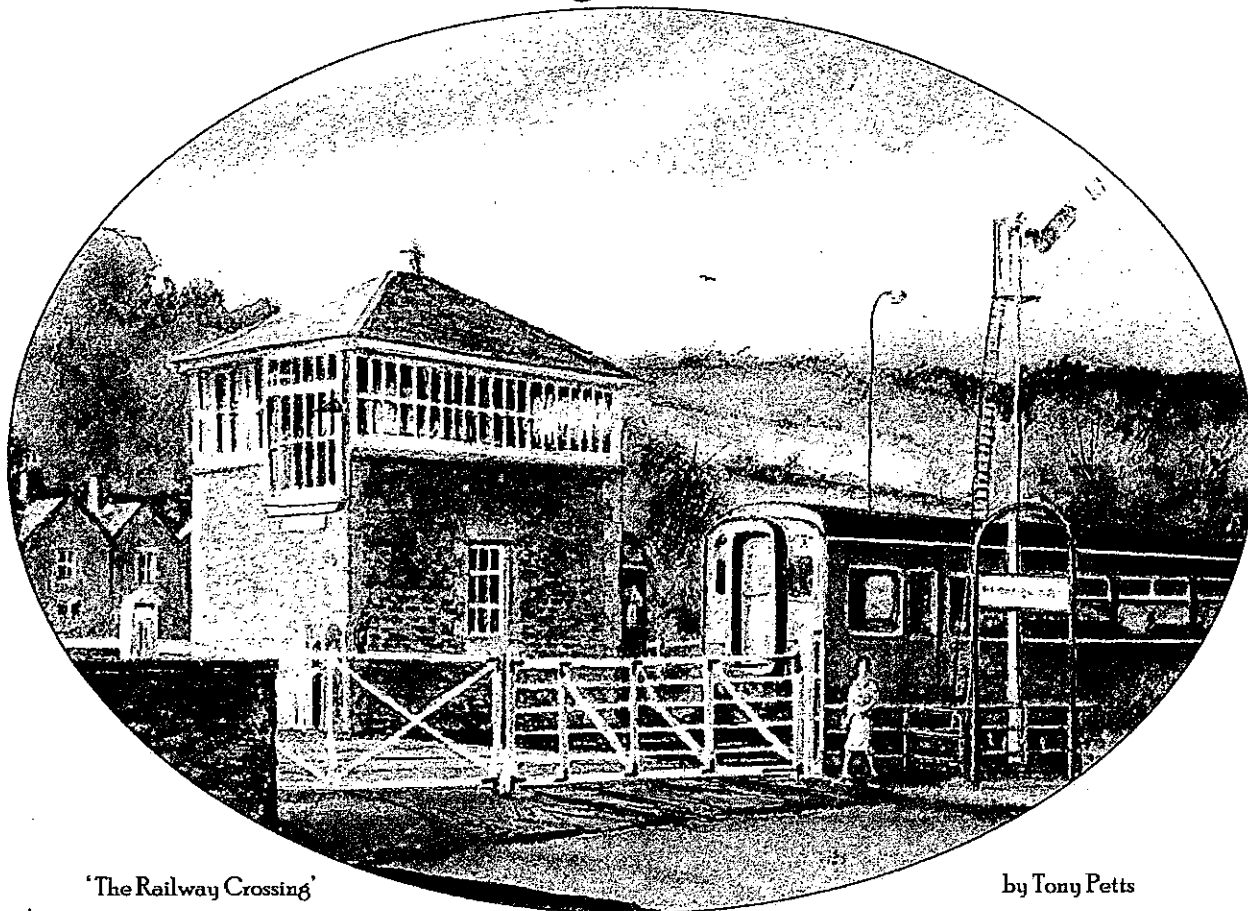


The Haydon News



'The Railway Crossing'

by Tony Petts



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issue 07

July – August

2003

Full colour versions of the cover print can be seen at:
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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 Anonymous letters will NOT be published.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

Committee of the 'Friends of Haydon Bridge'

Charles Thomas (Chairman) Mike Parkin (Vice Chairman & Membership Secretary)

Elena Parkin (Secretary) Alastair Bowen (Treasurer) Richard Snowdon (Editor)

Pauline Tulip Sylvia Mitchell Louis Parkin Jacqueline Outterside

EDITORIAL COMMENT

This month's issue is slightly larger because Dennis Telford's most informative historical notes and the exhaustive report (no pun intended) by David Armstrong have reached their conclusions. Both make for interesting reading, don't you think?

Talking about interesting items, I hope you were able to watch BBC2 last Saturday evening when "Love Again" (a dramatisation of Philip Larkin's life) was shown. How do you think it measured up against Dennis' notes? I'll be looking for answers next time mind!

Sadly, only two people sent me their answers to Harold Humble's conundrum. The correct answer was LOVE and as one didn't get it right (aah – but very close) Harold has told me that both can have a book. Well done him, and the two ladies who responded. I'll be in touch with them to present their prizes. Harold enjoys sending snippets from 'down under' and wonders if anyone would care to get in touch with him. Do you remember your Victory Mug, or other memorable events which might be of interest to others and might start something?

No prizes this year for the hanging baskets, but don't they

look good. Really brighten up the place. So well done to the 'green-fingered' amongst us.

You'll see from the PC notes that Broadband could be coming to Haydon Bridge very soon, courtesy of 'Horizon'! Not having heard of them before, some folk have already tried the website address given to us by their representative. Unfortunately, we can't 'get in' because we are 'forbidden'! Why? Perhaps someone could enlighten the rest of us? Anyway, is this good news? I'd be interested in your observations.

Walking around the village and the green areas, people have commented on the amount of dog dirt there is. Tynedale Council is concerned (aren't we all?) so much so that it is likely in the not too distant future that the dog warden will catch someone, and they will be prosecuted. **It will be a very hefty fine!** So please be aware of your responsibilities as a dog owner and remember, "Scoop the Poop" or someone will discover that their wallet is not so hefty and they won't be very happy!

Thank you for your continued interest in the *Haydon News*. Do keep us informed of your activities and ... see you again at the end of September. Have a good holiday.

Richard A D Snowdon (Editor)

HAYDON PARISH COUNCIL NOTES

Meeting held Thursday 24th July 2003

Haydon Bridge Community Centre

Present

8 Councillors and the Parish Clerk. Apologies were received from 3 Councillors. 9 members of the public were also present.

Presentation on Broadband:

A presentation on Broadband Internet and Haydon Bridge was given by Mr Huish, a representative of the organisation (Horizon) proposing to bring Broadband to the Tyne valley, including Haydon Bridge, in the near future. At present, internet connections were via BT telephone lines to and from the local exchange – the BT Broadband system also used phone lines. This meant that town areas within reach of a sizeable BT exchange were served, but rural areas lost out. It was now proposed to bring Broadband to the Tyne valley using wireless rather than telephone technology. Signals would be received and repeated to and from local subscribers via an aerial sited at the Anchor, but this would be relatively small, unlike mo-

bile phone masts. Subscribers would require their own small aerial – these would again be small, the largest needed, according to proximity and access to the signal from the Anchor, being similar to a Sky TV dish. Most would be smaller than this. Mr Huish said Broadband was at least 10 times faster than conventional internet connections, and that cost would be around £30 per month. There would also be an initial installation cost, which was not specified. It was expected that the system would be installed at Haydon Bridge around September this year.

A website address for enquiries to Horizon was given:

www.horizon-wireless.co.uk

Public Participation

Bellway sewer at Showfield/
Speed limit at Douglas Gardens:
Mr Jukes asked about any developments on these issues raised by him at the previous meeting – the Parish Council had written as promised,

but no replies had been received. They would write again including further points about the speed limit matter.

Belmont street light:

Residents asked about progress. A check with Land Registry had shown that the light had indeed been erected on private land without permission. The Clerk also confirmed that the light had not been put in the wrong position, but in the place originally intended. The Chair had been in contact with the land owners by phone – they are taking advice and will respond in due course. It was felt that even if the owners decided to ask for the removal of the light, there were other possibilities.

Iron gate at Graveyard:

In response to an enquiry about progress, the Chair confirmed that a quote for this had been requested without any reply – the Council would write again.

Minutes and Matters Arising from the previous meeting

- **Flagstones on Church Street:** A letter had been sent – no reply so far.
- **Bollards on Ratcliffe Road:** There had been a reply stating only – once again – that the work would be carried out in this financial year.
- **Compensation re loss of amenity through riverside works:** Cllr. Fletcher was going to write about the matter, but first wished to seek advice from the Chair.
- **Work at Catholic Cemetery:** There had been a meeting with the contractor, who had begun work and was doing a good job. Contact had been made with Tynedale Council about remedial work on damaged/leaning headstones – they had undertaken to investigate.
- **Back lane at Strother Close:** Tynedale Council had said that the road was unadopted, but that access should be possible from the back door. Cllr. Fletcher was still dealing with the matter.
- **Jubilee commemoration – tree planting:** The High School were agreeable to the proposal, but village reaction indicated that some people were not too keen due to access difficulties. There would be further discussion with the High School.
- **Rubbish at Parish Churchyard:** The Chair had visited and removed several items of rubbish from around the new seat area. Residents attending the meeting confirmed that they cleared up litter in the same place on a regular basis. The Council may consider siting a rubbish bin beside the seat, but will continue to monitor the

situation meantime, and to consider whether a fresh approach to the High School is needed.

- **Replacement of stone at end of Old Bridge:** The Clerk had telephoned Northumberland County Council Historic Buildings Department – they had said the matter was the responsibility of Roadlink, who in their turn denied this. As the problem had taken so long to resolve, NCC undertook to send workmen to fix it, despite the conflict as to who is responsible. Cllr E Charlton raised the matter of weeds at the south end of the bridge, and it was suggested that NCC might also look at this as their men would be on site.

Tynedale Council Meetings

No information available as no Tynedale Councillor was present.

Planning applications

Six applications for planning permission had been received. Three were passed to TDC without comment. The remaining three, two of which concerned work needed for the sewage treatment improvements while the last was an application from Network Rail to construct a ramp for disabled access at Haydon Bridge station, were fully supported by the Council.

Correspondence

A letter had been received from a resident noting the forthcoming 150th anniversary of the death of John Martin, and suggesting that it was incumbent on the PC to mark this in some way. There was some support from Cllrs., and Cllr. Petts will liaise with potentially interested parties with a view to making proposals.

Village projects

Village green/play area at Shaftoe: There had been a good response to the recent survey on this matter.

Any Other Business

Dog Fouling:

There had been correspondence from Tynedale Council, who now intended to get tough and charge offenders. As part of this they had offered a free bin – only installation would need to be paid for. Recycled bins might also be available.

CET

Date / Time of next meeting:

25th September 2003 at 7.30pm

Venue:

Haydon Bridge Community Centre

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 very welcome at the first part of every meeting. Have your say – *Brickbats and Bouquets!!*

PARISH COUNCILLORS

<i>Mr E J Faulks</i>	<i>(Chairman)</i>
<i>Mr D Charlton</i>	<i>684 505</i>
<i>Mrs E Charlton</i>	<i>684 505</i>
<i>Mrs C Duffy</i>	<i>688 818</i>
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<i>Mr R Snowdon</i>	<i>688 871</i>
<i>Mr T Stephenson</i>	

TYNEDEALE COUNCILLOR

S Mitchell 684 980

* also a Tynedale District Councillor

PARISH CLERK

Mrs. C McGivern 688 020 (after 6.00pm)

E-mail: carolemcgivern@aol.com

MONICA JONES – Part ~~Four~~ FIVE

MEMORIES OF MISS JONES

Did you read Simon Hoggart's article in 'The Guardian' on 25th April?

Well, perhaps not but what may be of interest is Hoggart's notion that, *"Monica Jones may be the most fictionalised real person of the past 100 years"*.

Can you believe it? And Miss Jones lived a significant part of her life for twenty-three years, on Ratcliffe Road!

Did you see Stephen Tomkinson as 'Lucky Jim' on television on 18th April? Perhaps you remember the original 1957 film, the Boulting Brother's farce starring Ian Carmichael and Terry Thomas. Or maybe you have read the book published in 1964.

'Lucky Jim' was Kingsley Amis' first book and it is recognised that he owed a debt to Philip Larkin who had published 'Jill', a barely successful novel with recognisable similarities in 1946. The two writers were close friends at Oxford and Amis dedicated his book to Philip Larkin.

Larkin made important contributions to Amis' novel, not least of which resulted in the author's portrayal of Larkin's girlfriend Monica Jones, in the character Margaret Peel, the 'unattractive' teacher obsessed with (Lucky) Jim Dixon.

The character in Amis' novel was originally named Margaret Beale – Monica's full name was Monica Margaret Beale Jones – but Larkin persuaded Amis to change Beale to Peel, in a half-hearted attempt to conceal the origin of the character, when it became clear that Amis was ridiculing Monica in print. Was Kingsley Amis jealous of Monica's hold over his best friend Philip Larkin?

I can only include a brief example here of Amis' callous portrayal of Monica / Margaret. Her looks, personality and hold on Jim Dixon.

"He (Jim) could just about bring himself to praise anything but the green Paisley frock in combination with the low-heeled, quasi velvet shoes".

"It was a pity she wasn't better look-

ing, that she didn't read the articles in the three-halfpenny Press that told you which colour lipstick went with which natural colouring".

"She always made up just a little too heavily".

"Her sort of minimal prettiness was in evidence".

"Quite soon I realised she was one of those people – they're usually women – who feed on emotional tension"

"Throw her a lifebelt and she'll pull you under".

"I'm sticking to Margaret because I haven't got the guts to turn her loose and look after herself, so I do that instead of doing what I want to do".

If this final quote does indeed reflect Larkin's private thoughts on his relationship with Monica, as expressed to Amis, it is worth noting that when Philip and Monica were eventually brought together on a permanent basis in Hull, due to Monica's illnesses, Larkin's colleague Professor Raymond Brett points out that Philip was happy in, *"Domestic contentment he had not experienced before. They were seen on Saturday mornings shopping together in Cottingham like an old married couple"*. (Substitute the 'Metrocentre' for Cottingham and it comes to us all, don't you think?)

Changing Margaret's name from Beale to Peel hardly disguised the butt of Amis' vitriol.

Monica Jones has been described by those who knew her as, "brilliantly clever", a "vivid and lively personality", "a great reader and terrific raconteur".

As I write these notes I have in front of me a photograph of a very attractive Monica in her mid-twenties. It was taken by Philip Larkin about 1947 and it is no surprise that a young man with an eye for the ladies was attracted to the glamorous and intelligent lecturer, when he arrived at University College, Leicester

Dick Watson, a professor in Engineering at the University of Durham and Monica's colleague and friend at Leicester, writes in the newsletter "About Larkin". Monica

"was a spell-binding lecturer, sweeping back her golden hair with an instinctive sense of the dramatic". Watson continues, *"She brought colour to the place whoever will forget the multi-coloured hooped stockings, worn with the shortest of dresses or skirts (Monica took to the mini skirt with enthusiasm). She had a woollen dress of black and white stripes, which she wore with fish-net tights".* "Newcastle United" shouted the builders who were working on the campus. *"Howay the Lads!"* she would shout back, having connections with the north-east.

John Ellis, a former lecturer in English with Monica at Leicester is equally graphic in describing her dress sense. *"I accompanied her (to a Dinner in Edinburgh University) in black tie, with Monica triumphantly wearing a purple Marks and Spencer's frilly nightdress which had taken her fancy".* *"No-one will notice!"* she cried, and I don't think they did".

These memories will come as no surprise to June Willis, Monica's neighbour at Haydon Bridge. June told me, *"Monica had a beautiful complexion. She was always in the fashion. Short skirts when mini skirts were popular. Big flowery-patterned dresses when flower-power was all the go".* In later years at Haydon Bridge Monica's dress sense seemed to desert her but according to June, *"She was never dull. One day she would wear everything white, top, dress, stockings, hat, gloves and handbag. Another day they would all be pink. Another, mauve. Another all black"*.

It may be of course that the colours of Monica's outfits reflected her moods. This was certainly true of her when lecturing. One of her students, Margaret Austin, remembers, *"She was always so appropriately dressed – pretty pastel shades when her topic was the Romantics; severe flowing black when she spoke of tragedy. Her hair-styles were similarly creative"*.

Philip encouraged Monica to wear bright colours – her "special clothes" – but at the same time he warned her in a letter,

"To the male mind, bright colours equal sexual provocation ... before you know where you are the patrons of (the General Havelock) will be talking about, "a hot bit who lives at the end". They will come and try your back door, be careful ... a single lady is so defenceless". (5th April 1966).

Were you a male patron of the General Havelock in 1966?

There were many times when more solemn outfits were more appropriate, when a deeply upset Monica shut herself away in her Haydon Bridge cottage struggling to come to terms with Philip Larkin's other relationships. In August 1966 for example when Larkin encouraged Maeve Brennan to write to him when he was on holiday with Monica in their secret love-nest on Ratcliffe Road.

It is clear that Monica was an emotional lady and a particularly sad moment occurred in July 1975, when our village population was stunned by the death of young Michael Shiel while he played in the river Tyne. Monica was called upon to telephone for the Police and in common with us all she took this incident very badly. Michael lived with his parents, sister and brother in the Post Office opposite 1A Ratcliffe Road.

To return to happier memories, but Monica is still dressed from head to foot in black, I am reminded of a story June Willis tells.

As a young boy, Tony Willis turned the Post Office corner with his scooter just as, 'Miss Jones' came hurrying in the opposite direction along Church Street, from the railway station. Black hat, black dress, black-framed glasses and a black cape billowing out behind as the west wind funneling down Ratcliffe Road caught underneath it. Tony's response to his mother was immediate. "Bloody Hell, I've just seen Batman!"

June took some persuading to allow me to use this story, but taking into account Monica's penchant for dressing to suit the occasion and her acknowledged sense of humour, I'm sure she would have appreciated it.

June Willis is at pains to point out that Monica and Philip were, "Lovely people and well-regarded by their neighbours". She, "Just couldn't believe the

stories about Philip and his other women", when she first heard them.

If Monica was rushing from the train around the Post Office corner, it was probably to catch the 'store' before it closed. (No Eight 'till Late in those days). She would select an easily prepared meal, pre-packed sandwiches perhaps or something in a tin, and Eileen Charlton would serve her a bottle of her preferred wine.

It wasn't as if Monica didn't have enough tinned food set aside for a rainy day. Until Willie Mycock renovated the property the kitchen was very small and Monica's 'store' was on the stairs which led from the front door to the first floor landing. Tins of all description piled up on each step lined the flight of stairs. Some of the tins had been there so long that they had begun to rust. When Andrew Motion visited in 1989 the tins had leaked, "Oozing blood-coloured treacle into a puddle" at his feet.

The tins were kept in case of emergency not because Monica found cooking a chore. Indeed, visitors to Monica comment upon her own bread rolls and fish soup. When June Willis was ill Monica would call with a plate of specially prepared food for her.

Haydon Bridge was of course a secret hideaway in many respects. Monica was very protective of her relationship with Philip and didn't court local friendships. It is no surprise then that I haven't met anyone, other than their neighbours, who knew the couple in the cottage on Ratcliffe Road well. Seldom is Monica's Christian name used. To most village people the lady in 1A was, 'Miss Jones'.

Miss Jones had been variously described to me as, 'a loner', 'a bit arty', 'hippy(ish)', 'eccentric', 'a bit out of the ordinary' and dare I say it, 'a lady with a mouthful of bad teeth!' I am most at ease with June Willis' description. "Miss Jones was very much like Mrs Doctor Bell. A special lady, well-educated and well-spoken but equally at home when talking to the likes of us". (I apologise if you didn't know Mrs Doctor Bell!)

Monica could arrive on the train from Leicester and be in the house for long periods and never be seen or heard even by those next door. June would, "only know Miss Jones was in residence when a grocer's van, or more likely Cato's Off-licence delivery vehicle, turned up on the doorstep".

Inside the house, with decoration and carpets that matched her sense of the dramatic – snow-white wall-to-wall in the bedroom, purple in the living room – Monica would, according to Larkin, "retire to bed as I should sit in an armchair; surrounds herself with books and papers and seems quite comfortable".

Apparently the house was home for more books than our village Library and Monica never had a television.

Monica's love of animals was also satisfied at Ratcliffe Road. She used to 'borrow' Merlin, Mr and Mrs Clyde's Siamese cat from the 'General Havelock'. Monica believed it visited her for a "bit of peace" away from the pub and it spent "Long hours on her bed".

On one occasion after Monica had returned to Leicester, Merlin went missing. The Clyde's were distraught and a reward was posted for its safe return. June Willis continues the story. "Lizzie Philipson was living opposite at the time. She spied the Havelock cat through Miss Jones' front room window. It must have been locked in". The Clyde's were on holiday, so after feeding it for a few days with cat food through the letterbox, I rang Monica to tell her, and Philip drove her up to Haydon Bridge straightaway to let it out".

Mrs Clyde confirmed to me that Merlin was a specially wise cat and it had survived for almost three weeks on a diet of wallpaper and water from the toilet bowl. It's distressing experience clearly didn't have a lasting effect. Merlin died just three years ago aged twenty-two years!

And, oh yes – Lizzie claimed the reward!

When I bought, "A Writers Life" in 1998 and started to research the story of Monica Jones and Philip Larkin, I never imagined the extent of the Haydon Bridge connection. One or two issues of my 'notes' in the *Haydon News* perhaps? But the more I have written and the more I have read and enquired, the more fascinating the story has become.

Monica and Philip are no longer with us of course but the scene of the literary love story remains. The places,

pubs and shops they visited in and around our village. The stone-built terraced cottage occupied now by its third owners since 1990, the elevation fronting onto Ratcliffe Road almost unaltered. The view of the great river Tyne, so beloved by Monica and an inspiration to Philip continues to change daily with the weather and the seasons.

Monica's contact with Haydon Bridge ended with the sale of 1A to Willie Mycock. Andrew Motion gives an indication that the "Spell" was broken earlier. In 1989 following his visit to Ratcliffe Road he wrote, *"The house was theirs, a secret place, where she and Larkin had lived to the exclusion of all others. Dark curtained and unvisited. Once the door had been opened, that life would be over"*.

A share of £1 million bequeathed to Hexham Abbey suggests that Miss Jones' love affair with Tynedale lingered until the day she died, and the literary legacy writes another chapter in the colourful history of Haydon Bridge.

Monica Jones
Haydon News: March, April,
May, June and July 2003.

A selection of my main sources
of reference.

I have followed Andrew Motion's account of events as recorded in his biography of Philip Larkin. After all, the Haydon Bridge memories found within are substantially those from Monica herself.

Whether the biographical content is subscribed to completely by the other women in Larkin's life is open to question. Did Monica's account treat the other women fairly?

The biography is **"Philip Larkin – A Writer's Life" published by Faber & Faber** and is available from our local Library.

"Selected Letters of Philip Larkin – 1940 to 1985" edited by Anthony Thwaite, has been a useful and interesting source of information. There is still much work to do to determine the life Monica and Philip led at Haydon Bridge, the places they visited and the

REQUIESCAT

She is all quiet now, only the sea
Booms sadly, sighing, surging over the hill,
And a bird in the trees is singing, singing, - but she
Who was herself once like a bird, is still.

Nothing will break her quiet, here where she sleeps
Only the wild birds circle over her.
She will not know the dawn, or when night creeps
Cold-fingered, lays sleep on the flowers that cover her.

She is gone from us now, she is sleeping
Here, where there is no weariness, only repose;
For her there is no more anger, or sorrow, or weeping;
If she is forgot or remembered, she cares not, nor knows.

Rest she has found; and she has been very tired,
And now she has done with the world's turmoil and care;
Doubtless one might find a peace here, and peace she desired,
Now the quiet old earth is over her eyes and her hair.

Written by Monica Jones and published in the Kidderminster Girl's High School Magazine in 1938 and in the "About Larkin" newsletter in October 2001.

PHILIP ARTHUR LARKIN.
BORN: 9TH AUGUST 1922
DIED: 2ND DECEMBER 1985

MONICA MARGARET BEALE JONES
BORN: 8TH MAY 1922
DIED: 15TH FEBRUARY 2001

Memories of Haydon Bridge laid to rest in a Cottingham Cemetery.

poems written in the cottage on Ratcliffe Road. Archived letters and photographs may hold the key.

Again, this book is published by Faber & Faber and is available from our Library.

"The Philip Larkin Society – Newsletter, 'About Larkin' " "is a must for anyone interested in Philip's work and life.

If your interest is purely related to Monica, I recommend issues N°. 7 April 1999, N°. 11 April 2001 and N°. 12 October 2001.

The Society website is:
<http://www.phiplarkin.com>

My thanks are due to Mr Don Lee of the Society for his support, ideas and information, including "Breaking In" written by Andrew Motion following his visit in 1989.

Thank you to the people of Haydon Bridge who remembered Monica and Philip and have expressed a view.

Monica's main friends and support at Haydon Bridge were her neighbours at N°. 3 and June Willis has given me an insight into 'Miss Jones' time here which I couldn't have gained from previously published material.

Thank you June!

As far as I am aware, Willie Mycock's purchase of 1A from Monica has never been part of the official Larkin / Monica Jones story.

It is now!

Thanks to Willie's clear memories and to the *Haydon News*.

Finally, **"Philip Larkin, Collected Poems"** was first published by Faber & Faber in 1988, after Philip's death and was revised and published in paperback in 1990. It has recently been re-printed and is available from good bookshops.

The End.

THE SCOTTISH ISLANDS PEAKS RACE – Part 111

or

(*"The Great Grey Adventure!"*)

by David Armstrong



Continued from last month.

Clouds were again low at around 500 feet and the rain was starting. The route starts on road but leaves after about 2 miles and the navigation to the Paps is tricky in such conditions, where low cloud makes visibility difficult; every rise or crag looks the same. We managed a reasonable, if less than perfect route, by concentrating on the small lochs (ponds really!) on the approaches until we could see the base of Beinn a Chaolais. The rough path up was hard to find at low level so we ascended the rocks and heather until we came across it about half way, which guided us up to the summit. Thankfully we had put on extra clothing earlier before we lost too much body heat, as it was wet, cold and windy on top. By counting tags we could establish our position as 22nd.

As we descended there were several other runners attempting to find the route to checkpoint two in the mist. Paul was quietly confident and led us straight to it. We could only count 18 tags on this one so some must have missed it or got lost for a while. We pressed immediately on to try to maintain the improved position. The cold and wet continued on the long ascent up Beinn an Oir, the highest of the three at 785 metres, and when we reached the checkpoint there were 20 tags lodged. No-one had passed us which was a little puzzling.

Runners were grouping by now and there were several of us descending together. One was from Tasmania, where I'm sure the conditions rarely match what he experienced on Jura that day!

In the valley we barely left the clouds, but could just make out where we

needed to aim for to pick up an intermittent path to the top of Beinn Shiantaidh. A couple of teams broke off to our left, either knowing of a better route or making a navigational blunder. We suspect it was the latter as none of our small group knew of a satisfactory route in that direction. That was the last we saw of them.

Beinn Shiantaidh is the second highest at 755 metres and is a difficult scramble in places with tired legs. There are long rocky stretches and loose scree patches to overcome. When we reached the top we had maintained the same position as at the last checkpoint and therefore the teams that broke off left in the valley had not reached it before us.

There is no easy descent without retracing your ascent route, but that takes you in the wrong direction. The recommended approach is to take a bearing for the corner of the loch on the way to the next checkpoint and head directly for it. The underfoot conditions are awful for most of the descent with never ending fields of loose rock and occasional scree.

Once approaching the loch, a narrow and quite boggy path can be followed for the two miles or so back to the road.

The return road section is about 3 ½ miles and it really takes its toll in fell shoes. It is a delight to see the finish in the distillery building with the boat waiting. There is a big psychological boost once the Jura run is completed – a feeling that the worst is behind you – and there is a pier where the boat can be joined without the need for a dinghy trip! Normally the dinghy transfers are a guaranteed way to cramp up and be splashed heavily by cold seawater from the oars as maximum dinghy speed is sought. An experience we were both glad to miss.

We were welcomed back by Tony, Angus and Aiden with tales of 80/- ale, all-day breakfasts, breaded haddock and steak and ale pie in the Jura Hotel. They can be a sadistic bunch, sailors!

Our time for the Jura run, of 17 miles and 5,500 feet of ascent, was 5hrs 58mins; 23 minutes faster than last

year. Cumulatively our running times were now about 13 minutes up on a year ago, which was encouraging. It was 5.00pm as we rejoined the boat.

The sail from Jura to Arran is the longest and most gruelling for the sailors, taking in the notorious waters of the Mull of Kintyre (and for those Wings fans out there, there certainly was "... mist rolling in off the sea"!)

It is also a gruelling leg for the runners below deck trying to eat and sleep through the rough seas, particularly in a small boat like "Tumbling Dice". Unfortunately, on this occasion the rough waters started immediately that we left Jura, and this absence of any chance of a gradual recovery was the prime cause of my "sea legs" deserting me very early on that stage. They were never to be properly regained! Paul was also feeling a little groggy and the cold was also getting to us as the rain continued to fall. The cabin hatch is a series of horizontal and vertical sliding devices and is only ever half closed, which means the cold and the rain are always present, even in the cabin area.

We managed a meal of pasta, which bolstered us for the next big decision.....which "bunk" to sleep in! I use the term "bunk" very loosely here. Essentially, it means where should we lay our damp sleeping bags in the vain attempt that something resembling sleep may result? Over the wet sail bags? Or over the wet deflated dinghy? Over the wet rucksacks? Or perhaps over the dry, but somewhat lumpy, crates of food? And amongst this there is the decision as to where we think the dripping condensation will be least. And that can depend upon the angle of the boat. In calm waters the bow is a possibility, but round the Mull of Kintyre is only an option if you feel you will be able to sleep whilst being thrown in the air and tossed around like a ball on a trampoline. Not recommended in my frail condition!

In the end, due to a combination of cold, tiredness and seasickness, the tendency is to just lie in a bed of a combination of these items in whichever position can be achieved with minimum effort!

As I lay trying to rest and keep leg cramps at bay, it was clear that the seas were very rough. The boat was literally crashing through waves with loud bangs every few seconds and at times was vibrating with the pressures of fighting against the currents and tides. If I ever got close to sleeping, the drips from the hull would hit my face and ensure that I didn't quite make it!

After we rounded the Mull the waters became easier and I managed some proper sleep for a couple of hours. As I awoke I was aware of a sharp pain in the middle of my back. Initially I just shuffled a bit assuming I had slipped too close to the corner of a crate. After a while it became too sore to ignore and I moved to find that our skipper was sleeping next to me and using my back as a footrest with his sailing boots still on!

After waking I decided to try to take on some breakfast and settled on the minimal effort approach of Weetabix. For a few brief minutes I thought I had succeeded but unfortunately not and I was soon leaping out of the cabin and letting rip over the side of the boat, much to the amusement of our hardened sailors! I did feel a little better afterwards but it was a while before I dared take on any more food.

The extent of the rain we had suffered, and the timing of the heavy showers, meant that I had no dry clothing left to wear for the Arran run. It isn't much fun putting on wet underpants, wet shorts, wet top, wet socks and wet shoes in a cold boat and then shivering for ten minutes waiting to disembark. At least running quickly prompts the warming up process.

Reaching Lamlash on Arran requires another dinghy transfer from the boat. Just as well I hadn't managed to keep dry shorts and clothing because a wave broke over my back and soaked everything before I even reached the land!

Arran is the least technical and least difficult of the runs. But is still 20 miles or so and involves a total of around 3,500 feet of ascent, most of which is up Goat Fell, on top of the 40 miles and 8,500 feet of ascent that has already been done. It is therefore still very tiring. And Goat Fell attracts cloud, rain and wind like all the others! This was a pity because the views

northwards from the top are spectacular. But not that day. We were once more fully clothed with layers and waterproofs just to fight the cold. This becomes a nuisance, because after descending it becomes too warm which necessitates further wasted time stopping and removing the clothing again.

It was a great relief as we ran along the Brodick seafront and started the climb over the Clauchland Hills back to Lamlash, knowing that the running was almost over. I felt a noticeable strain in my Achilles and hoped it wouldn't prove serious, as we couldn't stop now. With only about ten minutes to run the rain returned and this time with a vengeance. This was real west coast Scottish rain and we were soaked to the skin in no time. I was wearing tracksters because of chaffing to my inner thighs from the wet shorts earlier in the run and they were becoming unpleasantly heavy with the water absorption. By the time we reached the finish tent we were so wet that we could have run straight into the sea and would not have got any wetter. I think "Lam" must be Gaelic for "rain"!

Last year we ran 4hrs 58mins on Arran and had advised our sailors to expect us back in a similar time this year. The benefits of the road shoes on Mull were paying dividends for our legs though, and we finished 34mins faster this year in 4hrs 24mins. This was all very satisfying until we realised that the boat was moored in the bay and our sailors were sensibly sheltering below deck from the torrential downpour. Rain that hard on an aluminium hull makes a considerable noise. Think back to those rainy caravan holidays and double it and you'll get an idea. We shouted as loudly as we could for a few minutes but to no avail.

The marshals were patiently based in a large tent on the shore, and either took pity on us, or became sick of the shouting, and invited us in out of the rain and cold. They even had a patio heater rigged up inside and a stove burning to ensure a permanently hot kettle. The heat was fantastic. One of the ladies gave me a mug of fresh tea, which was the most pleasurable experience I'd had for 3 days. And in a proper mug too. I would have paid handsomely for it. I took the chance of warmth to remove my wet running attire and replace it with my wet waterproofs.

Thankfully just after finishing my tea we noticed movement on our boat and managed to attract attention and the dinghy was dispatched.

By now it was Sunday teatime as we set sail for the finish at Troon. About two and half hours of sailing after which there is one final dinghy transfer into the marina and a sprint along the moorings to the harbour master's office to register a finish. We made it at 7.00pm.

Our finishing position was 13th in class and 20th overall out of 56 teams.

Last year we finished at 12.30pm and our running times then were about an hour slower than this year. Our sailing times this year were therefore about 8 hours slower than last, which shows the effect that tides and winds can have on the overall length of the race. It also means 8 more hours of feeling rough! I was very relieved to be back on dry land.

So why the title "*The Great Grey Adventure*" you may wonder?

Quite simply: the sea was grey, the clouds were grey, the views were grey, the boat was grey and even the damned commemorative fleeces were grey! Perhaps the secret is for the fleeces to be a nice shade of blue next year and everything else may follow!

If anyone reading this ever gets the opportunity to do this race, do it. At its best, it will be one of the most memorable things you will do. At its worst, it will be one of the most memorable things you will do! Either way you cannot lose! I have seen both extremes, and perhaps I should leave it at that. Although I swore "never again!" after last year, so who knows!!

David Armstrong



CORRESPONDENCE

HAYDON VIEW

The 'League of Friends' of Haydon View would like to thank everyone who supported their Coffee Morning last May.

Just over £400 was raised and will go towards trips out, over the summer, for the residents and also towards the cost of entertainers visiting the home for those unable to enjoy these visits out.

Since its opening, at the Coffee Morning, the Summerhouse has been very popular with the residents and they very much appreciate being able to 'be in the garden' whatever the weather.

Many Thanks again.

Julie

OVER 60's CLUB

The Over Sixties Club has had a most enjoyable June and July.

The June meeting was a Mystery Tour which took us to Kielder Water where we sat in the sunshine and enjoyed the wonderful views. Afterwards, we drove on through the countryside and had Afternoon Tea at the Gilsland Spa Hotel.

In July, a glorious day, we had a lovely afternoon at the Station Garden at Langley. After a delightful and most informative walk, a delicious tea was provided by Jane Torday. Everyone thoroughly enjoyed and a big THANK YOU from all of us.

Myra Bowen

ST. CUTHBERT'S CHURCH

Summer Fete & Gift Day

5th July 2003

Many thanks to everyone who supported the Church Summer Fete.

Thanks to all who bought and sold tickets for the Raffle and donated prizes. To everyone who gave towards the stalls, helped on the day and came to support us.

A total of £892 was raised.

Also grateful thanks to everyone who gave towards the Gift Day.

The sum of £668 was collected.

Many thanks again.

*Joyce Armstrong
(Treasurer)*

NATURAL REMEDIES FOR A HEALTHY BODY MIGRAINE

Migraine is not just a headache but a complex condition. Symptoms may include, nausea, vomiting, diarrhoea, sensitivity to light, sounds and smells. An intense throbbing headache – often only on one side of the head – tingling in the limbs or numbness on the affected side, visual disturbance such as flashing lights, zig-zag patterns or blind spots in the vision.

15% of the population suffer from Migraine. Some people find relief from using **5HTP** or **St. John's Wort** to counteract falling **Serotonin** levels which may bring on an attack.

Some research has found that sufferers have lower levels of **Magnesium** in their blood and ladies often say that taking **Magnesium** has reduced their pre-menstrual migraines.

Vitamin B3 (Niacin) is a vasodilator and may stop or reduce an attack if taken early enough. However it may cause flushing in some people.

Feverfew has been traditionally used to combat migraine. It should be tried for

3 months. Researchers have found that 70% of sufferers using it claimed that this herb reduces the frequency and intensity of attacks.

Popular homeopathic remedies for treating migraine are: **Nat Mur** if the migraine is preceded by misty vision and zig-zag lights, **Silica** if it begins in the neck, comes over the head and ends up in one eye.

For years a food intolerance testing service has helped our customers eliminate or reduce the symptoms of attacks. Common offenders are: chocolate, citrus fruits, cheese, alcohol, yeast and any food that is cured, aged, pickled or fermented. This is because these may cause the body to release certain chemicals that cause the blood vessels to constrict – thus bringing on a migraine. It is wise to be tested in order to pin-point your own individual food triggers before cutting out anything.

Many people find it helpful to keep a 'migraine diary' to try to identify what may be causing their attacks.

Researchers have found that controlling the following may help to reduce attacks: bright, flickering or flashing lights, persistent loud or piercing noise, over-tiredness, lack of food or long gaps between food, dehydration, and changes in sleeping patterns, for example, a lie in or shift work. Stress may trigger an attack as may relaxation after stress. Breaks should be taken from computers or VDU's and to vary their positions to avoid tension and stiffness. Sufferers should take regular exercise in fresh air.

Changing hormones in puberty, menstruation, menopause, using the contraceptive pill and HRT may trigger attacks.

Warning: Pregnant ladies, people taking prescription drugs and those under medical supervision should consult their doctor before using complementary medicines.

*Jill I Henderson
(Holland & Barrett – Hexham)*

CYCLISTS

(OR TO THOSE YOUNGSTERS WHO RIDE BIKES)

Are you always aware of your safety while riding? Are you aware of other vehicles whilst riding? What about pedestrians? Is your bike fit to be ridden? Is it ALWAYS somebody else's fault if YOU have an accident? Really?

ST CUTHBERT's CHURCH

Saturday 27th September 2003.

7.00pm

CONCERT BY PRUDHOE GLEEMEN

In aid of 'The Restoration Fund.

The choir, which is the oldest choir in Northumberland, is putting on a concert to celebrate their Centenary 1903 - 2003.

Tickets : £5.00 from

Vincent Ashwin 684 307
Margaret Curry 684 238 or
Nessie Marshall 684 454

LIGHT REFRESHMENTS

What is the point of life?

What happens when we die?

What relevance does Jesus have for our lives today?

How do we deal with guilt?

If you would like to explore any of these questions, then ALPHA is for you.

What is ALPHA?

A Nyone interested in finding out more about the Christian faith.

L Earning and laughter. It is possible to learn about the Christian faith and have fun at the same time.

P asta & pudding. Eating a meal together gives people an opportunity to get to know each other.

H elping one another. The small groups give you a chance to discuss issues raised in the talks.

A sk anything. Alpha is a place where no question is regarded as too simple or too hostile.

What's involved?

The Alpha course consists of a series of talks looking at topics such as "Who is Jesus?" and "Why and how do I pray?" After each talk we divide into smaller groups and discuss any questions raised from the talk.

Who is Alpha for?

Alpha is for everyone. It particularly caters for:

- * Those wanting to investigate Christianity.
- * Newcomers to the church
- * Those who want to brush up on the basics.

What will it cost?

There is no charge for the ALPHA course.

There is another ALPHA course due to run starting at the end of September.

If you are interested please contact Joyce Armstrong on: 01 434 684 094

May, 2003

G'day 'Friends of Haydon Bridge' and all Haydonians

Well, your summer has just begun and our winter has just started; and what a start, freezing winds, wet rain (not the heavy rain we need) just the stuff that makes every one miserable. To top it off we had a dust storm. Dust storms come down from the north every few years, but not on the first day of winter. It was "red" thick and dirty. I thought it was fog at first, but it was dust. It was a dirty day.

Autumn this year has been to say the least "paradise", 75+ every day. If we can't have good rain, we may as well have the sun. And the sun we got in triplicate, it was just glorious.

When I was very young quite often I would off down Church St to get a few nails at the Ironmongers. I could not help but feel sorry for old Mr Clements. He had a terrible time trying to pick up loose nails etc (There was no pre-packed stuff in those days). I didn't know at the time that he had Rheumatoid Arthritis and even if I had I would have been non-the-wiser. Of course now I am in

the same position myself I fully understand his predicament. Today we have drugs, which slow the crippling effects, down to a walk. Speaking for myself I am thankful for the medication, which helps me lead a quite normal life. But my heart still goes out to that nice old gentle man. He never once complained.

Well, the drought goes on in Victoria. We have had some rain in the south, but the North is still suffering hence the dust storm. I shudder to think what will happen if we don't get at least 10 inches of rain by the end of August, and that's a bare minimum.

July,

Well the Drought still goes on. We have had some quite good rain but things are far from good. So remember; if you complain about too much rain. Don't. You can live with it, but "read my lips"; you cannot live without it! Well, how is life in the village? I just love August and September in Haydon Bridge? Everything seems to come alive around about. All the Shows etc. Once upon a time the Haydon Bridge Show was one of the best, with the flowers and veggies, horses, foot running, sheep dogs. I could go on all day it was just great. Happy days:

It would be really great if you could get back on the internet? I am sure there must be some one that could do it, or even several people getting together and doing it. It can only be good for the village. If I can do a five page spreadsheet with all the formulas etc, when three years ago computers to me were some kind of U F O someone out there must be able to put the news sheet on the internet. I for one would be eternally grateful.

I was wondering if any one still has their Victory Mug?

When the war finished in 1945 every one at school received an amber coloured half pint pot, with a handle. It was full of sweet chocolate powder, and two shillings. The chocolate went very fast and the two bob was not far behind, but I still have my mug in prime condition.

Today in Australia it seems every type of Government department has a psychologist of some description. Local councils, schools, even pre-schools. Every one seems to need counselling, but to me it seems all they do it put ideas into peoples heads. We have several cases where children and grown people have been brainwashed. It

seems all they do is justify their high wages.

I am sure one would not wish to be told they have a problem when there isn't one. No wonder we pay more and more tax all the time with all the hangers on we have today.

Well, I hope you enjoyed my *Short Letter to the Human Race*. It took a long time to get it right, and a lot of fun writing.

Have enclosed a couple of poems hoping that I have not sent them before as I have been revamping a lot of my old stuff.

I do wonder if any one is really enjoying the bulk of them, as feedback is a bit thin on the ground!!! Never-the-less I will keep firing away until you stop printing them.

Well, really there is not much happening in the winter over here so I hope you are all having a wonderful summer. Judging by the TV it is quite hot.

I gaze out of the window this morning at ten o'clock and what do we have? A pea-soup-fog. Happy days!

All the Best

Harold Humble.

PS. Have put in my internet address if anyone wishes to contact me.

26 Wheatley St.
Kyneton,
Victoria. 3444.

E-mail:

Haroldhope_617@hotmail.com

I AM THE WIND

I am the wind and I wander alone,
Creating great storms and the seas white foam:
Magnificent sand dunes all made by me,
As I roar down the beach, fancy and free,

No one can tell which way I will blow?
As honestly speaking myself I don't know.
I howl through the night on the eye of the storm,
Dismasting ships at the cape and the horn,

Many great seamen have trembled with fright,
When I lash the ships deck in the dead of the night:
Churning the seas to a white foaming hell,
Causing troughs in the waves, like a bottomless well.

That's me the "wind" no ones friend
Disaster and mischief on me can depend.
I tear through the town, with one great roar.
Rattling windows the roof and the door:

I howl through the rafters in the dead of the night,
Making the occupants shiver with fright.
Hooting and howling the whole night through,
Till the first hint of dawn, then I'm off some place new.

I'm off to the market to sample the wares
Oranges, Apples, cherries and pears.
I huff and puff till there all blown down,
And whole stalls of fruit roll all over the ground.

I hear all the stallholders cursing my game;
They taught me new words I dare not to name.
But the young generation rejoiced at the din,
And smiled at the chaos just caused by the wind

What a day to remember as I roar through the town,
Whipping off hats and tearing trees down:
Nothing can stand in the way of my might,
For I am the "wind" that no one can fight:

I live all alone and there's no one to care
No family and friends my heart aches to share:
Though my life is just sadness, suffering and pain,
There's another days fun as I roar off again:

BY HAROLD HUMBLE. 13th July 2003

PENNINE WAYS

VILLAGE & COUNTRY PROPERTY

**A New Haydon Bridge Office
Due to Open this Summer**

**For further information and employment
opportunities contact us on:**

01 434 381 808

Offices also at Alston, Penrith & Haltwhistle

Sales, Lettings & Property Management

HAYDON AND ALLEN VALLEYS MEDICAL PRACTICE

Dr Steven Ford: Dr Mary Henderson: Dr Michelle George: Dr Gail Young

Mr. C. E. Thomas,
South View,
Heugh House Lane,
Haydon Bridge,
NE47 6ND.
9 July 2003.

which you raised for our equipment fund.

As you probably know we use this fund to purchase medical equipment for use in the surgery to improve patient care.

There are occasions, however, when we loan some of this equipment to the patients for use in their homes.

Thank you all once again for your efforts and your kindness.

Yours sincerely,

Marion Wilson (Practice Manager)

Dear Mr. Thomas,

Re; Proceeds of the Bingo Event.

I am writing on behalf of the practice to thank everyone involved in this event and also to say thank you for the donation

THE HEART OF THE MATTER

Throughout Northumberland a major effort is being made to deal with one of the UK's greatest killers – heart disease. This project is part of the implementation of the National Service Frameworks – comprising several major health improvement projects that are being undertaken nationally. Hitherto the north of England has enjoyed the dubious reputation of being one of the areas with the highest rates of heart disease but recent figures suggest that our rates of heart disease are rapidly reducing and approaching the levels of other areas, though there remains a good deal of ground to be made up.

There is a strong association between socio-economic disadvantage (poverty and the manual and unskilled classes) and high rates of all the major killing diseases – the rich live longer and tend to live in the southern counties. Wouldn't it be ironic if local efforts at changing the patterns of disease were so successful that us poor northerners started outliving the soft southerners? We might even do it!

In fact it is rather misleading to think of heart disease in isolation. The basic disease process is a 'furring up' of the arteries supplying the heart muscle but the arteries supplying any part of the body can be affected. If an artery supplying the heart muscle gets blocked it's called a heart attack, if in the brain it's a stroke (brain attack in the new parlance) and if it's in a limb then limb can die and be lost – partly or completely. Rather more rarely the process can affect the gut and other parts of the body.

Things that lead to greater risk of furring up of the arteries include family history (your genes), an inactive or sedentary lifestyle, high blood pressure, smoking, excess weight, high levels of cholesterol and other fats in the blood, diabetes, excessive alcohol, poor diet (especially a low intake of fruit and veg) and a handful of other less common conditions. All of these things can be modified except your choice of parents.

What is the object of all this activity? Is it a concerted effort to irritate smokers, drinkers and bacon-and-egg-breakfast enthusiasts? Despite all of medicine's endeavours the death rate remains stubbornly where it has always been – one each. The most that we can hope to achieve is that everyone should have the best possible chance of enjoying their full life expectancy and be free of disability during that time. It is in no one's interest to invite the occurrence of avoidable disability but, of course, it is not possible to legislate for uniform virtue – people have got to be convinced that their own best interests are served by a particular course of action.

Then there is the question of balance. To lead a life of undiluted virtue and rectitude would be beyond all but the most strong willed. Most people relish dietary indiscretion – we are wired by nature to eat more than is good for us and to enjoy fatty foods. All normal people love a bacon sandwich, it's what Worcestershire sauce was invented for. So, why not have a total grease-fest of a fry-up on your birthday and at Christmas? The anticipation could well occupy your thoughts for months in advance. Eating a healthy diet is actually cheaper and less trouble than consuming processed foods.

Most people experiment with intoxication at some point of their lives and then grow out of it. Enjoying an occasional drink is a genuine pleasure and does not have to be followed by a hangover – it is possible to stop before you fall over.

Being overweight is a real bore but, as is proved daily by many people, it can be overcome without resort to faddy diets and great expense.

Only the most severely disabled cannot undertake some form of exercise, even the very elderly.

So what can medicine add?

Advice, support, encouragement, information, medication, checks and tests are all available. We cannot change your genes – yet – but watch this space. Ideally, we hope to help people avoid getting into a position of disadvantage but even those with major existing problems can be helped. One's state of health during life and life expectancy is influenced from the moment of conception by the influences of one's surroundings – this creates a major opportunity for favourably influencing the health of the generations that come after us.

Finding out who is at risk is the first step in the Heart Health project. This why everyone is invited for regular checks every three years. Knowing your height, weight, blood pressure, family history, smoking history, cholesterol and the amount of sugar in your blood will give us enough information to calculate your chances of having a heart attack in the next ten years. If the calculated risk is above a threshold we will invite you to discuss the options.

Medication can have a part to play. Hence the recent suggestion of an all-in-one Polypill for everyone over the age of 55, for example, and all those with existing disease. The ingredients of the pill would be:

- A statin to reduce cholesterol
- A thiazide diuretic to control blood pressure
- A beta blocker to control blood pressure and confer advantage if a heart attack does occur
- An ACE inhibitor to beneficially influence both heart and kidneys
- Folic acid to lower homocysteine levels – reduc-

ing the risk of heart attack
Aspirin to keep the blood flowing freely

All of these components have been used for a decade or more, are inexpensive and would be present in a low dosage thus minimising side effects. The calculated benefits are huge. One in three people would directly benefit and new episodes of vascular problems would drop by 80%. Within a year or two the Polypill may be available in the UK.

For the moment we are suggesting that everyone who has had a heart attack, stroke, limb circulation problems, all diabetics and those with a high calculated risk of illness (see above) should be on a cholesterol lowering statin and a high dose at that. If you fall into any of these categories but we have not yet caught up with you please be in touch.

We try to get everyone over the age of 15 for blood pressure measurement every 3-5 years and can easily check for diabetes at the same time. All volunteers welcome – especially those who do not normally respond to invitations for a well person check.

A lot of people choose to take low dose (75mg) of aspirin anyway and we applaud their efforts. Folic acid (0.8mg) daily costs buttons and would appear eminently sensible.

The scale of the potential benefits from widespread screening and intervention, whether individually targeted or population wide, is immense. We would love all of those benefits to be available right now for everyone in the practice and the only thing holding things up is getting everybody seen and getting the checks, measurements and advice in place. Don't wait for a problem – act first – right now.

THANK YOU

A big Thanks to the Community Centre Bingo for their very generous contribution to the Equipment fund. An equally big Thanks to the relatives and friends of those who have recently died who have also so generously contributed. The current plans include the purchase of equipment that will help with the care of those too housebound to make it to the health centre. A plan to purchase a device to control warfarin dosage has been put on hold because there is the hope that a successor drug will soon be available that will be safer and require no blood tests at all.

ST CUTHBERT'S PLAY GROUP

The St Cuthbert's Play Group meets in the church hall Monday and Friday between 9.15 and 11.45. The Tiny Tots meet on Tuesday and Thursday between 9.15 and 11.15. These groups are a wonderful local opportunity for pre-school learning and social contact. Absolutely all are welcome. Please give the groups your support.

CHURCH PAGE

CLERGY MESSAGE

Canon Vincent Ashwin, Vicar of St Cuthbert's

A month ago I told the congregation that I am retiring from full-time ministry in January, and Angela and I will be leaving Northumberland after seven years in Haydon Bridge. We have bought a house at Southwell in Nottinghamshire, 180 miles South of here, which is nearer our daughter and sons, who all live in the South. I have been in touch with the bishop there, and will give two days each week in unpaid parish ministry for a few years. Meanwhile the life of the Church in Haydon Bridge goes on as normal. Over the next six months, we will be thinking-together how you can make the best use of the vacancy when it comes.

Vacancies tend to be between 6 and 9 months long. This is for several reasons: a vacancy is a chance for a parish to think about where it wants to go in the future. Parishes are encouraged to think deeply about what its strengths and weaknesses are, and how the work of the Church can be shared. This needs time. The process of appointment itself takes a long time. So the vicarage will probably be let to a tenant for six months, to prevent the house becoming damp, and also to create a bit of income.

It will of course be very sad to leave many friends in Haydon Bridge. But the life of the Church goes on!

As I get nearer retirement, I hope you will be indulgent if I reflect on 36 years of parish ministry, from 1967 till now.

High points have included:

- Standing beside different bishops as they laid their hands on dozens of adults and young people I have prepared for Confirmation.
- Attending the Ordinations of the first women priests in Newcastle Cathedral.
- Driving to the Military Road to visit parishioners my first month here, and realizing that I am **paid** to be in this wonderful scenery!
- Being trusted by local Muslims in Newcastle to help them, as they dealt with young extremists in their community.
- Leading parties of parishioners and school children across the mud to Holy Island on a pilgrimage.
- The warm loyalty of many churchwardens over the years.

Low points? Yes, there have been some:

- Various conflicts, usually when I believed the Church needed to become more open to young people – changing too fast for some, but too slow for others!
- Witnessing the deaths of two teenage boys from the congregation while walking part of the Pennine Way with them: one drowned, the other died of the cold.
- Anger at our (black) bishop being humiliated by white policemen in South Africa.
- Sorrow at the ritual murder and mutilation of a girl in the church young club in Africa.

July/ August/ September 2003



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, Moorview, Haltwhistle 320.051

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

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

- Learning that the railway works in the parish that employed 3000 men was closing.
- Horror at the endless racism of some parishioners when we lived in Newcastle.
- Seeing people I respected ground down by their work, and diminished by other people.
- Hearing about the sheer rudeness that some women priests have had to put up with.

Unexpected moments have been – well - unexpected:

- ❖ While running a coffee bar with young people to help Christian Aid, being questioned by the police as I stood on the roof of my car and climbed in through an upstairs window when we'd locked the key inside.
- ❖ Disarming a drunk man who was threatening another with a knife.
- ❖ Arriving unprepared at Hexham Abbey for an Advent service for 300 Mothers' Union members, to be told I was preaching (Someone had forgotten to tell me).
- ❖ Our children finding a drunk man asleep in the vicarage garden when we returned from holiday, and shouting, 'Dad, there's a dead body on the lawn'.
- ❖ Another local alcoholic 'protecting' Angela from a surveyor inspecting the vicarage.
- ❖ Being undisputed champion of the Knobbly Knees competition at the church fete.

So I've much to be thankful for. God has been good – as He always is.

**METHODIST
CHURCH SERVICES
FOR AUGUST AND SEPTEMBER**

Sunday August 3rd

10.00am Mr Roger Anthony
6.00pm Rev David Hasson

Sunday August 10th

10.00am Rev David Hasson
6.00pm Jim Robinson

Sunday August 17th

10.00am Mr B Dann
6.00pm Ridley Reay

Sunday August 24th

10.00am Brendan O'Neill
6.00pm Rev David Hasson (Sacrament)

Sunday August 31st

10.00am Local Arrangement
6.00pm Rev David Hasson

Sunday September 7th

10.00am Stan Rowntree
6.00pm United Service, Trinity Hexham

Sunday September 14th

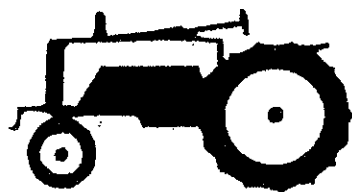
10.00am Rev David Hasson (Family S)
6.00pm United Service at Henshaw
(Harvest Festival, last service)

Sunday September 21st

10.00am Rev David Hasson (Sacrament)
6.00pm Margaret Weatherson

Sunday September 28th

10.00am United Harvest Communion at
St Cuthbert's Church of Engl.
6.00pm United Harvest, St Cuthbert's



SHARED HARVEST FESTIVAL

at St Cuthbert's Church, Sept. 28th.

It's St Cuthbert's turn to host the village Harvest this year. Produce to decorate the church can be brought on the Friday afternoon or Saturday morning. The morning service will be a Holy Communion, and in the evening a Songs of Praise, which will incorporate ideas from Australia and Fiji, to thank God for his wonderful creation.

**CALENDAR FOR
ST CUTHBERT'S CHURCH
FOR AUGUST AND SEPTEMBER**

3rd August 7th Sunday after Trinity

8.00am Holy Communion (Order 2)
10.30pm All-Age Service of the Word
6.00pm Evensong, Haydon Old Church

10th August 8th Sunday after Trinity

10.30am Parish Communion / Baptism

17th August 9th Sunday after Trinity

8.00am Holy Communion (Order 2)
10.30am Parish Communion
6.30pm Deanery Evensong at Alston

24th August St Bartholomew, Apostle

10.30am Parish Communion / Baptism

Mon 25th Pilgrimage to Holy Island

August 31st 11th Sunday after Trinity

10.00am Benefice Holy Communion at
Beltingham: no service here

Sep 3rd 7.30pm AGM of Christians
Together in Haydon Bridge

Thu 4th 7.30pm Joint Church Council

September 7th 12th Sunday after Trinity

8.00am Holy Communion (Order 2)
10.30am All-Age Holy Communion
6.00pm Evensong, Haydon Old Church

Sat. 13th Historic Churches steeplechase

September 14th 13th Sunday after Trinity

10.30am Parish Communion and Sermon

September 21st St Matthew Apostle

8.00am Holy Communion (Order 2)
10.30am Mattins & Sermon (Mike Fry)

Wed 24th 7.30pm Mothers' Union

September 28th Harvest Festival

10.00am United Communion
6.00pm United Harvest Songs of Praise

SERVICES - BELTINGHAM/HENSHAW

Aug 3 rd Henshaw	10.00 Communion
Aug 10 th Belt'm	9.00 Communion
	6.00pm Evensong
Aug 17 th Henshaw	10.00 Mattins
Aug 24 th Henshaw	10.00 Communion/Bap
Aug 31 st Belt'm	10.00 Benefice Comm'n
Sep 7 th Belt'm	10.00 Communion
Sep 14 th Henshaw	9.00 Communion
	6.00pm Evensong
Sep 21 st Belt'm	10.00 Communion
Sep 28 th Henshaw	10.00 All-Age Word
Oct 5 th Henshaw;	10.00 Harvest Communion

Congratulations

to St Cuthbert's for raising £1468 at the Gift Day and Summer Fete. It drizzled, but people came. Many thanks to those who brought envelopes containing a total of £628; your generosity is much appreciated.

**SERVICES AT ST JOHN OF
BEVERLEY CATHOLIC CHURCH**

Mass each Sunday at 9.30am.

Mass at 11.0 at Haltwhistle each Sunday.

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

Congratulations

to St John's Church for raising £2472.35 at the summer fair on Sunday June 29th. It was a fine day, so the event took place on the church lawns. It was a joint effort with members of St Wilfrid's Haltwhistle; both parishes have Father Leo Pyle as their parish priest.

SOME PRAYERS FOR THE SUMMER
from 'Book of 1000 Prayers'
edited by Angela Ashwin

Your Spirit, Lord, is around me
in the air that I breathe;
your glory, Lord, touches me
in the light that I see
and the fruitfulness of the earth
and the joy of its creatures.
You have written for me, day
by day, your revelation,
as you have granted me, day by
day, my daily bread;
teach me how to receive it.

Based on words of John Ruskin (1819-1900)

God of delight, Source of all joy,
thank you for making me
part of the web of life,
depending on the rhythms
and fruits of the earth
for my existence.

Help me to be wholly present to you,
now, in this place,
where my feet are on the ground,
and where I am surrounded
by creation's gifts,
from concrete to clouds,
if I have the wit to notice them!

A.A.

You are to be praised, O God of Zion,
By your strength you established the
mountains, and you are the hope of the
ends of the earth.
You visit the earth and water it;
you make it richly fertile, providing grain
for the people.
You crown the year with your bounty,
the pastures overflow and the hills are
clothed with joy!
The valleys stand so thick with corn,
they shout for joy and sing.

Psalm 65: 1, 6, 9-13

HAYDON NEWS ADVERTISING

ANNUAL ADVERTISING FEES FOR THE YEAR 2003

*Advertising costs for businesses remain
unchanged for the coming year.*

Advertising Rates

Single Column – Variable Width

12 months (10 Issues) - £12.00

6 months (5 Issues) - £7.00

Single insertion - £1.50

No charge for:

Forthcoming events

Results of Collections

Acknowledgements

Club News

Reports of Local Functions

Please complete the box below, enclose it and the appropriate fee in an envelope addressed to:

The Treasurer (Alastair Bowen)
Friends of Haydon Bridge
11 Tynedale Cottages
Ratcliffe Road
Haydon Bridge
Northumberland
NE47 6EU

If you live locally just use the top two lines of the address and leave it at the *Co-op, John Clarkes or Marsh's newsagents* from where it will be collected.

ADVERTISING FEE FOR 2003

I wish to continue using my present advert. ☐

I wish to change my advert.(see over) ☐

NAME OF BUSINESS:

ADDRESS:

.....

POST CODE: **TEL:**.....

Cheques payable to: 'The Friends of Haydon Bridge'.

PAID BY:(Please PRINT)

FRIENDS OF HAYDON BRIDGE

MEMBERSHIP SUBSCRIPTIONS NOW DUE FOR THE YEAR 2003

As the subscription to cover the current year is now due please complete the box below, enclose it and the appropriate subscription in an envelope addressed to:

The Membership Secretary (Mike Parkin)
Friends of Haydon Bridge
'The Rambler'
Brigwood
Haydon Bridge
Northumberland
NE47 6EX

(If you live locally just use the top two lines of the address and leave it at the *Co-op, John Clarkes or Marsh's newsagents* from where it will be collected)

The standard subscription is only **£1.20** therefore if you so desire by all means increase the size of your donation. It would be very much welcomed.

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 an annual subscription of **£10.00**.

This will guarantee a posted copy for each of the ten months. Again you may donate more.

MEMBERSHIP FORM

Please find enclosed subscription of to
'The Friends of Haydon Bridge'

Name:

Address:

.....

.....

Minimum donation **£1.20**. Larger donations welcome.

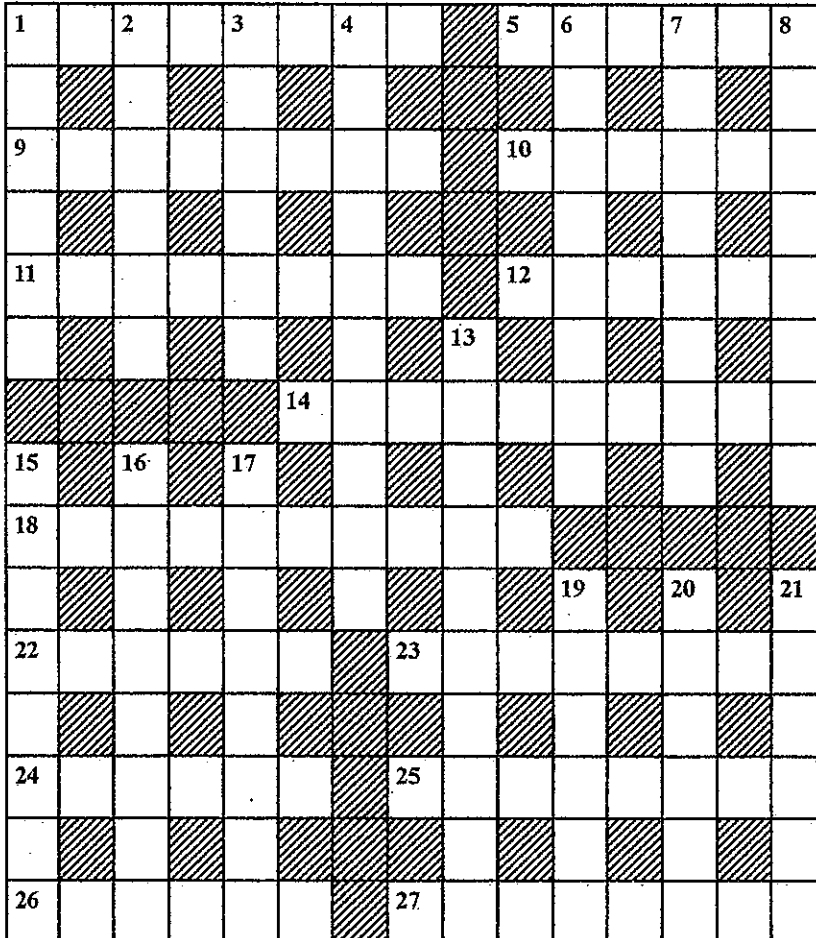
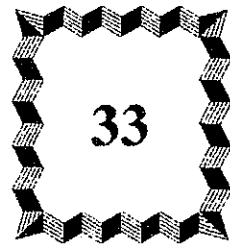
Cheques payable to: 'The Friends of Haydon Bridge'.

New advertising or any queries should be addressed to **The Editor** (address to be found on page 2)
or please phone: **01 434 688 871**

The £10 Crossword

NAME:

ADDRESS:



ACROSS

1. Where people go on holiday to see murderer strike violently behind the shops. MetroCentre perhaps? (8)
5. Supposed to starve between overdose. (8)
9. VICTORIA HAMILTON. (8)
10. Pinches part of '7', carried by steamship. (6)
11. Crowd behind being for use in emergency. (4,4)
12. Right at the back of old aeroplane, you'll find a very large hole. (6)
14. Man of principle. Principal offspring confused and I'm in the middle. (10)
18. He's never sick of rock and roll. (4,6)
22. In wild days of long ago Rolls and Royce initially combined to produce model of sun and its attendant bodies. (6)
23. Is unable to include cooker in agreement. (8)
24. Thank you. Loaned 6000 drachmas. (6)
25. Blow away head covering. OK, fibre. (4,4)
26. 150 changes changes course. Smart. (6)
27. Quiet at the front! I urinate backwards. Quiet at the back! Embarrassed? (8)

DOWN

1. Dung the French and Scottish say is great. (6)
2. Prune broken mint. Fortissimo! (3,3)
3. Decapitated cads resemble riverside residents. (6)
4. The state some Americans get into when gardening. (10)
6. Greek god (or a mother) creates a wider picture. (8)
7. Crazy English painted the sea not coming in very far. (4,4)
8. First garment remade to make it appear older. (8)
13. Torch oil Her Majesty used to produce a coloured print. (10)
15. He (or she) has serious doubts about coasting. (8)
16. Ethically it sounds like some Tynedale trees. (8)
17. A point with the first point cut off. Telephoned East. Cut off. (8)
19. South East, North East. Army mechanic somewhere in between calls for calm. (6)
20. Salt and French china used to prepare Roman delicacy. (6)
21. Stiffness of celebrity at church. (6)



Entries from:

Philida Irving
E. Jukes
Simon Benson
Irene Hopkinson
Will Widdowson
Ian Gibson
Brian Pearson
Barbara Lee
A. Phillip
'Ted Castle'
J Charlotte Carfrae
Susan Stephenson
Geoff Hopkirk
Denis Bell
A. Scott
Rosemary Shout
Peter Hopkinson
Maureen Robson
Rene Armstrong
Mrs Diane Gamble
Dennis Telford

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

Trevor Corbett Dorothy Tait W. Huddart

Entries to be received by the Editor on or before
MONDAY 22nd September 2003.

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

£10 winner out of the hat:

J Charlotte Carfrae