classics, *The Full Monty* was a firm audience favourite when it last visited Newcastle in 2019 and promises once again to be a rollercoaster ride of ups and downs, laughs and heartbreak!

*The Full Monty* plays Newcastle Theatre Royal Tue 27 Feb – Sat 2 Mar 2024. Tickets can be purchased at [www.theatreroyal.co.uk](http://www.theatreroyal.co.uk) or from the Theatre Royal Box Office on 0191 232 7010.

# Blagdon Gallery

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