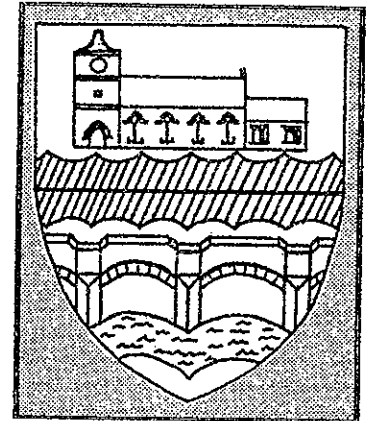


HAYDON NEWS

The Friends of Haydon Bridge Thank the Advertisers for their continued support



December 1992 No 46

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**WEDDINGS: SPECIAL OCCASIONS
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	LUNCH	TEATIME AND EVENING
Monday	-	7.30 - 11.30
Tuesday	-	CLOSED ALL DAY
Wednesday	11.30 - 1.30	5.00 - 9.00
Thursday	11.30 - 1.30	5.00 - 9.00
Friday	11.30 - 1.30	4.30 - 12.00
Saturday	11.30 - 1.30	5.00 - 9.00

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The Friends of Haydon Bridge and the Editor send Seasonal Greetings to our Advertisers, Contributors, Producers, Distributors and Readers



EDITORIAL

In recent weeks new bean-pole lights have been installed on the A69, apparently to illuminate the chimneys, roofing slates and rainwater gullies along Ratcliffe Road. At about the same time a small yellow Tynedale Council van, with a team of furniture removers ("street furniture" removers) was operating in the centre of the Village.

Quite a few road signs were taken down and replaced. Why? I could not quite decide. We have not been metricated, thank goodness: on those signs which bear distances the numbers still represent miles. If the signs were just being cleaned surely it would have been easier to take water to the signs rather than the other way round? One or two could be brand new - I've not noticed the number plate type super reflecting surface on the sign at the East end of the Village before. On the other hand it was clearly not just a tidying up exercise - old friends still bear the scars of passing wide loads! It remains a mystery to me.

There is, however, no mystery about the new signs planted by the County Council round the perimeter of the High School grounds. They are broadly there to remind us that such facilities as are made available to the Community are for our use, not abuse. Identical signs can be seen at Hexham Middle School, at Corbridge First School and doubtless elsewhere in Tynedale and the remainder of the County.

The Headmaster has here written to reassure all local residents that

Haydon Bridge High continues to be aware of and dedicated to its Community responsibilities. If any doubts remain in anyone's mind as to what is or is not permissible community use of the facilities questions can be asked at the meeting arranged for 14 December (see separate notice).

We cannot reasonably ask for more.

Gina Richardson Editor

HAYDON BRIDGE COMMUNITY HIGH SCHOOL

It would appear that there is concern about the use of Haydon Bridge High as a community school. I can assure all people, young and old, who live in the area that there has been no change whatsoever in the school's attitude towards its community responsibilities. Readers will perhaps recall that I wrote in the not too distant past how the school intended to continue offering its full range of facilities to local residents.

The situation has not altered one jot since then. All the residents are still welcome to enjoy using the school's facilities, whether it be walking to the farm, playing tennis during the summer months, practising cricket at the nets, kicking a ball on the soccer pitches or whatever. As always, the most important word is one of "reasonableness". It is entirely reasonable that local people have such access to the grounds, as long as both the activity and attitude are reasonable in themselves. I am delighted

to say that the vast majority of folk who come into the school and its grounds share that viewpoint. Many is the time I have spoken to families visiting the farm at lambing time, playing tennis on a fine summer evening or gently cycling on the hard paved areas east of the school buildings. I hope that will continue as it is common sense that it should do so.

What I am much less happy about, however, is unreasonable use of the school. Not only might this disrupt the normal working of the students and staff, even in a small way, but it could also cost money. It will not be long before the school itself is responsible for the maintenance of the grounds. Hence my full support for the recent erection of the replacement sign, and for the placing of three other signs in various parts of the school. They merely indicate that unauthorised trespassers, dogs, horses, golfers and cyclists are not welcome. Whilst comment should not be needed on the first four, I should like to point out that cycling on the soil or grass is not appropriate, on grounds of damage caused and that cycling on the internal road system can be dangerous because of the many blind corners etc. Motorcycles, of course, are viewed in the same vein as cars or lorries: they should not be in the school unless there is good reason.

To highlight the work of the school with the community, I should like to point out that co-operation with the local cricket club is very good indeed. Soccer teams can arrange to use our pitches, as long as they are in a reasonable state. The travelling

minstrel band which recently performed in the village were made welcome to stay on the farm. Lunches are served to groups of people in the school dining hall. Students and staff are delighted to be able to spend time with and money for people in the area. And in addition, a whole range of community classes are organised both during the day and in the evening.

To further enhance our provision for this, the Community Department now has two rooms at its disposal, instead of the single unit available prior to the summer holidays. Thousands of pounds are being spent by the school to improve the decor, furnishings and equipment of this facility. Yet this is being done at a time when the school's finances are at a low ebb, just as they are throughout the County.

Perhaps a more justifiable cause for concern by the community would be towards the proposed pruning of community funding by the County Council, largely because it considers its allocation of money from Central Government to be grossly inadequate. Such a drastic step really will have a very significant effect on what we can offer.

C D Thompson
Headmaster

*Best Wishes
to all in the
Parish of Haydon
from
Councillors
Marion and Bill
Howard*

**NOTICE OF MEETING
Use of Community Facilities
Haydon Bridge High School**

There is some confusion in the community about to whom, when and for what purposes the grounds (car park, tennis court and playing field areas) are to be made available by Haydon Bridge High School, which proclaims itself to be a "Community School".

All interested persons are invited to attend a meeting which has been arranged for:

Monday 14 December
7.00pm, in the High School

Headmaster Mr C D Thompson has agreed to be present to answer questions on any points needing clarification.

Dr R High

POPPY APPEAL

In the recent Poppy Appeal, Haydon Bridge District collected a total of £684.74. In these difficult times, financially, the collectors and givers are to be congratulated and I should like to express my thanks to them all.

Audrey Carey, Hon. Organiser

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**Haydon Bridge
Community Association**

CHRISTMAS FAIR

**Saturday 12 December
2.00pm
in the Community Centre**

**Stalls, Refreshments,
Father Christmas,
etc., etc.**

**Proceeds in Aid of
Essential Repair
Programme**

ANNOUNCEMENT

Rev. J E Linton will retire shortly, after more than 33 years' devoted service as Vicar of Beltingham with Henshaw Parish, during which he and Mrs Linton have become well known to many people in neighbouring parishes.

A fund for a retirement present has been opened and donations can be made either to the Midland Bank, Market Square, Haltwhistle (for credit to Rev. J E Linton Retirement Fund account No 51041746) or to the PCC treasurer Mr R K Taylor, The Meadows, Bardon Mill, Hexham NE47 7AA.

The presentation will be made at Henshaw C of E First School on Friday 29 January at 7.15 for 7.30pm and all are welcome.

M H Dorey
Deputy Church Warden



PARISH COUNCIL PICKINGS

26 November meeting

10 Councillors present, and a visit from County Cllr Purdue.

Several points arose relating to highways and traffic. Complaints continue to be heard about the large articulated vehicles negotiating the North Bank - or sometimes failing to do so. At least one has jack-knifed near the Health Centre. Ironically, the Grindon Road is the one sign-posted for "heavy" vehicles (ie over the 3 ton limit on the Allerwash Road). "Heavy" is a relative term! The Chairman promised to see if the drivers could be warned about the problems of negotiating the Bank but, of course, many of them will be strangers to the area.

The "Watsons Garage" improvement has been warmly welcomed but it was suggested that the junction needed better lighting and that the camber was somewhat unhelpful to high-loaded vehicles. Cllr Purdue promised to raise these criticisms at Morpeth. The Co-op Store is encountering difficulty in taking deliveries because of access problems to the rear area and police disapproval of waiting on the main road. If this matter cannot be resolved it could have far-reaching consequences.

On amenity questions, Tynedale Council has agreed to bulb planting in the John Martin Street triangle, but have advised against building a rockery. Nobody



seems to know who has the final say on what can or cannot be done on this bit of ground, hence the recommendation not to do anything too permanent. A sub-committee is meeting to decide how to invest the proceeds of the Village Fete.

Provision of car-parking space in Strother Close is in the Tynedale budget for next year and some of the improved lighting is part of this project.

While the Parish Council felt it was doing better than some others at providing litter bins and discouraging dog fouling, there was a complaint that some dog owners are "helping" to solve the problem by allowing their pets to make use of other peoples gardens on the late evening outing.

There were no new planning applications but two previous ones have been refused. The question of extending the caravan park has been resolved, subject to conditions.

"And finally", the Citizens Advice Bureau is opening up shop in the Shaftoe Library, initially on one day a month. See Village notice boards for days and times.

JPR

CHRISTMAS QUACKERS

"Now look," I said to the duck, "keep away from the oven, don't tempt me."

It opened and closed its beak without uttering a quack, cocked its head on one side, took a couple of steps back, its feet making little slapping noises on the vinyl and messed on my kitchen floor. I had to laugh.

I had had a bad month, a bad year. This Christmas was looking gloomy. Try as I might, I can never make Christmas go away. I like people to enjoy it but when you are on your own and your kids have grown up there doesn't seem to be much point in it - especially as the central message of love and good will is submerged beneath commercialism and over-indulgence.

I was going to be alone - my sister had died earlier in the year - I used to have a quiet Christmas with her sometimes. My daughter was living abroad and my son and his wife were to have his in-laws staying with them. They are nice people but I bore them and they bore me. On my own at least the long silences are not embarrassing.

Then there was the money, or lack of it. I can usually rely on my winter exhibition to see me through till the spring when I can start on my other work. This year it was a disaster: there was a cold spell early in December and on the day of the private view there was a blizzard so only a loyal handful of people turned up instead of the milling crowd looking for free wine. I sold only two paintings: not enough to pay for the framing. George, the gallery Director, was sympathetic and we got a little drunk on some of the leftover wine. At least I still had a roof over my head.

Christmas Eve started off badly, I managed to spill milk into the butter and later I mislaid the key

to the Studio. Some days I can make things disappear quicker than you can say Paul Daniels. I went for a walk, it was a crisp sunny day, the key would turn up.

On the way back I encountered the duck. It waddled along with me, wanting crusts I supposed.

"Sorry," I said, "I haven't a crust on me." It took no notice, some animals are dumb. Undeterred it followed me through the gate, up the garden and into the kitchen. Who was I to spurn company? I soaked some bits of bread and offered it to the duck, who ate it out of my hand. I told it about the key but it shook its head violently and walked over to the oven, which was when I issued the warning and it dropped its little present on the floor.

"Orange sauce!" I said. "Anyway, you will have to duck out now, I want to watch something on the tele at 12.30. Don't bother to wash up." I shooed it down the garden and it flapped over the wall and onto the river bank.

"Happy Christmas, thanks for the company." I cleared up the mess on the kitchen floor and found the key under the cooker.

"Thanks duck," I muttered.

At two o'clock the phone rang.

"George here from the gallery. I have a pleasant surprise for you."

"You haven't sold a painting have you?"

"Well, not exactly," he said, "but a charming lady wants to speak to you, she'll tell you all about it."

"Hi! This is Andrea Drake," a cultured transatlantic voice announced, "you don't know me, I love your paintings." I warned to her.

"Thankyou."

"You're welcome," she said, "I want to buy them."

"What, all of them?"

"Yes, all except the two you sold." I sat down. "I want to ship them over to Minnesota, exhibit them there and put a much higher price tag on them than you have here, which is peanuts, I am sure I can sell them. Are you agreeable?" I stood up. I sat down again. I was getting excited.

"Are you still there?" she said.

"Yes, sorry, I don't know what to say."

"Look," she said, "you don't know me so if you like I can give you a small cash advance now, say £200, and I can arrange for the rest of the money to be transferred when I get home after Christmas, before the pictures leave the country."

She explained how she happened to be stuck here over Christmas and how she had seen a poster about the exhibition by chance and had gone in just before they closed for lunch at 12.30 and saw my amazing pictures - her words. Then she had gone for lunch to think it over and returned to talk to George about it.

"Would you like to come over and see more of my work?" I asked.

"Would I just!" she said, "anything to get out of the goddam hotel, I'm bored blue, but are you not tied up at Christmas?" I told her.

"Why don't I come over now," I said, "we can talk business, then we can go for a meal and maybe arrange something for Christmas Day." She would be better company than the duck, house trained too.

"Just one thing," I cautioned, "when I arrive will you pinch me? I think I may be dreaming."

"OK," she said, and she was!

Pat Sharp

THERE'S A REASON FOR EVERYTHING

It was quite by accident that I heard about the threatened all-day power cut, but neighbours either side of me received "formal notice in writing" so I decided to have-a-day-out on Wednesday 28 October.

Two days beforehand a young man came to my door brandishing a weird looking piece of equipment.

"Northern Electric," he said, brightly.

"Oh?" I answered, just as brightly. "Northern Electric," he repeated, more assertively.

"Yes?" I answered, increasing *my* assertiveness.

"*Somebody* says you've not had a card about the power cut on Wednesday, so I've brought you one," he announced in triumph.

At that stage in the proceedings his call seemed somewhat pointless and the card would be just one more thing to take to Wastesavers so I said I didn't want it, thankyou. (Nor did I want the power cut for that matter.)

The young man was not to be discouraged so easily.

"New house, is it?" he asked.

"Eight or nine years old."

"Ah, that explains it," he said, "they haven't got you on the list yet."

"That's funny," I said, "*they* know where to send the bills!"

"Different department," was his instant reply. Nevertheless he made a great show of deciding what the address was, wrote it on the card I had spurned and departed.

A few days later the reason for this little performance became crystal clear. The electricity bill arrived, together with the pretty little "Customer Service Charter" leaflet. Without that visit, I would have been entitled to £10 compensation for being subjected to a planned "interruption of supply" when Northern Electric had failed to give me 2 days written notice thereof.

What I am wondering is, did the young man get a bonus for spotting/stopping the gap in the system? He seemed inordinately pleased with himself as he trotted off, still brandishing his weird looking piece of equipment.

Gina Richardson



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**HAYDON SPA
(completion)**

The opening ceremony was held on Monday afternoon 30th May 1898. Haydon Bridge Brass Band was in attendance and played selections from the classics as well as popular music during the tea, which was held afterwards in a large marquee. (As the path is narrow and the banks of a very steep gradient we must presume that the band and marquee were both positioned on the road). Mr Straker performed the opening ceremony and prophesies were made that Haydon Bridge would become a second Harrogate or at least rival Gilsland. A silver cup was presented to Mrs Straker in order that she might inaugurate the well by drinking some of the water. Her comments on its distinctive flavour are not recorded but there were three hearty cheers and the band struck up the National Anthem. In the evening there was a dance and everyone congratulated themselves on the weather as the 1836 ceremony had been marred by a thunder-storm.

Photographs taken by J P Gibson in 1898 show the Spa looking very tidy with municipal park railings and the vegetation under strict control. Unfortunately Haydon Bridge never became the "Harrogate of the North" although the Hexham Courant continued to publish a list of visitors to

the town in their summer editions for some years.

Since the Society of Antiquaries' visit the site has once again been tidied up and courageous visitors can sample the water and read the Plaque

RESTORED
BY PUBLIC SUBSCRIPTION
IN COMMEMORATION OF
HER MAJESTY'S DIAMOND
JUBILEE
1897

If anyone has further information about the Spa or the mysterious Haydon Bridge Picnic Committee I would be most interested to hear of it.

Lindsay Allason-Jones
Archaeological Officer, University
of Newcastle upon Tyne

Editors notes: I will be happy to pass on such information to both the author and our readers. I do wonder, however, about the assumption that the band and marquee were positioned on the road. I always thought there was little to choose between the Bush Bends and the path to the Spa Well.

**The Haydon News
is not issued in January**

**NEXT ISSUE
FEBRUARY 1993**

**ALL COPY
TO THE EDITOR
14 SHAFTOE STREET
BY 20 JANUARY
PLEASE**





CHURCH Newsletter

An independent supplement
to the Haydon News

No 10

DECEMBER 1992

PEACE ON EARTH : GOODWILL TO ALL PEOPLE

One of the great benefits brought to the world by the Roman Army was peace. In the Holy Land, at the time of the Birth of Jesus, Roman law and Roman peace ruled the people. The only problem was that it was a peace brutally enforced - a peace under foreign occupation - a peace without justice.

The Jews of that day were waiting in hope for God to deliver them from the Romans. They longed for justice and for self-rule for their nation. They longed for God's laws to be obeyed rather than the laws of the Romans.

The Romans brought peace but also the immorality of pagan life-style and the dehumanising effects of a pagan value system. The Jews longed for things to change.

Many people today are longing for change. Some are dissatisfied with the lifestyle they lead. Some are sickened by the neo-pagan morality our society seems to have adopted.

Today, as 2,000 years ago Jesus Christ comes to bring change - a change which begins to take effect with a change of heart in us.

PARISH REGISTERS

FUNERAL

13/11/92
Elizabeth Bright

BAPTISMS

22/11/92
Christopher James Bell
29/11/92
Stephen Hodgson

Services

at the Parish Church



Sun. 6th Dec
2nd in Advent
8 a.m. Holy Communion
10 a.m. Parish Eucharist
6 p.m. United Service at the
United Reform Church

Wed 9th Dec
Ember Day
7 p.m. Holy Communion with
the special intention of
praying for those who are ill
The vicar will be pleased to
receive requests for prayer.

Thu 10th Dec
8.30 a.m. Holy Communion
Book of Common Prayer

Sun 13th Dec
3rd in Advent
10 a.m. Parish Eucharist
6 p.m. A Meditation for Advent

Wed 16th Dec
7 p.m. Holy Communion

Thu 17th Dec
8.30 a.m. Holy Communion
Book of Common Prayer

Sun 20th Dec
4th in Advent
8 a.m. Holy Communion
10 a.m. Eucharist for the Sun.
next before Christmas
6 p.m. United Carol Service at
the Methodist Church

Wed 23rd Dec
7 p.m. Holy Communion

Thu 24th Dec
Christmas Eve
4 p.m. Crib Service - an act
of worship for young children
(and their parents)
11.30 p.m. Midnight Service -
the First Eucharist of
Christmas

Fri 25th Dec
Christmas Day
10 a.m. Family Eucharist

Sun 27th Dec
Sun after Christmas
10 a.m. Parish Eucharist

Thu 31st Dec
7.30 p.m. Vigil Eucharist
a short service to welcome
the New Year

Sun 3rd Jan.
8 a.m. Holy Communion
10 a.m. Eucharist for the
Season
6 p.m. United Service at the
Methodist Church

Wed 6th Jan
Epiphany
7 p.m. Holy Communion

Sun 10th Jan
The Baptism of Jesus
10 a.m. Parish Eucharist

Wed 13th Jan
7 p.m. Holy Communion with
special intention of praying
for those who are ill.

Sun 17th Jan
2nd after Epiphany
8 a.m. Holy Communion
10 a.m. Eucharist

Sun 24th Jan
3rd after Epiphany
10 a.m. Parish Eucharist

Sun 31st Jan
Candlemas
10 a.m. Parish Eucharist

RURAL ADVICE AND INFORMATION SERVICE

TYNEDALE CITIZENS ADVICE BUREAU

After a break of two years Tynedale CAB is again holding advice sessions in rural areas.

The Rural Development Commission is supporting the work for three years and will provide nearly 50% of the budget. CAB had to raise the rest of the money from other sources and this has now been achieved via a variety of charitable trusts and a substantial award from the CROP fund, which is the Newcastle Dioceses Fund for Mission (Church of England).

Tynedale CAB has offices in Hexham, Prudhoe and Haltwhistle and the rural project is an extension of the work they do there. It aims to visit rural areas to enable those who cannot easily get to the offices to have access to the service.

Often it seems to be accepted that rural dwellers must put up with sub-standard services because of their location and it is often assumed that those who live 'in the country' have an idyllic life without hardship or problems. In fact country people experience much the same problems as those living in urban areas, plus a few more. Problems in rural areas are often made worse by long journeys to reach services and sources of help.

One of the aims of CAB is to ensure that people do not suffer through ignorance of their rights or services available, or through an inability to express their need effectively. The rural project adds to this service by providing opportunities for people to have advice 'on their own doorstep'.

Our information service, which is up-dated every month, is held on microfiche and this portable apparatus can be used wherever there is a power point. It holds information of a wide range of subjects including benefit entitlement housing and employment issues, debt and consumer advice, and on a lighter note, how to apply for a teletext message from the Queen for a centenarian!

We aim to work alongside local clergy of all denominations, G.P practices, Health Centres, and other statutory and Voluntary organisations, and would be willing to talk to any interested groups about the sort of help CAB can offer

Our service offers free, confidential and impartial information, guidance and support to all individuals.

SESSIONS IN HAYDON BRIDGE ARE HELD IN THE LIBRARY ON THE SECOND WEDNESDAY OF EACH MONTH BETWEEN 10.30 a.m. and 12 noon.

Appointments are not necessary.

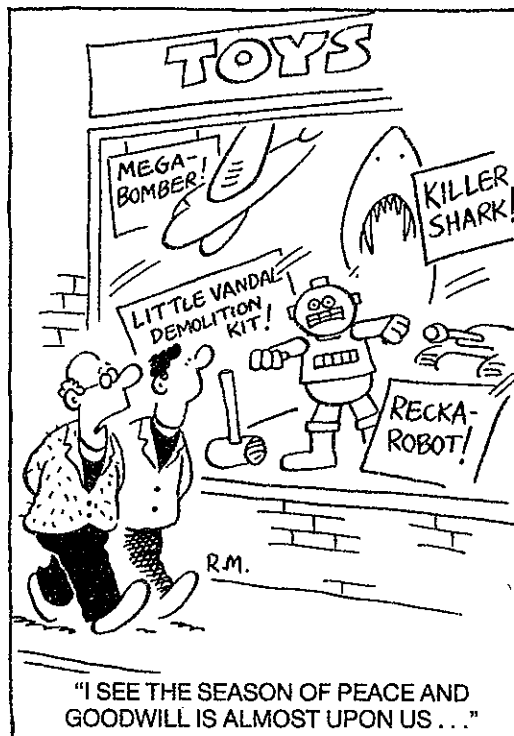
Di Crampton - Rural Advice and Information Worker - Tynedale Citizens Advice Bureau.

GOD IN CRADLE



Behold, the great Creator makes Himself a house of clay, a robe of Virgin flesh He takes, which He will wear for us. Hear how the wise eternal Word like a weak infant cries; in form of servant is the Lord, and God in cradle lies. Join then, all hearts that are not stone, and all our voices prove, to celebrate this Holy One, the God of peace and love.

- Thomas Pestel, 1559



"I SEE THE SEASON OF PEACE AND GOODWILL IS ALMOST UPON US..."

Methodist Chapel

Diary for December

3rd December
7.30 pm Concert in school room of Wesleyan hymns to Country and Western tunes by A.G. & Kate

6th December
10.45 am Morning Communion Service led by Rev. David Perkins
6.00 pm United Evening Service at URC

8th December
7.30 pm Mens Fellowship Christmas meal

9th December
2.30 pm Womens Own Christmas party

13th December
10.45 am Morning Toy Service led by Rev. David Adams
6.00pm Evening Service led by Mr D. Stott

19th December
7.30pm Christmas Concert

20th December
8.45am Early Communion led by Rev. David Perkins
10.45am Family Service led by Mrs B. Rowarth
6.00pm United Carol Service led by Rev. David Perkins

24th December
4.00pm Childrens Nativity Service
7.30pm Christmas Communion Service led by Rev. David Perkins

25th December
10.00am Christmas United Communion Service at St. Cuthberts

27th December
10.45am Family Service led by Rev. David Perkins
6.00pm Evening Service of favourite carols. Requests to Stewards please

3rd January
10.45am Morning Service
6.00pm Evening United Covenant Service led by Rev. David Perkins

5th January
7.30pm Mens Fellowship

6th January
2.00pm Womens Own speaker Mr. Trevor North.

PEACE AND JOY TO YOU AT CHRISTMAS

NEWS

KIELDER FOREST EDGE

MELKRIDGE HAYDON BRIDGE WARDEN

CATTON

A FRIENDLY WELCOME - SAME DAY APPOINTMENTS - CHILDREN'S PLAY ROOM - DISPENSING FAMILY PLANNING - WELL PERSON CLINICS - CHILD HEALTH CLINIC - YELLOW FEVER CENTRE

EYE INJURIES

Every week we see two or three eye injuries, caused by flying debris from machines, drills, hammers or chisels etc. If you have something in your eye which won't go away or if you are in continuing pain or if you cannot see out of the eye normally please come straight in to get sorted out. Treating eye injuries quickly is important, I have known people to lose the use of an eye completely after what was thought to be a minor injury. Prevention is better than cure. Always use eye protection when it is provided at work and if you know there is going to be a lot of dust and bits flying around get the visor/goggles on first. If you get chemicals in the eye the first aid treatment is, usually, to wash the eye with pints and pints of clean water and see the doctor straight away. Always read the labels on chemicals before using them and take whatever precautions are recommended.

EMERGENCY CONTRACEPTION

There has been much discussion in the papers about the rate of unplanned teenage pregnancies in the UK.

PLEASE, PLEASE, PLEASE -

You, or anyone close to you (your partner, friend or teenage offspring), needs family planning advice, don't hesitate, pop-in ANY DAY - for a regular surgery appointment. We will be delighted to provide whatever advice or supplies you need. ASK ANYTHING - ANY TIME! This is a confidential service - nobody can know why you are seeing a GP - there are a limited number of reasons for being at a Family Planning clinic. If you have unprotected intercourse there is still plenty that can be done to prevent pregnancy. The "morning after pill" works up to 72 hours after intercourse or a coil up to 5 days after intercourse. If in doubt, see the doctor as soon as possible. You will get an appointment the following morning (the following morning IS soon enough!) on week days, at week ends you should ring the doctor - just as for any other emergency!

"STOSH" - AS SEEN ON TV!

This is not a spelling mistake, it is an acronym - Stopping the Treatment Of Selected Hypertensives. It is the name given to a programme in Northumberland which is aimed at getting people off treatment for raised blood pressure (BP), we are one of a small number of practices involved. It used to be thought that once you had raised BP you would need treatment for life. This is now thought to be incorrect. If you can lose weight, use less salt in your food, take more exercise, drink less alcohol and quit smoking there is a good chance that you will be able to stop the tablets. This practice has already taken several people off treatment successfully - they still need watching in case the BP comes back. If you want to discuss trying to come off treatment please say so, we review all treatment at six month intervals anyway but you are most welcome to have a chat about your own treatment at any time.

CHILBLAINS

These hot/itchy/painful red/mauve patches which appear on fingers, toes and ears in cold weather are caused by a breakdown in the control of the small blood vessels of the skin. Treatment is by warming the affected parts - and then avoiding cold in future. The condition is more common in women and may be associated with another condition called *Raynaud's Phenomenon*. Sufferers fingers and toes can go from normal to white, then blue, then flushed red, there is often a certain amount of pain too. Severe chilblains and *Raynaud's* can be treated with drugs. If you are troubled by these sort of problems make an appointment to discuss what to do.

CRYOSURGERY

For years we have provided liquid nitrogen treatment for warts etc. Now we are looking at the latest and best in high technology cryosurgery equipment and our own supply of liquid nitrogen at the Health Centre. We are trying it at the next wart clinic, though it can be used for much else besides. Verdict in the next News.

KEEP WARM

A number of people seem to feel that this winter is going to be a bad one. Prolonged and severe cold is difficult for everyone. In the Health Centre we have leaflets about how to cope with severe weather and cold, help yourselves. Please take one for anyone you can think of who might benefit but cannot get up for themselves. If you are concerned about someone, don't hesitate to raise the alarm. If you need to discuss difficulties in paying for warmth, the Social Services will be pleased to help, alternatively you could turn to the Citizen's Advice Bureau.

YES - WE CAN DO IT!

The number of people who are successfully giving up smoking recently makes me think that my tongue in cheek comment in the News some months ago might, just possibly, come true. Could we be the first non-smoking village in Europe? Patients, from 20's up, who have smoked all their lives, but become ill as a consequence, have been totally delighted at the improvement in their condition and often avoided the need for treatment after stopping smoking. We'll do anything - almost - to help you, if you want to stop.

UNDERSTANDING

Recently a number of people have enquired about information on their condition. We have a wide range of leaflets to which you are most welcome but, naturally, we don't have a leaflet for every condition. We can provide detailed technical information from professional publications, and an explanation to go with it on the more unusual items. There are numerous self help groups in the UK - one for almost every condition - we may be able to help you get in touch. They are usually enormously helpful and supportive. It's important that you understand what is going on and why, we'd like to help you understand.

HAPPY CHRISTMAS & NEW YEAR!

- from Doctors & Staff.