



THE HAYDON NEWS



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Issue 02

February
2005

Published by The Friends Of Haydon Bridge

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The HAYDON NEWS is edited, published and printed by the FRIENDS OF HAYDON BRIDGE. It is distributed free of charge to all but the most distant households in Haydon Parish.

The committee of the Friends of Haydon Bridge thank those members who produce the Haydon News, people who contribute items for publication, our advertisers and distributors.

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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 Editors 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 Editors reserve 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 Anonymous letters will NOT be published.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 Editors have been advised of the writer's name and address.

Mike Parkin,
The Rambler,
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Committee of the 'Friends of Haydon Bridge'

Mike Parkin (chairman), Dennis Giler (vice chairman),
Elena Parkin (secretary), Alastair Bowen (Treasurer), Sylvia Mitchell, Dennis Telford,
Charles Thomas, Catherine Hall, Storey Hall.

EDITORIAL COMMENT

In the years between 1950 and 1980 most places suffered from planning decisions and building developments that were controversial at the time and often regretted later. Haydon Bridge was no exception.

One such decision was to bypass the village's traffic bottle neck—the old bridge, not with a village bypass but with a new bridge. As a result, when other places along the A69 are bypassed, Haydon Bridge still suffers a high traffic flow of heavy vehicles day and night.

The fight for a village bypass continues.

Another, and one that caused even more controversy at the time, was the redevelopment of the Station Yard. The local GP, Dr High, needed to replace his rather cramped surgery and favoured the construction of a health centre in the Station Yard along with some housing for elderly people and a landscaped area to create a village focal point. Many local people supported his proposal. However, local councillors wanted to retain the Station Yard as a place of employment and proposed factory developments on the site. Their ideas also gained support from local people so dividing the community. We know the outcome, but at the time

accusations were made of decisions behind closed doors, empire building and a general lack of information made available to the general public.

Out of the controversy the 'Friends of Haydon Bridge' was formed and the Haydon News first published.

Today Dr Ford and his colleagues require a larger Health Centre and are looking for a site close to the village centre on which to build it.

I wouldn't wish to pass comment on more recent developments but... those walls of red brick as you approach the village from the west.....

NOTES FROM HAYDON PARISH COUNCIL.....FEBRUARY 2005.

Present.....7 parish councillors
2 district councillors
1 county councillor.

Several members of the public attended.

February's council meeting began with an open session. Two representatives from the Environment Agency, invited to come to the meeting, responded to queries about the January flood from the council and general public.

Two issues were raised by members of the public in the next agenda item, public participation. The first of these was about the church clock which, once again, is in need of repair.

The meeting was informed that an electric light is to be installed in the clock tower to facilitate repair to the clock mechanism.

The next issue was about two dead sheep that have been on the river bank since the January flood. The council is to contact the public health department about getting them removed.

Following Dr Ford's report to the Parish Council last month regarding the search for a site in the village for a new health centre, Cllr Horncastle informed the council that the planning department wanted the new centre to be close to the middle of the village. Level access is also an important consideration. Tait's Yard is thought the best option but other sites in the village are being considered.

The provision of a bus shelter for use by children travelling to Allendale Middle School is causing some concern.

As part of the Foundry Yard development the present shelter in Strother Close is to be demolished. The parish council, who own the shelter, have asked for a new one to be constructed before the present one is demolished. The developer of the site has written to the council indicating that he would be willing to provide a wooden shelter. Concerns were voiced by councillors over whether or not this would meet current safety requirements and also over the lack of public consultation on the proposed site for the new shelter. At last month's meeting a site close to the garages in Strother Close was proposed. One councillor did point out that lorries, entering the warehouse opposite this site, often mounted the kerb near the garages as they manoeuvred into the warehouse entrance.

However, Northumberland County Council have now informed parents that children travelling to Allendale will in future catch their bus at the High School. The parish council was told that this had added to parents concerns as the High School area is already very busy in the mornings with High School pupils and staff arriving at the school.

The council are to make enquiries about the decision to centre school transport at the High School and also the need for a replacement shelter.

Several trees in the old cemetery were damaged by the January storms and are to be removed by the council.

The council is to write to the Highways Agency detailing the affect on the village if the Bypass construction is delayed. (see By pass update on page 10).

The council was informed that the village 'Spring Clean' is to be organised for the weekend of April 9th 2005. It is hoped that many people will turn up to help as the January storms and flood deposited a large amount of litter on the

Date and time of the next meeting:
22nd. May 2005 at 7.30pm.

Venue:
Haydon Bridge Community Centre.

river banks.

PARISH COUNCILLORS.

Mr E.J. Faulks (Chairman).

Mr D. Charlton. 684505

Mrs. E. Charlton. 684505

Mrs. V. Fletcher 688872

Mr M.R. Parkin 684340

Mrs C. Duffy 688818

Mr D. Smith 684480*

Mr A. Johnson 684676

Mr. R. Snowdon 688871

Mr T. Stephenson.

* also a Tynedale Councillor

PARISH CLERK

Mrs C. McGivern 688020(after 6pm)

**FOOD FOR THOUGHT AND
VIEWS THAT INSPIRE.**

**Continued from April 2004 and June
2004.**

When I left you on the rough track to Harsondale in June, a clear sky lit up the scrub and fells to the South. Today, on my return in late October 2004, the sky is still blue and bright overhead, but patches of ominous dark cloud are blowing on a cold Westerly across and above the rough meadows. The leaves are drifting down on the breeze, from the occasional Beech and Silver Birch that border the fir trees in Harsondale Law. At the foot of the tall conifers, ferns that were rich green last time I was here, are brittle and rust brown now.

We have a record of the varieties of ferns which adorned our local scene 130 years ago. William Lee in **his** Historical Notes of Haydon Bridge, published in 1876, describes his collection of dried ferns. Out of a total of forty or fifty known species in Britain at that time, twenty two had been collected from our neighbourhood.

My memories of ferns are much less academic than William Lee's. Was there any undergrowth more exciting for a troop of 1st Haydon Bridge Scouts, laying trails and making secret hideouts on summer camp, than an abundance of common bracken? Whether at Ullswater, Rothbury, Talkin Tarn, or beyond the springy turf of the clearing over the swing bridge at Plankey. Wonderful scout camps. Stories for another day perhaps.

From the Harsondale track today, a 100 foot high chimney is a prominent landmark on the horizon across Stublick Bog, two miles to the East of Harsondale Law. Built in 1859, this chimney wasn't part of the landscape in John Martin's day, although his 'solitary rambles' took him past the extensive Langley and Blagill Smelt Mills built in 1767 and 1785 and which the chimney flue eventually served.

It is a fair assumption that memories of the flaming red furnaces at Langley left a lasting impression in the mind of our young artist, who was constantly



**AN 1832 SKETCH OF LANGLEY MILLS AS JOHN MARTIN WOULD
RECOGNISE IT**

The Langley saw mill occupies part of the site today

**The turnpike road to Alston from where the sketch appears to have been drawn
would not have been completed until after 1832**

subjected to his Mother's preaching that "*...all liars and swearers are burnt in Hell with the devil and his angels.*"

At the Langley Mills, John had a true life image of a flaming Hell.

Looking along the horizon for other features I recognise, two engine house chimneys are just visible over a mile away, a reminder of coal mining at Stublick from as early as the 17c.

I remember that John's brother Jonathan, who was seven years old when the family moved to East Land Ends, described getting up at 2 o'clock in the morning and standing in the dark, waiting to see the miners' lamps bobbing along.

Small figures in a vast landscape!

Approaching Harsondale farm, I am reminded of stories of another age.

As long ago as the 14th century, **Harsondale** was described as a 'hamlet' and home to a number of tenants.

Even earlier, during Henry III's reign in 1254, the Northumberland Assize Rolls record the murder of Gyleminum de Elyrington (William of Elrington), who died within fifteen days of being attacked by Adam de Harestanesden (Adam of Harsondale) and his sons Johannes et Walterus (John and Walter).

The villains fled hotfoot to the liberty of Hexham.

Hexham, at that time held by the Archbishop of York, was outside the boundaries of Northumberland and the Sheriff had no jurisdiction over it. As a consequence of the felony and their flight to avoid justice, Adam, John and Walter were declared outlaws and King Henry granted Nicholas Boltby seisen (possession) of Adam's land in Langley.

Today all is quiet, no sign of skirmish, fleeing tenants or indeed of any tenants at all, save for a family's washing pegged on the line..... It must be Monday!

Neither signs nor sounds of cows in the byre, pigs in the sty or horses in the stable. Black faced sheep are the only evidence of agricultural activity as, with heads lowered, they munch their way through the nearby green acres.

The rural silence is broken only by the rattle of rusting corrugated iron hanging from the rotting rails and posts of an old sheep pen.

It pleases my eye to see the well kept solid stone buildings forming the perimeter of the farm yard. The dressed stone arches, lintels and quoins contrast sharply with the utilitarian modern structures which scar our landscape.

Mr. and Mrs. Jim Storey occupy Harsondale now, but in my mind it will forever be Geordie and Maggie White's place.

*With apologies to all others who live in and around this part of our beautiful countryside, for me the various families of the Whites, the Davisons and the Dodds were and still are **Langley** as I will forever know it. Just as the Drydons and the Pickerings are **Deanraw** and, a curious mix perhaps but in my mind, the Bates', the Bells' and Willie Barker are **Staward**.*

The sign on the stile into the field away from the farm, warns the traveller to be wary of the bull in the field. Maybe the animal, if a danger, should not be allowed to roam freely across a public right of way. Anyway, I shall tread carefully.

A plump Robin follows me down the field, keeping within the cover of the heavily berried Hawthorn hedge. It's inquisitive, but cautious. Unlike my feathered companion at West Rattenraw, that hops about at my feet and cocks its head upwards towards me in anticipation of a good feed, as soon as I put on a pair of boots and get a spade out of the shed.

The steep gradient down through the wood to the Harsondale burn is made springy underfoot with years of compacted pine needles. The wood itself is dark and sombre and sports no wild life as far as I can see, although as I make my way down a clarty path towards the rushing waters of the burn, an abundance of fungi are visible within its gloomy interior.

Barbara Wardle, who follows this route on a regular basis and with whom I started this journey as part of her walk, 'Views That Inspired John Martin' way back in June, can see echoes of Martin's painting, '**The Bard**' at this spot, when the burn is in full force as it is today. I'm standing on the wooden footbridge, looking upstream, as the force falls on its journey from Staward Manor and beyond. 'Inspiring' yes, but whether it reminds me of 'The Bard' I'm not so sure. I'll have to photograph the view and compare it later, with the artist's impression.

As I walk upwards out of the gloom of the conifers, the birds are on the wing high above, gathering for a visit to warmer climates probably. In the field above the Harsondale burn, I'm making for the track we used to follow as children on our way to Staward Pele, having left Wrights' bus on the Alston road at Staward station. The meandering grassy mound, probably used for centuries as a way into the fortress, can still be clearly seen today.

A threatening cloud is heading towards me. Shades of grey, like irregular folds in a huge blanket suspended far below the bright blue sky. Large drops of rain now, each so far apart that I feel that I can almost dodge between them. A ten second warning before the saturated cover above is wrung out on me and everything else within a hundred yards radius, and as quickly as it arrived it moves on to darken the doors of Staward Manor and Nilston Rigg in turn. The rough green pasture and patches of reed are glistening now after the downpour.

The derelict building ahead of me is **Gingle Pot**. A name to say again and again, don't you agree?

It is at it's best when spoken slowly, emphasising the G's. I repeat it to myself.....G-I-N-G-L-E P-O-T. And again, out loud: "G-I-N-G-L-E P-O-T"..... with a brood of pheasants as my only audience, unaware of the fate that is to befall them when the Allen Valley Shooting Club members have them in their sights.

The isolated grey stone ruin has a stunning aspect. Across and down the Allen valley, where the deciduous trees and the Larch are just changing colour, and far beyond to the Emperor Hadrian's last (or was it the first?) defensive line.

Gingle Pot's vantage point conjures up notions of its earlier days. Built alongside an ancient track, **was it** an atmospheric Inn where rugged drovers swapped their travellers' tales of adventure and affairs of the heart, while quaffing pots of ale served up by big bosomed wenches from the Barony de Langley? Sadly, nothing quite so exciting according to our knowledgeable

historian, Mr. Coombes.

"Probably a woodman's cottage..... Yes, we can be sure. A woodman's cottage."

So much for my romantic images then. To misquote someone; *I must remember not to let a good story get in the way of historical fact!*

The only drink dispensed to the public from the Gingle Pot was, 'Hot water for picnic parties' as described by the historian, William Weaver Tomlinson, in 1888. The remains of the interesting construction of the fireplace, flue and boiler where Tomlinson's kettle may have been boiled, are still visible between the branches of Elderberry trees growing through a carpet of grass and nettles.

Interestingly, Eric Renwick who has lived further down the valley at Plankey Mill for the last 76 years and used to walk from his home past Staward Pele and Gingle Pot to catch the bus to Allenheads, well remembers the final tenant of the old cottage. *"Aye, aa mind Jack Askew. He'd be the last un in Gingle Pot. Aye....a canny owld fella man. "* Aye! A wise and entrepreneurial one too man, as far as I can gather. According to Eric, when travellers alighted from the bus at Staward station, Jack, the tenant, would erect a sign claiming that the footpath was on 'private land' and allow visitors to pass through the wicket in the dry stone wall, only if they crossed his palm with a two shilling piece.

From G-I-N-G-L-E P-O-T, the outline of the natural promontory where Staward Pele stood, can just about be traced. I have an engraving in my collection of this scene 100 years ago, when the grassed and rock strewn mound and the ruins of the Pele are clearly visible. Today however, tree planting has all but obscured the view.

Staward Pele - spelt *Staward* but tripping off a Tynedale tongue as *Starwad* - is part of the National Trust 'Staward Gorge Estate'. *The name is derived from Stawarth. 'Sta' or 'staw' being an Anglo-Saxon word meaning a fence or enclosed place and 'warth' or 'arth' a yard. Pele however is Celtic and means stronghold.*

I'll follow the track down to the narrow approach from the South East, for a close up of one of the great strongholds of the English Middle March, with a history of over 700 years. The site was chosen well, on three sides steep craggy slopes fall away to the Allen valley or Harsondale Burn over 200ft. below, providing a natural defence and a clear view of any approaching invaders.

The fortress's recorded history begins during the reign of Edward I and his son Edward II, the first 'Prince of Wales'. After Edward II and the English army were routed during two days fighting at Bannockburn by Robert Bruce in 1314 and Scottish independence was assured, Northumberland was pillaged by raiding Scottish forces.

The subsequent violent struggle for survival across the Border Marches including Tynedale, led those who could afford it, to build bastles or fortified farmhouses and peles to protect themselves and their property from Scottish and local raiders.

Staward Pele in its earliest form may well have existed as far back as 1272 and I will continue this story in another issue, with a closer look at its history, both real and imagined.

For now, the pastoral peace and my thoughts are interrupted by the high pitched screech of a tree feller's mechanical saw.

Far below along the banks of the Harsondale Burn, the tall conifers are being thinned out as part of the continuous management of the Estate and promises are made that they will be replaced with native species of broad leaved tree.

Today's forester won't be returning to Gingle Pot after his daily labours. A four wheeled drive to central heating, a warm bath and a comfortable bed in the Tyne valley more like!

To be continued

It is always a pleasure to receive correspondence from our readers and it is a "thank you" to William Veitch for this month's offering.

CORRESPONDENCE

Smith & Walton-Hadrian Works.

In his notes in the October Haydon News, Dennis Telford spoke of his experiences, shared by many Haydonians, of events in the Olympic Hall and of the recent sale of its historic fittings. It evoked for me my times working there some fifty years ago. The six Saturday night dances held, which were held there over the Lent period, actually provided finance for the two works football teams which were then fielded in the now defunct Hexham & District League.

You may think "What has this to do with Haydon Bridge?" Well, although the majority of Haydonians usually went Eastwards to seek work, it did provide work - and pleasure - for many and was the major employer and institution in the West Tyne area, essentially replacing the dying coal industry.

The origins of Smith and Walton were at the John Smith Varnish manufacturing works at a different site at Haltwhistle. The Hadrian site was begun by John Smith and Thomas Walton who were later joined by their sons Douglas Smith and Harrison Walton. The Waltons supplied the sales and marketing knowledge.

Actual building work on the site began circa 1929 during the days of the great Depression when unemployment was rife (especially in the coal industry) and social security was not as generous as today. The first building was made from reclaimed bricks which were chipped and cleaned by unemployed men who eventually became the original workers. Some buildings were made from reinforced concrete where the reinforcement consisted of old iron bedsteads 'recycled' from the local rubbish dumps. I remember it taking men with a 'windy pick' (pneumatic drill) several days just to break through a normal doorway in one of those walls. They would have made excellent air raid shelters!

From its inauspicious beginning Smith & Walton expanded steadily through its Hadrian and Centurian Paints until it employed well over 300 staff and had factories in South Africa and Australia. By the 1950's it was one of the major paint companies in this country. The company was large enough to host an episode of that radio favourite (before the advent of TV) 'Workers Playtime'. This was staged in the Olympic Hall and featured Terry Scott. The company also had a nationwide television advert - does anyone remember its jingle "Hadrian, Hadrian the deep gloss paint, so easy to apply makes work a pleasure" ?

Smith & Walton was always a forward looking company, being one of the early ones to introduce Alkyd paints, variations of which are still used today. They were effectively the first company to introduce emulsion paints - Synflat - which replaced distemper. A very specialised, small, resin plant manufactured a unique product which was used to coat the inside of batteries by Ever Ready.

With a factory of that size and type there were obviously incidents from time to time. One of these was when a 45 gallon drum (not metric in those days) exploded and flew over the top of a three storey building - It was said to be the only occasion when staff were seen to run into work! A fire in the resin plant was so severe that the glass in the windows of the building melted and ran down the walls. However the major incident was in the same plant on 4th August 1966 when it was destroyed by fire (there were 10 fire engines in attendance). This particular plant was never replaced.

As the 1950's progressed it had become evident that it would be difficult to Survive as an independent national company and so it merged with Ashley Wallpapers. This was the beginning of a long chain of takeovers which unfortunately eventually led to the closure of the factory. First to come along were the wallpaper manufacturers (WPM) - Older readers will remember Walpamur paint which was classed as the king of distempers. This was then bought by Reed International who at one time owned some 80% of the wallpaper industry, then by William's Holdings who sold out to Nobel Industries of Sweden and these then merged with Akzo/Nobel who along with other chemical businesses are the largest paint manufacturing group in the world. Alas Smith & Walton no longer exists although efforts continue to attempt to make the site a viable source of jobs.

W. Veitch. Darwen, Lancashire.

Hello readers, as I gaze from my window and see the snow bleaching down I know there is a raw wintry feel in the weather at the moment. On that note the poems this month have a certain warmth about them and all are concerned with love.

There are many different kinds of love, and we begin with an enchanting piece sent in by Yvonne Woods. Yvonne wrote this poem for Joanna and Gary Thompson; it's all about their Granddaughter, Kayleigh Jay.

Angel Face

Kayleigh boo is magic full of fun and laughter
She loves a bit of chocolate but makes a lovely mess after!

She lights up the room with her charming face
To stop her putting food in the washing machine is a constant race!

A credit to her mom and dad as she continues to grow
The love of people around her she will always know.

I think this poem is a lovely gift to Joanna from her sister Yvonne.

The next poem was presented to me by T. T who commented

"I loved this poem from the moment I first read it, so simple and for me so evocative."

Love is feeling cold in the back of vans
Love is a fan club with only two fans
Love is walking holding pain stained hands
Love is.
Love is fish and chips on winter nights
Love is blankets filled full of strange delights
Love is when you don't put out the light
Love is.
Love is presents in Christmas shops
Love is when you're feeling Top of the Pops
Love is what happens when the music stops
Love is.
Love is white panties lying all-forlorn
Love is a pink night-dress still slightly warm
Love is when you have to leave at dawn
Love is.
Love is you and love is me
Love is a prison and love is free
Love's what's there when you're away from me
Love is.

I expect lots of people will be able to relate to something in this poem. I certainly can!

The final poem this month talks about the love of friendship and portrays two elderly gentlemen reminiscing over a glass, or two.

Old Friends

Beside a flickering firelight
They take a dram together,
Retired bodies
With agile minds
Recall the years
Through a whisky haze.
Sharing the laughter,
Crying soundless tears
To distant reminders
Of youthful pastimes.
Turn on the music
Of wistful yesterdays,
And raise a salute
To a lifetime
Of memories.
Though mellowed now
By ageing forgetfulness,
They reminisce until dawn
Old friends together.

Thanks to everyone who has sent in poems to me, without your support this page would not continue, so keep putting pen to paper and pushing them through my letterbox at 32, Ratcliffe Road Haydon Bridge.

More next month.

Sylvia.



A SPRING TIME SELECTION OF MEDICATED MISCELLANEA

ALLERGY

With acknowledgements to UCB
Pharma

Hayfever is an allergic reaction to pollen and mould spores that affects 10-20% of the population in the UK, mainly during the summer. Your body reacts to the particular allergens in the pollen grain by releasing a chemical called histamine from specialised 'mast cells'. It is the histamine that causes symptoms such as sneezing, cough, itchy watering eyes, runny nose and general misery.

Anyone can suffer from hayfever but it is most prevalent in the young. It is possible to develop it during your 30s or 40s but it is more likely that symptoms will become less severe as you get older. There is an increased chance that you will be affected if your mother and/or father suffer from hayfever. Surprisingly, more people living in cities suffer from hayfever than those in the country. Your risk is increased if you live in a polluted atmosphere or are often surrounded by cigarette smoke.

Pollen is carried either by the wind or insects to fertilise plants and flowers. It is wind-pollinated plants that are likely to affect you most. Wind pollinated plants include grasses, trees and stinging nettles. These plants release their pollen at different times of year. By recording when you suffer with hayfever, you can determine which pollens affect you most. In March to May it will be trees, in June the grasses and in July to September herbaceous plants and moulds and fungi.

You will notice that the severity of your symptoms is related to the pollen count that day, a figure often given in the weather forecast. The pollen count measures the average number of pollen grains per cubic metre of air over a 24-hour period. The count is highest in the late morning and in the evening on warm and dry days with a gentle breeze. Rain reduces the count.

Avoiding exposure to pollen, especially on high-count days, will help. To do this:

Avoid long grass areas

Keep windows (car and house) closed
Wear sunglasses
Avoid high pollen times outdoors
Reduce exposure to other pollutants
Wear a mask
Buy a car with a pollen filter and air conditioning

Treatment, which can be very successful, includes antihistamine tablets (that prevent the release of histamine in response to the pollen), nasal drops/sprays and eye drops. Many of these products are available over-the-counter, as well as on prescription.

Perennial allergic rhinitis is similar to hayfever, in that it causes similar symptoms, but it is due to allergens that are present all year round. It often starts in childhood and runs in families.

The allergens responsible include animal dander (skin flakes, hair, feathers, saliva etc), house dust mite droppings and moulds.

House dust mite (*Dermatophagoides pteronyssinus*) is the commonest cause but not the mite itself, just its droppings. As the Latin tag suggests, the beast eats skin debris. It lives in all soft furnishings – mattresses, carpets, sofas, chairs, bedding, curtains etc. It's numbers can be reduced by having wooden floors, damp dusting daily of all surfaces, regular and frequent laundering of all fabrics in very hot water and using allergy reducing bed covers or foam mattresses and pillows.

Removing some of the mites food sources, in the form of pets, can be very helpful. Preventing animals from being in the bedrooms and on the furniture can help, if the family cannot bear to banish them from the house altogether. Fish are a safe bet but reptiles, arachnids etc. not necessarily so, albeit they do not have fur or feathers.

Chemicals in the home and workplace can also have a similar effect.

Urticaria, also known as hives, is an allergic reaction in the skin. Irregular pink or red blotches on any part of the body surface can appear within seconds of contact with an allergen. The patches can develop pale or white centres sometimes and itch intensely. The patches can last minutes or indefinitely.

Food, drink, medication, plant or animal contact, insect bites, heat or cold, local

pressure, sunshine, alcohol and emotion can all cause urticaria. Sometimes it is impossible to identify the true cause. My own encounter was related to North American strawberries but the English variety cause me no trouble – I'm overjoyed to report.

When the condition affects the area around the airways (mouth, lips, tongue, nose etc.) it should be taken very seriously indeed and medical help sought IMMEDIATELY. If necessary dial 999.

Being observant and avoiding known causes is an obvious step. If you are severely affected, then letting those close to you know would be prudent and possibly wearing a Medic-Alert tag would be prudent too.

Antihistamine tablets will both treat and prevent the problem. Calamine and cold compresses also help.

PANDEMICS

H5N1, the avian flu currently confined to south east Asia – as far as we know, is the pandemic-to-come that everyone is talking about but it is by no means the only worldwide infectious disease problem.

In the UK there was a 20% increase in HIV infections diagnosed in 2003/4, compared with the previous year. Homosexual and bisexual men are the hardest hit and this may reflect a return to unprotected sex. With such a serious infection, complacency is an exceptionally bad idea.

Heterosexual transmission of HIV has doubled in the last five years and is no longer substantially confined to the young.

Yet again, I renew my plea to everyone to have an STD check with EVERY change in partner – even, or especially, after one night stands. Even the nicest possible people have and catch STDs!

There are now more choices for where you can get tested. You are very welcome to come to the Health Centre – an obvious and convenient choice – but a new sexual health service is now getting underway in Hexham, look out for information locally about this and

Notices.

ADVERTISERS USING THE HAYDON NEWS

Invoices for advertisements placed in The Haydon News will be sent out during March.
Prompt payment would be appreciated.
Thank you.

COPY FOR THE NEXT EDITION OF THE HAYDON NEWS

All articles, notices, advertisement, letters, etc for publication in the next edition of the Haydon News must be received by the editors before March 20th
Editors address is on page 2.
Thank You.

THE FRIENDS OF HAYDON BRIDGE MEMBERSHIP /SUBSCRIPTION FEES FOR 2005.

Membership/subscription fees for 2005 are now due.
Please complete the box below, enclose it and the appropriate fee in an envelope addressed to:

**The membership secretary,
Friends of Haydon Bridge,
The Rambler,
Brigwood,
Haydon Bridge,
Hexham. NE47 6EX.**

If you live locally you may leave it at the Co-op, John Clarke's or Marsh's newsagents from where it will be collected.

Annual membership fee remains at £1.20
An additional donation is always welcome !!

UK readers of the Haydon News may, for a subscription fee of £10, receive a posted copy of each edition for a year. (10 copies).

Friends of Haydon Bridge membership/subscription form.

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make use of the service. Appointments will be made by telephone. Contact racing, anywhere in the UK, is a particular strength of this new service and is clearly overwhelmingly important.

The GUM service in Newcastle and Carlisle is also still going strong too but they too prefer you to make an appointment due to the huge demands upon them.

ALWAYS USE A CONDOM!!!!

AN INTERESTING OBSERVATION

At a recent meeting a colleague observed that he had been conscious of a large drop in the number of strokes occurring locally. There were nods of assent from around the table.

If this initial impression is confirmed it will be very encouraging as the North East had the farthest to go, nationally, in terms of improvement.

No matter what you or we do, no one is going to live forever – yet. What we most earnestly wish is that people will live long healthy lives and 'die old but fit' – if that is not too much of a contradiction in terms. The avoidance of disability and premature death is the name of the game.

As ever, what you do for yourself is the key.

The single greatest change that anyone can make is to stop smoking

– permanently – and we are very keen to help you achieve this.

Next, get physically active every day – every little bit helps.

Avoid being overweight, part of which can be done by aiming for a fat, sugar and salt free diet – itself good advice for everyone anyway.

Increase your fruit and vegetable intake, there's no such thing as too much.

Get your blood pressure checked and, if necessary, treated.

Choose your parents carefully – your genetic inheritance plays a major part in your health.

The health of mothers before conception and during pregnancy plays a major part in the life-long health of their children.

HAYDON BRIDGE BY PASS.....UPDATE.

As reported in the local press some while ago, construction of the Haydon Bridge By pass is likely to be delayed. At a meeting with the project managers, held at the end of January, representatives from Haydon Parish council were informed that preparatory work for the by pass is fully funded and is to continue. This includes a further public consultation meeting, finalising all plans/design work and, in the case of receiving objections, a public enquiry. By the end of 2006 all this work will be completed and construction of the by pass could begin.

HOWEVER, funding the construction of the by pass seems problematic.

In March 2005 the government will make known the amount of money available for road construction over the next three years. This will be based, in part, on the priorities agreed with regional bodies. But, at present, these regional bodies do not exist, neither is their membership known. They come into being in March. This doesn't appear to give them much time to agree road construction priorities.

So where does this leave the residents of Haydon Bridge?

We could organise a lobby to press our case for a bypass if only we knew who to lobby!

Following the January meeting enquiries are being made regarding the membership of the North East regional body. In the meantime, the Haydon Bridge By pass Group is to meet to put together a portfolio of evidence to support our case. A public meeting will be organised to discuss further action.

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