



THE HAYDON NEWS



RIP

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Issue 03

March
2005

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(See page 12)

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.

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 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 Anonymous letters will NOT be published.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,
Brigwood,
Haydon Bridge. NE47 6EX

Committee of the 'Friends of Haydon Bridge'

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

EDITORIAL COMMENT.

Reports in the Courant earlier this month included quotes from a Corbridge business person claiming that 'Corbridge is an affluent town. Everyone who lives here buys into that. People who live here have to be affluent'. It set me wondering – what claims could be made for Haydon Bridge and its residents, and how would these compare?

There's enough corduroy trousers, tweed jackets, green wellies and mud splattered four wheel drives around Haydon to give a hint of affluence to the place but you're left with the feeling that it's not quite as universal in its distribution as claimed for Corbridge.

There certainly aren't those specialist and boutique style retailers for which our down river neighbour is noted but, on the other hand, Haydon does have really useful shops, a part-time bank, a post office counter that's open well beyond the hours experienced elsewhere and even an estate agents window!

Heritage ?

We don't have a Corstopitum, vicar's pele tower, church of Saxon origin, medieval street patterns nor the oldest bridge across the Tyne but here our claims compare rather well. A fine stretch of the Roman Wall between Housesteads and Sewingshields, a 13th century castle (now an award winning hotel), a bridge of sufficient age to be scheduled an industrial monument and what remains of a 13th century wayside chapel (after most of it was moved to bring the church closer to the people).

And for culture – John Martin, local born 19th century artist; Rev Shaftoe, educational and social benefactor; Philip Larkin, frequent visitor; Whapweasel, Street Martins and any number of local artists.

Not that heritage is all that it's made out to be! Just ask the residents of Church Street what they think of 'the Heritage' and its attempts to 'improve' their street.

The rural setting of Haydon Bridge certainly takes some beating with parts

of Northumberland National Park, Hadrian's Wall World Heritage Site, North Pennines Area of Outstanding Natural Beauty and the National Trust's Allen Banks/Staward Gorge in the parish. Mind there are some places in the village that could do with a good tidying up and the noise of the A69 traffic and low flying aircraft are distractions. Then, of course, there are the inhabitants. Haydonians.

Unlike their Corbridge counterparts – if they are 'snobs' weighed down with the burden of over filled wallets, Haydonians are noted for their friendliness, sense of humour, generosity of spirit, honesty, kindness and even tempers. Maybe not everyone you know fits the description but, face it, 'they're 'canny folk'.

Corbridge may have its affluence but I know where I'd sooner live.

Haydon Bridge, a place with a heart that just needs by-passing!

PARISH COUNCIL NOTES. MARCH 2005.

Present at the meeting; 10 parish councillors and 1 county councillor.

The matter of the church clock, still awaiting repair, was raised again by a member of the public. The council have approached a contractor to carry out the necessary work but are waiting to receive his estimate.

Concern was raised by another member of the public regarding the state of the old cemetery. Many headstones have fallen and several trees are in a dangerous state. The council have been informed that Tynedale District Council are responsible for the maintenance of the cemetery and will be dealing with the trees. They have also 'topple tested' the headstones to check stability.

The faulty supply of water to the Alston Road cemetery is to be checked by a member of the Parish Council.

The council discussed the response to the question and answer session at the last council meeting with 2 representatives from the Environment Agency. One councillor spoke at length about the need for increased cooperation between the various bodies

responsible for flood prevention measures and is, with other councillors, to arrange a meeting with the Environment Agency, Northumbria Water and Tynedale Council to discuss future joint action.

It was brought to the council's attention that money is being made available by the government for air vent covers for homes not protected by flood defences but in areas threatened by flooding. What was not made clear was to whom you should apply if you qualify for the funding.

The saga of the bus shelter, provided by the parish council for children travelling to Allendale Middle School, continues. The present shelter at the end of Strother Close is to be demolished to make way for the Foundry Yard development. The developer has said that he is prepared to provide a replacement shelter.

However, there is a problem over where to site it. The route followed by the school bus has been changed and could well be changed again in the near future. Once the site is chosen the council will need planning permission before the shelter could be erected.

This will cause further delay. The council are at present consulting with the various agencies involved in an attempt to resolve the situation.

The council went on to discuss the problems created by on street/on pavement car parking in Haydon Bridge particularly in Shaftoe Street, Church Street and part of Ratcliffe Road. One councillor informed the meeting that the local fire engine had great difficulty getting along Shaftoe Street when it was called out to deal with the helicopter crash at Langley Castle recently.

It was pointed out that all new developments must include adequate off road parking for residents. The parish council recognised the problem faced by local residents in finding parking space and also for road users and pedestrians whose way is often blocked by parked vehicles. The council is to consult with the police, local authorities etc. to improve parking facilities in the village and try to resolve residents parking difficulties.

Parish Council Notes continue on page 7.

‘WAR’ GEORDIE

When I am visiting other parts of the country (or even the world), I am always on the lookout for Haydon Bridge connections that will add to our archive of social history.

These links with our village are often co-incidences; occasionally anticipated with the benefit of prior knowledge; but invariably I stumble into them as they cross my path unexpectedly.

Such was the case on New Year’s Day this year.

While partying at Killin in Perthshire and having exhausted the native Scottish songs, we turned as ever to traditional ‘Geordie’ anthems, spiced with more recent Haydon Bridge tales set to music.

The mention of our village was enough for a lady in the assembled throng to seek my attention and tell me that she had, *“Known Haydon Bridge well in the past, had visited regularly and was made to feel very welcome”* although she had never lived there.

A little encouragement on my part and Mrs. Linda Lewis continued with her story.

During the second world war, the Royal Navy destroyer *‘Jervis’* on which her husband to be, George Lawson Lewis, was serving, came across the debris of a sunken British vessel off the coast of Italy, in the Mediterranean. It was all hands to the rescue when a young crewman was spotted in the sea, his life ebbing away. Stoker, Lawson Lewis was the first to reach the sailor trying desperately to keep afloat in the water, and he pulled him aboard with a boat hook

“Howay bonny lad. Your in safe hands now.”

His rescuer’s broad Tyneside accent was enough to force a smile on the face of the fatigued survivor who made his gratitude quite plain.

“Thanks Geordie. Thanks Geordie. I haven’t seen a Geordie for weeks but I couldn’t be happier than to meet one now.”

Lawson Lewis had saved the life of the stricken seaman and from that day on he

became known as **‘Geordie’** to his shipmates, friends and family. In memory of his act of rescue and the survivor’s first words.

‘Geordie’ returned home to High Spenn in County Durham on leave, and was determined to find the sailor’s parents and pass on to them news of their son who was recovering on his sick bed abroad.

A bus to Hexham and then he set out on foot to find, ‘Brokenheugh’ where he had been told that the seaman’s father was a gardener.

Mrs. Lewis tells me that her husband Lawson, forever remembered the wonderful reception given him in the Lodge at Brokenheugh Hall, when he met the sailor’s father and mother and recounted his story.

The friendship between ‘Geordie’ Lawson Lewis and the young man he saved from the deep, continued long after the second world war and the sailor’s gratitude was expressed in the most endearing fashion.

‘Geordie’ was Best Man when the sailor married Gladys on the 19th March 1949 at Hexham, and two of their children were given the names of their father’s rescuer. ‘George’ Bryan and ‘Lawson’.

Mrs. Lewis and her husband ‘Geordie’ Lawson Lewis continued to visit Haydon Bridge and Linda’s tales of happy memories of our village and the time spent with their grateful survivor, **Jasper Robley, Gladys his wife and their family**, were a pleasant interlude for me on New Year’s Day 2005.

‘Geordie’ Lawson Lewis returned from the war to continue a lifetime’s work at the Co-operative store, in Blaydon where he was the Manager. Mrs. Lewis has many stories to tell of Jasper and Gladys’s trips with the family to their home in Chopwell, where she had a ladies hairdressing shop for 30 years, and of her and her husband’s visits to Haydon Bridge.

Mrs. Lewis told me, *“We loved Haydon Bridge. It was just as you imagined a country place to be. We met some lovely people and went for walks up beautiful country lanes;*

although I was a bit worried when Jasper told me that a bull had escaped and killed a man there! We went out at night to the local public houses and I have so many happy memories.”

‘Geordie’ George Lawson Lewis passed away on the 13th of January 1998.

Jasper Robley had joined the navy from leaving school and like George Lawson Lewis, was a stoker. Jasper’s memories of his navy career and the incident which almost cost him his life, have been passed down to his wife Gladys, his sister Joan and his children.

Joan continues the story. *“We were never told which ship Jasper was on or where he was going, but I would put two and two together by the presents he would bring home for me. Clogs (from Holland), a leather bag (from Italy), a sheepskin rug; Jasper told me it was a Polar Bear skin (from Iceland).”*

Jasper’s account of his ship’s disaster is also clear in the mind of his son George. *“The Captain of the ship was drunk and ran aground. When the ship sank it dragged Dad under and when he came round, ‘Geordie’ Lewis was pumping water out of his body, trying to save his life.”*

Jasper’s friendly face will not be forgotten in Haydon Bridge. A fine upholsterer and carpet layer, he had his own business in our village for fifteen years. First at 20 Hordley Acres, then 7, Ratcliffe Road, 17, Church Street and finally 19, Church Street.

Jasper Robley died, much too young, on 4th January 1977, aged 52 years.

Jasper’s name and that of George Lawson Lewis, who saved his life in the Mediterranean, live on today through Jasper and Gladys’s children and grandchildren. One of whom, Kieran, carries the ‘Lawson’ name into the next generation.

I am grateful to Mrs. Linda Lewis and to Gladys Robley and family for allowing me to add this story to my ‘Haydon News’ archive.

ANN MARTIN 1784 – 1867

My story of the Martin family of East Land Ends (published in the Haydon News in Oct / Nov 2000 and Jan / Feb 2001), bemoaned the lack of information about Fenwick and Isabella Martin's daughter, Ann.

I noted my disappointment that writers and biographers have seen fit to disregard her almost entirely, while the lives of her brothers, William (1772 – 1851), Richard (1779 – 1837), Jonathan (1782 – 1838) and John (1789 – 1854) have all been covered in some detail.

I am delighted to tell you that **I am now able to add further detail to the life story of John Martin's sister, Ann.**

Once more, the information comes to me from an unexpected source.

A casual remark by a lady from Kent made to another lady who lives in Hexham, who in turn mentioned the conversation to her friend from Haydon Bridge. The lady from Haydon Bridge, being aware of my interest in our history and the Martin family, passed the story on to me and I was only too eager to follow up another link in the Martin trail.

In December last year I made contact with John and Patricia Adam from Tonbridge.

Fenwick and Isabella Martin are the fifth times Great Grandparents of John Adam, through Ann Martin and her daughter Isabella Ann.

I'll let my correspondent Patricia Adam continue the story, which follows extensive research by herself and her husband John.

"All we knew from family sources was that Ann was the Sister of John Martin, the famous painter. We also knew the date of her death, age at death and place of burial in Brompton cemetery. Her husband was said to be John Atkinson but further research revealed he was in fact Thomas Atkinson.

Unfortunately little has been passed down in the family about Ann except for the date of her burial. We have three photographs of an elderly lady taken at different sittings in Regent Street and Kensington. The style of the dress and the style of the photograph – back, dates one to the early 1860's and another to

the later 1860's. Weighing the evidence the most likely subject is Ann Martin (Atkinson) but we cannot be absolutely sure of this."

A reminder: About 1776, Ann's grandparents Richard and Ann Thompson left East Land Ends and went to Scotland, in response to the Duke of Argyll's appeal to English farmers to teach husbandry to the Highlanders. They settled at Kil-Colm-Cille on Kintyre. Fenwick and Isabella followed and lived at the Brig of Doon, near Ayr, where their son Richard was born.

Ann was born in 1784 and by this time Isabella was living with her parents at Kil-Colm-Cille.

Fenwick had left home and enlisted in the army at the height of the American War of Independence. When Ann was born however it is recorded that Fenwick was back in Northumberland, giving fencing lessons at the Chancellor's Head on Newgate Street in Newcastle.

Fenwick, Isabella, Richard, the eldest child William and Ann eventually returned from Scotland to the cottage at East Land Ends, where John was born on 19th July 1789.

Patricia Adam continues:

"Ann's baptism took place on 24th July, in Southend, Argyllshire. The Southernmost village on Kintyre.

The family moved to Newcastle in 1803 and we know no more of Ann until her marriage to Thomas Atkinson, a Boot Maker, in April 1807 at St. John's Church, Newcastle.

Both Ann and Thomas were able to sign their names in the marriage register, unlike many others on the same page.

On 4th January 1809 a daughter Isabella Ann Atkinson was born and she was baptised on 26th February at Postern Street Independent, Newcastle. According to family sources Isabella was their only child.

We do not know when Thomas Atkinson and Ann moved to London or when Thomas died.

Ann's daughter Isabella married Henry Warren, probably about 1829,

in London.

(Henry Warren became President of the Institute of Painters in Water Colours in 1839 a post he held until his resignation in 1873 at the age of 77 years. In 1839 he painted a portrait of John Martin which hung in the Royal Academy.)

Isabella and Henry's first son Albert Henry, my (Patricia Adam) husband's great - great grandfather, was born on 5th May 1830 and all together Isabella and Henry presented Ann with nine grandchildren.

Three of the five girls died fairly young but the four boys all survived to become artists like their father.

In 1841 Ann Atkinson aged 50, was a lady of independent means living or staying at 7, Camera Square, Chelsea. By 1851 she was living with her brother John, his wife Susan and their daughter Isabella and two servants, in Lindsay House, Chelsea.

Ann Atkinson (nee Martin), the widow of Thomas Atkinson Boot Maker, died of General Debility and Paralysis on 29th January 1867 'age 80 years' (she was probably 82) and was buried in the Brompton Cemetery in a grave with other members of the Warren family."

Ann, the only surviving girl of the East Land Ends Martin family, had outlived all her brothers.

Ann's daughter, Isabella Ann, became 'Dame Isabella' when Henry Warren was awarded the Order of Leopold in 1868.

(you will remember that John Martin had been awarded this honour thirty five years earlier).

Ann's daughter Isabella died in 1871.

My sincere thanks are due to John and Patricia Adam, for allowing us to share the results of their painstaking research and extending our knowledge of our most famous Haydon Bridge family and their descendants.

Thanks are also due to Betty Mundell of Hexham and Linda Farr of Haydon Bridge for making the link with Tricia Adam possible.

Linda's maiden name is Ridley of course.....and John Martin's grandmother's maiden name was Ann Ridley.....

I wonder ????? another link with our past perhaps?

Hello readers, in our poetry page this month there are some great poems written about Northumberland

**We begin with a jaunty little piece
written by Gae Eddison.**

The centre of Britain this county is
Its landscape large and varied
Roads criss-cross the hills and dales
Hawthorn lines them, bent by gales.

Coast and county, castles and farms
The pursuit of field sport all around
Rivers lakes and hilltop tarns
Anglers inspired to tell their yarns.

Big skies, bright skies fog, snow and rain
Enough to send you off to Spain
But hardy folk who've cast their hand
Will always return to Northumberland.

Thank you Gae that was fun.

**In our next poem you can almost see
David Caygil wandering around the hills
and dales of Northumberland and
enjoying the scenery.**

Grouse spring off from the misted, heathered moor
While morn's light fractures on the rivers rippled face

Northumberland

Cold but beautiful waters of the North Sea wash
Such a coast-line, such a rugged different shore

Northumberland

In market towns, the friendly folk are to and fro,
Walking and talking midst the farmers wares
Sharing time in the North way
Sharing time in the North day

Northumberland

There are hills to roam, a wall to walk
There's joy of finding strangers talk
And rural beauty on every hand
The county of Northumberland.

*I love the imagery this poem
conjures up for the reader.
Well done David.*

**You know Marilyn Framrose has warm feelings for Northumberland when you
hear what she writes in the lines of her poem.**

By Holywell I've lingered long by water sparkling dark,
Or laboured up the Cheviots slopes, to moors rugged and stark,
I've wandered in the shelter of the College Valley's peace
Or on deserted golden strands where waves pulse ne'er cease
Long sandy beaches, seashell strewn, where Norseman came
And ancient castles standing there protecting native's claim.
Market towns with Gatherings still held every year
Alnwick, Morpeth, Rothbury the peoples music here
Northumbrian pipes and fiddles, tunes and songs and ancient rhyme,
To be enjoyed or joined in with most weeks in summertime.

When coming back from journeys west I take the left-hand turn
Through Greenhead, just past Walltown and across Haltwhistle Burn,
There's history wafting on the wind, where once Romans lived
On these high moors there's Cawfields, Stanegate, Twice Brewed and Steel Rigg
The grandure of the Roman Empire still clings to the stones
There, buried under grassland are a thousand soldiers' bones.
Now walkers tramp the miles of Wall from East Coast to the west
Like legions sent in Roman times at Emperor's behest
Across the bridge at Chollerford, follow the North Tyne's foam
Where Heavenfield and Paradise flank my Northumbrian home.

Thank you Marilyn for taking us on a fascinating journey around Northumberland.

**I think our last piece for this month written by Wendy Lively
is informative and a good solid poem.**

Fields of historic battles, invasions by the score,
Roman legions, Danes, Reivers and many more.
Great walls, Pele towers and Castles fortified,
Vigils at river crossings, for this land they would die.

From the sea herring, from the land came coal,
Made the Southeast corner, England's industrial soul.
Wild bleak heather moors, and rugged mountain peaks
Are dotted with the white coats of local black faced sheep.

There are miles of sand dunes beaches totally unsurpassed.
Grace Darling saviour of sailors, was a local Bamburgh lass.
From springs, burns and Cheviots the chilling waters flee
Into princely rivers which flow east to the great North Sea.

Chillingham castle grounds are host, to a wild white cattle herd,
At Kielder water forest part you'll see many a hunting bird.
A county which was perceived as grimy, in the days of old,
Has scenic beauty and history, now thrives with a tourist drove.

Thank you Wendy, that was great

**More next month. Thanks to everyone who has supported
this page. Keep scribbling and sending your poems to me.
Sylvia Mitchell, 32 Ratcliffe Rd, Haydon Bridge**

PARISH COUNCIL NOTES.
Continued from page 3.

Cavity wall insulation is being offered free of charge to home owners in Haydon Bridge. Home owners wishing to benefit from the scheme should contact the Parish Clerk or the people at present in the village carrying out the survey.

A new street light is being proposed for the area near Shaftoe School. This is part of the parish council's programme to improve street light in the village. A proposal was made forward for a new street light on Land Ends Road towards the caravan site. It was suggested that if this was to go ahead it would be possible to request that the 30mph sign on Land Ends Road be moved further west away from the built up area.

It was noted that the old out buildings at Hordley Acres House had now been demolished. Over the past few years the deteriorating state of these buildings has

frequently been brought to the attention of the council as they were considered a danger to people using the adjacent foot path leading to Greenwich Gardens. A complain was received regarding the position and size of the waste bin attached to the lamp post near the Co-op store. It was felt that a larger bin, with a lid to prevent the wind from blowing waste from the it, should be placed on the pavement outside the Co-op.

Date and time of next meeting:
APRIL 28TH 2005 at 7.30

This meeting takes place at
LANGLEY VILLAGE HALL.

PARISH COUNCILLORS.

- Esmond 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.
- Mr E Brown.
- * also a Tynedale Councillor.

Parish Clerk
Mrs C McGivern 688020(after 6pm).

VILLAGE SPRING
CLEAN.
Starts at 10am. on
SATURDAY, 9TH. APRIL
At the Eland/riverside.
PLEASE COME AND HELP.

CLUB NOTICES.

HAYDON BRIDGE NATURE CLUB

Did you know that on alternate Thursdays, Haydon Bridge is the centre of the Tyne and Allen dales for nature lovers?

One of our longest running community groups attracts members from across the locality, throughout the year. During the winter months meetings are held in the Methodist Chapel hall at 7.15pm, where a variety of speakers entertain and inform on all subjects from flora and fauna to landscapes of this country and abroad. From April to August a series of short (2 to 4 miles) walks and visits are planned, with a leader to guide and point out places of interest.

One year's subscription is only £10 (and you get good company and tea and biscuits as well!). Or come along for one evening only to see whether you're going to enjoy it before making a commitment.

DATE	LEADER	MEETING PLACE	DESCRIPTION
31 st March	Dr. Alan Donaldson	Methodist Chapel	The pains and pleasures of worldwide exploration
14 th April	Dave Rutherford Tel 602461	Lay-by near Newbrough Church	Crow Wood 2-3 miles
28 th April	Christine Swaddle Tel 684498	Park Village	Bluebells at Bellister 4 miles
12 th May	Pauline Nichols Tel 681634	Railway Inn, Fourstones	Fourstones/Newbrough 4 miles

All walks start at 6.45. If in doubt of walk taking place due to bad weather, please confirm the walk with the leader

I can't think of many more pleasurable ways to enjoy a couple of hours on a Thursday evening. Well, only one actually.....but that doesn't last two hours.....unless there's extra time of course!!!!

THE SPRING IS SPRUNG,
THE GRASS IS RISE,
I WONDER WHERE THEM
DOCTORS IS ?

PRACTISING WHAT WE
PREACH

The health centre is committed to being a totally smoke-free environment, inside and out – including the car park, as part of the National Clean Air Award. We are going for the Gold Award.

Whilst we have no trouble keeping the interior smoke free, we have opened a book on our Manager Gerry's sprint time from her office to the path around the back of the building to verbally chastise the school kids who congregate there for a crafty fag.

The odds are shortening but, so far, it's still the kids by a nose. However, Gerry is getting much fitter of foot, her withers are positively rippling with the exercise and she has developed a nicely turned fetlock too.

If your children smoke, they are every bit as welcome as adults to get help to stop.

A recent paper in the British Medical Journal made the point that the children of mothers who smoked in pregnancy had 6.2 point reduction in IQ. The suspicion is that the babies are permanently brain damaged as they grow and develop before birth – what a desperately sad start to a life.

ELDER ABUSE IS REAL

We have all heard of child abuse but how many have heard of elder abuse?

On www.eshelnet.org.il is a

report of an astonishing survey undertaken in Israel that showed that 18.4% of the elderly population reported being abused within the previous twelve months.

The abuse was perpetrated by spouses, relatives and children and took the form of neglect, physical, verbal or even sexual abuse. Economic exploitation also featured. Whilst neglect, economic and verbal abuse appeared especially prevalent in Israel, the other categories of abuse have been found to be every bit as frequent in the UK, USA, Australia and Hong Kong. So there's no scope for complacency here.

If you know someone who is not being treated right, don't just ignore the problem. Social services, the police and health workers can all help.

FALLS IN THE ELDERLY

It came as a surprise to me to learn that taking Vitamin D in 800 unit daily doses greatly reduces the risk of falls in the elderly.

Whereas humans get the majority of their vitamin D requirement from exposure of their skin to sunlight, the elderly are usually housebound and their skin produces less vitamin D anyway. So, it's no good just snapping Granny into a dental floss thong and wheeling her out onto the patio when the sun's out, she would benefit from vitamin D tablets daily.

Those who wear all enveloping clothing (such as jilbabs - recently on the news) are also subject to vitamin D deficiency. In children this can lead to rickets. In the countries nearer the equator the exposure of hands, feet and face may be enough to produce the necessary

vitamin D but in cold, cloudy Britain it is not.

A LESS USEFUL VITAMIN

Vitamin E has been promoted for many reasons. It is now apparent that taking additional vitamin E will not prevent or treat heart disease. In fact, at higher doses, it actually causes the problem.

Whilst some may be good, more is not better.

RABIES IN THE UK.

Everyone's image of a rabid animal, if they think of it at all, is of a mad dog foaming at the mouth and biting anything that comes close. Whilst this is the true picture in many parts of the world, it is not, so far, the UK picture.

Worldwide 70,000 people die of rabies every year. The first death from rabies in the UK for over 100 years was in 2002. The form of rabies involved was not the classical type but a variant found in bats. Up to 15% of Daubenton's and pond bats are affected, two of sixteen species found in these isles. Infected bats are found all over Europe and the UK.

Anyone coming into contact with bats, especially if bitten or scratched by one, should regard themselves as being in substantial danger and get help IMMEDIATELY. Contact with bat saliva or flesh on even a tiny break in the skin, or eyes or mouth is also very hazardous.

Rabies is, for practical purposes, 100% fatal but vaccination may help – sometimes.

To put the problem in perspective; the only people who should have any contact with bats

are licensed handlers. No member of the public should intentionally get near bats, much less handle them, they are a protected species under the Wildlife and Countryside Act 1981. In particular, sick and injured bats or bats that are about in daylight should be left very strictly alone and a vet or animal welfare officer informed of the whereabouts of the bat.

STRANGE WEATHER

The recent late winter weather has caused confusion amongst the local amphibians. Whilst out for a walk today I found a mound of frog spawn sitting on top of a sheet of ice over a pond. The poor creatures were clearly muddled by the unseasonable cold. This is the first case of premature frogulation that I have encountered.

ST JOHN'S WORT

Not only is this a pretty little flower but also extracts of it are at least as powerful, even possibly slightly more so, in their antidepressant qualities as paroxetine – one of the Prozac family of antidepressants. A recent paper reported a trial in which a direct comparison was made between the substances in people who were moderately or severely depressed. The dose of St John's Wort extract used was 900mg three times daily, this is a larger dose than I have previously seen quoted.

DEALING WITH UNCERTAINTY

Despite the widespread assumption that medicine is a rational scientific business, backed up by a large body of certain facts, the reality is that even the handful of 'facts' that there are are open to question, an expert's view is only valid until the next expert comes

along and being dogmatic about anything is folly.

Anyone looking for definite certain answers should look elsewhere. Medicine is uncertainty writ large, a barely differentiated mass of complex data, anecdote, experience and prejudice from which only the most hesitant conclusions can be drawn.

An aphorism that is growing in influence and is increasingly frequently being quoted in professional circles is 'Absence of evidence is not evidence of absence'. Think about it. It is a verity applicable in all walks of life but which has yet to reach all those whom it would benefit.

When a patient appears with symptoms A, B and C we can do tests D, E and F and then draw up a list of possible diagnoses, X, Y or Z. Then, whilst common things are common, it should also be remembered that, as a group, rare things are common too. So how do you decide between the possible diagnoses?

Younger doctors are bursting with zeal and the latest knowledge and theories but lack experience, older doctors (the Victor Meldrew sort) have greater experience but struggle to keep abreast of the latest information on all fronts, experts suffer from the 'well syndrome' (having plumbed the depths of the well of knowledge in a particular area, they can no longer see any of the vast landscape of knowledge around them and are apt to make asses of themselves accordingly) and, these days, everyone thinks they know best anyway – especially

politicians, journalists, lawyers, managers and special interest activists.

Does turning to non-mainstream sources help? You should ask yourself; is this person trying to sell me something or are they embittered by experience or are they unduly influenced by a single fortuitous experience or have they a personal, professional or political agenda...?

Caveat emptor – let the buyer beware. Ultimately, you have to use your own brain and make your own mind up. There is no substitute for thinking for yourself, carefully finding out the things you need to know and placing your confidence in people with the utmost caution. Sometimes you'll be right, sometimes you won't.

Steve Ford

HAYDON LOCAL ARTISTS'

SUMMER

EXHIBITION.

HAYDON BRIDGE COMMUNITY CENTRE.

JUNE 19TH- JUNE 25TH. 2005.

LOOK OUT FOR THE ENTRY FORM IN APRILS HAYDON NEWS.

CHURCH PAGE

CLERGY MESSAGE

An Eastertide Reflection

from
Leo Pyle

The lady at Henshaw Garage, I think her name is Elizabeth, tells me how much she loves Easter every time we come to this point of the year. And she's right. There is a combination of qualities we call beauty special to this time. It delights mind, sense, sight and spirit. Easter is after all the happy ending to the story of life. We are happy -ending - people.

Well, we are happy-ending -people so long , as we do not miss the point. We miss the point when our story ends with Good Friday . We all, experience pain, certainly. Not everyone experiences Resurrection.

It is, then, a lovely idea, all this happy ending and beauty and resurrection. But try telling it to someone in the midst of personal tragedy. Its hard for such to find Resurrection. Life is a black hole.

So we Easter folk have to realise that resurrection covers life in its entirety, the good, the bad and the very ugly. Resurrection ,is hope of recovery from every bad experience in life. Certainty, in fact. That we shall overcome. Resurrection from the ashes of depression, of alcohol addiction and cancer. Indeed resurrection from every cancer that eats away at our humanity and our dignity as human beings.

Lent is a waste of time if we think it ends with Good Friday. Kiss the cross by all means but come back!

Come back to see and smell the spring flowers of Easter, Today after all is the Christian spring. Its the morning of new life and life renewed.



WHO AND WHERE

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

Rev David Hasson, with the Methodist Congregation Wesley Manse, Moor View, Haltwhistle 320051

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

No fairy story here. This is reality. This is the truth which always dawns for those who wait long enough in faith. In the certainty that death is not the end.

Lets not settle for the so-called Vale of Tears. Hurt by life we may not feel like leaving our valley of the familiar. The path up that hill to new life may seem impossibly steep.

Fear not. Look beyond. Look beyond the familiar to all that is promised us this Easter Day. Hope, trust and have joy. Good Friday is not the centre of our faith. Good Friday is not the end. Good Friday is only the means to the end. To Easter. To resurrection, to a new beginning.

And it is beginning. All over again! We may not want to. Feel unable. But our Easter story is about our not being left alone. Easter tells us that God journeys with us through the pain, through loss, through death into hope, resurrection and new life.

Whatever our particular Good Friday we reach out to find a little bit of Easter, a little bit of hope, a little bit of new life. Alleluia and a Happy Easter.

METHODIST CHURCH SERVICES

Sunday 3 April

10.00am
Acomb Choir
6.00pm Evening Worship
Rev Kenneth Mankin

Sunday 10 April

10.00am Family Service
Rev David Hasson
6.00pm Evening Worship
Mr Stan Rowntree

Sunday 17 April

10.00am Morning Worship
Mr Charles Ford
6.00pm Holy Communion
Rev David Hasson

Sunday 24 April

10.00am Morning Worship
Mr D Campbell
6.00pm Evening Worship
Fr Leo Pyle

Sunday 1 May

10.00am Holy Communion
Rev David Hasson
6.00pm Evening Worship
Mrs Sandra O'Neill

ST JOHN OF BEVERLEY

Mass each Sunday at 9.30am

Mass each Sunday at 11.00am
at Haltwhistle

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



ST CUTHBERT'S CHURCH SERVICES

Sunday 3 April

10.30am Service of the word
Mr John Carr

Sunday 10 April

10.30am Morning Prayer
Mr Mike Fry

Sunday 17 April

10.30am Holy Communion
Rev Stanley Prins

Sunday 24 April

8.00am Holy Communion
Rev Alan Currie
10.30am Holy Communion
Rev Alan Currie

Sunday 1 May

10.30am Service of the Word
Mr John Carr

BELTINGHAM/HENSHAW CHURCH SERVICES

Sunday 3 April

Beltingham 10.00am
Holy Communion CW
Rev Stanley Prins

Sunday 10 April

Henshaw 10.00am
Holy Communion BCP
Rev Alan Currie

Sunday 17 April

Henshaw 10.00am
Mattins
Mr Keith Rutherford

Sunday 24 April

Beltingham 10.00pm
Holy Communion B.C.P.
Rev Stanley Prins

Sunday 1 May

Beltingham 10.00pm
Holy Communion B.C.P.
Rev Stanley Prins

Sheds on Fire

Haydon Bridge Methodist Church wish to thank Sheds on Fire, the Haydon Bridge Community Band, for the concert they gave on Friday 18 march. The capacity audience was treated to an excellent variety of music and it was good to see all ages taking part. Everyone who attended said that it was a very good night out. Thanks once again to the band and to all who attended and helped to raise over £200.

