

Eight up in court after wake at pub turns into large-scale brawl

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POOL cues, chairs and glasses were used as weapons during a mass brawl at a wake in a Tyneside pub.

People had gathered at the Highlander, in Swalwell, Gateshead, to mark a death.

But the night descended into violence, which ended with police being called to break it up and one person being taken to hospital with head injuries.

Eight people have been convicted and sentenced for their part in the disturbance, but only one was locked up, at Newcastle Crown Court.

The trouble flared during a wake at the pub on Front Street, Swalwell, on November 11, 2015.

Peter Stevens, 35, of Fernwood Rd, Lemington, Newcastle, was jailed for 18 months for violent disorder and breach of a suspended sentence.

Dean Finlay, 32, of Ridley Gardens, Swalwell, was given a 24-month suspended sentence along with a rehabilitation order, 200 hours unpaid

work and a fine, for violent disorder.

Thomas Arnold Hudson, 54, of Overton Close, Lemington received a six-month suspended sentence, along with a rehabilitation order, for violent disorder.

Elizabeth Coulthard, 66, of Dene Avenue, Lemington was given a six-month suspended sentence along with a rehabilitation order and a fine, for violent disorder.

Donna Marie Tams, 33, of Dene Avenue, Lemington, received a 12-month suspended sentence along with a rehabilitation order and fine, for violent disorder.

Richard Finlay, 31, of Dunns Way, Blaydon, Gateshead, got a six-month suspended sentence along with a rehabilitation order and fine, for violent disorder.

Bradley Greenwood, 27, of Carlisle Crescent, Swalwell was given a six-month suspended sentence along with a rehabilitation order and fine, for violent disorder.

Nathan Hulley, 24, of Carlisle Crescent, Swalwell got a six month suspended sentence along with a rehabilitation order and fine, for violent disorder.



➤ The Highlander in Swalwell, Gateshead

Claire McKie



DAVID FAIRLAMB THE FIT FACTOR

NUTRITION CORNER

Advice for the New Year – for those who are looking to lose the festive pounds, make sure all the leftovers from Christmas, which you know are bad for you, are donated or binned. This way, even the thought of being tempted has been removed.



Don't miss David's tips every Saturday in your Journal

MENTAL toughness plays a huge part in our everyday life. Making the correct choices is one thing, but sticking to them and being disciplined is another. Those who have set some new sensible goals and ideas for 2017 may be thinking how they can stay consistently good, here are a few of my tips:

- Be mindful as to why you have set the goals, and bounce off any outside influences that may directly interfere.

- Consistently tell yourself to keep strong and stay focused – be proud of what you are doing.

- This is a positive choice you are making – see it as that, not a threat or a negative.

- Monitor how you are progressing every week – this will keep you on track and strong. If it is a long-term project it may seem as if it's all too far away – breaking

it down into smaller parts works well.

- Some people can feel negative at certain times of the day – this is the time to change your associations. In other words, do something different – go for a walk, read, watch something funny on TV. Changing your routine works and will redirect your thoughts.

- Where possible, surround yourself with positive people – this will always give you a mental boost.

- Have a film or TV programme on hand that inspires you and will help re-ignite your motivation.

- Keep your focus by rewarding yourself with something – but only when you hit your specific target.

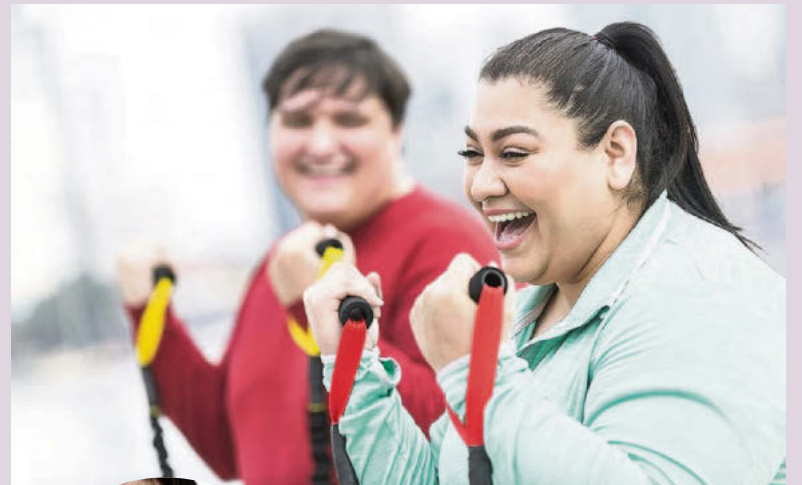
- If you face a setback, use it to your advantage and work even harder and with more grit – think of it as a test that you can overcome.

- Think strong inside and out – only you can achieve your goal, no one else can do it for you!

Of course, there are days where your targets will seem easy – it's the days where things get tough when your real character and mental toughness comes in to play. Try to find your own way of pushing through those times because anyone can give in, that's easy. There is no better feeling than staying strong and achieving exactly what you set out to do.

Motivational quote of the day

Your body can stand almost anything – it's your mind you need to convince



FITNESS TIP

Ease in to the New Year. The thought process of eating minimal food and training yourself into the ground will only make you tired and lethargic. This will affect your day to day life. Be sensible, and you will look and feel good quickly.