



THE HAYDON NEWS

MAY
2002

Published by The Friends Of Haydon Bridge

Editorial comment

If you are reading this and everything is as it should be – pages in order etc. – then I can pronounce that the demonstration of a collating machine given by Contex Office Services a success. You will remember that I indicated last month the possibility of looking to acquire such a machine which, when coupled with the FOHB duplicating machine, might prove beneficial to the village as a whole. The FOHB continue to explore this.

This month's issue follows the usual format although there have been a few changes to the adverts which always take pride of place. Subtle changes all told but significant nevertheless. Can you spot any that weren't in the last issue? Have you noticed the subtle changes? Maybe we should have had a competition! Sadly some advertisements have been withdrawn.

Judging from comments I have recently received – some not too complimentary – there seems to be confusion as to how to contact the *Haydon News*. For everyone's benefit then: **Telephone: 01 434 688 871; by post to Wheelsteads, Woodhall Mill, Haydon Bridge NE47 6AS; Email: news4haydon@aol.com** or contributions can be left at John Clarke's, Marsh's or at the Co-op. All other contact details which you might have should not be used. This will prevent misunderstandings occurring when people think that they have submitted items correctly but which, sadly, don't reach me.

Apologies are due regarding the Crossword for last month as a whole clue – 22 across – was omitted by accident and there should have been only 4 SPACES at 15 across. Human after all! However, nine brave souls did submit their efforts – well done. It is also encouraging to see 'new' names appearing from time to time.

Talking of 'new' names. Rev David Hasson has edited the Church Page this month for which we are very grateful. Can we remember Canon Vincent Ashwin, who is the usual Editor, at this time of his ill-health and look forward to his speedy recovery.

See you next month

Richard A D Snowdon. (Editor)

*Notes from the Parish Council Meeting held at the Community Centre (Haydon Bridge)
Thursday 23rd May 2002 at 7.30pm.*

Present were: 9 Councillors (apologies from 2), Parish Clerk and 5 members of the Public.

Public Participation: 1) Question was asked about the frequency of bin emptying particularly at the Old Church. Amount of rubbish is increasing – beginning to look like a 'tip' and could be 2 years since the last emptying! Recommend that any rubbish problem be brought to the attention of the Clerk who will contact TDC.

2) Work in Church Street seems to be progressing well but query the yellow numbers which have appeared on the kerb stones! Also plan indicates that the new flagstones are to stop at the Old Vicarage and not go around the corner by Johnny Heslop's.

3) The new lamps are far too high. Two with their heads amongst the trees! Cllr Philp indicated that the lamps were of the type specified and had relied on the advice of the professionals. This seems to be just another example of how much money seems to have been wasted on the whole project in Church Street and that the installers had not bothered to look up when fixing the lamp-standards.

4) Concerns over the plans to erect a number of signs in Church Street to do with the proposed changes to the level crossing. Cllr Fletcher indicated that the crossing would be of the type where a barrier descends. Accompanied by a

'yodelling' sound – not bells! The volume of the sound would be reduced between the hours of 11.30pm and 7.00am. Perhaps this change to the barrier has proved the reason why the access to the platforms has been fenced off.

Access to the car park is still a bone of contention because the actual entrance is over land owned by the factories. A separate entrance should be considered. This item will be placed upon next month's agenda.

5) It was reported that bollards are to be placed outside the Co-op at long last. David McVay is relieved, it was reported, but it has taken some time for action to be taken.

The formal part of the meeting then began with consideration being given to the election of Chair and Vice-Chair. Those present indicated that the present incumbents be re-elected. Unanimous decision taken.

Minutes of the previous meeting were agreed:

Matters arising:

The Chairman had drafted a letter to Peter Kemp (TDC) with regard to the way in which the project on Church Street had been handled. He has had a reply which, over four pages, suggests that everything was dealt with in an

appropriate manner and that there was nothing further to add to what the Auditor had said. Four pages of 'gobble-de-gook'!

Cllr Stephenson indicated that the lamp outside of the 'Railway' had yet to be moved.

The 'Small Schemes' as put forward by Cllr Horncastle last month has had little response. Only traffic calming seems to have been suggested as yet.

Work should begin on the Church seat by the end of July otherwise the grant will be lost. Basil Young to be brought up to speed. Also could a gate be placed at the entrance to prevent undue vandalism (including urinating) occurring in the area? Thought that a wrought iron gate would 'fit the bill'

Quite a long discussion ensued over the closure of the Public Toilets at 9.00pm. Tourists and the like are being encouraged to use the countryside yet conveniences are being denied them. Instances of coach parties being dropped off near bus stops to 'relieve' themselves within the boundaries of the village! Surely keeping the toilets open would prevent such occurrences.

The Annual Spring Clean went well although not as many folk turned up on the day. What was noticeable was the lack of big rubbish as had been noticeable over the last few years (settees etc.) Encouraging signs of more responsibility by folk?

TDC Meeting: No-one present to report.

Highways / Bypass: Nothing to report. The slippage on the old road was raised but again nothing to report.

The surface on the Land Ends road is in a poor state. Is this because of the work done whilst relaying the pipes?

Road to Newbrough – the slippage has been repaired but still the access is temporary though open to traffic. What else can be done?

Planning Applications: Hordley Acres House. Proposal to demolish then rebuild. Cllrs gave a positive indication that this should go ahead on safety grounds.

A conservatory is to be built at Peelwell Cottage.

Village projects: 'AS' level students at the High School had produced leaflets covering walks around the village as part of their Commercial / Business studies. Very good examples were available and it was felt that they should be discussed at the next PC meeting. These would be placed in the various outlets in the village for all.

The Craft Fair was not too successful owing to the fact that a number of other events were taking place at the same time. There is to be another at the beginning of November this year.

Cllr Garrow indicated that the Union Jack (Flag) would be flown over the Bank Holiday weekend (Saturday to Tuesday).

Any Other Business: Transport. ADAPT are to carry

out a survey to look at what stations provide in the way of access.

Cllr Fletcher wondered whether she might have permission to approach Wylam PC with regard to how they dealt with the Railway and the problems it creates

Tofts Bank footpath is closed whilst the Water Board carry out their works. Will be re-opened when work is completed.

Garden / builders rubbish is being dumped in the river on the south side west of the new bridge by someone. This will create a problem for the north side. This should STOP immediately. Not only is it creating an eyesore but it is not allowed.

Alan Ord reports that the tap at the cemetery is not working and that the horses in the adjacent field are eating the fence!

Also that the rows apportioned to the C of E, Methodist and Catholic Churches for burials are approaching the end. Should future burials be 'mixed'?

It is not possible to replace the old lawnmower with an identical model. Alan Ord is looking at possible alternative models.

Fly-tipping is increasing on the road to Langley.

The seat on the Langley road. Is it possible to replace it to provide some welcome respite for the walkers please?

Finally, the Chair mentioned the forthcoming concert to be held in St. Cuthbert's Church in June. See page 10 of this issue for further details.

Date of next meeting: Thursday 27th June at 7.30pm

RADS

PARISH COUNCIL MEETINGS

Held on the 4th Thursday of each month.

The meeting is usually held in the Community Centre but occasionally goes elsewhere. The notice board, next to the Butcher's shop on Church Street always shows the likely agenda for each meeting and the venue.

The General Public is welcome at the first part of every meeting. Have your say – Brickbats and Bouquets!!

HAYDON BRIDGE PARISH COUNCILLORS

Mr D Charlton	684 505
Mrs E Charlton	684 505
(Chair) Mr E J Faulks	Chesterwood Park
Mrs V A Fletcher	
Mrs E Garrow	684 324
Mrs L Gilhespy	684 632
Mr S B Mitchell	684 980 *
Mr M R Parkin	684 340
Mrs L A Philp	
Mr D C Smith	684 480 *
Mr T J Stephenson	

* also Tynedale District Councillor

PARISH CLERK

Mrs Carole McGivern 688 020
e-mail: carolemcgivern@aol.com

HISTORICAL NOTES OF HAYDON BRIDGE -- Dennis Telford

In this year of the Golden Jubilee, I have chosen to look back at life in our village during some of the years and months which have been significant for our Queen and her immediate ancestors.

On 6th May 1935 King George V celebrated his Silver Jubilee. The inhabitants of Haydon Bridge marked the occasion with a procession from the Station Yard, headed by the Haydon Bridge Silver Prize Band, to a field provided by Mr. Veitch where over three hundred children joined in a variety of sports and were entertained by a conjurer.

Tea was provided for the children and our elderly residents and then they joined in community singing in the Town Hall with Haydon Bridge Male Voice Choir, led by Mr R. H. Bell of Haltwhistle. Members of the choir included soloists George Robinson, H. White, Joe Longstaff, Tom-Bill Stobart, Harry Swallow, Albert Rodger, William Walker and J. Maughan.

The residents of the village then met on the gravel-bed beside the river and Clive Campbell, who had been chosen by ballot from the school, lit the bonfire. A fireworks display was followed by a Dance at the Town Hall.

For those who could afford to travel by train from Haydon Bridge to London for the 1935 Jubilee, the fare was One Guinea (£1.05). I have just telephoned GNER and the cheapest fare, without a Rail Card, in 2002 is £64.

Interestingly, 1935 was also the Jubilee Year of the Austin 7 which had first sold in 1910 for just £165 as a single cylinder, open, two-seater car. Or £250 complete with hood, headlamps and windscreen. In 1935 this bone shaker was replaced by a smooth-running four cylinder engine, four-seater saloon with synchromesh transmission and dip and switch headlights. The cost? £120, half the price of the 1910 version.

The Austin 7 may have improved, but in many respects the issues which concern the population re-appear year after year. On the Thursday following the King's Jubilee, complaints were made at the Parish Council meeting of the *'wanton damage done by village hooligans'*. Apparently the wire waste baskets which had just been erected in the village were thrown into the river.

Not much change at Westminster either where MP's sought support to make, 'cruel sports' such as shooting and hunting, illegal. (If at first you don't succeed etc. etc.)

December 1936

One year later, George V was dead, to be acceded by his eldest son, Edward VIII. On 9th September 1936, Edward announced his *'final and irrevocable decision'* to renounce the Throne and Prince Albert followed him on 11th December as King George VI.

At their meeting on Thursday 10th December 1936, our Parish Council formed a 'Coronation Committee' to make the arrangements necessary for Parishioners to celebrate the Coronation of the new King.

In the meantime however, there were matters of even greater urgency. Two thousand gas masks had been ordered for Haydon Bridge and our Councillors discussed at length, the question of precautions in the event of an Air Raid. Mr Dixon told fellow Councillors that the *'Old Chapel at the high end of Ratcliffe Road'* would be a good decontamination centre and people *'with gas'* at Langley and Chesterwood would have to be brought to the village.

The 'Old Chapel' referred to, had been the United Methodist Free Chapel which opened on 8th November 1856. It was eventually converted to two houses. My own early recollection of the first floor flat, occupied by Drew and Maureen Brown, was seeing for the first time a record player which was designed to be part of the furniture. Almost a Hi-Fi! Drew used to play us his wonderful collection of Jazz records. It was very impressive when compared to my own small portable electric 'Champion' turntable and my father and mother's wind-up gramophone on which Kathleen Ferrer and the Glasgow Orpheus Choir provided regular renditions. The Graham's lived on the ground floor and the house is now, 'Valley View' or Valley Veiw' if the inscribed door lintel is to be believed.

Meanwhile, village life carried on apace.

The Elmfield Chapel Tennis Club held a, 'Carnival Dance' in the Town Hall, the music was provided by Hodgson's Dance Band, Peter Spooner (Junior) was MC and Spot Prizes were won by Miss Wren, Mr H. Sim and Mrs A. Hill while another competition was won by Mina Watson.

Earlier in the year the Elmfield Club had taken land behind Ratcliffe Road on a ten year lease, where six new grass courts would be laid out.

Later in the month a, 'Farmers Dance' was held. In the Town Hall of course! Attendance was by invitation and seems to me quite expensive for 1936 at 5/- (25p) a ticket. There was an opportunity to save money however. Take a partner with you and the two tickets would cost 9/- (45p). I suppose that in 2002 this would attract the wrath of the politically correct and be considered contrary to the single person's civil liberty, human rights or some other obscure legislation.

In reality, maybe this discounted pricing encouraged the young men of the day to choose their partners before the Dance. Unlike my own experience at Lennie Hepple's, The Queens or Haltwhistle Church Hall, when decisions of a romantic nature were invariably made during the last Waltz or the last Bradford Barn!

There was a large attendance at the Parochial Whist Drive on Monday 7th December. J. G. Cleminson was MC and Robert Ridley of Ellfoot handed a goose to Keith Brown who had the highest score. Other prizes were won by J. Harle Henderson and C. Brown. The ladies with the highest scores were Mrs J. S. Charlton, Mrs T. Turnbull and Mrs W. Wren.

The Band Whist Drive held a week later was won by Ozzie Moore, Miss N. Cowing and Mr & Mrs R. Murphy.

Haydon Bridge Women's Institute was thriving in 1936. Miss Carrick was Secretary, Mrs W. W. Ridley, Treasurer and Miss Middleton President.

In December 1936 most houses in the village had at least one room heated by coal and this could be bought from Barcombe Pit for 30/- (£1.50) per ton.

The *Hexham Courant* of 12th December 1936 advertised 3-piece suites, fitted with spring cushions for £7/19/6d (£7.97). An Oak bedroom suite, two wardrobes, dressing table with large plate mirrors and panelled Oak bedstead, all for 10½ Guineas (£11.02).

And for the 'Special Christmas Cheer' 12 bottles of Newcastle Special Pale Ale for 9/- (45p)

How would you pay for all this?

Captain Edward Giles Bates' estate required beaters and paid 7/- (35p) a day, plus one pint of beer.

This was clearly not enough for three Haydon Bridge men, who decided to supplement their wages with four Cock Pheasants from the Game Larder at Langley Castle, and ended up in court at Hexham.

I shall leave the month of George VI's Accession to the Throne on a high note for Haydon Bridge artistes.

On Boxing Day night 1936 our talented actors and actresses presented the operetta, *'Zurika the Gypsy Maid'* under the direction of Mrs Snowball in the Town Hall. Four hundred people watched the performance and the profits were given to the Haydon Bridge Nursing Association.

The acting was reported as being of an exceptionally high standard. Harry Swallow's fine voice was perfect for the rôle of Prince Dareall. Humour was provided by Johnny Bates as the Court Jester. Harold Myers was His Majesty, King of Kola and Miss Jinnie Anderson, whose sweet voice captivated the audience, was Zurika.

Miss Connie Raine played Elspeth

the Gypsy Woman and her acting came in for special praise.

Accompaniments for the music were provided by Mrs Betty Davison.

May 1937.

King George VI was crowned in Westminster Abbey on 12th May 1937.

At Haydon Bridge, village houses were decorated for a competition and a parade of vehicles, prams, cycles and villagers in Fancy Dress left Brigwood at 1.30pm and arrived at the Showfield where children's and adults sports took place. All Over 65's and children of school age and under were given a free tea. A conjuror and ventriloquist provided the entertainment for the children and a concert, by the ladies of the Parish Council Coronation Committee, was followed by the lighting of a bonfire and a Dance in the Town Hall.

One week earlier, Haydon Bridge Junior football team had won the Hexham Minor Association competition and dropped only one point in doing so. The young team was; Davidson, Shepherd, Milvin, Marshall, Dixon, Mack, Brown, Egglestone, Gibson, Moffat and Turnbull.

Many of the same boys also played in, and won, the Senior Association competition, for the second year in succession and were defeated only once scoring 96 goals and conceding 18. Medals were presented to; J. Egglestone (Capt), E. Brown, E. Moffat, R. Gibson, J. Carter, R. Dixon, W. Turnbull, W. Shepherd, J. Fiori, H. Watson, R. Marshall, E. Mack and G. Smith.

Our village team included an English International. Following three trial matches, left full-back Eddie Brown was chosen to play for England Schoolboys against Wales at Aberdare on 2nd May 1936.

The village cricket team was not so successful in 1937 and yet the players are equally well remembered today: William Rutherford, Johnny Brown, Eddie Foster, Edward and John Waite, Lloyd Brown, Cecil Bates, Bill Johnson, G. Coulson, Jimmy Taylor and Billy Cooper.

The late Queen Mother's uncle, Fran-

cis Bowes-Lyon owned Ridley Hall in 1937 and he gave permission for the Haydon Bridge Scouts Camp to be held at Plankey Mill during Whit weekend.

The Camp was paid for by a Jumble Sale which raised £8/0/0d.

Bob Campbell was Scoutmaster, R. Walker Treasurer and Edward Waite Secretary.

The Chairman of the Scouts in 1937 was Major Robert Allen of Haydon Lodge. How sad it is that in 2002 our Education Authority appear to be allowing this fine building to fall into disrepair. They have done it successfully before of course - remember 'Linton House'!!!

In May 1937 the Annual Puppy Walk of the Haydon Fox Hounds was held at Threepwood Hall, the home of the Master, Major C. C. Branfill.

This event must have a long history. On 8th August, my Grandfather, James Thompson, was presented with a fine decanter for walking his dog, 'Ruth' into second place. The trophy now adorns our living room - and is usually empty!

Next month, (June), the country will be in the throes of celebration for our Queen's Golden Jubilee. At the time of writing it is questionable whether Haydon Bridge will be making a concerted effort to mark the occasion. That seems to me to be a shame. A new and expensive Community building does not in itself guarantee the spirit of communal co-operation and leadership that has been so much in evidence in the past.

Nevertheless, *Good Luck* to all those individual organisations and businesses marking the event with activities in the village. I know that your efforts will be appreciated.

Join me next month for my memories of Queen Elizabeth's Accession to the Throne and her Silver Jubilee in 1977.

THE OLD CHURCHYARD

The interesting article by Dennis Telford in the April edition of the *Haydon News*, relative to St Cuthbert's Church also poses the question of, "What about the Old Church at Haydon?"

The Old Churchyard is relatively small yet in the 140 years from the beginning of the Parish Registers until the new Churchyard opened in the village, over 2300 people were buried 'up the hill'. In fact the Old Churchyard was never closed and continued to be used well into the 20th Century (both my grandparents and great grandparents were buried there in the early 1900's). As the Church existed for nearly 500 years before the Register began there must have been many more than the above number buried there. Even if graves were re-used, as they were, it is difficult to believe that so many were laid to rest within that small area.

What may not be generally realised is that people could also be buried inside the Church and in the 50 years prior to 1703 when the practise stopped, there were at least 57 people buried within either the Church or Chancel at Haydon. A sobering thought when you are standing inside the Old Church! This obviously had an adverse effect upon the floor as the Archdeacon ordered that, "*before Michaelmas 1724 the floor to be paved where it is not now flagged and ye flaggs and stones now in the church to be new laid, plain and even throughout the Church and Chancel*".

The effect of these interior burials continued to affect the floor as in 1763 it was instructed that *the flagging where sunk to be laid even and regular*. The last person to be buried inside the Church would appear to be on the 16th March 1707 when Dorothy, the daughter of Roger Pigg, was buried in the Chancel. The first one to be buried in the new Churchyard

was probably Elizabeth, the wife of Thomas James, on the 12th August 1796.

Burials often went unrecorded during epidemics and a diseased body could be refused admission to the Church. This happened at Haydon Bridge when it was ravaged by the plague in 1666 when the bodies of the victims were said to be buried in a field called Peel Dale, whose location is not known. Certainly there is a gap in the Parish Register of burials for the period 1665 to 1683 which was probably attributable to this epidemic and its after effects. It is also possible that some people were buried at home! So, a word of warning "*don't dig your leek trench too deep - you never know what you might unearth!*"

**William Veitch
'Haydon'
39 Ivson Road
Darwen
Lancashire BB3 0EN**

**Tynedale Council,
Hexham House, Hexham,
Northumberland, NE46 3NH
TYNEDALE COUNCIL/
NORTHUMBERLAND
COUNTY SHOW**

**MEDIA RELEASE
30th April 2002**

Glorious Northumberland

Something new and exciting is coming to the Northumberland County Show on Monday 3 June in the form of the 'Glorious Northumberland' Exhibition, a celebration of the best the county has to offer, thanks to £5,000 from the Countryside Agency and further funding from other partners. The special attraction is designed to put the county's considerable assets before an estimated 23,000 visitors and encourage them to come back and enjoy repeat visits to the area. It confirms that farming and tourism businesses, attractions and organisations are fighting back after the devastation of Foot and Mouth Disease, and working to boost the rural economy.

In the days leading up to the show, a

giant marquee will be transformed into a theatrical re-creation of the beauty of the Northumberland countryside, featuring its many visitor attractions, crafts, music and local produce, adding a spectacular new dimension to the event.

Participating organisations range from Northumberland National Park, Northumbrian Water and Tynedale Council to Hadrian's Wall Tourism Partnership, Vindolanda, the Alnwick Garden, The National Trust and Ford and Etal Castle Estates. The countryside will be brought to life with working demonstrations and activities. There'll be a chance to try your hand at traditional countryside skills, such as dry stonewalling, hedge-laying, stile-making, building bird boxes, and to enjoy traditional live music, and lots more...

Fine foods will be featured in the flavour of Northumberland section - a range of delicious locally-produced foods from oysters to ice cream - providing a shop window for a number of small businesses who otherwise would not be able to trade at the show. There will also be the chance to sample local delicacies.

The 'Glorious Northumberland' Exhibition has been made possible by funding, not only from The Countryside Agency, but also from a range of other organisations across the county, including the Barbour Trust, One NorthEast via Tynedale Council, Northumbrian Water, Northumberland National Park Authority, Northumberland County Council and Kerr McGee.

Besides the 'Glorious Northumberland' Exhibition, the traditional features of the County Show will be happening elsewhere on the showground, including the cattle and horse classes, and hundreds of trade-stands and craft stalls. New for 2002 is the Farmers' Marquee - the centrepiece of the agricultural part of the show.

Highlights in the show's main arena programme will be the Devil's Horsemen - an amazing Cossack Trick Riding Display Team; RAF Falcons Free Fall Parachute Display Team; Gun dog Handling and Birds of Prey flying displays.

(Continued on page 8)

Kath Walton, Secretary for the Northumberland County Show said: "We're looking forward to a full show, which will be a great family day out. The show is eagerly awaited by members of the farming industry, both as a place to do business and also to renew acquaintances at the start of the 2002 season."

Cllr Mrs Anne Dale, Chairman of Tynedale Council's Leisure and Tourism Committee and member of the 'Glorious Northumberland' Steering Committee said, "The 'Glorious Northumberland' Exhibition is a wonderful opportunity to show everyone the fabulous tourist attractions, coun-

tryside, food and crafts that we have in Northumberland. It promises to be a great experience for everyone, including lots of activities for children and parents from making scarecrows to building bird boxes and stiles, which will be great fun."

Countryside Agency countryside officer Sarah Pringle said: "The Northumberland County Show is a shop window for a wide range of first-class businesses, producers and attractions. Many were badly hit by last year's foot and mouth outbreak and it is entirely appropriate that the Rural Recovery Fund should help to bring 'Glorious Northumber-

land' to the widest possible audience."

The Northumberland County Show featuring the Glorious Northumberland Exhibition is on:

Monday 3 June

9am to 6pm,

Tynedale Park, Corbridge.

Tickets: Adults £6; OAP £4;
Children 4-16yrs £1.50

£1 off the adult admission price for rail travellers.

10% off all tickets purchased in advance. **Tel: 08700 115 007.**

Visit the website at:

www.northcountyshow.co.uk

Northumberland HEALTH ACTION ZONE

www.northumberland-haz.org.uk

TYNEDALE ARTHRITIS SUPPORT

Tynedale Arthritis Support Group provides support to people who have arthritis or care for someone who has arthritis.

The group was launched in March 2001 with funding from Northumberland Health Action Zone (HAZ).

Monthly support group sessions are held at the TORCH CENTRE, Corbridge Road, Hexham (opposite Hexham

General Hospital) between 1.00 and 3.00 p.m. on the third Thursday of the month.

The sessions offer support, information and an opportunity to meet with other people who have arthritis, in a relaxed informal setting at the Torch Centre.

Refreshments are available, and transport can be arranged if you are unable to use public transport or do not have any transport of your own.

For further information please contact either:

George Clarke 01 661 830 882

Carolyn Roberts 01 661 842 151

NATURAL REMEDIES FOR A HEALTHY BODY, DIGESTIVE TROUBLES.

Digestion is a long and complicated procedure so things can go wrong for many reasons and there are a variety of natural remedies to combat these problems.

It is important to remember that a visit to the GP is always recommended in order to rule out any serious medical problems.

Heartburn and acidity are very common problems. Sometimes caused by eating too quickly, not chewing food enough, drinking or bending (exercising or working) too soon after eating. Some people identify certain foods as causing the discomfort. **Pure peppermint** is a popular remedy with our customers because of its natural anti-acid action. Generally people use pure peppermint oil or powder for problems higher up in the digestive tract. **Enterically** coated capsules work in the bowel area for people who suffer from trapped wind and spasms lower down in the digestive tract.

For sufferers of travel sickness **Ginger capsules** are a common choice for their anti-nausea properties. Ginger is reported to be helpful for general stomach upset too, because of its calming properties.

Charcoal capsules are bought for wind as it absorbs gases and toxins in the gut, many people tell me that they are buying our charcoal biscuits for their dogs!

Many of our IBS (Irritable Bowel Syndrome) sufferers find **Aloe Vera** helpful - the juice tends to be the favourite form for people to take it in, but sometimes tablets are more convenient. Again our customers find it helpful as an anti-acid, and also for its anti-inflammatory action.

Acidophilus capsules contain friendly bacteria that we need in our bowel to breakdown our food properly. Illness, stress and certain medicines may destroy this bacteria. Our customers use **acidophilus** supplements to help regulate bowel movements, combat wind, bloatedness and to help prevent 'holiday tummy'.

There are many different strengths and strains of the bacteria (including dairy-free capsules - especially helpful for people whose stomach ailments are made worse by milk products), so it is wise to ask for advice when choosing a product.

Some digestive difficulties are made worse by stress, it is important to address the cause of the problem. At this time of year Rescue Remedy is helpful especially popular among those suffering from exam stress or fear of flying. St. John's Wort is used by a lot of our I.B.S sufferers.

Food Intolerance is often behind some digestive problems so testing is advised. No matter how embarrassing the condition it is wise to seek professional medical help for persistent problems.

Important: Pregnant ladies, anyone under medical supervision or taking prescription medication should consult their GP before using complementary therapies.

Jill I. Henderson.

Holland and Barrett (Hexham)

the shaftoe charities

*Shaftoe Educational Foundation
Alms House Charity of John Shaftoe*

*Reg. No. 528101
Reg. No. 506598*

SHAFTOE EDUCATIONAL FOUNDATION (Educational Grants)

Applications from residents of Haydon Parish will be considered by the Governors at their meeting on 11th July 2002. If you wish to make an application to that meeting, please write to:

*The Clerk
Shaftoe Educational Foundation
Shaftoe Terrace
Haydon Bridge
NE47 6BW*

Applications received after Monday 1st July may have to wait until the next meeting in November 2002 before they can be dealt with.

Clerk to the Governors/Trustees: R A D Snowdon B.Ed (Hons)

OVER 60's CLUB

Thirteen members attended the May meeting.

An apology was received from Mrs Waugh, and everyone wished her a very *Happy Birthday*.

A proposed outing was discussed but it was eventually left to Mrs Sparke to explore the possibility of the Lake District or a mystery tour.

The Speaker was Mrs Pat Moss on 'Collecting Dolls - old and new'. An enthusiastic and knowledgeable collector who brought a delightful collection to show us.

A fascinating talk which enthralled everyone and was much appreciated.

Myra Bowen

LANGLEY W.I.

At their May meeting Langley's members were delighted to learn the result of their May Bank holiday fund raising event at Langley Village Hall.

A letter of thanks was received from Buckingham Palace regarding a letter of condolence sent on behalf of members on the death of the Queen Mother.

The June outing to Ladycross Nature Reserve was discussed and transport arranged.

Nine members propose to attend the Group Meeting at Allendale on Thursday 30th May.

The Speaker, at short notice, was Myra Bowen on 'Painted Turned Wooden Dolls and Painted Stones.

Myra Bowen.

DANCE CLUB NEWS

On their return from their trip away ,the 'Magnificent Seven', brought me back a bottle of my favourite tippie,
Thanks to you all.

Celia and John have gone to Canada for five weeks to visit friends. Winnie & Ken have had a short break too.

On Monday June 3rd, we will be dancing as usual with a slap up supper. All for free plus a Fancy Dress Ball! So if you have nothing better to do come and join us.

Thanks to Brian we now have our speakers fixed high up on the wall. The sound now is excellent.

The Dance Club Lottery is doing well at the moment, with five ten pound wins in a row. Is the big one on the way?

We will have to be thinking about our return visit to Throckley this Summer. More about this later when we have a date fixed.

Iris told me , unknown to her, that her nephew had arranged a surprise birthday party for her with about forty friends present. The club wishes her a belated *Happy Birthday*.

With the holiday season underway, our attendances have dropped slightly, but still remain good,

DJ, Jim Biggs



Haydon Bridge High School
Community Dept

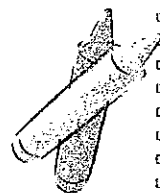
Art Exhibition

by
Students of the Art Class
held at Humshaugh

Sat 15 June – Sun 16 June
in the village hall
Humshaugh

10 am – 4 pm
Admission free

Light refreshments



ANNALIS QUARTET

St Guthbert's Church, Haydon Bridge
Sunday 16th June at 6pm

Jubilee Concert — of — Popular Light Classics

Mozart, Dvorak, Elgar, Puccini, Pachelbel, Albinoni, Barber, Bach

Tickets — £10.00 each*

Tickets available from T G Waddington at address below, at the door on the day, from J & M Clarke, Newsagent, Haydon Bridge, or The Rev. Vincent Ashwin, Haydon Bridge.

There will be a buffet supper at The General Havelock,
Haydon Bridge after the concert on the 16th June, Price £8.00
(not including drinks).

Please make cheques payable to: T G Waddington, Plunder Heath, Haydon Bridge,
Northumberland, NE47 6JU. A stamped, addressed envelope would be much
appreciated for the return of your tickets.



St Michael's Church, Warden, Near Hexham, Sunday 13th October at 6pm

Mozart Piano Quartet in E♭ • *Fauré Piano Quartet in G Minor, Op. 15*

Brahms Piano Quartet in G Minor, Op. 25

with Geoffrey Pratley, Professor at the Royal Academy of Music

Tickets — £10.00 each*

Please send me Concert Tickets (16th June)

..... Supper Tickets (16th June) *early booking advisable for supper*

..... Concert Tickets (27th October)

Total Tickets Total £

Name

Address

* Reduced to £9.00 each if a ticket is bought for both concerts. On Sunday 16th June, a £5.00 concession for OAPs resident in Haydon Bridge

Village in Bloom Competition 2002

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 i.e. 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:

1 st – £20,
2 nd – £15,
3 rd – £10

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.

Happy planting and good luck.

The Friends of Haydon Bridge.

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THE MEETING PLACE

AT
THE METHODIST CHURCH

Come and Join your friends for
Coffee and Refreshments on
Tuesdays and Thursdays 10am - 12 noon

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Warm welcome to all

**HAYDON BRIDGE UNITED
ASSOCIATION FOOTBALL CLUB**

HBUAFC hold their monthly meeting on the first Tuesday
of every month at 7:30pm in the Lounge of the *Railway
Hotel* where representatives of every football team in the
village are invited to attend.

This meeting is also open to members of the public.

NEED HELP WITH

Tax Returns, Accounts, Book-keeping etc ?

Ring

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3, Market Street, Hexham

Tel: 01 434 605 666

We Can Help YOU

Committee of the 'Friends of Haydon Bridge'

Charles Thomas (Chairman) Mike Parkin (Vice Chairman)
Elena Parkin (Secretary) Alastair Bowen (Treasurer) Richard Snowdon (Editor)
Pauline Tulip Sylvia Mitchell Louis Parkin Jacqueline Outterside

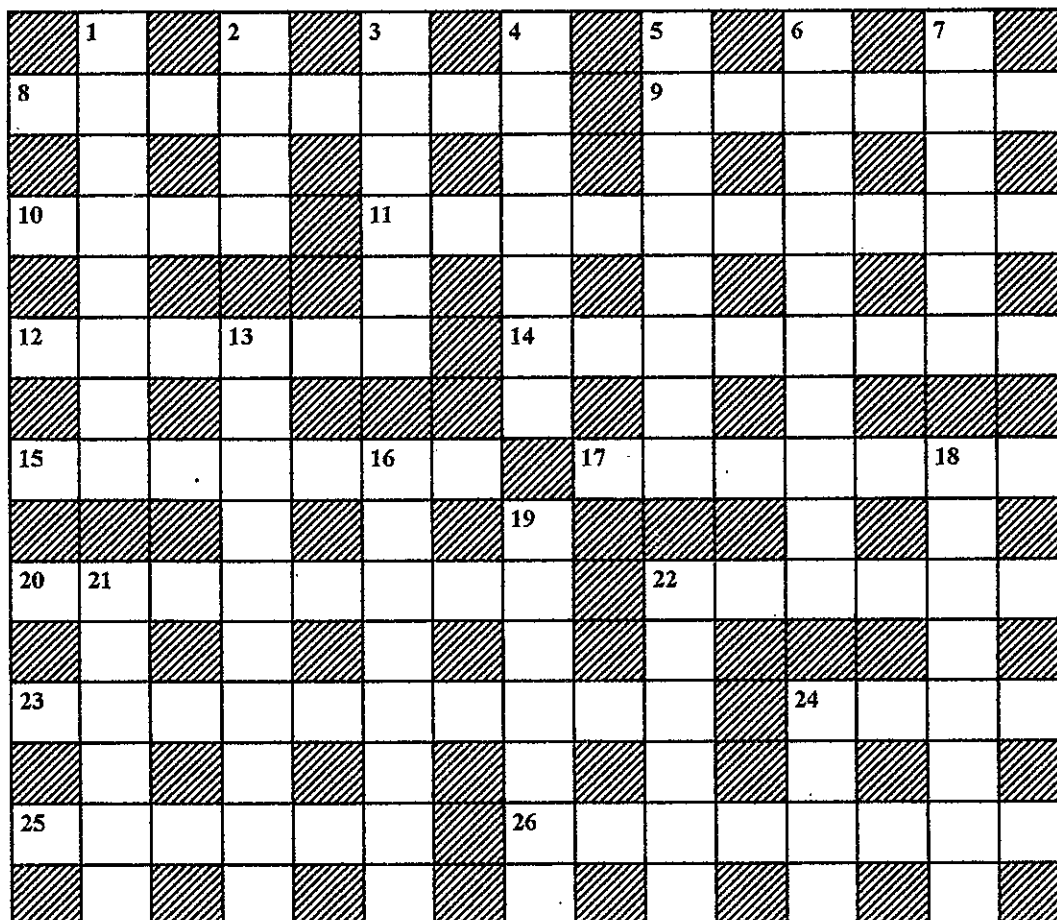
PLEASE SUPPORT YOUR LOCAL SHOPS. THEY NEED OUR CUSTOM TO SURVIVE.

The £10 Crossword

NAME:

ADDRESS:

21



ACROSS

8. Topographical surplus. (8)
 9. Caretaker. (6)
 10. Laurel. (4)
 11. Deeside town. (10)
 12. Bank, park & greater measure in Tyneside. (6)
 14. Trees, grass, plants etc. (8)
 15. Question facial spots in querying look. (7)
 17. Has atomic & nuclear connections. (7)
 20. Save. (8)
 22. Initially nettles & roses are used in detection. (10)
 23. In it three noughts quietly protest. (10)
 24. Could be 24 down. (4)
 25. Mixed a misdemeanour in Ukraine. (6)
 26. Up or down confused vocal socialists. (8)

DOWN

1. e.g. Wayne, William, Wingate, Worth. (8)
 2. Nameless. (4)
 3. Lordly links up sleeve? (6)
 4. General increase. (7)
 5. Bracing! (8)
 6. A. Wellesley esq. (10)
 7. Skin deep. (6)
 13. Changes. (10)
 16. Bay with lordly connections. (8)
 18. For this Guy suffered. (8)
 19. As a knot may. (7)
 21. Long factory for long product. (6)
 22. Ask where this man may go in song. (6)
 24. Finally cobbler's. (4)

Entries to be received by the Editor on or before MONDAY 24th June 2002.**Best of luck**

Please hand in your entry to:
 any of the businesses indicated at the top of Page 2
 or by post to: The Editor, Wheelsteads, Woodhall Mill, Haydon Bridge, NE47 6AS

Solution to Crossword number 20 will be found on page 15

HAYDON NEWS WEB SITE: www.haydonbridge.demon.co.uk/

HAYDON & ALLEN VALLEYS MEDICAL PRACTICE

(Haydon Bridge Health Centre)

Monday to Friday: 8.00am to 12.00 noon
2.00pm to 6.00pm

Doctors consult from: 8.00am to 11.00am
3.00pm to last appointment at
5.30pm

All phone calls for appointments and visits, including 'out of hours':

01 434 684 216

All phone calls for dispensing or prescriptions:

01 434 688 351

E-mail address: ***sford-hb@dircon.co.uk***

Web-site: ***www.sford-hb.dircon.co.uk/hc***

Tynedale Citizens Advice Bureau

We hold a free, confidential, independent advice and information session at:

**The Health Centre, Haydon Bridge
on Monday afternoons
from 2.00pm until 4.00pm.**

We can give you advice and information on:

Social Security Benefits	Money Problems
Consumer Rights	Problems at work
Relationship issues	Housing
Employment	Legal Proceedings

And much moretry us!

We can help you fill in forms, draft letters, negotiate by telephone or letter, and prepare Social Security reviews or appeals.

Ring the Health Centre (01 434 684 216) to make an appointment or, if required, to arrange for a home visit.

MUSIC and MOVEMENT

Calling all Mums! Did you know that there is a Music and Movement group running in Haydon Bridge?

We meet at the Methodist Church on Friday afternoons (1.10pm and 1.50pm) during term time.

This is a fun get-together for Mums and pre-school children alike which involves singing, instrument playing and movement with coffee and orange juice served afterwards.

Please contact **Susie Steven** on:

01 434 674 260 for further details.

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WHIST DRIVES*Langley Village Hall*Fortnightly on Saturdays
at 7pm.50p entrance
(Everyone welcome)*Solution to crossword (20)**ENTRIES were received from:*

*B. Pearson
Nellie Maynard
A. Scott
Rosemary Shout
A. Phillips
Philida Irving
Dennis Telford
Susan Stephenson
Maureen Robson*

With apologies for the "catch 22".

Missing clue:

22ac. Confuse imp in group loyalty

TINY TOTS*From Birth to 3 years.*

The sessions, run on Tuesday and Thursday mornings, from 9.15 to 11.15 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

Gina Davidson on: **01 434 684 918** 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 Gina Davidson on: **01 434 684 918** or call in at one of the sessions.

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



£10 winner out of the hat:
PHILIDA IRVING

M	E	R	L	O	T	C	L	A	R	E	T
A	E	T	S	O	I	R					
O	D	R	A	T	E	C	H	N	I	C	I
E	C	O	R	D	C	D					
W	I	T	H	A	M	I	S	O	L	A	T
R				A	M	N	R	G			
H	A	Y	D	O	N	S	P	A	S	T	A
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H	E	S	S	A	N	N	O	U	N	C	E
E	A	F	D	V							
D	R	O	P	L	E	T	S	E	S	P	R
R	P	N	A	R	I	T					
D	I	R	E	C	T	I	V	E	S	V	I
E	A	O	E	E	O	E					
S	A	R	O	N	G	F	E	L	T	H	A

'THE FRIENDS OF HAYDON BRIDGE'

Formal Committee Meetings are held at 7.30pm on the **MONDAY** before the fourth **THURSDAY** of each month at The Community Centre, Haydon Bridge.

(The General Public is welcome at the first part of every meeting.)

Any items for discussion must be notified in writing to the Chairman one week in advance of the meeting so that Committee members can be advised, enabling worthwhile discussion to take place. The Chairman will then advise the person concerned of the right to attend.

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

DEADLINE: All contributions to the *Haydon News* to reach the Editor no later than Monday 24th June 2002.

CHURCH PAGE

CLERGY MESSAGE

Rev David Hasson

Return from Nepal

Just back from Nepal, a country of contrasts – between the very poor and the very rich, between the rural areas and the cities, between the clean air of the mountains and the haze and fumes of Kathmandu, between the hospitable Nepalis and those who use violence against others to get their way. I went expecting to have a time of extreme heat and experienced thunder and lightning storms with torrential rain and hailstones – as well as the heat.

Kathmandu is a very busy city with some posh houses but many poor ones also. It is generally recognised that Nepalis who have posh houses have got their wealth through means other than work because there is little well paid employment for the ordinary people. In the midst of their poverty there is a willingness to share what they have. In rural areas, for example, strangers can expect to receive water and food if they need it, such is the hospitality of these people. I was humbled when visiting a Nepali home for a fellowship meeting in a village to be made to sit on the owners bed, they didn't have chairs and tables or separate living rooms, given a small hand fan when they realised it was too hot for me and then to be given a meal of Chow Mien afterwards. It made me think about how we in the West so often treat visitors and how we look upon and protect what we have in spite of our relative wealth.

Nepal is a Hindu nation which did not allow foreigners in until 1952. The religion is mainly Hindu with a strong Buddhist group but you will find Buddhist practices at Hindu shrines and Hindu practices at Buddhist shrines as the two religions have intermingled. The Christian Church is a small but growing part of the community having only been around for less than fifty years. As is only natural in a young church it bears many marks of the early Christian community. Their services are very much a time of prayer and praise with a lot of congregational involvement in the prayer times. This does not mean

June 2002



CHRISTIANS TOGETHER IN HAYDON BRIDGE

AN INDEPENDENT SUPPLEMENT TO THE HAYDON NEWS

WHO AND WHERE

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

Rev David Hasson, with the Methodist congregation
The Manse, Moor View, Haltwhistle 01434 320051

Father Leo Pyle, with St John's Catholic Church
St John's Presbytery, North Bank 01434 684265

Canon Vincent Ashwin, with St Cuthbert's C of E
The Vicarage, Station Yard 01434 684307

that they neglect the reading of the bible or the preaching of the word. Services last from 1 hour 30 minutes to 2 hours. Most of the congregation stay for the whole of the service although it is acceptable to wander in and out during the service. Imagine being there all that time without a seat to sit on. Nepalis sit on the floor which is usually covered by a mat.

The Nepali Church needs our prayers because of the lack of home grown leaders and needs to look within itself for people to fulfil that role. At the same time it needs to develop a vision for working in the community and to challenge people to see that kind of work as a valid calling of God. But we in the West could still learn much from their commitment to worship and to one another and to God. In their poverty they recognise that people need to follow God. They would be amazed to discover how easily God is put on one side by many people in this country.

METHODIST CHURCH SERVICES

Sunday June 2nd

10.00am Mr Stan Rowntree
6.00pm Circuit Service @ West End

Sunday June 9th

10.00am Rev David Hasson
(Family Service)
6.00pm Rev David Hasson

Sunday June 16th

10.00am Margery Gazzani
6.00pm Mr Brian Massey

Sunday June 23rd

10.00am Rev David Archer
6.00pm Local Arrangement

Sunday June 30th

10.00am Mr Mark Knowles
6.00pm Rev David Hasson - Sacrament

Sunday July 7th

10.00am Mrs Barbara Rowarth
6.00pm Father Leo Pyle

* Jubilee Concert by the Annalis Quartet - DON'T MISS IT!

The Annalis String Quartet, founded by Haydon Bridge's Tom Waddington, is performing a concert at St. Cuthbert's on **Sunday 16th June at 6.00pm**, in aid of the Church Renovation Fund. The Quartet is well known in the North East, and one of its regular venues is St. Michael's Warden. The programme will include a variety of music, to suit all tastes. Tickets are £10, but a special rate of £5 is available for senior citizens who are resident in the parish of Haydon Bridge; tickets include a glass of wine and light refreshments. This is the first time for many years that such prestigious instrumentalists have performed at St. Cuthbert's.

** BENEFICE COMMUNION

It is Haydon Bridge's turn to host the joint service for the two parishes. On **Sunday June 29th**, we will be joined by our friends from Beltingham and Henshaw, and some new members will be admitted to the Mothers' Union.



CALENDAR FOR ST CUTHBERTS CHURCH

June 2nd Trinity 1

8.00am Holy Communion (Order 2)
10.30am All-Age Service of the Word
6.00pm Deanery Evensong at Haltwhistle

Mon June 3rd Queen's Golden Jubilee

10.00am Thirty minute service of thanks

June 9th Trinity 2

10.30am Parish Communion

Thurs June 13th

7.30pm Deanery Synod, Henshaw

June 16th Trinity 3

8.00am Holy Communion (Order 2)
10.30am Morning Prayer (Mike Fry)
6.00pm Concert in Church *(see previous column)

June 23rd Trinity 4

10.30am Parish Communion

June 30th Trinity 5

10.15am Benefice Holy Communion
**(see below)

Sat July 6th

2.00pm Church Summer Fete

July 7th Trinity 6

8.00am Holy Communion (Order 2)
10.30am All-Age Service of the Word

From the Editor

Having just returned from Nepal on 28 April and started back at work on 13 May I find myself editing the church page for the Haydon News in the absence of Canon Vincent Ashwin. Please remember him in your prayers at this time.

Apologies to those who have had information missed out because I did not have it to hand.

Next month can you send items to myself, David Hasson for inclusion in this page. Letters and stories about church life are very welcome and can be phoned in, sent by post or even e-mailed to:-
RevHasson@aol.com.

I look forward to receiving your article by 18 June.

SERVICES AT ST. JOHN OF BEVERLEY CATHOLIC CHURCH

Mass each Sunday at 9.30am

Mass at 11.00am at Haltwhistle each Sunday

Mass on weekdays (except Mondays) at 10.00am, either at St John's or at Haltwhistle

SPECIAL WEEKEND IN ST. NICHOLAS CATHEDRAL, NEWCASTLE.

A special opportunity to explore and experience many different aspects of everyday life and worship in Newcastle's Anglican Cathedral.

Friday evening 14 June

5.30pm Choral Evensong
6.00pm Preview
7.00-8.00 pm Lemington Male Voice Choir - Admission free

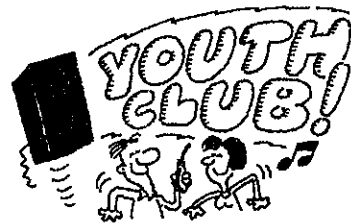
Saturday 15 June

10.00am - 5.00pm - an all day programme of events (leaflets in back of church)

Sunday 16 June

9.30am - 8.00 - an all day programme of events (leaflets in back of church)

Worship - exhibitions - recitals - tours - reflection/quiet times - children's trail



Meets :-

Fortnightly on Mondays for 3-13 year olds in the Methodist Church

Weekly on Thursdays for 13-16 year olds in the Community Centre.

There is always a shortage of volunteers for any community organisation but for some reason finding leadership for youth groups is more difficult. Perhaps people feel they haven't got the patience or can't stand the noise. Can you give it a go and you may find yourself surprised at how you fit in. Contact David Matthews on 01661 886062 or one of the clergy

CORDUROY PILLOWS ARE MAKING HEADLINES.

You'll have heard the first chapter of this month's epistle before, albeit in shorter form and some time ago. Now we have duplicated the following sheet of advice and will be handing it out to suitable patients instead of a prescription.

USE OF ANTIBIOTICS especially with reference to coughs, colds, sore throats, ear infections, flu etc.

In the past, antibiotics have been prescribed for a wide variety of conditions that new evidence shows to have been, not harmful, but inappropriate. To put that another way - it is now apparent that the patients would have got better without antibiotics in almost all circumstances. In addition, because antibiotics have been used so much in the past, many bacteria are now resistant to them. This is a very worrying situation as some infections cannot now be treated with confidence.

Accordingly, this practice will be very restrictive in its use of antibiotics henceforth.

We will always be available to make a diagnosis and offer advice, especially for children, but patients now have the opportunity to develop new skills in managing infections for themselves without antibiotics. Taking no treatment but waiting for your body to heal itself, which it almost always will do, is the first and most obvious option. Some general guidance on other options is offered below:

PAIN - as in sore throat, ear ache, headache, muscle and joint pains etc. Paracetamol or ibuprofen, or both, are suitable for adults and children. Follow the advice of your pharmacist about dosage. Read the label on the packet carefully.

COUGH. Cough medicines do not work in general, a conclusion recently published in the British Medical Journal. Steam inhalation, sipping fluids, menthol (or other aromatic) inhalation, sucking a boiled sweet or ice cube or simply making a determined mental effort not to cough will be sufficient in most cases. If you are simply desperate, then codeine or pholcodine may make a small difference - follow your pharmacist's advice.

EAR INFECTIONS. There is now good evidence, from countries where antibiotics are not routinely used for ear infections, that it is only rarely necessary to use them. Historically, in the UK, antibiotics have been used very freely for ear infections but now we are changing. Warmth (from a hot water bottle in a blanket), paracetamol and/or ibuprofen according to the manufacturer's instructions and distraction in the form of cuddles, sleep, games, stories or TV is often the right approach.

CHEST INFECTIONS, COLDS, 'FLU etc. Almost all chest infections, colds and 'flu are caused by viruses that will not be affected by antibiotics. Pain relief, rest, fluids and steam inhalation should be sufficient for most cases. It is only necessary to take time off work if you are truly prostrate with fever. If the symptoms persist for more than three or four weeks then see a doctor. Patients with existing heart or lung diseases may be more vulnerable and should be checked over by a doctor.

SORE THROAT. For straightforward red painful throat use paracetamol and/or ibuprofen. If there is visible pus (white blobs) on enlarged tonsils then maybe antibiotics might help. Medicated lozenges are, at best, harmless and may sometimes help a little.

CUTS AND GRAZES. Proper cleaning as soon as possible after the injury is all that is required. Antiseptic ointments are, a best, harmless and not strictly necessary. If the cut or graze is very large or placed such that it might stick to clothing then a simple dry dressing from your pharmacy for a day or two will help. Allowing the wound to be exposed to the air and dry out is the best course of action. If there is a lot of redness around the wound that spreads then let us see it to consider further action.

HUMAN OR ANIMAL BITES AND PENETRATING WOUNDS. These should be seen by a doctor.

INSECT BITES. These rarely require medical attention unless they are acquired in malarious areas or are tick bites acquired in Lyme disease affected areas. On very rare occasions bites by exotic insects in foreign parts may be troublesome.

DENTAL INFECTIONS. See your dentist.

URINARY TRACT INFECTIONS. These do need to be treated. Get a proper red top sample bottle from the reception desk to provide a fresh sample for the laboratory to test to find which antibiotic will work best. Drinking huge amounts of fluid will usually help a lot - if you can pee faster than the bugs are breeding you may win!

SEXUALLY TRANSMITTED INFECTIONS. It is VERY IMPORTANT INDEED that these are treated promptly and properly. Always see a doctor (or the GUM clinic) as soon as possible. Ideally, make an appointment and ask for STI screening with EVERY new partner - just in case. (Old Joke - Condoms should be used on every conceivable occasion.)

SIGMUND WOZ 'ERE.

A Freudian slip is when you say one thing but mean your mother.

SUMMER'S HERE - GET YOUR HEATING CHECKED. When did you last have your heating arrangements checked by a competent engineer? Any form of heating that involves burning solid, gas or liquid fuels will produce toxic exhaust gases that you cannot see, feel, smell or taste.

Every year several people die in their homes or in caravans because of carbon monoxide poisoning. People who have died of carbon monoxide are a very fetching shade of cherry red - not a colour I ever wish to see one of our patients go please.

Symptoms of carbon monoxide poisoning include: headache, nausea and vomiting, vertigo, drowsiness and muscular weakness. There is a simple blood test that will show whether you have been exposed but if in doubt put out the heating device and call a competent heating engineer IMMEDIATELY!

The local Environmental Health department, part of Tynedale Council, will be pleased to advise.

ARE YOU GETTING ENOUGH? Exercise - what did you think I meant?

The Tynedale Healthy Life (THL) system has just been given a new burst of publicity. This is a system that allows us to refer people for organised programs of exercise, including a pre- and post-exercise assessment.

Do not underestimate the value of exercise that you get in every day activities. One of the new toys that will be available in THL are pedometers that record every pace you take and allow you to discover accurately just how idle or active you really are. It is suggested that the average recording for a healthy active person should be about ten thousand paces per day - that's about five miles.

Now! The devious amongst you will be thinking of ways to fool the system. Aren't you? THL however have got there before you. Anyone who shows up with a pedometer with a very high reading but looking dissipated and unfit will automatically be assumed to have been having an unnecessarily close relationship with their washing machine during spin cycle!

CIGARETTE. A pinch of tobacco rolled in paper with fire at one end and a fool on the other.

CALL ME AN OLD CYNIC. In The Independent and the eBMJ I have had a number of letters published on the subject of the culture of managerialism that is strangling the health service. Almost any working person, it seems to me, has much the same view of their own workplace too. Recently I was lent a book, 'Friends in Low Places' by James Willis (Radclyffe Medical Press. 2001), in which the whole issue is discussed in elegant and accessible terms. If so many people feel the same way then surely change is not only desirable but possible and even urgent.

Steve Ford.