



THE HAYDON NEWS



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Issue 10

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Thank you.

EDITORIAL COMMENT

This is the last Haydon News for 2005.

The Friends of Haydon Bridge would like to thank the 107 people who have paid their membership fee or made a donation towards the production of the Haydon News this year. We also thank our advertisers without whose continued support the Haydon News wouldn't exist, and a special thank you to our distributors.

With this Haydon News you should also receive your free copy of the Souvenir booklet produced by the John Martin Heritage Project. We hope you enjoy remembering some of the special events that took place in 2004, recalled in words and pictures in the booklet.

And if you want more, may I commend the CD and DVD produced by the project (see page 12) and available from the local newsagents now. An ideal Christmas present!!

Have an enjoyable Christmas and see you in the new year.

THE FRIENDS OF HAYDON BRIDGE.
ANNUAL GENERAL MEETING

JANUARY 30TH AT 7.30PM
HAYDON BRIDGE COMMUNITY CENTRE.
Members welcome.

The Editors.

*editors@haydon-
news.co.uk*

HAYDON NEWS contributions and crosswords to:

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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 the responsibility of the Committee of the Friends of Haydon Bridge, although day to day responsibility is delegated to the editors. 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/articles are to be published, and to alter or shorten letters/articles when necessary. Anonymous letters/articles will NOT be published.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 (chairman)

Committee of the 'Friends of Haydon Bridge'

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

PARISH COUNCIL NOTES. November meeting 2005.

Preamble.

The Parish Council Notes are compiled by the editors of the Haydon News.

Readers should note that these reports on the Parish Council proceedings, do not cover in detail the full discussions that take place on the many issues raised. Within the limited space available, we do try to give as full and accurate an account as possible on the business of each meeting.

For parishioners wishing to read a full account of proceedings, the minutes of each meeting are made available in the public library.

Following last month's meeting there were concerns expressed to a parish councillor by some readers, on the report about cemetery maintenance. Part of the report read.....

'.....it was noted that maintenance problems were presented by the number of ornaments on and around some of the graves. A decision was taken to inform the bereaved about the regulations regarding headstones etc'.

The Haydon News has received the following correspondence from the Parish Council;

'The [Haydon News] report of last month's discussion about the upkeep of the cemetery did not report the full discussion. From comments made by concerned parishioners we [the Parish Council] feel it necessary to elaborate on the notes published.

The Parish Council is responsible for the upkeep of the cemetery, but the cost is met by all parishioners as part of the Parish precept. We do like to keep the cemetery well maintained but are realistic as to what can be achieved within our budget.

As grass cutting is by machine it is necessary to ask relatives of loved ones to consider this—therefore we ask that headstones, vases and flowers be placed only on the top of graves and that the plots are kept flat.

Grass on graves can only be cut by our cemetery grass cutter if these instructions are complied with as he is not allowed to tamper with graves and obstructions make his task impossible. We [the Parish Council] are sorry for any misunderstanding caused and hope that this has made the situation clearer'.

9 councillors attended this month's meeting.

Public participation.

The council was asked whether or not the plan for Christmas lights in Church Street was to go ahead this year. When assured that it would, concern was raised about the fairness of only asking businesses in Church Street to part fund the scheme. It was suggested that all businesses based in Haydon Bridge be asked to contribute.

In the discussion that followed, it was proposed that in future a village wide appeal be made to raise funds for the lights. It was also proposed that the 'switching on' event be made more of an occasion.

A High School governor told the council that she had attended a meeting in Haltwhistle about the future of schools in Tynedale. She was particularly troubled by a report in the Courant about the possible closure of Haydon Bridge High School when NO such proposal had been made.

Councillors suggested that the High School organise a public meeting with County Council Officials to raise public awareness of the issues.

A member of the governing body of Shaftoe First School told the council that the governors were concerned about the state of the Scout Hut. Its dilapidated condition was likely to become hazardous if action was not taken to improve the fabric of the building. When asked whether or not the trustees had been asked for funding, the council were told that it was necessary to assess the support from the village for the scouts, to help make the decision whether or not repairing the hut was worthwhile. It was suggested that the scouts themselves take a more active role in this.

Council Meeting.

Matters arising from last month's meeting.

The Church Clock. The meeting was told that the Parochial Church Council had now been approached about the proposed changes to the clock mechanism. It was, however, pointed out that it was likely to be several months before all the required permissions had been granted for the work to go ahead.

The council was informed that the meeting with the Environment Agency held earlier this month, had generated lively discussion among the 50 or so people attending and that there were some positive outcomes to the meeting e.g. the move to get people to volunteer as Flood Wardens, the future distribution/collection of sandbags, and the expectation that residents of properties likely to be affected would be better prepared. However, it was noted that the general mood of the meeting became antagonistic, particularly as the Environment Agency's view of the state of the river was markedly different to that of the people who have lived by the river all their lives, but whose experiences seemed to count for little.

Highways.

Haydon Bridge By Pass.

It was announced that the preliminary meeting, prior to the public enquiry, is to be held on March 6th. 2006.

Trenches dug for the laying of new water mains in Langley have not been refilled satisfactorily by Northumbria Water. Concern was also expressed at the amount of time the barriers had remained in place after the pipe laying was completed. Many of the barriers had blown over into the road causing a hazard for vehicles and pedestrians. Northumbria Water to be contacted.

Finance.

The Parish Council budget proposals for next year were approved. It was noted that there was an increase in likely expenditure due to maintenance costs associated with Shaftoe Green, insurance costs, and increased expenditure on dog bins.

PARISH COUNCILLORS

Esmond Faulks (chairman)
Mr. D Charlton
Mrs. E Charlton
Mrs. V Fletcher
Mr. M R Parkin
Mrs. C Duffy
Mr. D Smith*
Mr. A Johnson
Mr. R Snowdon
Mr. T Stephenson
Mr. E Brown.

(* also a Tynedale Councillor)

Parish Clerk
Mrs. C McGivern

HISTORICAL NOTES OF HAYDON BRIDGE - Dennis Telford

I'll tell you a tale of grand folk and fine ale,
At the Haydon Bridge Working Men's Club.
We queued aa'l doon the street to get in there that neet,
At the Haydon Bridge Working Men's Club.
There was go as you pleases and Sunday stripteases,
Keep your eyes doon for a house or a line.
You could furnish a room with the leek prize you'd won,
And the jackpot's three fruit at a time.

The conversion of our Town Hall, to the Haydonian Working Men's Club, gave a new impetus to local would-be singers and performers in the 1960's. The large picture and dance hall, which had also been home to Mrs. Snowball's theatrical extravaganzas and scout gang shows, was transformed to provide a welcoming concert room where we were encouraged to, 'Go As You Please' on a Friday and Saturday night.

For most, this was to be their first public performance, other than years before maybe on a Sunday School Anniversary. Or for some, more recently, joining in informal pub sing-a-longs.

To be on a stage with organ and drums accompaniment, an audience and a microphone: Yes!! a microphone, was something quite new.

It is perhaps understandable, that we needed a few pints of Fed' Special (that's my excuse anyway) before plucking up courage to sing in front of up to two hundred village folk whom we all knew.

Do you remember that to get a seat in the 'Club concert room in those days, we had to queue down past Harry Watson's shop, on the south side of Shaftoe Street, as early as half past six at night.

And do you remember the singers and performers who made the 'Club Concert Room such a happy place to be in those early days?

Isabel could always be relied upon to warm up the audience, playing well known 'party' tunes on the keyboard. I can still hear her now as we make our way past Norman Phillipson on the door.

*"Sign your name here" says Norman,
"Or you'll not pass the doorman.
Unless you're a member
then you've got nee chance."
"Aa pay me subs. when they're due
and me card's CIU!"
"Aye aa'l reet then" says he,
"Join the dance!"*

Bingo...Raffles... Bingo...domino cards...and ...bingo were all essential, along with the 'bandits', to provide the 'Club with working capital. And were a great enjoyment to many may I say.

But I'm here tonight for the 'Go As You Please' and the.....Fed' Special!

*On a stage in the room,
Isabel plays a tune.
We'd nee cares in the world
when the weeks work was through.
Aa met John, Jeff and Flash,
'Cap', Ed., Ray and Joe Bass,
For a pint of the Fed Special brew.*

The concert chairman; Benson Brown, or was it John Willis or maybe Jackie Johnson, has the job of coaxing reticent would-be 'turns' onto the stage.

Sid Thompson, having started earlier than most on the 'amber nectar', has the Dutch courage to get the show going with 'Granada'. A rendition which somehow turns into, 'Blue Bells Over the White Cliffs of Dover' when Sid reaches for the high notes!

Sid takes the wonderful applause and wanders back to the bar. Nonchalantly!

The Welsh are renowned for their singing and Taffy Edwards is no exception as his voice 'from the valleys' fills the room.

Everybody in the room knows the words to 'I Love To Go A Wandering' so it's no surprise when Jackie Wardle has us all joining in with his rendition. I hear that Jackie has been practising at home with Jean on the piano!

Time for an instrumental interlude and Robert (Bob) Wylie only just makes his Jews Harp heard over the row at the bar, as the regulars jostle to catch the eye of Sid, Betty or Lily Pickering, to replenish an empty glass.

*Aa went up to the bar
and asked Sid for a jar,
Aa had one or two
and then three or four more.
Afore very long aa was singing a song,
And aa danced a lass
reet roond the floor.*

The room settles as David Whitehead keeps the audience enthralled and 'Kitchie' Moore reminds us of those 'Autumn Leaves'.

David and Kitchie are followed on stage by Raymond McVay. His pack of cards is the soldier's prayer book tonight and as Isabel plays 'The Old Rugged Cross' in the background, Raymond talks us through the old Tex Ritter story.

*".....so you see sir, my deck of cards
serves me as a bible, an almanac and a
prayer book. And friends, this story is
true.
I know..... because I was that soldier."*

There's a noticeable lack of female talent, (that's entertainers by the way, not the members of the opposite sex we fancied!) but it isn't long before Minnie Weatherspoon gets up onto the stage and whistles her way through a popular melody.

Minnie is joined by her sister Joyce and they sing together. "There's a hole in my bucket dear Lisa dear Lisa there's a hole in my.....," you know the rest!

(Can you still sing this Joyce ?)

Minnie and Joyce are followed on stage by Esme Smith playing the mouth organ.

Mind, times are changing aren't they.
Women allowed in a workmen's club.
Whatever next?

*There was lads and their lovers,
Wives, dowters and mothers,
Nee mair for the lasses
the hoosework to dee.
They thowt.*

*"Better by far for to drink Advocat,
Pony's, Babycham and Cherry B."*

I can see Jackie Wardle and Alfie Kent pushing their way between the formica topped tables, cajoling folk to get up and keep the show going. The promise of free pint tokens seems to do the trick.

Joe 'Bass' gets the room rockin' with 'Grand Coolie Dam' and then I get up and make a big mistake by inviting everybody to "Have a drink on me." These numbers have given the drummer, John (Posser) Thompson, or maybe Jimmy Phillips, the chance to show off their talents to the full.

An air of expectancy ripples round the room as Jack Rumney pokes his head through the doorway and takes in the scene. Edna must be 'holding the fort', serving the customers in their own pub across the bridge.

*Jack Rumney in the Havelock,
He'll gather round Tait's men.
They'll tek lime to Linlithgow and
bring coals back ower yem.
Back axles, clutches, differentials,
Meks nee odds te them,
They'll aal be weel oiled
when the're suppin' in the bar room.*

That's right! You needed to wear your overalls in the General Havelock in those days, or there was every chance that you'd come out with your charcoal grey suit covered in engine oil.

Anyway, back to the 'Club.

Jack, resplendent in a well cut suit and a tie, carefully selected from his collection of 300 (that's right, 300), is soon on the stage to thunderous applause. He tells a couple of risqué stories which go down particularly well with the assembled throng. Sings a song about the adventures of a man on a bike, carrying a long aerial through the streets of the town, and finally treats us to a tune on the mouth organ.

Ronnie Hinds brings a bit of decorum back to the proceedings, with a slow Jim Reeves number.

Les Ridley has been determined to get onto the stage for a while now, and eventually he's allowed to take the spoons from the top pocket of his jacket and treat us to another instrumental session. My mind goes back ten years, to the days when as a young lad I was fascinated by Jimmy Mews, our station porter, playing the bones in the Black

and White Minstrel show in this very building.

A pall of smoke now hangs like a low cloud below the suspended ceiling as the clock moves towards closing time.

It's time for the 'Go As You Please' to reach a crescendo; if Benson can persuade Jackie Boyd and Cecil Temperley to move off the dance floor and get back to their seats.

Maurice Cousin has been saying all night that he won't get up to sing, but the atmosphere and the alcohol has its effect. Maurice is on the stage now and his tenor voice rattles the glasses on the tables as, "...I do it my way" rings round the room.

Young Dent, the life and soul of many a party, is propelled towards the stage by Plonk Brown and soon everyone in the 'Club is asking "Why, why, why, Delila?"

The night reaches a noisy climax with John Willis singing 'Speedy Gonzalez' and as we join Isabel with 'Now Is the Hour,' another wonderful, happy night in our village club comes to an end. Consigned to the memories of those who were there.....and to the notes of history.

*It's a shame that we lack,
Skills to turn the clock back,
But divvent despair,
When your memories die.
Jack and Alf will be there,
Benson's still in the chair,
In that big Workmen's Club in the sky.*

These are my last 'Notes of 2005 and I hope you all enjoy a good Christmas and have a happy new year. When seeing the old year out and the new year in, I will remember with fondness those friends from our village who are no longer with us.

Last Orders ?

It would be a sad sign of apathy and disinterest if a local community did not lament and question the loss of an established amenity; retail premises, a library, a Bank, a village post office or a rural pub, for example. The planned closure of established licensed premises especially, will always attract strong opinions and

heated debate and rightly so, being a traditional venue for community activities and social intercourse.

It is usual for the owners of a public house to live above or adjacent to the public areas, the living accommodation being in some ways similar to a 'tied house'.

While this restriction may be allowed for in the original purchase price of the property, the law appears to be understanding in its approach to the position the owners may find themselves in at some time in the future.

If someone wants to close their public house, they may do so immediately without further reference to the planning or licensing authority. This seems to be fair: 'What right have local authorities and the public to question decisions made by businesses about their own properties?'

Having closed as a public house, the right to re-open again as licensed premises with either its existing owners or perhaps new owners will usually be accepted by the planners. Only when there is a move to convert land or the property to another use, probably resulting in its loss in its present form forever, do the owners have to embark upon the planning process and allow their justification for change of use to be scrutinised and questioned by and on behalf of the general public.

If sufficient people are convinced that a pub must be saved and could be a business proposition in the right hands, then the community has an opportunity to put forward a case to the planners. On the other hand if the business is clearly not viable, or has been advertised for sale recently and has failed to attract a buyer, who can blame the owners for seeking a change of use?

The former regulars of the now closed Haydon Hotel, have been warmly welcomed and are comfortably settled in new surroundings, and yet in most cases there is genuine dismay at the departure of one our oldest ale houses from the village's social scene.

Like the demise of an old friend however, the circumstances of the pub's passing, if not completely forgotten, will through time be overshadowed by the happy memories and anecdotes associated with its long life as part of our heritage, as the Haydon Hotel and the Wheatsheaf.

Derek Todhunter reviews the Haydon Bridge Community High School and Sports College Barbados Sports Tour.

“This has been the best two weeks of my life”, commented one student on the school’s sports and cultural tour to Barbados.

After two long years of planning and fund raising, 41 students and 7 members of staff finally set off to Barbados in July. The group stayed in the beach front Rostrevor Hotel, at St Lawrence Gap on the South Coast.

The main aims of the tour were: to participate in sporting fixtures (netball by the girls, football and rugby by the boys), to mix with students from other countries and gain first hand knowledge of other sporting systems, to see as much of the surrounding countryside as possible, to experience different cultures, and last but not least to have fun!

Netball in Barbados is very popular and we found courts in some of the most unexpected places, one in the middle of a housing estate, and one in the middle of the horse racing track, next to the rugby pitch.

Before we arrived we knew the standard of netball in Barbados was good, but none of us was aware of the accuracy of their shooting. We took two teams, one a group of girls who were not specialist netball players, and the other team made up of some of the best players the school has ever had.

The ‘B’ team were on a constant learning curve but throughout the fortnight there was a definite improvement as they started to work together.

The ‘A’ team could always hold their own and often the scores did not reflect the game. The oppositions’ shooting accuracy was the major difference. Along with the prearranged fixtures against the Barbados teams we met up with another English team and arranged our own fixtures, which were much more evenly matched and resulted in a victory.

Football in Barbados is a very popular sport. The locals tended to be skilful, athletic and not afraid to be physical. The first fixture against the Barbados National U16 academy was a keenly fought contest. Haydon Bridge just about deserved their 3-2 victory. The National U18 team were stronger, but we still played well despite the 0-3 scoreline.

Next up were the Barbados U16 champions. A draw would have been the fair result but unfortunately the opposition scored a late winner. The first half performance in the final game was poor against the Caribbean U15 champions and Haydon Bridge went in lucky to be only 0-2 down at half time. Much soul searching followed during the interval and the Bridge fought back to level the score, only to again lose to a late goal.

Overall all the games were very good. Injury to our most influential player, Michael Liddle, in the third game certainly contributed to the two narrow defeats. The hosts were well organised, and the games were enjoyable.

Rugby is a developing sport in the Caribbean. Barbados is regarded as one of the three strongest countries and the Barbados team are the reigning Caribbean champions. Facilities are not too good, but the enthusiasm of the officials is to be commended.

The 4 games of 7 and 10-a-side against the local school, Harrison College, were all competitive, but Haydon Bridge had too much speed and knowledge for the Barbados teams and in each game ran out reasonably comfortable winners.

A series of 3 games at 15-a-side U18 level were arranged. This would test our resources as we only had 19 players aged 15 to 18, and 3 of these missed a game through injury. The opposition was the Barbados National U18 team, the Caribbean champions, who were a very big team, with one player over 20 stone in weight. The games were physical but generally clean with both teams attempting to play attacking rugby in the extreme heat of 30°C. Haydon Bridge won the first game by 10 points, lost the second game by 5 points and drew the third to leave honours even.

The hosts were very welcoming and provided a BBQ after the final game. The officials and quite a few of their players attended one of our beach BBQs a couple of nights later and it was great to see how easily our students of both sexes mixed with them.

One excursion highlight of the tour was a 4 x 4 Land Rover - Jeep Safari, where the group experienced an extremely bumpy hair-raising ride to all the popular spots and out-of-the-way places only accessible by four-wheel drive vehicle, driving through

gullies and sugar cane plantations. The other main highlight was a catamaran cruise where everybody donned snorkels and masks to snorkel over shipwrecks and coral reefs, as well as swimming with friendly turtles. Later in the tour there was an opportunity to explore these from another perspective, the viewport of the Atlantis submarine! Bajan Roots and Rhythms cultural show gave an insight into the history and traditions of the island, as well as being great fun, especially when three of our students won prizes for limbo dancing.

The local people were extremely welcoming and hospitable, and our students had a great time joining in with the outdoor disco at Oistin’s Fish Fry, and making friends with the Bermudan and Dominican national U16 cricket teams who were staying at the same hotel. The group also enjoyed watersports and a visit to Bridgetown.

Overall, the tour was voted a huge success with everyone wanting to return. The tour also made a favourable impression on other guests at the hotel, who commented on how well-behaved and polite they were. The proprietors of the catamaran cruise also said they were the best school group they had taken out.

As a thank you to Harrison College and to help develop rugby in Barbados, we have sent them a set of rugby shirts that we no longer use at Haydon Bridge High School, as the cost of rugby kit in the Caribbean is horrendous, and the players have very little money to spend on such items - some of them were playing in ragged shirts

The organisers would like to thank the following individuals and organisations for their generous donations and offers of help: Allendale Lions, Allendale Parish Council, Anton Phillips and Langley Castle, Bellway Homes, Bowes Leek Club, Brian Turner and Bellingham Fitness Centre, City Clean, Community Foundation Northumberland, Crawfords Electronics, Cumberland Building Society, Forge T rooms, James Knott Trust, Mrs Arnold, Northern Rock Building Society, Royal Bank of Scotland, Scarths, Shaftoe Charities, Smith Charitable Trust, The Waite Travel Fund, Centre Design.

Please accept our apologies if any names have been omitted from this list.

Derek Todhunter

Middle House,
Shaftoe Terrace,
Haydon Bridge.

Dear Editor,

Despite the real or imagined shortcomings of the NHS in the minds of the public I would like to take this opportunity to assure your readers that the service, provided by the Haydon Bridge Medical Centre, is in extremely good health.

I cannot praise highly enough the attention and care Sheila received from the doctors and nursing staff during her recent short illness. No effort was spared with equipment and treatment, making her last weeks as pleasant and comfortable as possible.

I would like to thank everyone at the Centre involved with Sheila during that time. It's good to know the National Health Service is safe in their hands.

Tom Buist.

Haydon Bridge.

Dear Editor,

'On An Inn'

There will be many bemoaning the closure of another of our rural community's 'free' houses. Around half of the U.K's 60,000 pubs are now owned by just 10 operators so we can ill afford to lose those licensed premises that are independent.

It's ironic that the most recent closure comes at a time when the housing stock and population in Haydon Bridge are increasing and further opportunities for development are likely when the by - pass is completed.

The success of Langley Castle and consequent demand for more letting bedrooms in the area and the further development of tourism in the vicinity of the North Pennines, Hadrian's Wall and the National Park, would also seem to be plus points for the development of businesses in the South Tyne valley.

I wonder if in the light of these commercial opportunities, the new owners of the 'Haydon' might be persuaded to renovate and re-open the licensed premises as an hotel.

With financial support from the tourist agencies, maybe their own ambitions can be fulfilled and the parish of Haydon will also benefit.

"When you have lost your inns, drown your empty selves, for you will have lost the last of England." **Hillaire Belloc (1912)**

Yours sincerely,

Concerned Resident.
(name and address supplied)

NOTE FROM THE 'COVERS'

As we approach the winter months forecasters tell us will be the coldest for many years, we reflect on warm summer afternoons and early evenings at Haydon Park.

Haydon Bridge Cricket second XI won the second division of the Dickinson Dees West Tyne League, by a record thirty two points and the Championship Shield and individual trophies were presented at the Haydonian Social Club on Saturday 19th November. Afterwards, the shield was paraded in celebration at the home of our cricketers' sponsors, the Railway Hotel.

Congratulations are due to all the players involved in this successful season.

Flood Management

Haydon Parish Council brought together The Environment Agency, Tynedale District Council, Northumberland C.C., and Northumbria Water, to explain their roles and responsibilities in flood defence and flood management schemes for the parish.

Over 50 members of the public attended the presentation in the Community Centre on the 2nd of November, and Parish Councillor Mrs. Vera Fletcher did a commendable job in the chair.

Having presented the evidence on the cover of The Haydon News in July, it came as a surprise to us that according to the Environment Agency 'experts', "There has been no change in the river levels between 1996 and 2004," and their, "Model shows no increase in river



It was clear that the experience and knowledge of the parishioners in the hall was very different from the conclusions and projections of the 'Model', and there was a strong feeling that practical issues were not being addressed.

I left the meeting with the distinct impression that the real experts, live in the Parish of Haydon and not the offices and computer suites of the Environment Agency.

We can only hope that in the future, those with responsibility for our flood defences, will place more value on the views of local people than they have done in the recent past.

This, we will not know until May 2006, when the Environment Agency research is complete and decisions on flood defences and finances are made.

In the meantime, it looks as though occupiers of our one hundred premises at risk from flooding, will have to pray for dry weather and keep their sand bags within easy reach.

Super Strike

Jackie and Claire Marshall scooped the top prize in Newcastle United's 'Super Strike' competition **and** correctly forecast the 3-2 score to United, in the Newcastle v Sunderland derby at St. James' Park in October.

A good day all round!

A FESTIVE PHYSICIANLY FANDANGO

A surprising record

All it takes to get people to turn up in record numbers for their flu jab is an unprecedented level of microbiological hysteria in the popular press.

Note to self – remember to start ugly rumours again in summer 2006...

Seriously though – there are numerous excellent reasons for having a regular flu jab and all those who have been diligently avoiding having one for years have, at last, discovered that there is nothing to it and no nasty after effects at all.

Thank you for turning up and would the stragglers please come in as soon as possible.

Eat your heart out Lawrence Llewelyn Bowen..

I hope I got the spelling right but you'll know who I mean.

The health centre's central corridor has had a makeover following the visit of one concerned with the ability of the visually impaired to navigate safely within buildings. The pale walls and white architraves did not offer sufficient contrast and so now we have the same pale walls but all the woodwork has been done in a fetching shade of deeply embarrassed raspberry.

The next task will be to undertake a searching review of the lamentable fashion sense of the partners and staff. All suggestions welcome. I am campaigning for twinkly fluorescent Spandex leotards for all with contrasting polka-dot leggings and feather boas.

The year so far...

Monthly non-attenders:

January	24
February	41
March	29
April	32
May	19
June	39
July	42
August	46
September	46
October	31
Total	349

So, if we extrapolate, using the monthly

average figures, that gives us an annual total of 419 missed appointments. To put it another way, the entire health centre could be open for business for about a week and everyone (nurses, doctors, receptionists, dispensers, health visitor, district nurse etc. etc.) could spend the time twiddling their thumbs.

Nobody has ever been removed from the practice list since I arrived in 1989 (but a number, who have been removed from other practice lists, have found a home with us) and I would prefer it to remain that way but I am reminded of the military aphorism:

Once is chance
Twice is coincidence
Third time – it's enemy action.

Ought we to remonstrate with repeated non-attenders? Do you have a view?

Those less fortunate

Not everyone has a wonderful time at Christmas. The sick, dying and bereaved and their carers may find their isolation and burden all the greater to bear whilst others are making merry. Those living alone, some single parents, the poor, elderly, unwaged or homeless would, mostly, like to be in amongst the festivities – if only they could.

Do you know someone who you could help? A cheery wave, a smile and Good Wishes costs nothing. An invitation for a coffee (or other), a biscuit and a chat costs almost nothing. A small gift and a card or maybe some other good turn might provide happiness out of all proportion to their monetary value or the time involved.

Then there are the charities. With such a huge number to choose from, have you considered making a Christmas donation or perhaps helping out in some way?

24/7

Quite a large number of people have sidled up to me in the last week or so and mentioned the government's proposal that GPs should be available all day, every day. They have had a tendency to smirk whilst gauging my reaction.

Strangely perhaps, I am not opposed to the idea but it is far from clear to me how this increased service provision would be arranged, at least in rural areas. In towns the various new fangled drop-in centres and private providers may have a role but we are unlikely to see such developments out in the sticks for a while. The long and the short of it is, that there are not enough doctors to go round.

If the funds were forthcoming to staff the health centre 24/7 and takers for the posts could be found, then a rota could be arranged but in the background there would be child care arrangements to make and pay for, not to mention disgruntled spouses, and whoever had been on duty overnight would not be working the following day.

What about nurse practitioners doing doctor's jobs? At the moment only a small proportion of them have the training for general prescribing and there is still the question of childcare and disgruntled spouses.

One of the central flaws in successive government's thinking in recent years has been that the provision of health care is not substantially different to running any other large business – retail or manufacture. The scarcity of trained staff, the non-uniform nature of the 'product', the uncontrollable demand and it's limitless diversity, the geographical distribution of demand and 'plant' etc. etc. – how many differences do you want?

The most noble and civilised act of any government in living memory has been the creation of the NHS. Unfortunately, no government has ever comprehended the nature of health care nor shown itself fit to handle it. A good first step would be the creation of a non-partisan, professional (in the broadest sense), permanent, health commission to run the NHS without political interference and with a fixed proportion of GDP at it's disposal.

Oh! Look! A whole flock of flying pigs!

Coping with caring.

A new support group, called Changes, for people who care for others, has

started to operate locally.
For more information contact Keith on
01665 713144.

Diabetes.

There's a lot of it about! Or, to be more precise, there's a lot of what used to be called 'adult onset diabetes' about. The current term is Type 2 diabetes.

The fuel that the human body runs on is glucose, a type of sugar. A large part of what we eat is converted into glucose that is then stored in liver and muscle. Long-term storage of glucose energy is in the form of fat – our bodies can turn glucose into fat and back again as required. This explains why people who eat too much get fat and don't turn into a sugar cube.

Our body controls the use and distribution of glucose using many different pathways but the most important one is that controlled by insulin. Insulin is a hormone made by the pancreas, that seeps into the blood in a carefully controlled manner to keep the amount of glucose in the blood nice and steady.

In Type 2 diabetes there is either not enough insulin or it does not work properly in allowing glucose into the cells where it is needed. The result is too much glucose in the blood and this leads to all the problems that are associated with uncontrolled diabetes – weight gain, weariness, thirst and frequent weeing, recurrent thrush and other infections, damage to blood vessels large and small – causing strokes, heart attacks, loss of limbs, blindness, kidney failure and nerve damage, amongst other things. The onset is slow, over a number of years. Not a pretty picture at all.

(Type 1 diabetes, which mostly occurs in young people, is caused by a sudden complete loss of insulin production and should really be thought of as a different condition. Thirst, weight loss and frequent weeing are soon followed by loss of consciousness and, if immediate treatment with insulin injections is not started, death.)

For some years now we have been making a major effort to test all those at obvious risk of developing diabetes and as many other people as we can catch.

If diabetes is found early on then a great deal can be done to reduce the

problems associated with it. Getting weight down as near as possible to ideal and stopping smoking are very important first steps.

First there is diet – avoiding sugar. Whilst some would say a complete avoidance of all sugar is not strictly necessary, I suspect that many would find the simplest and most direct approach the easiest to follow. Don't forget that sugar hides in some quite unlikely places – soups, baked beans... read the labels.

Because diabetes also alters other aspects of body chemistry it becomes especially important to reduce animal fat intake too.

If you step back for a moment and consider what constitutes a good diet for everyone – **no fat, no salt, no sugar, high fibre, maximum fresh fruit and veg** – you're looking at an excellent diet for a diabetic. So we are not discussing strange ideas here – just plain good sense. No need to buy 'special foods' at all. All diabetics, especially the new ones, get to have sessions with a dietician.

If diet alone is not enough to control the glucose in the blood then we move on to tablets. These either flog the pancreas into action to make more insulin or make the body's cells more responsive to the insulin that is about – or both can be given together.

The use of insulin injections in Type 2 diabetes is becoming increasingly popular – because it makes so much biological sense and works so well. Very few people look forward to giving themselves injections but once over the initial difficulties they don't look back.

In our diabetic clinics we monitor the chemistry of the blood, the state of the heart, kidneys, eyes, circulation and nervous system regularly and frequently. Early intervention when problems are found makes big differences.

Physical activity is vital in maintaining everyone's health and becomes extra important in diabetics.

With an ageing population, that is also too often inactive and overweight, the number of diabetics is increasing

rapidly. There is a vast amount of help and support available from many sources. Try the following:

Post Diabetes UK Careline
10 Parkway,
LONDON. NW1 7AA

Phone 020 7424 1030

Email careline@diabetes.org.uk

Web www.diabetes.org.uk

*THE PARTNERS AND STAFF
OF THE HAYDON & ALLEN VALLEYS MEDICAL
PRACTICE WISH A VERY MERRY CHRISTMAS AND
A HAPPY, HEALTHY AND PROSPEROUS NEW YEAR
TO ALL PATIENTS, READERS AND FELLOW
PARISHIONERS.*

Steve Ford

Haydon Bridge Nature Club.

On Thursday 3rd November, members of the Nature Club were treated to a superb presentation by Peter Horsley, in which he introduced the audience to deep sea diving and wonderful underwater photography.

On 17th November, Mike Hall told a quite remarkable illustrated story about his journey on foot along the Appalachian Trail. A sixty two year old walking 2,000 miles non stop in six months, along unbelievably rough terrain and through varying temperatures. Mike's quiet personality and natural humour made it a night to remember.

15th December 2005 Trevor Bridges
'Wildlife in Spain.'

5th January 2006 Colin Simms
'Natural History in the North Pennines.'

19th January 2006 David Brooks
'Rights of Way.'

2nd February 2006 A.G.M.
speaker to be arranged.

Meetings are at the Methodist Church commencing at 7.15pm and include coffee/tea and biscuits.

Bingo!

Kathleen Fulton has had lots of practice since starting to play Bingo at the Haydon Bridge Catholic Church Hall 46 years ago, and she has recently won a National Bingo Game prize. Kathleen completed a full house in 43 numbers and shared her five figure prize with friends. **Congratulations Kathleen.**

CHURCHES WORKING TOGETHER

CHURCH PAGE

CLERGY MESSAGE

From

David Hasson

**DECEMBER
2005**



Some people will know that I am due to move on elsewhere next August. In the Methodist system a list of descriptions of available appointments is produced in October and given to ministers while the Circuits receive a similar list of the ministers available.

Ministers and Circuits then pick about five possibles from their lists and inform their District Chair. All the District Chairs then meet and try to match ministers to Circuits. Ministers then visit the suggested Circuit and, if both the minister and the Circuit are happy, the match is confirmed. In my case the match was with the Carlisle Circuit and that is where I will be moving to next August.

In the months before the match is made there is a lot of wondering about what the future holds. It is an uncertain time because the decision about a ministers future rests more with others than with the minister themselves.

As a minister I am sometimes asked what comes after death? This is particularly so when someone has been recently bereaved and they start to wonder about their own future. For the Christian the answer is simple, eternal life with God.

Christmas is a time when we are reminded about that possibility as we celebrate the birth of God's Son, Jesus. He is the one who makes it possible for us to receive that gift of eternal life, he is God's gift to us.

Enjoy your celebration of Christmas and the birth of Jesus. As you accept all the other Christmas gifts you receive this year accept God's gift to you as well.

Then as 2006 opens don't make a whole pile of

WHO AND WHERE

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

Rev Judith Hampson,
with St Cuthbert's Anglican Church
The Vicarage, Station Yard
Tel. 01434 684307

Rev David Hasson,
with the Methodist Congregation
Wesley Manse, Moor View, Haltwhistle
Tel. 01434 320051

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

resolutions which require you to do things you don't really want to and which you won't keep anyway. Instead, accept God's gift and check out what Jesus can do for you..

If you need help with that then anyone from your local church would be prepared to help or any of the clergy listed at the top of this page.

Have a happy Christmas and a good New Year.

**METHODIST CHURCH
SERVICES**

Sunday 04 December
10.30am Morning Worship
Mr Bobby Cooper
6.00pm Circuit Advent Service
At Trinity, Hexham

Sunday 11 December
10.30am Family Service
Mrs Joyce Short
6.00pm Holy Communion
Rev David Hasson

Sunday 18 December
10.00am Morning Worship
Acomb Choir
6.00pm Carol Service
At St John's

Saturday 24 December
04.00pm Crib Service
Rev David Hasson

Sunday 25 December
10.30am Family Worship
Rev David Hasson
6.00pm No Service

Sunday 01 January
10.00am No Service
6.00pm Evening Worship
Rev David Archer

Sunday 08 January
10.00am Covenant Service
Rev David Hasson
6.00pm No Service

Sunday 15 January
10.00am Family Service
Rev David Hasson
6.00pm Evening Worship
Mrs Margaret Weatherson

Sunday 22 January
10.30am Morning Worship
Mrs Joyce Short
6.00pm No Service

Sunday 29 January
10.00am Morning Worship
Rev Russell Hilborne
6.00pm Evening Worship
Mr Mark Knowles

Sunday 05 February
10.00am Morning Worship
Mr Duggie Hogg
6.00pm Evening Worship
Rev David Hasson

**ST JOHN OF BEVERLEY
CHURCH SERVICES**

Mass each Sunday at 9.30am

Mass each Sunday at 11.00am at
Haltwhistle

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

**BELTINGHAM/HENSHAW
CHURCH SERVICES**

Sunday 04 December
Beltingham 10.00am
Holy Communion BCP
Judith Hampson/Keith Rutherford

Sunday 11 December

Sunday 18 December
Henshaw 10.00am
Holy Communion Order 1
Judith Hampson/Keith Rutherford

Sunday 25 December
Henshaw 10.30am
Joint Benefice Service
Holy Communion

**ST CUTHBERT'S CHURCH
SERVICES**

Sunday 04 December
10.30am All Age Service
John Carr

Sunday 11 December
8.00am Holy Communion
BCP—Judith Hampson
10.30am Holy Communion
Judith Hampson

Sunday 18 December
10.30am Morning Prayer
Mike Fry
06.00pm Carol Service
At St John's

Saturday 24 December
04.00pm Crib Service
At the Methodist Church
11.30pm Midnight Service
Rev Judith Hampson

Sunday 25 December
10.30am All Age Worship

Sunday 08 January
08.00am Communion
10.30am Family Communion
04.00pm Epiphany Service
At the Old Church

Sunday 15 January
10.30am Morning Prayer

Sunday 22 January
10.30am Family Communion

Sunday 29 January
Henshaw 10.15am
Joint Communion Service

Sunday February 5
10.30am All Age Service

Sunday 12 February
08.00am Communion
10.30am Family Communion

Crib Service

Saturday
24 December
4.00pm
Haydon Bridge
Methodist Church

**There will be a retiring
collection for the recent
disaster in Pakistan through
Christian Aid**

**All children are invited to
come dressed as either
Shepherds, Kings or
Animals**

**Come and hear the
Christmas Story**

Village Carol Service

Sunday 18 December
6.00pm

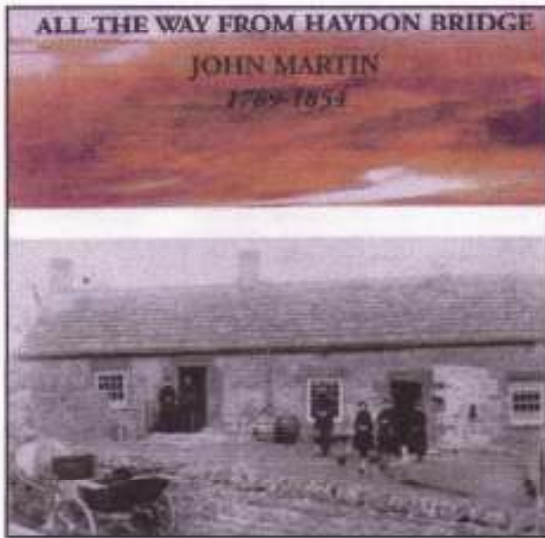
St John's Church
**Come and celebrate Christ's
Birth.**
All are welcome.

**Collection to be taken for
Pakistan Disaster
through Christian Aid**

The John Martin Heritage Project



present
a
limited edition
CD & DVD

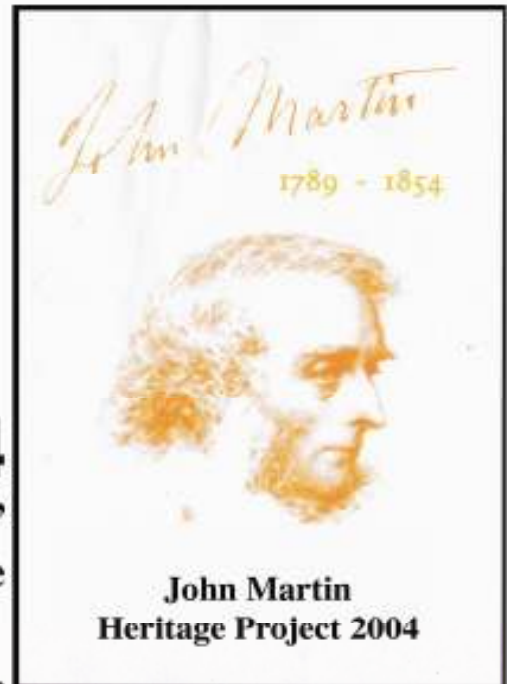


CD Priced £6

“All The Way From Haydon Bridge”,
“Sounds Of The Valley”,
Featuring some of the highlights from
the John Martin concerts 2004/5.

DVD Priced £4

“John Martin Heritage Project 2004”
Contains all the special commemorative
events of 2004, a visual history
of John Martin and much more.



**Available from Clarke's & Marsh's
Newsagents.**

