



THE HAYDON NEWS



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Issue 03

**APRIL
2006**

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FRIENDS OF HAYDON BRIDGE
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J. & M. Clarke (newsagents) for collection.
Addressed to The Haydon News

Thank you.

EDITORIAL COMMENT

Everyday for the last month I have driven from Haydon Bridge to Newcastle; doing the journey twice a day on most days. When I came to the North East almost forty years ago the journey would have been considerably more demanding than it is today. The road improvements that have taken place on the A69 in the intervening period have considerably reduced journey times by road.

I well remember setting off from Newcastle for the Lakes in the late sixties and taking what seemed like ages to reach the open road beyond Heddon on the Wall. There were always queues at the traffic lights to cross the bridge at Corbridge and then the slow drive through Hexham to delay progress westwards. Not that the drive was any quicker beyond Hexham if your happened to get behind traffic coming down 'Bush bends' into Haydon Bridge. Then the delay to cross back to the north side of the river . Until the dual carriageway was completed from west Newcastle to Hexham, along with the other road improvements, the Military Road was the preferred route west.

At last the final part of the A 69 road improvement jigsaw, the Haydon Bridge by pass, seems likely to become a reality. It will make the journey time westwards from Tyneside to Carlisle and beyond a little faster but more importantly, it will improve the quality of life for most people living in Haydon Bridge.

(See article on page 12)

The Editors.

editors@haydon-news.co.uk

HAYDON NEWS contributions to:

J & M CLARKE
(newsagents)

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(newsagents)

Ratcliffe Road.



CO-OP LATE SHOP
Ratcliffe Road

**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 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.

Committee of the 'Friends of Haydon Bridge'

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7 councillors were present.

Public Participation.

The meeting was informed that repairs to the church clock were now underway.

The quality of the resurfacing of the riverside path was praised by a member of the public. This path, between the river and the railway line, will be part of the John Martin Heritage Trail.

Matters arising from the previous meeting.

Cars parked on the pavements in Shaftoe Street continue to be a problem. The matter has been discussed with the police who are prepared to put notices on dangerously parked vehicles. Increasing numbers of complaints could result in double yellow lines being painted on the street. The problem is particularly noticeable in the evening when people return from work. Pedestrians are often forced to walk on the road to get by parked cars.

The problem of irresponsible dog owners, who allow their dogs to foul the pavements and verges, was discussed once again. The council have agreed to write to the dog owners reported to the council for breaches of the dog fouling laws. If this fails to remedy the situation, then a report will be sent to the district dog warden, who has the power to prosecute persistent offenders.

Following the government report on local train services, in which there were no proposals to cut services from Tyne valley line stations, as previously rumoured, councillors felt there was a need for more people to use the train service from Haydon Bridge if the proposed two additional trains a day is to be realised. [see March's Haydon News]

Five councillors said they were prepared to attend a training session on planning issues.

The council was informed that the broken seat had been removed from the North Bank.

Highways.

The meeting was reminded that the Haydon Bridge By pass Public Enquiry starts on April 25th and is like to last for three days. The enquiry is being held at the Community Centre in Haydon Bridge and will start at 10am each day and finish at 5pm.

The public are urged to attend the enquiry to show their support for the by pass. Only those members of the public who have given notice that they wish to speak at the enquiry will be allowed to do so.

Some objections to the scheme have been withdrawn. Objectors need to be present at the enquiry if their objections are going to carry full weight.

Cllr E Charlton informed the council that she would be speaking at the enquiry for the By pass group rather than for the Parish Council.

The PC are to send a letter to the enquiry expressing the members full support for the scheme.

Lighting.

A new street light placed outside the main entrance to Shaftoe First School may have been put there in error. The council had requested a new light outside the nursery entrance, opposite the Showfield. The council are writing to NCC to check.

NCC intend to divert the path to Elrington. At present the path starts at the Alston road junction with the A69. The land at this point will be required for the construction of the new junction when the by pass is built. The proposed diversion would bring the path over to join the lane to Threepwood. The council had no objections to the proposal.

A o B

The council were told that the old Tyne Bridge is in need of repair and that, in order to carry out the repairs, the bridge would be closed to pedestrians for a period of about 10 weeks. Concern was expressed by many members, who urged that the work be done over the school holiday period, to minimise disruption to children and parents crossing the river on their way to and from school.

The poor road surface on a length of the Land Ends Road near Douglas Gardens was discussed. The council will inform NCC of the need to repair this section of the road.

The meeting was informed of the progress regarding the setting up of the John Martin Trail. Most of the way marking is completed and the interpretive panels will be put in place at the end of March. The Trail opens on April 8th.(See page 7).

Next Meeting April 27th at Langley Village Hall.

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

**ANNUAL SPRING
CLEAN.**

Saturday 6th May.

A skip for bagged rubbish/litter will be available at the Riverside area from
May 4th.

**COULD YOU HELP FOR A
WHILE TIDYING PART OF
THE VILLAGE ?**

Thank you.

The meeting was informed of the above 'Spring Clean'. It is hoped that people will give a hand to help tidy the village after the winter.

Planning.

The meeting was given notice that

Once Upon a Time

My history of Staward Pele, (HN Oct./ Nov. 2005 and March 2006) has in the main, been researched by means of authentic documentation. There are of course, accounts of Staward's past that emanate from less reliable origins. Tales passed down through the generations for which indisputable written sources do not exist.

As I approach the end of my history of the pele, I don't want to let the occasion pass without reference to some of those events that are open to dispute by true historians, and yet are the tales to which much of this wonderful place's popular appeal over the years can be attributed.

I have already re-told my version of Dickie of Kingswood's renowned escapade, (HN Nov. 2005) and I have related my grandfather's tale of those who sought desperate refuge from being hung drawn and quartered. (HN Oct. 2005)

And have you heard the legend that 'once upon a time' a thief was disturbed in the act of stealing a horse from the pele?

Whether the animal belonged to Anthony-de-Lucy's 'forty light cavalry' in 1316, or a local farmer in later years, who like many in the barony sought security there for themselves and their animals, is not known. In the event however, having being caught with his hand on the stable door, the freebooter chose a direct route to avoid his pursuers and leaped from a precipice two hundred and fifty yards south east of the pele, and into the valley below.

Remarkably, the fellow escaped to tell the tale and suffered no more damage during the escapade than splitting the sole of his clog.

The spot was from that day forth named 'The Thief's Loup.'

Then there is the mineral spring, running into the well at the foot of the pele promontory, alongside the River Allen. The spa became so popular with those attending the Staward Peel Pic-nic, that its fame was compared to visits to the much frequented, Gilsland Spa.

Many years earlier, the Staward Spa had itself been the centre of an annual meeting of unrestrained merry making, with a reputation which could hardly have been further removed from the

sober, if joyful, exploits of those attending the temperance pic-nics years later.

It was a traditional festival, known as 'Staward Well Sunday' or 'Grozer Sunday' and used to be observed, on a special Sunday when the gooseberry fruit was ripe locally. The fruit was taken to the spa alongside the Allen and sold there, in harvest celebration. More significantly apparently, local publicans came from all quarters to sell their liquor and, 'filled their customers to their hearts content,' and naturally, the revellers became noisier and more belligerent as the day wore on.

We are told that. 'All the bullies from far and near resorted to the gathering,' and fights, of which there were always several, became an accepted part of the festival.

Fortunately, this drunken and riotous celebration at Staward is in the dim and distant past.

I have no knowledge of when the gathering moved, (minus the goose-gogs) to the Bigg Market in Newcastle!

Talk of the drink reminds me of a more recent tale, related to me by Eric Renwick who has lived in the Allen Valley for over seventy years. The story concerns a large beast with remarkable features and exceptional strength.

(Not to be confused with the Allendale wolf, that terrorised farm livestock in the area long before Eric's time, in 1904.)

As rumours of this unusual animal spread down the valley and throughout the surrounding countryside, more and more supposed sightings occurred in the vicinity of Staward Pele.

The consensus of opinion from those who 'saw' the creature, matched the description given by the fellow who first met it face to face.

It was agreed.

The animal was a strange mix of half deer and half fox!

This creature of mixed breed is remembered particularly for its reaction to obstacles that barred its way as it roamed through the woods. Upon reaching a boundary fence for example, rather than taking the hurdle in its stride, the beast would turn its

rear end to the structure and with a few lashes of its powerful tail, the posts and rails would be reduced to kindling. It could then walk through the opening with ease.

It was an itinerant traveller who first set eyes on the beast.

It was his wont to wander along the highways and byways of the county in the mid 20c, in search of a day's honest work. He sought little reward other than a crust and enough money to buy a pint or two of strong ale.

"Aye man. A grand fella an' a damn good mole catcher and rabbitier." Eric Renwick told me.

"He'd pick up a few bob for the moles an' rabbits, a shilling a pair mind, an' then off to the 'Bog' to spend it. An' at night, after he come back, he'd sleep in the hay shed yonder. O' we got to know'm well man."

It followed one particularly long and hard drinking session at the 'Carts Bog', as he staggered his way back worse for wear, through fields and woods to the hay shed at Plankey Mill, that the nomadic mole and rabbit catcher became the first person to meet face to face with the now famous deer and fox half breed.

And so was born a 20c tale of the Allen Valley, Staward and Plankey, to which will be added a little more with each telling of it.

Eric recalls the excitement the alleged sightings generated in the valley.

But not for him this sense of awe!

Perhaps because he knew too well the fellow who was first to tell the tale, and his taste for the barleycorn.

The legend of the deep, 'bottomless' pool named Cypher's Linn, through which the River Allen flows, far below the ruined pele, is one with which you may well be acquainted. The romantic tale of sunken treasure having been repeated many times over the years.

One evening in the 14c, when the Friars Eremite of Hexham were resident in the pele, fires on the far northern horizon burned brightly in the night sky. An early warning of an impending raid on the worshippers' place of retreat.

It will be of no surprise to you, that the

Friars of the pele lost little time in gathering their gold and valuables together in a secure chest, and chose to conceal the hoard from the Scottish marauders.

If the legend is to be believed, the 'box of gold' was sunk deep in the waters of a secret pool below the Staward Pele.

Many years later, an avaricious individual set about to prove the legend and recover for himself the treasure which lay within Cypher's Linn. Two horses and a pair of oxen were yoked to the chest by means of ropes, and as the team pulled and strained, slowly but surely the treasure chest was lifted towards the surface.

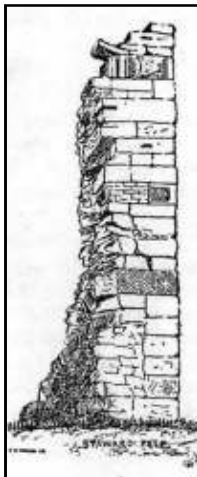
The fellow's delight at the apparent success of his escapade, can well be imagined, but just as the box appeared above the waters of the Allen, disaster befell the attempted recovery of the Friars' treasure.

The man and the four beast slid and rolled back towards the pool, where the weight of the box and the strong current pulled them into the cold deep, and there they drowned together, and it is said that their remains and the Friars' gold, lie in the deep waters of the pool to this day.

For those of you who doubt the validity of this story, I would remind you that a fisherman in the 18c, who frequented this place for many years, is reported as having said that in fine weather, when the waters of the Allen are low, the horns of the oxen can still be seen below a calm surface!

My early history of Staward Pele in 'The Haydon News' (October 2005), referred to the Roman Altar from the third century, which was part of the ruined structure of the pele, certainly until 1947.

By 1948, part of the structure had collapsed and the altar lay at the bottom of the deep Harsondale Cleugh.



In the October 2005 issue of The Haydon News, I posed the question:

How did the altar arrive from the bottom of the cleugh to the edge of the lawn at Staward Manor where it stands now?

It is thanks to Colonel Michael Bell of Staward Manor, and Eric Renwick of Plankey Mill, that I can answer the question, and thanks to Colonel Bell that I can show you the historic Roman Altar in its position on the lawns at Staward Manor today.

About the year 1950, when an influential surveyor at Hexham Rural District Council, met Colonel Swinburne, the occupier of Staward Manor at that time, their conversation got round to the third century Roman Altar which lay at the bottom of Harsondale Cleugh.

Perhaps eager to please a member of the aristocracy, the council surveyor offered to make arrangements to lift the heavy stone altar from where it lay and transport it to the colonel's home.

Eric Renwick remembers twelve or thirteen council workers, using ropes and brute force to move the stone up the steep sided cleugh onto the pele promontory and then to the Staward Manor grounds.

It is rumoured, that when the surveyor next met Colonel Swinburne and presented him with a bill for the work, he declined to pay, making it clear that the stone altar was certainly of no use to him!

Whether or not the bill was indeed settled, the altar lay untouched in the garden of the Manor until the present owner, Colonel Bell, made the wise decision to lift the piece of remarkable antiquity into its present position, on the border of the garden lawns. It has remained there in Colonel Bell's safe keeping for over fifty years.



The altar was dedicated to the Fourth Cohort of Gauls, stationed four miles north at Vindolanda in the third century. It is no surprise then, that

after more than one thousand eight hundred years, it is showing its age.

The relief carving of the bull's head is still visible but the original inscription is no longer legible. Fortunately, in 1950, antiquarian Eric Birley translated the text that had been carved into the stone

Text definition	Translation
Jovi Optimo Maximo	To Jupiter best and greatest,
Cohors IV Gallorum	The Fourth Cohort of Gauls;
Praest Lucius II	In command of which is Lucius
Gius Pudon	Gius Pudon,
Praefect	Prefect,
Ram Posvit	Has set up this Altar,
VVS	As it had vowed to do, willingly fulfilling its vow.

Staward Manor or Low Staward as it was originally called, has an interesting history in its own right of course. Probably a pair of bastle houses, extended and altered in the late 18c early 19c, Low Staward is perhaps best known as a possible place of refuge for the Earl of Derwentwater before he joined the followers of the Stuart cause. It is said that the Earl may have slept here during the occupation of Hexham by the Jacobite army.

When Colonel Bell's gardens are open in the Summer, to benefit the Red Cross Charity, why not pay a visit and view the Staward altar, one of the oldest artefacts of our parish's history.

REFERENCES

I am indebted to many whose works have provided invaluable sources of reference during my Staward Pele research, including the following: M.C.B. Bowden. T.F. Bulmer. L.C. Coombes. G. Dickinson. C.M. Fraser. R.W. Emsley. F. Graham. J. Hodgson. Wm. Lee. W.J. Palmer. N. Pevsner. Miss. N. Ridley. W.W. Tomlinson. W. White. In addition: The Proceedings of the Society of Antiquarians at Newcastle upon Tyne, The Northumberland Records Office, Hexham Library and The Hexham Courant have proved valuable sources of information. Thanks are also due to Denis Fleming of The National Trust, Col. M. Bell, Eric Renwick and all others who have helped during my research.

CORRESPONDENCE

Fundamental Differences.

Dear Sir,

I am writing in response to the Rev Hasson's Church Page last month [February's edition of the Haydon News], where a passage from a book titled, 'What is the point of being a Christian?' by Timothy Radcliffe, was printed.

I felt quite saddened and shocked that a Christian writer should advocate being a disciple of other religions, and that it should draw us closer to God. It begs the question, which God?

We know from our Bibles that the God of Abraham and Moses, in the Old Testament, is the same God that sent his Son on Earth to reconcile us to him, so the Jewish religion is very much part of the Christian faith, but I feel compelled to object to anyone suggesting that, in the name of unity, should seek to know other Gods. How does a friend worshipping Allah draw me closer to Jesus?

The Koran clearly states that Jesus was a prophet, the word of God in the Bible tells us he was the Son of God. The two could never mean the same however imaginative you choose to be. Did their God die on a cross for them?

How can Christians go down the same road? There is a fundamental difference.

I am not going to quote Bible texts of which there are many (the first two commandments spring to mind). Jesus calls us to love one another. Mr Radcliffe is a fellow Christian, surely he should be sharing Jesus love with his friends not embracing their false doctrines. What a pity he doesn't have the same intensity for his own faith. Unless we have a vision we do indeed become lukewarm and 'wishy washy' to use Mr Radcliffe's phrase.

As to the title of the book I can quite understand how **he** feels. What is the point of being a Christian?

Yours faithfully
Alison Bisset.
Haydon Bridge.

Editors' note.

The article to which Alison Bisset refers was wrongly attributed to Rev Hasson in February's Haydon News. A correction was published in the March issue to inform readers that Father Leo Pyle contributed the article.

The editors apologise for this error.

Dear Editors,

Thank you for keeping copies of The Haydon News coming. It is so interesting to hear about current events and the various developments going on in my old home village, and a particular joy to read the historical notes and reminiscences.

Please find enclosed a donation to The Haydon News and pass on my good wishes to anyone in the village who still remembers me.

Yours sincerely,

Jill Lawson (nee Rogan).
Romford,
Essex.

Thank you Jill.

I know that there are those in Haydon Bridge who remember well, you and your father and mother living on John Martin Street. They will welcome your good wishes and be pleased to read that you still keep in touch with the village through The Haydon News.

Happy Birthday!

Our ex-Haydonian's letter reminds me of a new year's eve story. I wonder if Jill knows about this?

Jill's father, John Rogan, put down a bottle of home made wine when Jill was born, and opened it at a quarter to midnight on new year's eve, twenty one years later, to celebrate his daughter's twenty first birthday.

The first glass or two, or three, or..... were consumed with great enthusiasm by John and Connie Rogan's regular first foot and distant relative, our own Maurice Armstrong.

Remarkably, for one who was not associated with limited capacity when it came to alcoholic beverage, it took less than thirty minutes for the birthday wine to take its toll, and Maurice, after being helped home across the bridge, was safely tucked up in bed, with the room 'gannin roond,' by quarter past midnight.

One of Maurice's shortest new year's eve experiences I believe.

Thanks to Jill Rogan's birthday glass!

HAYDON NEWS BY POST

For an annual subscription of £10 min. people living outside the parish can have a copy of the Haydon News, sent by post each month, for ten months.

Silent Auction

To those used to the noise of the mart or an auction room this must seem like a contradiction in terms.

A Silent Auction is an event where you come along, are given a number, inspect the goods and then, if you wish, you write down a bid for the items which interest you. Others may see your bid and outbid you but you are still entitled to raise your bids until the end of the known auction time. **So why not come along and try this fun event.**

WHERE? Haydon Bridge Methodist Church.

WHEN Saturday April 29th 2pm- 4pm

Tea and biscuits will also be served

PS. Goods or Services to be auctioned will be gratefully received by Church Members on Friday 28th April or ahead of that time by arrangement.

GREAT NORTH AIR AMBULANCE.

AN IRISH NIGHT with FRANK McCAFFREY

Thursday, 13th April. 8pm

at the **HAYDONIAN SOCIAL CLUB**

Tickets £10 inc raffle ticket.

For tickets contact Norma Clark 01434 684 561.

or available at the door on the night

*ALL PROCEEDS GO TO THE GREAT NORTH
AIR AMBULANCE.*



THE JOHN MARTIN HERITAGE PROJECT.

THE JOHN MARTIN HERITAGE TRAIL

The John Martin Heritage Project, begun in 2003, with a series of public meetings to generate ideas to mark the 150th anniversary of John Martin's death, concludes with the opening of the John Martin Heritage Trail on April 8th, 2006.

The series of events held during 2004 was the highlight of the project. From the commemorative ceremony, held on the afternoon of February 17th, at East Land Ends Cottage, to mark the anniversary of Martin's death, to the talk on the Martin Family on July 19th, the anniversary of John's birth, it was a year to remember in Haydon Bridge.

All the events held at the Community Centre were well supported, with about 200 people attending 'All the way from Haydon Bridge', an entertainment about John Martin, presented by Dennis Telford, Jill Henderson and Tom Leader, and the illustrated talk given by Dr Gail-Nina Anderson on 'Martin the artist', that followed. There were also full houses for the Community Concert, the Folk Concert and the village dance. Mind it could have been those delicious interval 'nibbles', provided by Eileen Charlton and team, that was the main attraction.

For many people the Victorian Street Fair was the highlight. There was something for everyone: the children's dances and songs, morris dancers, circus acts to watch and some to try, stalls provided by local businesses and best of all, the opportunity to get into Victorian costumes, as many people did.

The souvenir booklet, published by the project and distributed to all households in the parish of Haydon, provides a memento of the year's events, as do the CD and DVD; some still available from local newsagents.

***YOU ARE INVITED TO ATTEND THE OFFICIAL OPENING
OF THE***

JOHN MARTIN HERITAGE TRAIL

by

ESMOND FAULKS & MRS P. FAULKS

(Chairman of Haydon Parish Council)

ON

SATURDAY, 8TH. APRIL AT 10.00am

***BY THE LIBRARY, CHURCH STREET,
HAYDON BRIDGE.***

*Following the official opening, you are invited to walk
some, or all, of the trail.*

This is not a guided walk.

*It is left to individuals or groups to plan and organise their
own walk. This will enable participants to walk as much of
the trail as they wish and at their own pace.*

***Leaflets with a route map and guidance on the trail will
be available from our local newsagents before April 8th.***

THE JOHN MARTIN HERITAGE TRAIL.

The John Martin Heritage Trail is a way marked walk of just over 12 miles, through the countryside around Haydon Bridge, within the parish of Haydon. It connects many places known to be associated with John Martin during the 14 years he lived in the village. At key sites on the trail there are interpretive panels, with information about the location and also John Martin. The trail is intended to provide an introduction to John Martin's life and work and also to the countryside in this part of Tynedale.

The trail visits Haydon Old Church, East Land Ends, Allen Banks/Staward Gorge, Langley Castle and Shaftoe School. **It is graded a moderate walk with some steep ascents and descents. Stout footwear and appropriate weather proof clothing are essential for people walking the trail.**

YOUR CORDWANGLE MADE FANTABULOSA – A BEGINNER'S GUIDE!

A short break

Every second Wednesday in the month the Health Centre is closed after lunch for training and administration sessions.

There is always a doctor on call and you should follow the instructions on the answer machine if you develop an urgent problem.

How to get the correct appointment

The work at the health centre can be divided up quite effectively – this works to both your and our advantage. There are no circumstances in which the receptionists would need or wish to know anything about the problem that brings you to us **BUT** you can help them get you booked into the correct slot by stating the **GENERAL** purpose of your visit. For example: if you have received a letter from us inviting you to make an appointment, then telling the receptionist that you have been asked to attend for a 'well person check' or 'blood test' or 'asthma review' will get you the right slot. Dressings changes and suture removal are normally nursing tasks.

Ask the receptionists and they will guide you.

A small maternity survey

As you may recall, I have recently conducted a small survey of women's views of the local maternity services. The leading features of the results are these (my comments in italics):

1. Almost no professional guidance was sought prior to conception - despite which, almost all women took folic acid. *We welcome the opportunity to discuss preparation for conception and to answer questions. Setting out on such an important adventure ought not to be taken lightly – how much care do you take in choosing a mortgage by comparison – the costs are similar?*

2. 4.85 months was the average 'time trying' for pregnancy. *Note from the Headmaster – must try harder!*

3. Almost no-one knew they could contact the midwife direct and therefore, unsurprisingly, almost no-one did. *Please feel free to go straight to the midwife if you wish.*

4. The great majority would have preferred to deliver in Hexham – 22/28. Only 5 chose the RVI.

5. Only 13 delivered at HGH (15 at RVI). *A lot of dissatisfaction with being transported during labour was expressed and the ambulance response time was also criticised.*

6. 100% of respondents want HGH to regain a fully featured 24/7 consultant led maternity unit. *Are we surprised? No, we are not! Will the situation change? It depends on how much effort users are prepared to put in to making the lives of those who hold the reins (not GPs or consultants) intolerably uncomfortable until the required response is forthcoming.*

7. With the exception of one woman who wanted all pain relief types simultaneously and another who wanted an epidural on admission, one might infer that pain relief expectations were largely met. *Most employed gas 'n' air alone, with epidurals a close second.*

8. The broad categorisations (better than expected/as expected/worse than expected) of experience of delivery were less good than one might have hoped but the comments imply more dissatisfaction with geography, process and systems than biology.

9. Breast feeding started excellently but wilted by three months. Can those who are too embarrassed be helped by being handled better? *This practice is currently at the top of the breast feeding league locally – keep it up and tell your friends. I'd certainly welcome the chance to lose 500 calories daily.*

10. There was a lamentable laxity (sic) about keeping the pelvic

floor exercises going and no use made of the various exercise devices available. *The importance of regular, vigorous, daily pelvic floor exercises in women of all ages (from puberty) cannot be overstated. If in doubt, come and ask for advice.*

11. Almost half of the respondents reported low mood after delivery. *I wonder why evolution has allowed this inexplicable oddity to persist? One's first inclination would be to anticipate marked elation at such an accomplishment and relief at a return to something like bodily normality – but then I'm a bloke.*

12. The 'where should learning take place' question confused many and little reliance can be placed on the results: they are merely recorded for interest. *The confusion has obviously arisen because of the poor way in which I posed the question. I hoped to elicit a ranking of preferred places to learn about the whole of reproduction – which, from my perspective, is a single continuum from 'Wots puberty Dad?', through 'how to get a date' and right up to 'getting the little sweeties to leave home'. Many respondents thought it was only to do with pregnancy OR sex education. Interesting!*

At home, from parents, before puberty	3.75
At home, from parents, after puberty	3.47
At primary school	6.00
At secondary school	1.90
After leaving school	5.45
Family planning clinic	4.46
Antenatal Parentcraft classes	3.06
At hospital	5.42
At home using books/Internet etc.	6.17
From friends	5.55
Other.	3.00

13. About a quarter of women would have welcomed the chance to view a birth first hand and, likewise,

would have offered the chance to witness their delivery to a young woman or older girl. *The positive benefit of first hand observation should not be underestimated. A number of girl children (and very small boys) do accompany their mothers when vaginal examinations or smears are undertaken and I am aware of children (both genders) observing their mother's home deliveries. In one of Laurence Durrell's books, on his boyhood in Corfu, there is an instance in which a whole village tries to get in on a delivery. Delivery being a phenomenon involving the whole family (at least) is not weird or peculiar, it's the most original kind of education about the realities of life.*

14. There still seems to be a place for GP involvement in antenatal care for some women. *We are happy to join in as required.*

15. There is a striking uniformity in the reporting of the frantically busy environment of the RVI. *Are we surprised? No we are not! Why not send some back to Hexham?*

The other survey

Recently, a random selection of patients was surveyed, by an independent company, to establish, broadly, how we are doing in the patient satisfaction stakes. The results, which show that we are above average on all counts, have been reviewed by a Care Trust person.

Amongst other things, the suggestion has been made that we could recruit a small number of volunteers to be on a 'Patient's Representative Committee' that could consider questions posed to them on ways to improve practice performance and offer their own ideas and recommendations too.

Any volunteers please make yourselves known to Mary Henderson.

Thanks.

A simplification

Henceforth, when a smear is reported as abnormal, the details will be sent to the hospital specialists direct and they will send you an appointment.

We will continue to send out letters to women whose smears are normal Those who receive a letter from the hospital

direct with an appointment are, of course, always welcome to come and discuss what it all means beforehand.

In due course, it is likely that opticians will also be sending reports directly to hospital eye specialists too.

Are you getting enough?

Exercise is marvellous for both the body and the mind but few people take enough.

Unhappiness, sorrow, gloom, anxiety, stress, depression, anxiety, sleeplessness – these are all remarkably common symptoms in people of all ages and both sexes. Some are reluctant to acknowledge that they have a problem and struggle on. Some get worse and worse until a crisis overwhelms them. Some are afraid of what treatment might involve – like tablets with side-effects – when even that might be preferable to prolonged misery. Some fear the stigma of mental health problems – either for their own self esteem or because they fear for their jobs.

There is a mountain of evidence now that shows physical activity for mental health problems is very effective. It is also free, self administered and has no side-effects – 85% (better than most other treatments) of people in some surveys benefited. On top of which there is overwhelming evidence that physical activity benefits physical health too – reducing heart disease risk, stroke, high blood pressure, some cancers, type 2 diabetes, osteoporosis and obesity, amongst other things.

In the light of which we can now report a forthcoming alteration in the provision of 'exercise on prescription'. The Tynedale Healthy Life scheme is transmogrifying into a more actively promoted and targeted Physical Activity Service. The priority groups will be those with raised blood pressure, metabolic syndrome*, mental health problems, heart disease and type 2 diabetes.

Others are welcome too. The details are still in the pipeline but it sounds useful and we are keen to get it fully utilised.

*A diagnosis of metabolic syndrome would be made in someone who is obese plus any two of the following: Raised triglyceride levels; Reduced

HDL cholesterol; Raised blood pressure; Raised fasting plasma glucose.

What to do with avian flu.

We now have the key points of the plan for managing a pandemic. It will be critically important for everyone to **follow the plan strictly** if we are to handle the event properly.

When/if avian flu starts to affect people in large numbers and if it is more serious than other recent versions of flu then **FLU CENTRES** will be set up for those who can travel. The local ones will be at Hexham and Haltwhistle hospitals.

For those unable to travel there will be **FLU VISITING TEAMS** who will travel to your home to make a diagnosis and provide treatment.

Crucially – **GPs and other hospital departments are not intended to be involved in diagnosis or treatment.** If a GP or hospital doctor suspects flu then they will direct the patient straight to a centre or tell them to go home and request a visit.

The centres and visiting teams will be the sources of Tamiflu – not GPs or other hospital departments. Strict security arrangements will be in place to prevent people attending several centres and attempting to stockpile drugs.

Avoiding infection will be the key. Coughing and sneezing at or over other people may be so much more than ill-mannered! Keep your secretions to yourself – cover your mouth and nose, use disposable tissues and dispose of used ones safely! Infection may be inhaled through mouth or nose in the form of infected spray from others and may also get into your body through your eyes. Don't touch anything that an infected person has touched without first applying lots of soap and water. Lots of hand washing will be very important.

Steve Ford

The Health Centre's new brochure is included with this edition of the Haydon News.

We hope you find it interesting and informative.

CHURCH PAGE

CLERGY MESSAGE

From

David Hasson

**APRIL
2006**



Lent is a time of year which I remember from my childhood. I remember it well because the emphasis was on 'giving up something for Lent'. Not surprisingly my parents always encouraged me to give up something like chocolate which I enjoyed and they considered bad for my teeth. So I grew up with very few good memories of Lent.

Imagine my disappointment when I became a Christian, became a part of the Church and discovered that the season of Lent was part of the Christian Calendar. I approached Lent Study Groups with some misgivings but found that they were about 'giving up' in a different sense.

The Church follows the journey of Jesus, God's Son, as he travelled on the road to Jerusalem. This was a journey that He undertook knowing that death lay ahead in the city. How many people do you know who would willingly undertake a journey when they knew it would mean giving up their life at the end of it? Yet that is what Jesus did.

In giving up his life for you and me Jesus challenges us about the way in which we relate to other people. Do we insist on our 'rights' over others because we are the only person that matters? Are we only interested in others because of what we can get out of them? Or, are we interested in others because of what we can do

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

for them which may mean giving up something ourselves? How much would you be prepared to give up to help someone else?

This is one of the challenges of Lent and Jesus challenges us to follow him and be prepared to give up everything, that is not to hold anything so dear that it comes between us and serving Jesus in others.

Haydon Bridge Holiday club

Timetable of preparations

Meeting- Tuesday 7th May at 7:30pm, in the Methodist Church.

Training weekend—Saturday 22nd to Sunday 23rd April in the Methodist Church

Fun day— Saturday 3rd June,

Final meeting— Tuesday 6th June at 7:30pm. in the Methodist Church.

Holiday Club— 22—29 July

**METHODIST CHURCH
SERVICES**

Sunday 02 April
10.00am Morning Worship
Rev David Archer
6.00pm Evening Worship
Mr J Wall

Sunday 09 April
10.00am Family Worship
Mrs V Anthony
6.00pm Evening Worship
Mr Mark Knowles

Sunday 16 April
10.00am Morning Worship
Mrs Joyce Short
6.00pm Easter Praise
Mr John Wardle

Sunday 23 April
10.00am Morning Worship
Mrs Evelyn Charlton
6.00pm Evening Worship
Acomb Choir

Sunday 30 April
10.00am Morning Worship
Mr Stan Rowntree
6.00pm Evening Worship
Rev David Hasson

Sunday 07 May
10.30am Communion Service
Rev David Hasson
6.00pm Evening Worship
Rev David Archer

Sunday 14 May
10.00am Family Worship
Mrs Brenda Mearns
6.00pm Christian Aid Service
Mrs Jan Simmonds

Advance Notice

11th April: 7.30pm
St John's
Service of Stations of the Cross

16th April Easter Day:

6.00pm in the Methodist Church
Easter Praise
led by John Wardle

**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 02 April
10.00am Beltingham
BCP Communion

Sunday 09 April
10.00am Beltingham
Morning Prayer

Sunday 16 April
09.30am Henshaw
Communion

Sunday 23 April
10.00am Henshaw
Communion

Sunday 30 April
10.15am St Cuthberts
Joint Service

Sunday 07 May
10.00am Beltingham
BCP Communion

Sunday 14 May
10.15am Beltingham
Morning Prayer

**ST CUTHBERT'S CHURCH
SERVICES**

Sunday 02 April
10.30am All Age Worship

Sunday 09 April
08.00am Communion
10.30am Communion

Sunday 16 April
11.00am Communion

Sunday 23 April
10.30am Morning Prayer

Sunday 30 April
10.15am Joint Service

Sunday 07 May
10.30am All Age Service

Sunday 14 May
08.00am BCP Communion
10.30am Communion
06.00pm Christian Aid Service
Mrs Jan Simmonds
Methodist Church

Holy Week 2006

Monday 10 April at 6.30pm
Communion in Henshaw
Tuesday 11 April at 6.30pm
Communion in Haydon Bridge

Wednesday 12 April at 6.30pm
Communion in Henshaw

Thursday 13 April
6.00pm Lord's Supper in
Henshaw
7.30pm Lord's Supper in
Haydon Bridge

Good Friday 14 April
10.30am for Children in
Henshaw
12noon Devotions in
Haydon Bridge
2.00pm Devotions in Henshaw

Easter Eve 15 April at 6.30pm
Ceremonies in Haydon bridge

Sunday 16 April see above

It's a
SILENT
AUCTION

Starts at 2.00pm
All bidding stops at 4.00pm

Saturday 29 April
Haydon Bridge
Methodist Church

Come along and have some
quiet fun

HAYDON BRIDGE BY PASS.

HAYDON BRIDGE NEEDS A BY PASS

Haydon Bridge has needed a by pass for many years. The old bridge was a real traffic bottle neck in the 1950s and 60s. In those days larger lorries travelling from Carlisle to Newcastle, unable to manoeuvre round the corner from Ratcliffe Road on to the old bridge, turned into Church Street, turned round in the Station Yard and went back along Church Street to get a straight run at the bridge. The congestion caused by the queues of vehicles waiting at the traffic lights in John Martin Street and Ratcliffe Road before crossing the bridge called for immediate measures.

A new 'temporary' bridge was built to connect Ratcliffe Road with the eastern end of John Martin Street, next to the junction with Martin's Close. This solved the traffic management problem on the A69 through the village. Gone were the time consuming queues of traffic, eating into the profits of the haulage companies. The 'temporary' solution was so successful it's still with us 36 years later. In fact, it continues to manage traffic flow remarkably well for, as a recent survey shows, vehicles are not only able to travel uninterrupted through Haydon Bridge, a large percentage of them do so at speeds well in excess of the speed limit.

It's no wonder then, that Haydon Bridge is one of the last places to be by passed on the A69.

There is traffic congestion in the village when there are road works and queues of vehicles do develop behind buses, as they stop for passengers at the Community Centre, but they depart along with the bus (leaving their toxic fumes behind).

After by pass proposals in the 1970s and 80s and further investigations in the 90s, the prospects for a by pass are brighter now than ever before. Several million pounds have already be spent on preparatory work for the new road. A public enquiry, to be held at the Community Centre from April 25th. doesn't look as though it will last too long as no objectors to the scheme made themselves known at the pre meeting in March. Work could begin next year and the by pass completed by 2009 if the

money is made available by the government!

So why a by pass now?

Fortunately, those responsible for road planning appear to look beyond the purely economic reasons nowadays. Road safety, environmental and quality of life factors seem to have a greater bearing than previously when considering the need for new road building. These could be the main reasons why Haydon Bridge is to get its by pass at last. There will be some economic gain from the by pass, as traffic will be able to maintain higher speeds on this section of the A69 and the alignment of the new road has been designed to provide an overtaking opportunity for faster vehicles. But for Haydon Bridge and particularly the residents of Ratcliffe Road the by pass will make a big difference.

The village will be a more attractive place. Shopping in the village should be a more comfortable experience without the fumes and noise of A69 traffic. Crossing Ratcliffe Road will become rather easier too, a real bonus for parents with toddlers and the infirm. Ratcliffe Road residents are going to have to get used to a quieter life without increasingly large HGVs passing their doors and rattling the windows. The number of people visiting Haydon Bridge will probably rise, a plus for local businesses. House prices are most likely to rise as the village is perceived as a more 'desirable' place to live.

For local drivers there should be less of a wait to turn out of Hordley Acres, Church Street and the other sides roads joining the A69. In the future maybe parking provision for residents will be made available in Ratcliffe Road.

BUT, as with all these schemes, it may not all good news.

The new viaduct across the South Tyne and railway line to the west of the village and the associated high embankment, carrying the road across the valley from West Rattenraw to East Land Ends, will have an adverse visual and environmental impact. The noise of the traffic crossing the viaduct and embankment is likely to be heard over the whole village and beyond. As there are no plans to screen the embankment with trees, on the grounds that there aren't many trees in

the flood plain area of the valley(there aren't many high embankments either), it will dominate views of the valley between Haydon Bridge and Morralee. Some people will be living rather closer to the A69 than previously and for many others the view from their home will become less attractive.

Poor Gee's wood will never be the same!

Then there are the new road junctions. It is a pity there isn't enough money in the pot to provide a split level junction, particularly at the eastern end of the bypass. The current proposals could prove rather challenging. With a single level junction, access into Haydon Bridge from the east will be a right hand turn, from a central refuge, across the west bound lane. As the junction occurs at the start of what is planned as 'an overtaking opportunity', the first straight stretch of road since Greenshaw/West Wharmley, this could present something of a hazard to motorists. A driver signalling their intention to turn right into the village may well be mistaken by a following driver, arched over the steering wheel and desperate to get their foot down on the accelerator, as signalling to overtake. The risk of an accident seems fairly high.

At busy times motorists heading for Haydon Bridge from Hexham may well turn from the A69 on to the Alston road and approach the village from Esp Hill, so avoiding crossing the east bound traffic and the time saved, by the quicker exit from Church St or Hordley Acres into Ratcliffe Road, is more than likely to be lost in the queues waiting to join the new A69.

HAYDON BRIDGE NEEDS A BY PASS, but a few improvements to the present proposals wouldn't go amiss.

Maybe we'll get them once the by pass is built. Perhaps.

HAYDON BRIDGE NATURE GROUP

Thursday evening walks Summer 2006.

Walks leave at 6.30pm from Church St, Haydon Bridge, except where an alternative meeting place is listed in the walks description, when the walk will start at 6.45pm.

13th APRIL. Pauline Nichols (681634)

Meeting at Tower Tye crossroads above Walwick on the Military Road. GR 892710 HW trail. 4miles.

27th April. Brian Walters (344517) Meeting at Haresby Rd/Thongrafton Rd junction GR790661 Haresby Rd, Whitshield Farm 3miles.