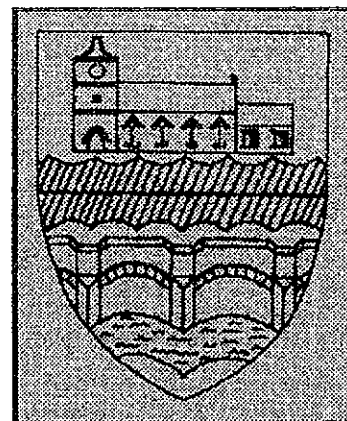


HAYDON NEWS

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



September 1993 / 7

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STUDIO PORTRAITS

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Tuesday
Wednesday 11.30 - 1.30
Thursday 11.30 - 1.30
Friday 11.30 - 1.30
Saturday 11.30 - 1.30

TEATIME AND EVENING

7.30 - 11.30
CLOSED ALL DAY
5.00 - 9.00
5.00 - 9.00
4.30 - 12.00
5.00 - 9.00

Wet Fish Friday 9.00 - 12.00

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EDITORIAL

This month we welcome readers at 30 new addresses, mostly in the Langley area and on the Eastern fringe of the Village, though a few were identified in the recent survey as falling between existing rounds.

There are 25 main distributors of the Haydon News, responsible for circulations ranging between 3 and 108 copies, and they contribute time, shoe leather and petrol to their task. Without their efforts there would be no point in producing the paper and I am particularly grateful for their co-operation in the recent detailed survey of the patches which they cover.

New readers may like to know that the date of publication is tied to the date of the previous month's Parish Council Meeting (the 4th Thursday of that month) and supplies normally reach distributors by the following Tuesday or Wednesday. All going to plan the News starts to drop through the letter boxes during the first week of the month.

Finally, on this subject, I would like to record the thanks of the Friends of Haydon Bridge and successive Editors to the former distributor in Langley Gardens and Greenwich Gardens, Mr Fitzsimmons. He has covered the area continuously, for many years: a major contribution to the sense of community within the Village.

Gina Richardson
Editor

PARISH COUNCIL PICKINGS

Meeting 22 July

6 Councillors present, 3 apologies. No members of the Public.

We are through to the final round of the Best Kept Village contest again. The judges thought there had been "considerable effort" to improve our appearance, although we still haven't licked the litter problem in Church Street and round the War Memorial. The Parish Council has decided to make its contribution by paying for 6 cuts a year (next year) of the West End verge. This should keep the shrubs visible.

Northumberland C C has written out of the blue to enquire whether a long-forgotten request for lighting at Alexandra Terrace is still valid. This raises a whole host of questions such as who pays for the current used by the existing lights, and where exactly would the County Council put the new lamp if they did provide it. The Clerk is trying to find out the answers.

Neighbourhood problems were mentioned: ball games by the young and not quite so young, and rudeness to the elderly from small children.

A planning application to build two more houses behind the West End Joinery site was

sent forward, subject to a proviso that the sewerage system is made capable of carrying the existing load, let alone anything extra.

And finally: a long-term question, Tynedale Council is revising the District Plan. What do we want it to say about Haydon Bridge? Suppose they actually build the by-pass: the Village will have a new and unarguable southern boundary, towards which our development will inevitably creep. Housing? Light Industry? Supermarket? Or just open space?

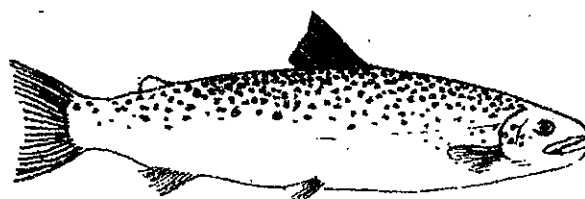
JPR

ARTHRITIS & RHEUMATISM COUNCIL

Our Strawberry Teas in the garden at Appletreewick were accompanied by a very windy day. Even so the event was a great success, making more than ever before, a sum of £171.00. Thank you to everyone who braved the elements to attend.

Our next event, in the autumn, will be a Slide Show, in the Community Centre, when Harry Watson will present his slides of Old Haydon Bridge. Look out for notices of the date and time.

Hilary Rutherford.



SCOUT FUNDS BOOSTED

The support and generosity of the Village residents and their friends has recently increased the 1st Haydon Bridge Scout Group funding.

Colin Todd, the group's treasurer, was sponsored to cover the rigorous "Allendale Challenge Hike" over 25 miles of very difficult terrain. This raised a much appreciated £56.00. Colin must have enjoyed this as he followed it up with another quick dash, over the "Coast to Coast" route, but strictly for pleasure on this occasion. Many thanks to Colin for his efforts and to all of you who supported him.

The Scout's Grand Jumble Sale, held in the Community Centre on Saturday 26 June, raised £349.37. Thanks again to all who provided the Jumble and then came to buy it back again.

The hard work in organising this event and the continuing efforts of our Scout, Cub and Beaver leaders must also be credited. Without them this most valuable youth service asset would be non-existent at a time of short-sighted funding cut backs in other youth community facilities.

The first prize of cosmetics in the raffle was won by Mrs Leader, of Strother Close with Mr Charlton of John Martin Street second (bottle of wine) and Mrs Ord, Brailsford House, third (bottle of wine).

Henry Swaddle
Chairman, 1st Haydon Bridge Scout Group Committee

WHAT PRICE 30 YEARS HENCE?

I have just read, and I hope like many others thoroughly enjoyed, the booklet entitled "The Bridges of Haydon" compiled by Haydon News Editor Gina Richardson.

In her Editorial, Gina emphasises her admiration for the people who produced and contributed to the Magazines of some 30 years ago (and rightly so). But I felt it would be very remiss if we allowed a further 30 years to elapse before saying well done and thank you to Gina, our Editor of today. I feel certain lots of midnight oil will have been burnt as she ploughed her way through past copies of Parish Magazines to pick out so many snippets of interest, then going on to edit, word process and assist in collating and distribution.

This leads me to today's Haydon News. We have a circulation of over 800 and the support of excellent, long standing advertisers. The Parish Council Pickings are very nicely reported and some of the more controversial issues around the area are picked up in the Editorial. In addition, the Church Newsletter with its full Service Diary and the Health Centre News with its oft-times witty but very helpful articles are great assets.

Sadly, what we don't have are stories from contributors who are today's equivalent of "Grouser", "Auld Tawny" and the "Bridge Club", for the Editor of 2023 to browse through

and produce, say, booklet 30.

I am sure there are things happening now which would make stories of interest both today and in the years to come. Please write and tell the Editor.

Haydon News-hound



LANGLEY WI

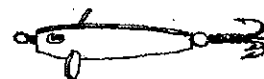
In her talk at the July meeting of Langley W I, Mrs R Dodd gave members a fascinating insight into the valuable work carried out by St Oswald's Hospice.

In the 6 years since it opened, St Oswald's has increased its in-patient capacity to 25 beds, but this still does not alter the fact that the Northern Region of the NHS has the lowest provision of palliative care beds in the U K.

Besides its in-patient unit, St Oswald's runs a Day Centre unit and also a home care service staffed by McMillan nurses. In all these units care and treatment are provided in a relaxed, informal atmosphere - there are no rules and regulations and patients are allowed to keep pets in their rooms.

There are no charges made for the Hospice services. Running costs are greatly reduced as a result of the help provided by many volunteers but financial support is always needed.

M Nagel



CHRISTIAN AID

Haydon Bridge Christian Aid committee requires a new organiser as soon as possible. The work is voluntary, not too taxing or time-consuming and extremely rewarding intellectually. Job sharing is also a possibility.

If you have a few hours to spare next year (especially in April & May) and feel you would like to help, or to know more about this very interesting post, please contact: Rev. K Fletcher, Rev. D Perkins or Pat Hirst (684474). Alternatively, you could turn up at our meeting on 7 September at 7.30pm in the Church Hall, meet the Church representatives and join our deliberations. If your first thought on reading this is that you *could* do the job, please give it some serious consideration: there are a lot of people in the world who would benefit enormously from your efforts.

In the meantime, may I please thank everyone in the Village who has helped in any way over the past few years, and kept alive the work of Christian Aid.

Pat Hirst

NEXT ISSUE OF HAYDON NEWS
OCTOBER 1993
ALL COPY TO THE EDITOR
14 SHAFTOE STREET
BY 20 SEPTEMBER PLEASE

UNITED REFORMED CHURCH

Harvest Supper
Saturday 25 September
7.30pm

An entertaining evening
of Music and Songs
with

Mr & Mrs Boaden
of Newbrough

All welcome

HAYDON NEWS ADVERTISING RATES SINGLE COLUMN WIDTH

12 months (10 issues)
starting October - £12.00

6 months (5 issues)
starting October or April
- £7.00

Single insertion - £1.50

Forthcoming events,
Results of collections,
Acknowledgements &
Reports of local functions
- No Charge

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places available

Ring Aline or Kerry
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activities + outings + fun

JOE NEVIN

Would like to thank Lesley
and Gerry of the Anchor
Hotel for his surprise
85th Birthday Party
on Sunday 15 August.

Also all who attended and
for all the cards and good
wishes from friends and
relations.

And a special thank you
to Dennis and Cynthia
for all their kindness
and good company
over the years.

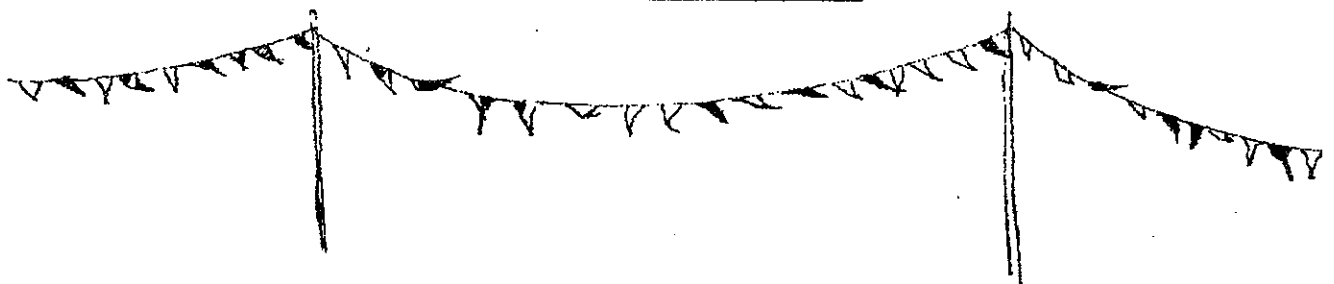
MUSIC at HENSHAW

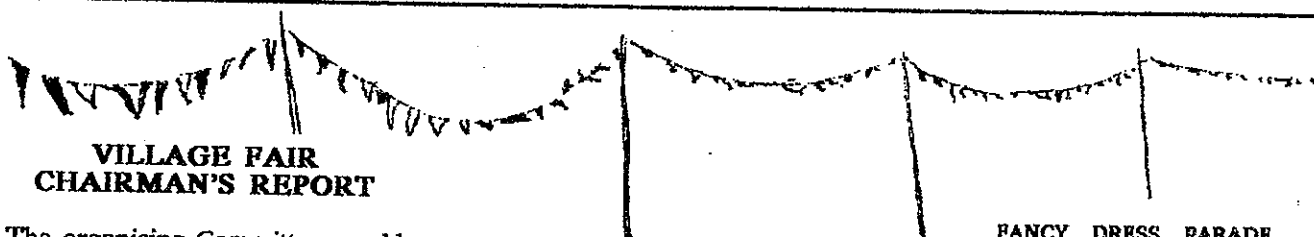
The next concert will be
Friday 1 October
at 7.30pm in the
W I Hall at Henshaw

Ernie & Margaret Bainbridge
Electronic Accordion & Voice
& the Davison family on
Scottish Harp and
Northumbrian Pipes

Tickets £3.50, concessions
£2.50, to include refresh-
ments available from:
Brian Stewart, Julie Bainbridge
Yvette Passmore 344230 or
Elizabeth Scott 344582

E Scott
Bardon Mill





**VILLAGE FAIR
CHAIRMAN'S REPORT**

The organising Committee would like to thank everyone who contributed in any way to the success of the Village Fair on August Bank Holiday Monday.

It is beyond the capacity of these pages to name you all but that does not mean that anyone's efforts went unnoticed. The committee can only "set the scene" for the event and organise the outline of the day's programme. We are, however, particularly grateful for the increase in the number of people coming forward to augment the site team. Ultimately success depends equally on those who contribute in any way in the preparatory stages, those who work so hard on the day and those who attend the function to purchase goods and services and enjoy all the fun of the fair. Thank-you all, for the part you played.

We would like to record our formal thanks to Cllr Loyd and the Judges of the Fancy Dress Parade and Painting Competition. We would also like to thank Prudhoe Town Council for the loan of the Bunting and Tynedale DSO grass cutting team for meeting our needs in respect of a last minute cut on the Riverside.

Eileen Charlton
Chairman

LETTER TO THE EDITOR

The members of the Haydon Bridge Carpet Bowls Club would like to thank everyone who contributed towards their produce stall. A sum of £51.16 was raised, thanks to the helpers and the purchasers and especially to the By Pass Committee who worked very hard arranging it all. And altogether it was a huge success and a great family fun day.

Thanks again,
A Club Member

TREASURER'S REPORT

The sums of money collected from the stall holders are listed below.

Balls in buckets	12.72
Barbeque	63.17
Books and puzzles	18.33
Bran tub	31.00
Bric-a-brac	86.01
Buskers	19.72
Cakes	69.00
Ceilidh	30.15
Clown	21.57
Doll's birthday	12.00
Face painting	14.00
Ferrets	10.50
Fortune teller	60.00
Haystack	28.01
Horseshoes	3.50
Ice cream man	8.00
Jack Straws	35.00
Picture Quiz	16.50
Plants	27.00
Pony rides	17.70
Produce	51.16
Raffle	128.40
Sweeties in Jar	2.00
Teas	133.54
Tombola (Anchor)	172.11
Tombola (Dance Club)	99.96
Wishing well	2.57
Donation	10.00

TOTAL INCOME 1183.62

After settling expenses such as Insurance, hire of clown, prize monies etc. the sum of £1000.00 will be available to be shared equally between the Methodist Church major repair programme and the Parish Church Youth Club Minibus fund.

Keith Fletcher
Treasurer

STOP PRESS
The Pink Fairy is giving a repeat performance in the Great North Run, on behalf of the Minibus Fund. Sponsors please sign in before 19 September

FANCY DRESS PARADE

- Age 5 years and under**
1st Nichola Ord - Gypsy
2nd Rachel Duffy - What are little girls made of?
- Age 6 to 9 years**
1st Cheryl Annan - Miss Muffet
2nd Steven Kirsopp - Gypsy
- Age 10 years and over**
1st David Newton - Coalman
2nd Alison Elliot - Gypsy
- Trophies for all ages**
1st Nichola Ord
2nd Steven Kirsopp
3rd Cheryl Annan
- Float Trophies**
1st Dr Ford - Tracktasaurus
2nd Rainbows - Gypsies, rogues and thieves

PAINTING COMPETITION

- Age 5 years and under**
1st Melanie Robson
2nd Lawrence Holmes
- Age 6 to 9 years**
1st Sophie Holmes
2nd Cheryl Annan
- Age 10 years and over**
1st Richard Walton
2nd Errol Burgon

RAFFLE PRIZEWINNERS

- | | |
|-------------------------------|------------|
| 1 Dinner for 2 Langley Castle | Blue 678 |
| 2 Bottle Whiskey | Blue 952 |
| 3 Croft Original Sherry* | Blue 875 |
| 4 Wooden Bowl | Blue 660 |
| 5 Bristol Cream Sherry | Yellow 906 |
| 6 Assorted Patio Bulbs* | Blue 80 |
| 7 Martini | Blue 650 |
| 8 Le Piat D'Or Wine | Blue 633 |
| 9 Cadbury's Milk Tray* | Yellow 842 |
| 10 Sparkling Wine | Blue 445 |
| 11 Buck's Fizz | Blue 430 |
| 12 Cadbury's Milk Tray | Blue 442 |
| 13 Californian White Wine | Blue 926 |
| 14 White Wine | Blue 203 |
| 15 Red Wine | Blue 630 |

*unclaimed

OTHER RESULTS NEXT MONTH

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HAYDON BRIDGE**

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SUNDAY ROASTS

from £3.50 in the bar

30 YEARS AGO
Parish Magazine
Vol.1 No.8 Sept. 1963

The New Boiler

The new boiler for heating the Church is almost half as big again as the old one which it replaces - but that does not mean that we shall have to burn more fuel. As a matter of fact, we will burn rather less than before.

Our real problem lies in the fact that we have not got sufficient heating pipes in the church to warm the building thoroughly in the coldest weather. When the heating system was put into the Church about a hundred years ago it was quite adequate, but when the Church was enlarged by having the old plaster ceiling removed and a new sanctuary built, the length of the heating pipes was not increased in proportion.

Putting in a bigger boiler is certainly going to help, but in order to get every possible scrap of heat out of the pipes, instead of letting the water circulate slowly round the system (getting cooler as it goes) we are going to install an electric pump which will drive the hot water round the pipes very quickly and not give it time to cool. In this way we shall get more heat into the church - which is where we want it after all.

THE BRIDGES OF HAYDON, PART I

The Souvenir issue of the Haydon News has been well received throughout the Parish. I would like to thank the many readers who showed their appreciation in a very practical manner by making a donation to the cost of production. This encourages the Friends of Haydon Bridge to plan another special issue at some future date - hopefully The Bridges of Haydon, Part II, will be issued in August 1994.

J Cape, Chairman

20 YEARS AGO
Haydon Herald
August 1973

A tragic happening

We have had a sad and tragic happening here in Haydon Bridge sometime during the week-end of June 8,9,10. The fly-catcher's nest which we had in the garden has been robbed of its five eggs.

This pair of little birds had survived the long and hazardous journey from the Mediterranean, where they had spent the winter, and found their way unerringly to the garden where they and/or their parents had previously spent many happy summers.

Over the years these fly-catchers have given us immense pleasure with their aerobatics in search of flies. ... now we see the sad, bereft and bewildered birds flying round the garden.

We hope that if these words are read by the person who took those eggs, a blush of shame settles on his face. Perhaps parents and teachers will point out the cruelty that has been involved in this act and try to impress on children how wrong it is to rob nests. Train them to be real lovers of nature not lovers of collecting.

Nature Club Member



CHURCH Newsletter

No.17

An independent supplement
to the Haydon News

SEPTEMBER 1993

SEPTEMBER ROUTINE

September, for many of us, means getting back into routine. The children will soon be back at school, Holidays are over and we have to catch up with the things left undone during the summer and get organised again. It is good to have a break - especially if we live busy lives, but we should not despise "routine". The Oxford Dictionary defines routine as a "regular course of procedure". This regular course of procedure is the bedrock of our lives. Without it our lives would be chaotic.

Many centuries ago, St Benedict understood the value of routine. The life-style he prescribed for his followers was careful to develop a balanced routine. He allowed time for prayer (spiritual development), for study (mental development) and for manual work (physical development).

We all would do well to ask: Is our routine well balanced? Does it allow us time to do all that we have to do and is there enough time left to do what we want to do?

Are we trying to do too much or too little?

Above all, does it allow our spiritual, mental and physical development?

If not, our routine is not serving us as well as it could. After all, our routine is there to serve us, God did not create us to serve our routine. Don't be a slave to it, make it work for you.

KF



John Blessett

FROM THE REGISTERS

HOLY BAPTISM
27/6/93 Anne Margaret
CRAWFORD
4/7/93 Katie Dawn BELL

The Kingdom of God belongs to such as these.

FUNERALS
24/6/93 Robert CAMPBELL
Service at St. Cuthbert's
followed by committal at
Newcastle Crematorium
28/7/93 Mary Ellen
BLACKBURN
Service and committal at
Newcastle Crematorium

Our condolences to all who mourn and our prayers for those who have departed.

WE WILL BE HOLDING ADVICE SESSIONS IN:-



**HAYDON BRIDGE
LIBRARY**

ON THE

SECOND WEDNESDAY OF THE MONTH
BETWEEN

10.30am - 12.00 noon

NEXT SESSIONS:

Wednesday 8th September 1993

No Appointment Necessary
advice that makes a difference

SPONSORED BY THE CROP
FUND - Church Reaching
Out to People

CHRISTIAN AID - HELP NEEDED!

We need a new Christian Aid Secretary to help organise the work we do for Christian Aid. This is something all the churches do together. If you can help - or know of someone who can help - let the vicar know before Tuesday 7th September, when there will be a meeting to discuss this appointment.

PRAYERS FOR THE SICK

Our monthly service of prayers for the sick will be held on Thursday 2nd Sept in the Parish Church at 7.30 p.m.

If you have any requests for prayer please hand them to the vicar or "post" them in the box in Church or bring them with you to the service - everyone is welcome.

**HAYDON BRIDGE METHODIST
CHAPEL - Diary for Sept.**

1st - 2.30 p.m. Women's
Own. Speaker - Rev.
Clemson, Bellingham

5th - 9 a.m. Early
Communion led by Rev.
David Perkins

10.45 a.m. Morning Service
led by Miss E Gittus
6.30 p.m. Circuit Service
at Trinity. Preacher Rev.
R. Firth. Cars 5.45 p.m.
at Chapel.

11th - Northumbria Historic
Churches Steeplechase

12th - 10.45 a.m. Morning
Family Service led by our
Young People.
6 p.m. Evening Service led
by Mr M Fawcett

15th - 2.30 p.m. Women's
Own. Speaker: Mrs Short
Allenheads.

18th - 7 p.m. Fourstones
Harvest Concert

19th - 10.45 a.m. Morning
Service led by Rev. David
Perkins
6 p.m. Praise Evening led
by Mr R Reay

24th - 7.15 p.m. Langley
Harvest Concert

26th - 10.45 a.m. Morning
Service led by Mr T.
Hindsley
6 p.m. Evening United
Service at U.R.C.

29th - 2.30 p.m. Women's
Own. Speaker: Mrs Lennox
Ryton



ADVANCE NOTICES

Harvest Festival Social
Saturday October 2nd

Sale of Produce -
Monday October 4th

Gift Night with Salvation
Army Band, Saturday Nov.
27th at 7 p.m.

*There is no way to peace
Peace is the way*
A.J. Musté

**STEEPLECHASE
SAT. 11th SEPTEMBER**

from 10 a.m. till 6 p.m.

The Annual Steeplechase
takes place throughout
the Northern Counties of
England and is organised
by the Historic Churches
Trust.

Participants visit as
many churches as possible
during the hours between
10 a.m. and 6 p.m. They
are sponsored for the
number of churches visited.
Half of the proceeds go
to the Historic Churches
Trust - which gives grants
for the repair of historic
churches of all denominat-
ions - the other half is
sent to a church nominated
by the participant.

YOU CAN HELP in any one of
three ways:-

- a) By being a participant
i.e. by getting sponsors
and joining in the steeple-
chase using any mode of
transport you choose. Most
go by car, but some cycle
or take a horse!
- b) By spending an hour at
the Old Church at Haydon
between 11 a.m. and 6 p.m.
to sign visitors' Sponsor
Cards. The Parish Church
is fully staffed - but we
still need helpers at the
Old Church.
- c) By being a Sponsor and
sponsoring one of our
participants.

If you can help in any one
of these three ways then
contact our local organiser
Dr. Lindsay Gray, 7, The
Terrace, Settlingstones.
Tel: 674437 or ring the
vicar 684307.

WOMEN'S FELLOWSHIP

St Cuthbert's Women's
Fellowship will meet
on Wednesday 8th Sept
at 2.30 p.m. in the
Church Hall when the
speaker will be Revd.
Alec Beniams, former
vicar of this parish.

A warm invitation is
extended to all ladies
who wish to attend.

**SERVICES AT THE PARISH
CHURCH FOR SEPTEMBER**

Sun. 5th - Pentecost 14
8 a.m. Holy Communion
- Book of Common Prayer
10 a.m. The Eucharist
Theme: The Family
6 p.m. United Service
at United Reform Church

Sun. 12th - Pentecost 15
10 a.m. Parish Eucharist
Theme: Those in Authority
3 p.m. Evening Prayer at
Haydon Old Church.

Sun. 19th - Pentecost 16
8 a.m. Holy Communion
- Book of Common Prayer
10 a.m. The Eucharist
Theme: Our Neighbour
6.30 p.m. Deanery
Evensong at Knaresdale

Sun. 26th - Pentecost 17
10 a.m. Parish Eucharist
Theme: The Proof of Faith
6 p.m. United Reform Church
Harvest Festival Service.

Sun. 3rd October - P.18
8 a.m. Holy Communion
- Book of Common Prayer
10 a.m. The Eucharist
Theme: The Offering of
our Lives.
6 p.m. Methodist Harvest
Festival Service.

CANS CANS CANS CANS

Many thanks to those
people who have helped
our young people collect
aluminium cans, as part
of our Mini-bus appeal
and as our small part
in being "green".

We have had mountains
of cans to sort and
crush - your response
has been very good.

We are still collecting
- so continue to help
if you can. Cans may
be brought to the Church
Hall on Tuesday evenings
from mid-September or
left at the vicarage.
Arrangements can be made
to collect cans if you
find it difficult to
bring them in.
Thank you again.

HAYDON BRIDGE HEALTH CENTRE

NEWS

WARK 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

THANK YOU

The Haydon Bridge High School students have worked very hard at a number of projects to raise money for charitable uses. Very kindly they decided to fund the purchase of a Vitalograph Spirometer for us. This instrument, with which those of you with chest complaints will soon become familiar, will be shared on a six month rotating basis with our two fundholding associated practices.

It allows accurate measurement of a person's lung capacity and any response to treatment. It is not enough to give a treatment and hope for the best, one needs to measure the result to make sure that it is as good as can be achieved. By getting all our sufferers from chest complaints checked on the machine at regular intervals we hope to improve the quality of their health and enable them to lead active lives - free of symptoms.

So a very big THANK YOU to the students of the High School.

REGISTRATION

Confusion has arisen over the letter which has been sent out to the patients who have been registered with Dr High. In reality, people are registered with the practice and are free to see whichever doctor they wish but for administrative purposes each person's name is linked to that of the doctor who originally signed their application to join the practice. For some people this may have been Dr Bell or Dr Ferguson and the comings and goings since of doctors have not been marked by letters such as have been sent out on this occasion. The FHSA has become more efficient and has managed to send letters this time.

So - everyone is still registered with the practice and is still free to see whichever doctor they wish but for administrative purposes only the people whose names were previously linked to Dr High's name are now linked to Dr Mary Henderson's.

PRACTICE BROCHURE

We have managed to run out of old practice brochures just at the right moment. We are now composing the next edition and would like to hear from the community about the sort of changes they would like to see in the next edition.

At this stage I intend the new brochure to be much larger and more colourful and in the form of a foldout sheet rather than a booklet. The information inside will be similar in places to the existing brochure but changed to cover new services and personnel. Your comments will be studied closely.

FUNDHOLDING

You may have noticed the advert for a fundholding manager in a number of local papers recently. We received about sixty replies in total, all of promise but obviously 59 have to fail. When a final decision is made I will publish it.

The manager will operate the financial and contract aspects of the fund, allowing the doctors to get back to doctoring and the other staff to their original jobs.

Already, hundreds of man-hours have gone into collecting information about the work we do and filling in forms. This information will be used to set our budget for the following year. From this budget we have to provide all prescribed or dispensed items, some hospital care items, community care items and staff salaries. As time goes by we shall have to fund a wider range of items but the fund should grow accordingly.

INFECTIOUS DISEASES

We like to think of infectious diseases as being things of the past but they are not.

Tetanus occurs in this country, TB is increasing in frequency too and one of the most grave threats to public health for decades - AIDS - is still gaining ground. Abroad we hear of diphtheria and the "Black Death" (bubonic plague) in Russia and the increase of measles in the USA.

Immunisation, hygiene and the avoidance of risks - at home, at school, at work and most particularly on holiday - are still vitally important in all our lives.

The greatest improvements in public health occurred before modern medicine had been "invented". Clean water to drink, effective sewage and rubbish disposal, improved living conditions and better nutrition have been the cornerstones of our nation's health - and remain so.

Unexpected illnesses occur in the UK, sometimes years after foreign travel. I have diagnosed malaria twice and recently came across a case of giardiasis - a little memento from St. Petersburg in Russia.

Before coming to Haydon Bridge I diagnosed a particularly unpleasant little side effect of Bangkok brothels - but one that was probably not going to be fatal.

All of these could have been prevented by greater attention to well known preventative measures - or in the latter case the exercise of common sense.

Our bodies (inside and out) and our whole environment are permanently heaving with bacteria, viruses and fungi - if they can put one over on us they will. Attention to hygiene and preventative measures will always be repaid many times over.

SPOTTY LUG DISEASE

This mysterious condition, mentioned in the Haydon Bridge News some months ago, has now been sorted out. It is not an infection but rather a consequence of exposure to ultra-violet light. It usually occurs in the summer months and affects the upper parts of the ear. So if your infant develops lots of little blisters on the ears in summer, apply some high factor sun screen and all should be well.

ONE'S OWN TRUMPET

The last edition of this news sheet was devoted to Dr Mary Henderson. By the time this edition hits the streets she should have been at work for a few days.

Whilst composing the last edition I thought it of possible interest to include a list of Mary's work in her years in hospital. It is apparent to me that many people do not know how one becomes a GP and a word of explanation might be helpful - it is not just a question of getting a degree and sticking up a brass plate.

Mary has done a variety of hospital work: Medicine, Surgery, Geriatrics, Accident and Emergency, Paediatrics, Obstetrics and Gynaecology, Family Planning, Respiratory diseases, Gastroenterology, Rheumatology and Urology

For comparison, my years in hospital included: Medicine, Surgery, Anaesthetics, Paediatrics, Obstetrics and Gynaecology, Psychiatry, Accident and Emergency (two separate jobs) and Family Planning.

So between us we cover almost everything! The skills in greatest demand in general practice (Paediatrics, Obstetrics and Gynaecology, Medicine and Family Planning) are familiar to us both.