



THE HAYDON NEWS

**JUNE
2000**

Published by The Friends Of Haydon Bridge



HAYDON NEWS

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Joanna & Gary Thompson: 01 434 684 376

Issue: 06

JUNE

2000

WHIST DRIVES – Langley Village Hall

Fortnightly on Saturdays at 7pm.

50p entrance

HAYDON BRIDGE NATURE CLUB ACTIVITIES

(JULY 2000)

06th July Newbrough, Frankham 4 miles B Lee 674 237
Meet near the bridge between Newbrough and the Church

07th July (Friday) Special visit to Ladycross Quarry Nature Reserve.
To hear and hopefully see Nightjars. J DeStefano 683 124
Meet at Ladycross Quarry Car Park at 9.00pm (21.00hrs)

(Walks start at 6.30pm on Thursdays from Church Street unless stated otherwise)

ANNUAL SUBSCRIPTION	£7.50
HALF MEMBERSHIP	- Walks only: £3.00
	- Meetings only: £5.00
FEE FOR NON-MEMBERS	£1.00 each meeting

For further information please contact:

Dot & John DeStefano
Sheila Myers

Allendale
Hexham

Telephone: 01 434 683 124
Telephone: 01 434 607 267

PRIZE BINGO

Organised by

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Chris Sim is the caller

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Tel: 01 434 688 871

or

e-mail: haynews@haydonbridge.org

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Hello everyone

Yesterday evening, I spent a bracing couple of hours at Langley Castle, watching with the greatest admiration as 38 very courageous and committed volunteers performed a sponsored abseil from the topmost point of the battlements all the way (100 feet) to the ground. The event was the latest (and probably the most imaginative – not to say terrifying) to raise money with a view to paying off the cost of the construction of the new Methodist Chapel. The participants included the young and the not-so-young – the main thing most of them had in common was no experience at all of abseiling – along with unflinching determination and guts! I understand the sum raised may be over £2000 – believe me, every penny is richly deserved. I bet it looked a very, very long way down from the top! Congratulations to both organisers and participants.

Regular readers will have noticed over recent months a considerable shortage of letters and other comments from “Joe (and Jill) Public” in our pages. Now I know we are in the lazy days of summertime, when most folk are thinking about holidays (and how to pay for them), but at the last count, there is but one reader’s letter in this issue! We always encourage lively, interesting viewpoints and debate (stopping short of libel, if possible!) – please let us have your comment, criticisms, points of view, general moans and groans, even the odd word of praise for something! It would be good to know that there is life out there!

See you soon,

Charles Thomas, Chairman
The Friends of Haydon Bridge

HAYDON NEWS

Advertising Rates

Single Column – Variable Width

12 months (10 Issues) starting
February - £12.00

6 months (5 Issues) starting
July - £7.00

Single insertion - **£1.50**

No charge for:

Forthcoming events
Results of Collections
Acknowledgements
Club News
Reports of Local Functions

(see also Page 10)

EDITORIAL POLICY OF THE HAYDON NEWS

The editorial policy of the *Haydon News* is ultimately the responsibility of the Committee of the ‘Friends of Haydon Bridge’, although day-to-day responsibility is delegated to the Editorial Committee of the *Haydon News*. Our intention is always to ensure that the content of the *Haydon News* is as fair and factually correct as possible. Any complaints concerning editorial policy should be addressed in writing to the Chairman of the ‘Friends of Haydon Bridge’, and will be considered by and receive a formal response from the Committee of the ‘Friends of Haydon Bridge’. Complaints other than those made above will not be entertained.

The Editorial Committee reserves the right to decide which letters are to be published, and to alter or shorten letters when necessary. Anonymous letters will NOT be published. A nom-de-plume may be used provided that the Editorial Committee has been advised of the writer’s name and address.

Charles Thomas, (Chairman)
South View, Heugh House Lane,
Haydon Bridge, NE47 6ND

10 PENCE ONLY *** DO YOU ENJOY THE HAYDON NEWS ?**

The ‘Friends’ would like you to consider joining as an inactive member by donating 10p a month or active, which means giving a commitment for occasional help in organising various functions. Please see page 10 now and find out how to wisely spend 10p a month.

Organisations to benefit from the Prize Bingo Sessions this year are: ‘Out & About Club’, Canada 2000 Project, The Fire Service Benevolent Fund, ‘The Sunshine Panners Steel Band, Haydon View Residential Home, St. Cuthbert’s Church, The Mothers’ Union, Archive 2000. December’s Prize Bingo Christmas Party will be funded from the sessions in September, October and November.

If your organisation would like to benefit from one of these sessions please contact Chris Sim on; 01 434 684 704

COPY DEADLINE: All contributions to the Haydon News to reach the Editor no later than Monday 24th July.

HAYDONIAN WORKING MEN'S CLUB

The Concert Room can now be booked by Members for any occasion.

(Birthday Party, Wedding Reception, Engagement Party,
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HAYDON BRIDGE UNITED FOOTBALL ASSOCIATION

HBUFA hold their monthly meeting on the first
Tuesday of every month at 7:30pm where representa-
tives of every football team in the village are invited
to attend.

This meeting is also open to members of the public.

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Committee of the 'Friends of Haydon Bridge'

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'Mitch' Mitchell	Pauline Tulip
Sylvia Mitchell	Richard Snowden
Chris Sim	Alistair Bowen

PLEASE SUPPORT YOUR LOCAL SHOPS. THEY NEED OUR CUSTOM TO SURVIVE.

HISTORICAL NOTES OF HAYDON BRIDGE

By Dennis Telford

Arkwright was in affable fettle as he hung his well-worn 'Barbour' on the oak hat stand near to the door. He quickly dragged the last available stool to his favourite spot at the bar, leaving nurse Gladys to her own devices.

Once positioned so that he was able to check that Jeff was pulling his pint of Theakston's with just the right amount of head, and also so that he could keep a close watch on his 'Barbour' to ensure that it didn't disappear before closing time, he emptied the change from his pockets onto the bar and was set for the night. He turned briefly to check who was available to carry a glass of whisky to the table in the corner where the ladies talked earnestly. As Jeff pushed the glass up and the amber liquid drained from the optic, it occurred to me that this drink would be quite a bit stronger than those served to the locals 120 years ago.

Superintendent Stephenson, an Inspector under the 'Food and Drugs Act' visited Haydon Bridge on Friday 7th December 1877. The result was an appearance at Hexham Petty Court Sessions for three of our village's Inn Keepers.

Anthony Hunter of the 'General Havelock' was first to be summoned. The Inspector had purchased two gills of Gin for which he was charged 2s /8d by Mrs Hunter the wife of the Inn Keeper, two gills of Whiskey and two gills of Rum. When the County Analyst found that the Gin was 43 under proof and the Whiskey and Rum each 32 under proof, Mr Hunter was quick to reply. He said that, "The Gin was deliberately weakened for the purpose of giving it to the calf which was ill in the byre behind the Inn. The bottle was replaced on a shelf in the bar-room without Mrs Hunter's knowledge". It had not been intended for sale of course! As for the Whiskey and Rum. "They were last used in the Ale Marquee at Stagshaw Bank Fair and goodness knows who could have tampered with them there!", said Mr Hunter.

When the Inspector had purchased similar quantities of Rum, Brandy and Gin at the 'Grey Bull' on Church Street, (an Inn which was later to be re-named as the Railway Hotel) they were found to be 26, 45 and 29 under proof. Thomas Parker, the Inn Keeper, informed the Petty Sessions

that his wife had served Superintendent Stephenson and, "The Rum was simply the rinsings of a Rum cask and the bottle was placed on the shelf without my wife's knowledge". She wasn't to know that there was no intention to sell it! Parker said that he couldn't be held responsible for the Brandy as it was, "old stock left by the previous Inn Keeper", and "the Gin would still be fairly good stuff even at 29 under proof wouldn't it!"

In 1877 the 'Black Bull' was on Ratcliffe Road. John Brown, the Inn Keeper, also had a visit from Superintendent Stephenson that day. Once again it was the lady of the house who served him with two gills from a 'Grey Hen' containing Whiskey. As he was leaving with the Whiskey Mrs Brown had the presence of mind to tell him that it was really for her husband's use and therefore it was watered down to suit his taste. Not surprisingly then, the Whiskey turned out to be 54 under proof. There were two more bottles on the shelf but Mrs Brown insisted that they were not for sale and she wouldn't allow the Inspector to take a sample.

At the Hexham Petty Sessions in December 1877 our Inn Keepers on the north side of the village were not short of an answer to the charges against them. The court wasn't wholly convinced, however. Thomas Parker was fined £4 for the Rum, £2 for the Gin and £2 for the Brandy. John Brown was fined £3 for the Whiskey. Anthony Hunter was fined £3 for the Whiskey and the Rum but the case of the Gin which was "watered down to feed the ill calf" was dismissed. I have no knowledge of whether the calf recovered!

Betty slid the bolts back, opened one of the double doors and glanced cautiously left and right along Shaftoe Street. As I turned my collar against the cold north wind that was sure to greet me when I turned Todd's Corner on to the Old Bridge, I heard the unmistakable sound of a glass, empty but for six slices of lemon, being banged three times on a table in the Resident's Lounge and a voice which I recognised. "Am aa going te get another Whisky then? And mind aa don't want water in it this time!"

The End.

CHRISTIAN AID COLLECTION MAY 2000 HAYDON BRIDGE / BELTINGHAM AREA

Many thanks to all for the marvellous total this year of £1,225 which has been collected.

An increase of £225 on last year.

Thanks to all the Collectors who gave of their time to help and a special thanks to Joan Purvis for counting and banking.

Kathleen Armstrong.

Phone: Liz Jukes on: 01 434 688 851

I went on a personal recommendation of a number of people in the village who claimed similar relief. Should you wish to know more please contact **Liz Jukes direct on 01434 688 851**. Perhaps if you have any medical questions about the treatment I'm sure your Doctor will advise.

Talking of Doctors! - Do you remember the Aberdeen University research fellow Dr. Monika Strell who came down to see us for two months at the end of last year? She interviewed about 20 local families and met with a number of individuals as well as local organisations, Schools and Churches whilst carrying out an Ethnography of Three Rural Communities which was funded by the Joseph Rowntree Foundation.

Well folks Monika will be returning to the village in September to hold a feedback meeting where the research team will report back on their tentative research findings to establish whether these reflect local opinion and experience. The Team intend for the meeting to provide a useful forum for people to express their opinions on the policy recommendations arising from the report. The meeting is planned for Tuesday 26th September, 7.00 - 9.00p.m. in the Methodist Centre - a crêche will be provided. Families participating in the study, and those on mailing list, will receive an invitation with full details and the event will be well publicised before the time. For further information **Contact Dr. Strell on: 01224 274106, Fax: 01224 273902 email: m.strell@abdn.ac.uk**

It is now a little over one year since David Smith and I were elected as Haydon Ward members of Tynedale District Council - for me it has been a personally rewarding time and not too strenuous and so far the bouquets outnumber the brickbats. I'll try not to bore you in trying to explain some of the things going on.

Before doing so let me tell you a little tale that happened in a local hostelry in Church Street - The Railway Hotel. Tynedale Council meetings are mostly held in the evenings at about 6.30pm at Hexham. On the way home I pop into the bar JB usually shouts out "Here's Cooncillor Mitch caallin for his broon envelope!" Riotous laughter from all around the bar follows. On

this occasion JB sat down next to me and started bending my ear "*about all that is wrang wi the Coouncil and aal them backhanders flying aroond*" All in all JB is a good bloke and a bit of a comedian seen around with the hunting and horse racing fraternities. However like a prize stallion he must be reined in gently otherwise he'll bolt.

We were nattering about things in general. A couple came into the bar and took the spare seats on the bench next to JB - when we'd finished the lady who'd been listening to our conversation, said in a loud voice

"*It's a lang time since ah seen ya Mitch canna say something?*"

I replied: "*Carry on Himny*"

To which she responded:

"*Yi knaa you wuddent a' gottin in if Marion had still been hear!!*"

Silence fell over the whole place, JB grinned as the Independent Cooncillor (me) responded:

"*So ya voted Conservative then ?*"

She thought for a minute before replying: "*Whey naa.... aah voted fer yee!!*"

Loud laughter followed. - I wonder if I'd get her vote if I stood in the County Elections next year?

A butt of fun poked at Councillors is the imaginary vast sums of money paid to them. I receive the basic allowance of £157.50 per month which is subject to the standard rate of tax leaving £122.96 per month net. This equates to less than £3 an hour. Mind you I'm not complaining - just answering the critics. The only other allowance received is a standard rate for petrol for attendance at Council meetings. This rate is an agreed figure covering petrol, insurance, depreciation etc. To some wags who have suggested I do it for free I say

"*Haddaway and divvent be s'daft*"

Back into posh voice, Currently a Bill is going through Parliament which will result in Legislation forcing all Councils in England to change their structures and way of operating. Currently there is a clause allowing councils to retain their present method of working through Committees, however it is believed that this option will be removed before the Bill becomes Law.

The options are:

MAYOR & CABINET

The Executive comprises an elected

Mayor and a Cabinet of between two and nine Councillors appointed by the Mayor who can choose a single Party Cabinet or a cabinet which reflects the political balance of the Council.

LEADER & CABINET

The Leader is appointed by full Council and can therefore be removed by the Council. The Full Council will decide whether to appoint the Cabinet itself or whether to allow the Leader to appoint his own Cabinet.

MAYOR & COUNCIL MANAGER

The Executive consists of a Mayor and Council Manager. The Full Council appoints the Council Manager who is responsible for appointing staff. The Mayor's role is to give broad political guidance to the Council Manager.

OTHER OPTIONS

Under discussion in Parliament.

A Political Structures Working Group has been set up in Tynedale to consider the issues and yours truly was pleased to be invited to be a member. It consists of Members from each political grouping (Labour-2, Conservative-2, Liberal Democrat-2, Independent-2). Additionally the Chief Executive of Tynedale and appropriate senior staff. I understand that a public referendum is likely to be held to decide on which option Tynedale should choose. The Public will certainly be asked for their views and will be encouraged to participate. If you have any provisional questions regarding this please don't hesitate to contact me on **01434 684 035**. If I don't know an answer I'll certainly find out for you. However please remember the Bill has not yet been finalised by Parliament.

During the time I was Editor of the *Haydon News* I received many requests to take up a cause on their behalf and after satisfying myself that there was sufficient support and justification in the case would bring it up in the columns of the newsletter. Naturally the originators of the complaint were pleased about this and Mitch took the stick from the other side. During this time pro and anti Mitch factions developed in the village.

However on a number of occasions individuals used devious means to try and discredit me. Since becoming an elected member of Tynedale District Council the heat has become greater. Let me tell you a story. >>>>>>>>>>>>

Mitch



Rainbow Writers Workshop



Hello, everyone

Over the past couple of months "The Workshop" has focussed mainly on poetry and / or the different ways in which we can use verse to express ourselves. For homework, in April, we asked our members to create an 'alphabet' poem. This is a poem which chooses one word for each letter of the alphabet, in order. Some variations, such as a word beginning with "ex" to stand for the letter "x" can be allowed. This is what four of the ladies produced.

*Aggressively brutal clairvoyants
Devilishly expound
Fierce, ghostly, hallucinations
In June.
Knavish loki
Malevolently mutter omens,
Perhaps questioning reality.
Should their unearthly valediction
Warrant xenophobia?
Yes, zombie.*

*Ad-men's banalities creating debt
Endangered future genetic health.
Insatiable junkies kicking life
Meeting narcotics omnipotent price.
Questions rubbished
Suggestions trashed
Utopian visionaries wantonly axed
Yielding zero.*

*Automated banking
Can directly extract finance
Greatly helping
Innumerable Japanese
Kamikaze larcenists multiply
Nefarious objectives,
Please quickly
Reverse, sabotaging transactions.
Undoubtedly Victor will explain,
Yielding zilch!*

*Amethyst brilliance
Colours daybreak's early frost.
Garlanding his icicles
Jack Frost kisses life;
Missing nothing,
Overtly playful
Quietly rebellious
Snowstorms transform urban violations.
Winter expresses Yuletide zest.*

Whilst the ladies enjoyed the poetic exercises, Sylvia and I felt that it was time to move on to something new. In May's workshop we tried "Image Making". The aim of this exercise was to explore familiar images in new ways, thus creating new images, and to use the new images as a basis for characterisation, atmosphere and mood. We chose a number of pictures and asked the ladies to select one. They then had to imagine themselves to be an object from the picture. This is what they came up with.

SPACESHIP

I am a rusting, burnt out spaceship. Not burnt out ashes, but a useless "has been" never to be used again. They think I possess no feelings, but they are wrong. When I was first created, moulded to shape by many hands, mankind's futile hopes rested with me. I shuddered as they drilled holes and forced rivets into very part of me; coiled wires strangled me; men tramped my decks talking, invasive, spoiling the silence. Eventually I welcomed their presence. When finally they pushed a thick rubber hose into my bowels, filling me with thousands of gallons of fuel, I knew my time had come. I felt proud, the first of my kind. My launch was spectacular, as expected! Sadly, I didn't journey far. A malfunction they said. When my engines exploded parts of me flew off into outer space; the remaining bulk of me fell to earth faster than the speed of light. I know they'll never use me again. They'll examine me, discuss me, grind pieces from me, but never again use me. I wish, I wish My tears fall still, rusting my carcass anew.

WALL

As a crumbling brick wall I have always had a thickness and weight behind me. The years have seen numerous blights to my exterior. Gaps have appeared and grime and graffiti colour my world. In the past wars shot me to ruins. I became a pile of unwanted rubble, until an advertising agency built me up again, smearing me with blood-red paint, pro-

THE OVAL OFFICE

I am the Oval Office at the White House. At one time I was very elegant when Jackie Kennedy was in charge, but Hilary Clinton painted me orange and it's been all downhill since then. I know I'm bugged not just by the FBI, and CIA but by Hilary trying to catch out Clinton in a compromising situation. I sometimes feel debased, but then again I've witnessed history in the making – and known all the great men who've led this country. That was the past – why does it always seem preferable to the present and the future? Do we view it through rose-tinted spectacles and conveniently forget the lies, the dishonesty, and the broken promises? I always feel nostalgic when my equilibrium is threatened, must look to the future and be forward-looking. It's the present that's giving me a few problems at the moment – there's this young girl from the Feminist Liberation Army and she's got Clinton wired up to Explosives. The cord is in her hand and she's threatening to pull it unless he submits to castration.

claiming evil and twisted thoughts. I'd like to fall on someone and hear their cries. No-one cares how persecuted I have become – blackened by smoke bombs and peed on by four-legged friends. In the future I will get the City Council to scrub me clean, and the Lord Mayor can proclaim me a listed monument. No more Campari Breezers for me, I'm hitting Broadway.

(continued from the previous page)

We next asked the ladies to think of a tree, any tree, in any context. They then had to draw the tree and describe themselves as the tree.

A SWEET MONEY TREE

I am a sweet money tree. "Unusual" I hear you say. Not so, I believe, for I am what we all crave. In the Past I was planted in a garden, a garden of good and evil, from a seed not known to man. My roots quickly insinuated themselves, winding treacherously through the hearts of greedy people. "Money is the root of all evil" I whisper, but my evil is sugar-coated. Sweet candy is my trunk, and black liquorice my branches. I have leaves of gold and silver, teasing, just out of reach from greedy, grasping fingers. Around me people swarm, attracted by my promise of wealth, whilst below my roots insidiously creep, enveloping the future and squeezing it dry. I love the feeling of sweet deception.. How long do you think I'll continue to grow?

Sylvia and I hope you enjoy the short extracts printed each month here in the *Haydon News*. We would, however, be pleased to hear your comments, good or bad.

'Bye for now. Joyce

You can contact us at: **The Rainbow Writers, High Brindles, Hough House Lane, North Bank, Haydon Bridge**

HAYDON NEWS ADVERTISING

ANNUAL ADVERTISING FEES FOR THE YEAR 2000

Advertising costs for Parish businesses remain at £12.00 per column block.

(See also the box on Page 3 for other rates)

Please cut out box below, enclose it and the appropriate fee in an envelope as shown in the paragraph opposite.

I wish to continue using my present advert which uses blocks.

Cheque to the value of £12/£24/£36/£48 made payable to 'The Friends of Haydon Bridge' is enclosed.

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New advertising or any queries should be addressed to **The Treasurer** at the address shown opposite, or please phone:
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FRIENDS OF HAYDON BRIDGE

MEMBERSHIP SUBSCRIPTIONS

As the subscription to cover the current year is now due please cut out box below, enclose it and appropriate subscription (Cheques payable to *The Friends of Haydon Bridge*) in an envelope addressed to:

**The Treasurer
Friends of Haydon Bridge
High Brindles
Hough House Lane
Haydon Bridge
NE47 6HJ
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If you live locally just use the top two lines of the address and leave it at Haydon Bridge Post Office from where it will be collected.

You may pay more than the standard subscription of £1.20 if you so desire – all donations are used by 'The Friends' in supporting voluntary and charitable causes in the Parish of Haydon.

UK readers of the *Haydon News* may join 'The Friends of Haydon Bridge' for a subscription of £6.00 which includes a postal delivery. Again you may donate more if you can afford it.

Enclosed is the sum of being mine/our subscription and donation to 'The Friends of Haydon Bridge' for the calendar year 2000.

Name:

Address:

.....

.....

Internet readers can of course read the special Internet Edition of *The Haydon News* on:

<http://www.haydonbridge.org>

Although this world-wide service is free we do welcome voluntary donations. At the moment the whole enterprise is funded by the Internet Editor Mitch who makes no charge to the 'Friends' for either telephone charges, software, hardware, site registration and license fees. This situation will be reviewed during the coming year. All donations are used by 'The Friends' for their general budget.

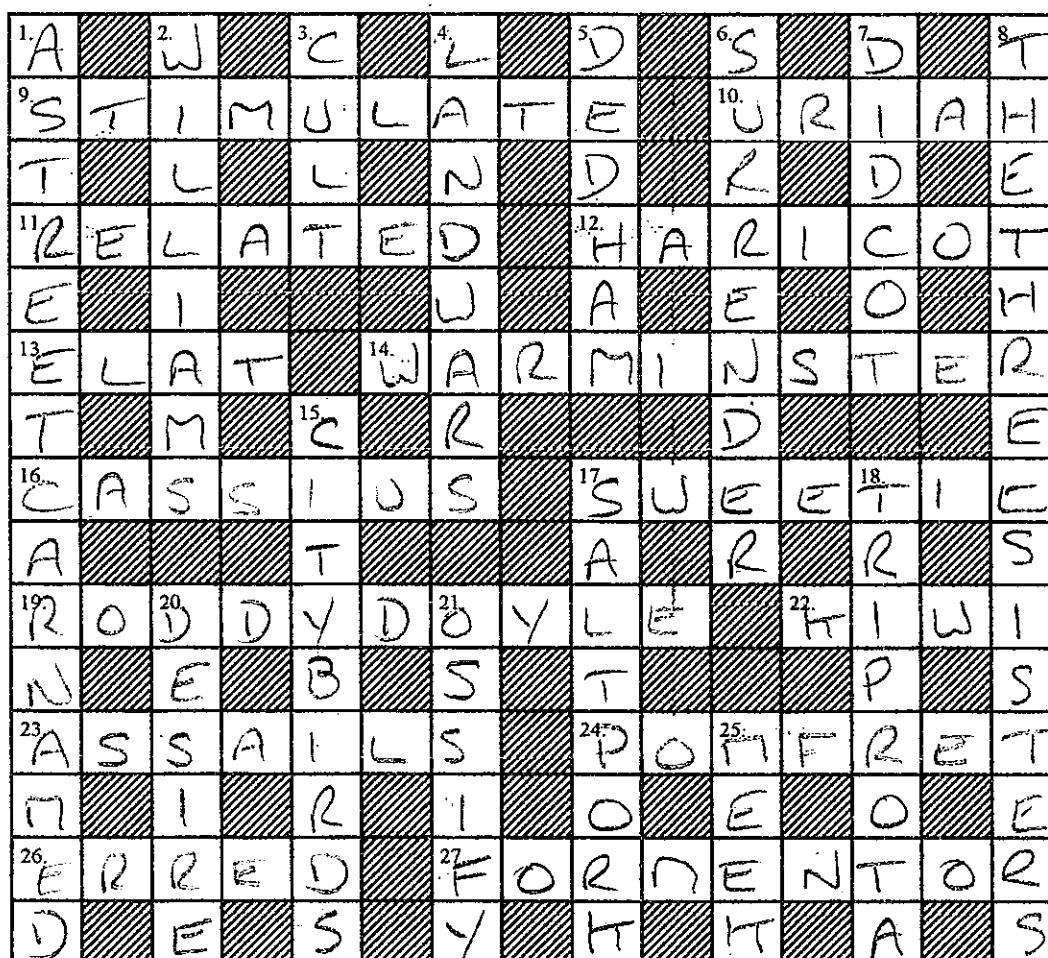
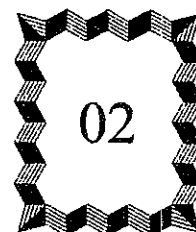
Thank You

S.B. Mitchell

The £10 Crossword

NAME:

ADDRESS:

Entries must be received by the Editor on or before SATURDAY 22nd JULY

Best of luck

(Please hand in your entry to the Post Office in Haydon Bridge or by post to:
The Editor, Wheelsteads, Woodhall Mill, Haydon Bridge, NE47 6AS)

ACROSS

9. I must change after time to awaken senses. (9)
 10. Dickens' humble heap. (5)
 11. Tale told about treadle. (7)
 12. Breaks chair to reach pulse. (7)
 13. Late arrival in Israel. (4)
 14. Dispute with church in west country town. (10)
 16. I cuss as Roman conspirator. (7)
 17. Honeyed term of endearment often followed by pudding. (7)
 19. Prize winning novel amuses. (5,5)
 22. Chinese gooseberry. (4)
 23. Violence when yachtsman sets off. (7)
 24. Brit in Australia is worried – Richard II castle. (7)
 26. Sinned. (5)
 27. Balearic cape. (9)

DOWN

1. & 20. Want novel American tram. (1,9,5,6)
 2. Wrote 1,20 down. Surname. (8)
 3. Fashionable following. (4)
 4. Territorial disagreements. (4,4)
 5. Constable country. (6)
 6. No longer resist. (9)
 7. Railway junction town – prepared baby's bed. (6)
 8. Family group seen in Scottish glen. (3,5,7)
 15. Urban pigeons, starlings, (4,5)
 17. Cure meat. (4,4)
 18. Coach drivers timetable. (4,4)
 20. See 1 down.
 21. Harden. (6)
 25. Like 10 across. (4)

**JUNE 2000 UPDATE
ABERDEEN UNIVERSITY
RESEARCH PROJECT**

**CHANGING WORK-FAMILY
CONFIGURATIONS:
AN ETHNOGRAPHY OF THREE RURAL
COMMUNITIES**

Many readers will recall our previous features on this interesting topic, which is a current research project being carried out by the Arkleton Centre for Rural Development Research at the University of Aberdeen. It has involved research work in three different rural communities, two in Scotland plus ourselves in Haydon Bridge.

Progress

During March and April, fieldwork was carried out in the second Scottish community, which is the smallest of the three (population approx 600) and is located in Argyll and Bute, on the Kintyre peninsula.

The village is remote, about 2 hours' drive from Oban and more than three hours from Glasgow. The nearest service and administrative centre is about 14 miles south. A bus links the village with this town, and with further bus services, including connections to Glasgow. Agriculture, fishing, forestry and tourism were traditionally important areas of employment, but while fishing remains important, forestry has greatly diminished, and agriculture and tourism are going through difficult times. The village facilities are basic: Post Office, two groceries, newsagent, filling station, one hotel, two pubs, a Village Hall and a primary school. Formal day-care is provided by only one childminder in the village.

In this third community, interviews were conducted with 18 rural households as well as 6 community figures. There was interesting variation in the employment situations of the families. 14 of the 17 fathers in the sample were working full-time, 9 of them self-employed or running their own business. The number of self-employed fathers was particularly high because of the fishermen in the sample. The particular circumstances of their work (like, in many cases, absence during the week, income insecurity) have a great influence on their role as fathers and affect partners, children and family life in general. The employment situation of mothers shows a very different picture: of the 18 mothers, 4 were in full-time employment, 9 in part-time employment and 5 were full-time at home. Job opportunities for women in the area are scarce and most local jobs are part-time and/or seasonal. Public feed-back meetings in this village are planned for the autumn.

The Coming Months

Transcription work from all the interviews in all three communities will shortly be finished – much dedication has been needed in coping with various local accents and tackling manifold background noises, ranging from

barking dogs to humming bees. Analysis of the content of the interviews and other material collected is also proceeding. It is intended to hold public feed-back meetings in each of the three fieldwork communities in late September and October. At these meetings research findings will be reported – both generally and with regard to each case study area. It is hoped to learn whether the team's tentative findings reflect local opinion and experience. The intention is for the meetings to provide a useful forum for people to express their opinions on the policy recommendations arising from the research. This approach will not only give people the chance to compare their situation and experiences with those of other rural communities, it will also be the first step in setting the scene for wider dissemination and community-based action and involvement. Families who have participated in the study and all those on the newsletter mailing list in each community will receive an invitation with details regarding time and venue of the meeting in due course and the event will also be publicised through local press and leaflets. The idea of feed-back meetings for special audiences (like health and education) bringing together representatives of the fieldwork areas is also being explored.

The team can be contacted at:

Arkleton Centre for Rural Development Research,
University of Aberdeen, St Mary's, Old Aberdeen,
AB24 3UF. Phone: 01224 274106; Fax: 01224 273902; e-mail: m.strell@abdn.ac.uk

A.D.A.P.T.

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Why not put some of your spare time into driving for
A.D.A.P.T.'s

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For more information phone Bob or Eyra on:

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Fax: 01 434 600 599

Minicom: 01 434 607 202

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Visit me or I'll come to your home

Notes from the Parish Council Meeting Thursday 22nd June 2000

Riverside Project is progressing.

Britain in Bloom to be judged on Wednesday 12th July.

Concern has been expressed at the recent increase in vandalism in the village which might be reduced were the Police to patrol on foot.

The next meeting of the By-Pass Committee (open to the public) will be held at 7.30pm on Wednesday 28th June in the main hall of the Community Centre. Another traffic count is to be undertaken in the village later in the year. It has been recognised that the standard of roads in the North East is below that of other areas and it has been requested that money be made available to remedy this.

Community Partnership meeting held on Wednesday 14th June. The Council urged the Partnership to scrutinise their expenditure in terms of best value for money.

Concern has been expressed that the District Council has less say in the allocation of what were previously Council Houses. Councillor Mitchell informed the Parish Council that previous arrangements for allocating accommodation were still in force and would be for a further two years.

Old Bridge Improvements. Students from the High School at present are involved in designing new centre panels for new railings on Ratcliffe Road and there are plans to flood-light the Bridge and Church in September for one trial evening to gain the public's view.

The Army has been approached to repair the steps down to Spa Well.

A Children's Play Areas Committee has been set up by Tynedale District Council to look at play provision in the area.

Some paving stones on Ratcliffe Road have been re-set and Road Link assert that the damage to pavements is caused by parked cars!

Proposal to move the directional sign from outside the Community Centre to the grassed area at the junction with Hordley Acres. Local residents will be consulted over this.

Letter received from Royal Mail with regard to re-siting the two existing post boxes in Langley Village. Views of Langley residents will be sought.

In response to an enquiry to the Rail Company as to why so few trains stop in Haydon Bridge, the Parish Council has been informed that the line through Haydon Bridge is a "high speed line" which does not allow for frequent stopping.

A letter of objection has been received from a local resident for the proposal to use all or part of the Rose Garden on Ratcliffe Road for car parking.

Discussion followed on the lack of car parking facilities in the village and Councillors were asked to look around the village for areas suitable for car and coach parking. This will be discussed at the next HERS meeting which is to be held on Wednesday 19th July.

There has been a request for the state of Public Rights of

Way in Haydon Bridge Area to be checked.

The Parish Council's attention has been drawn to the state of the road gutters in the Estate which require clearing of grass and weeds urgently.

EP

Received via E-mail.

The Editor

Dear Sir

May I through the pages of your newsletter thank all those who made my recent visit to Haydon Bridge such a pleasant experience.

However, I must point out that my visit was marred by the activities of numerous young people whom I observed attempting to deface the War Memorial on Church Street.

What may I ask do they teach youngsters in school these days? They would appear to have no respect for the generation that went through the war years. Perhaps it is time that the older generation stood up and be counted.

Yours faithfully

Ethel Snowden (Mrs)

Editor Richard's note: This lady is not related to me.

EXCUSE ME MISTER, WHAT ARE YOU DOING?

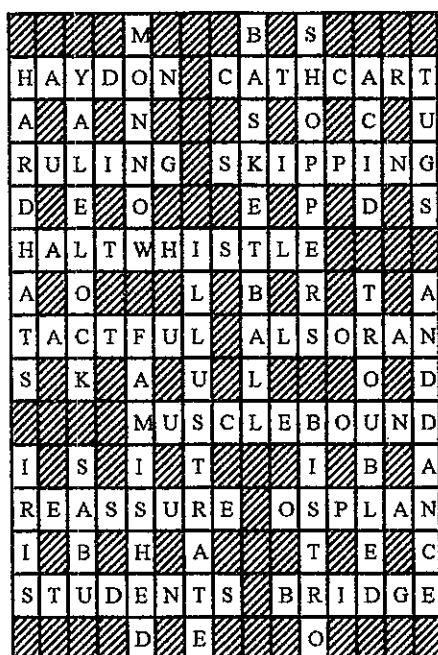
When we lived much further south we had a huge aviary of tiny tropical birds – the aviary was large enough to contain small trees, bushes and shrubs. The birds we kept were seed eaters but when they had young in their nests they needed "live food" for the nestlings. A bucket of ripe fruit left in the aviary attracted lots of Fruit Flies and when in the aviary a smart kick to the bucket would cause a small cloud of these "delicacies" to fly up and be rapidly caught by the parent birds and duly delivered to the gaping beaks of their hungry young. Another source of "live food" much appreciated was ants eggs – and we would go "egging" for these armed with a few screw top jars and a couple of old spoons. We would hunt out ants nests in a nearby disused quarry – scooping up spoonfuls into the glass jars and getting well and truly bitten by the angry ants in the process. At home – a couple of times a day we would empty a small heap of these ants eggs onto the ground and they were rapidly fed to the young birds.

Quite often while collecting ants eggs, children would approach and say, "What are you doing Mister?" and we would explain at length. One day four children we had not met before watched from a distance and eventually came the inevitable question as to what we were doing and why.

My husband – who has an odd sense of humour said, "We are collecting ants eggs". "But what for?" they persisted. He replied, "Because we quite like them on toast for breakfast!"

The children ran off squealing, and I would love to have been a fly on the wall when they got home and were telling their parents about those people collecting ants eggs for breakfast!!

A. Nonny Mouse.



SOLUTION TO MAY'S PUZZLE

With apologies for the error in the clue to 19 down which read: "sent two in café" but should have read "sort two in café". Regardless of the error all entrants got the correct answer.

Three correct entries were received. One winner was drawn out of the hat.

D. W. Corbett will receive £10.

TINY TOTS

From Birth to 3 years.

The sessions, run on Tuesday and Thursday mornings, from 9.30 to 11.30 at St. Cuthbert's Church Hall, aim to provide a friendly environment where parents / carers can meet, have a coffee and chat, whilst the children play and have fun.

Cost: £1 for the first child, 50p for each additional child.

For further information contact

Genevieve Stone on: **01 434 684 537** or call in at one of the sessions.



PLAYGROUP

From 2 years 6 months

Playgroup currently runs on Monday and Friday mornings from 9.15 to 11.45. Each session provides your child with the opportunity to learn through play and to experience a wide range of activities. Children learn, through play, to communicate effectively and happily, at their own pace, with other children and adults. Playgroup is run by a qualified Nursery Nurse Teacher plus assistants.

Cost: £3 per session.

For further information contact Helen Easby on: **01 434 674 371** or call in at one of the sessions.

St Cuthbert's Playgroup is a member of the Pre-School Learning Alliance.

'THE FRIENDS OF HAYDON BRIDGE'

Dates and Times of Meetings

Committee Meetings are held at 8.00pm on the **MONDAY** following the fourth Thursday of each month.

Public Participation

Our invitation to members of the public to participate continues, but it must be remembered these are the monthly meetings of a constitutionally-based committee which are run on formal business lines (agenda, minutes, reports, etc). For this reason, public participation will in future be restricted to a maximum of the first 30 minutes of every meeting only. Items for discussion must be notified in writing to the Chair one week in advance of the meeting so that Committee members can be advised, enabling worthwhile discussion to take place. The Chair will then advise the person concerned of the right to attend.

After the allotted time we ask that you leave the meeting so that the Committee can continue with their formal agenda.

Charles Thomas, Chairman,

The Friends of Haydon Bridge

Village in Bloom Competition 2000

This will take place during the months of June to August and is open to all residents (without front gardens) living on the main streets of the village ie. Ratcliffe Road, Church Street, John Martin Street and Shaftoe Street.

There are two categories of judging. 5 containers and under. 6 containers and over.

Prizes in each category are as follows: 1st – £20, 2nd – £15, 3rd – £10 voucher. One of these vouchers has been donated by Mr Tony Willis. **Certificates of Merit** will also be awarded.

The first round of judging is scheduled for the third week in June with a final viewing six weeks later, weather permitting.

The judges wish to stress that Mr Tony Willis will not be eligible for entry into the competition.

Happy planting and good luck.

The Friends of Haydon Bridge.

CHURCH PAGE

July/August 2000

AN INDEPENDENT SUPPLEMENT
TO THE HAYDON NEWS

WHO AND WHERE

The names and phone numbers of the
clergy who minister in Haydon Bridge

Rev Vincent Ashwin, with St Cuthbert's C of E
The Vicarage, Station Yard 684.307

Rev David Perkins, with the Methodist
congregation
39 Elvaston Road, Hexham 603.139

Father Leo Pyle, with St John's Catholic Church
St John's Presbytery, North Bank 684.265

CLERGY MESSAGE

Fr. Leo Pyle Roman Catholic Priest

Millenium Service for everyone, Vindolanda Roman Site,
Bardon Mill, Whit Sunday, June 11th 6.30 pm. Englands
oldest visible Church siteover but not done with.

Christians Together in Tynedale, from Hexham, Haydon
Bridge, Haltwhistle, Bardon Mill and even Sunderland say
thankyou to all who made the Millenium Service possible.
We are very grateful to Mr and Mrs Birley, the owners of
Vindolanda, for hosting this service and for the enormous
help which they and their team have given in making the
service possible. Thanks to, to the three singing groups and
their leaders. The retiring collection realised £378.15
covering all expenses well and truly !

And so onto the silly season !

We look forward to Haydon Bridge Scripture Union
Holiday Club mission in the first week of the school
holidays commencing Sunday 23rd July. There will be a
commissioning service at St Johns at 9.30 am. The closing

Service will be at St Cuthberts Sunday 30th July at 10.00
am.

To start talking about Harvest Festivals is tantamount to
wishing one's life away. But, but, but..... there are faint
rumblings about the possibilities of a Christians Together in
Haydon Bridge Mission ? Watch this space while you are
enjoying the long hot summer.

Holiday Club 2000

Sunday 23rd July Scripture Union are with us again fo the
week celebrating the start of the school summer holidays
with a week of activities and fun based on the theme of
"MegaQuest."

As has become the norm the starting venue every day will
be

St Cuthberts at 10.00 am
for the Bandstand songs and fun.

Afternoon activities are planned using all the Church
facilities in the village, halls, gardens etc.

Evening gatherings for the older participants will take place
two nights in Hexham joining with others and two nights
exclusively in Haydon Bridge, rumours abound of a mega
barbeque for Friday open to all ages.

Come and join in, learn about Gods activity in our lives and
have a fun start to the hopefully long hot summer holidays.

Silly Season

Fr Leo refers to the "Silly Season" being upon us. Nothing
was sillier than to see a very disparate group climbing the
long staircase up to the highest roof and ramparts of
Langley Castle on Friday night 23rd June. Who were this
motley crew ? Led by Ernie the fastest photographer in
Tynedale this was the Methodist's latest venture in fund
raising, they were all going to jump off the roof, down the
wall dangling on a bit of string ! Some, more knowledgable
described it as abseiling.

Ropes were let down, helmets and harnesses donned, much
comment from some as to "will this really hold me ?" then
over they went. With hearts in their mouths they climbed
up into the small gap in the wall, attached the ropes and
eased themselves into fresh air. Even the hardened veterans
of youth club and Scouts activity of a similar nature were
surprised at the difficulty of the initial descent. But some 40
people made it with raised blood pressure and palpitations
but all safe. Rev Vincent Ashwin was one star descending
in full regalia, likened by some to batman but still a
magnificent effort. Two onlookers were cajoled into
participating and one idiot even went twice ! Was it worth
it ? Most definitely yes, the support from participants for
each other and from the onlookers was absolutely amazing
and a considerable sum in excess of £2000.00 was raised
well done to you all.

Secretions, Tripes, Gore and Chitterlings Monthly

COME BACK NORAH BATTY - ALL IS FORGIVEN!

17% and 31% respectively of men and women between the ages of 35 and 70 have varicose veins according to a survey done in London. Another survey in Edinburgh suggested that the figures were closer at 40% in men and 32% in women. 80% of adults have the superficial spider or thread veins. Moderate varicose veins can be noticeable on a slender person whereas severely distended veins may be well hidden on an overweight person.

How do varicose veins occur? To understand the answer you have to have some general picture of the anatomy of the leg. There are two sets of veins. The superficial ones, just under the skin, with the main one being called the long saphenous that runs from the inside of the ankle all the way up to the groin. The superficial veins run at a low pressure. The second set of veins are called the deep veins and are tucked deep inside the muscles of the calf and thigh, these run at high pressure. Joining these two sets of veins are "communicator" veins which have valves inside to prevent the deep high pressure blood flowing outward into the superficial veins. As the leg muscles contract with walking the blood is pumped from the deep veins back toward the heart.

The old theory was that the communicator valves failed and allowed high pressure blood into the low pressure system, causing the veins to inflate. The new theory is that the weakness is in the vein wall itself which allows stretching to occur, as a consequence of which the valves cannot close properly and the high pressure blood leaks past and overfills the superficial veins.

Things that can predispose to the development of varicose veins include numbers of pregnancies, age, standing a lot and obesity in women but not in men. For once smoking has nothing to do with it and nor does genetics or social class.

Symptoms of varicose veins include heaviness in the legs, tension, aching and itching. Problems associated with them include ankle swelling, skin thinning, bleeding, ulceration and phlebitis (inflammation of the vein) or thrombophlebitis (clotting in the vein).

Treatment of varicose veins starts with simple explanation and reassurance for the least severe. Many people will gain a useful relief from their symptoms by wearing support stockings or tights. There are several types available on the NHS but not tights. A wider selection of styles and colours is available from High Street stockists, always get at least the medium support grades, the lightest grades are not strong enough. It is important to empty the leg veins before putting the stockings on, so lie on the bed with the leg up for a few seconds then pull the stocking snugly up the groin. That way the stocking has a fighting chance of keeping the vein properly compressed.

The veins can be injected with a substance that makes them clot up on purpose. This is a good choice for one or two isolated veins or for remnant veins after surgery. Surgery usually involves removing the entire long saphenous vein from ankle to groin and then dealing with individual dilated communicator veins too. 20% of varicose vein surgery is done on recurrent veins. 20-30% of patients will develop recurrent veins after surgery.

Injections or high intensity light or laser treatment can eradicate superficial or spider veins but this is not available on the NHS.

Those who develop the complications of varicose veins - ulcers and skin changes - will need proper assessment with Doppler scans.

There does not appear to be a clear link between the presence of varicose veins and the development of serious thrombosis problems. Thrombophlebitis, a painful red inflammation around a vein, is commoner in women on the pill and HRT and is a reason for stopping taking the treatment. Women having varicose vein surgery are at increased risk of serious thrombosis if they are taking the pill or HRT at the time of surgery.

THE BOTTOM LINE or THE REVENGE OF THE MIGHTY SENNAPOD.

In 1990 a survey showed that 10% of the UK population was constipated - the definition of constipation being *the passage of a hard stool less frequently than the person is accustomed to do*. There is even a pictorial scale of stools for assessing the situation and a written scoring system called "the Rome criteria": two or more of the following symptoms should be present for at least three months before a diagnosis of chronic constipation is made;

- * *straining to pass stool at least 25% of the time*
- * *lumpy or hard stool at least 25% of the time*
- * *a sensation of incomplete emptying at least 25% of the time*
- * *two or fewer bowel actions per week*

Suspicion and investigation should be prompted with any of the following symptoms - especially in those over 45 years of age: a change in bowel habit not related to dietary changes, symptoms that do not respond to simple measures, alternating constipation and diarrhoea, rectal bleeding, passing mucus or slime, abdominal pain, weight loss, loss of appetite and a painful sensation of incomplete emptying of the bowel.

The preference these days is to avoid the use of laxatives wherever possible and instead rely upon the steady increase in fibre and fluid intake until the desired result is achieved. A normal human stool should be similar to a cow pat - huge, soft, not offensive to smell and quick and effortless to pass. We are not supposed to pass hard lumpy stools. Sudden increases in fibre can lead to flatulence so make the change slowly, aiming for 30 grams per day. For comparison:

40g of All Bran = 9.8g of fibre	40g of Cornflakes = 0.4g of fibre
70g wholemeal bread = 4.1g fibre	70g white bread = 1.1g of fibre
200g kidney beans = 12.4 g of fibre	one tomato = 0.8g of fibre
one pear with skin = 3.6g of fibre	one apple with skin = 3.1g of fibre

The frail, chair-bound elderly should aim for a minimum of two litres of fluids daily. The rest of the adult population should aim for four litres of fluid daily.

Wholemeal bread, wholemeal flour in cooking, bran type cereals and additional bran in soups, stews, sandwiches etc will all help. A minimum of four and preferably six or eight items of fruit daily is easy to achieve - that's almost all of the daily fibre requirement straight away. Vegetables are excellent too.

We are going to be reviewing our prescriptions of laxatives over the next few weeks. Henceforth we shall be using more in the way of advice first and then simple senna and ispaghula husk (sold as Fybogel) only. There are now good reasons for not using products containing danthron (such as co-danthramer, co-danthrusate and so on) except in very limited circumstances. Lactulose seems to be rather less effective than had been supposed and so we are ceasing to prescribe it too.

Epsom salts, a very old fashioned and severe laxative, is only rarely used when preparing patients for special X-rays or surgery.

ANOTHER CHANGE IN PRESCRIPTIONS

Indigestion is a very common symptom and one of the commonest treatments has been Gaviscon liquid. Though this is undoubtedly effective we are going to use co-magaldrox instead (sold as Mucogel or Maalox) both because it is less expensive and also because it contains less sodium. Gaviscon tablets, however are less potentially problematic and easier to carry around.

THANK YOU

A special Thank You to the relatives and friends of the late Bob Charlton and Maurice Brown who have so generously contributed to the Health Centre Equipment Fund. It really does make a difference.

Steve Ford