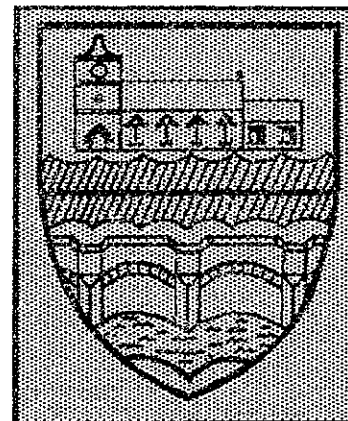


HAYDON NEWS

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



December 1993 / 10

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HAYDON BRIDGE FISH & CHIP SHOP

	LUNCH	TEATIME AND	EVENING
Monday	-		6.00 - 9.30
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

Wet Fish Friday 9.00 - 12.00

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

The Editor has devised a word puzzle for the holiday season,
dedicated to "Our Friends Pictured Within".

Can you find 35 names of People, Trades or Places in Haydon Bridge?
What is their particular association with this publication?

N E W S C A L Z N V C U N N I N G H A M Y
O P X O W S T Q L E S E R T A N O D Y A H
D C H I L D C A R E D O P R O G L J K R E
Y A Z K S B C O F K H F O R S T E R L S A
A M Q P R O M N C C D L T U O V X E M H L
H L N S P A R D N F O S Q L V B S T O N T
Q A Z E D E P A O C M A X T Z G S C W O H
S N J U D O A N L R E Z F G N T N O S L C
F D C Q A D F H A Z E L H U R S T U N N E
E S Z I W D S I S V K M P J U S N Q O V N
L C U T A L T B R D A Z N C B X V S X Y T
D A G N U E C Q I C P R B L N O T D I T R
G P B A X I U R A I L W A Y I A Z C D U E
M E F C E H T V H G H C U C W B X Y N S V
O S D F I S H A N D C H I P S E F O R N B
R O A P E Q B U O X L A J O H N S O N F Q
T G N M O Z E P D B A R O U J K H T P N O
S K A E A F R W Y J R L C P C G D C A D A
M J L I B S T B A H K T E A S D A L E L N
R H G P R E S S H T E O J O U N J I L M L
A F A E C M B D S I G N W R I T I N G U B

WORD PUZZLE

The names (some consisting of more than one word) may be found:

- horizontally, forwards or backwards
- vertically, up or down
- diagonally, forwards or backwards

Answers will be given in the February issue, but in the meantime, those wishing for additional exercise may like to hunt out unconnected words of three letters or more. An energetic colleague assures me that there are at least 50 to be found.

There are no prizes offered for either section of the quiz!

Gina Richardson
Editor

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

**NEXT ISSUE
FEBRUARY 1994**

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TO THE EDITOR
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BY 20 JANUARY
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A D A P T

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Saturday 11 December, 2.00pm - 4.00pm at the

TORCH CENTRE
Corbridge Road, Hexham

Gift Stall, Raffle, £1.00 Entrance
includes choice of coffee or tea,
mince pie, cake, etc.

We look forward to seeing everybody as well as
members of A D A P T

If you need or can offer transport
please contact Lindsay Gray
Tel: 0434 674437



ARTHRITIS & RHEUMATISM COUNCIL

A capacity audience thoroughly enjoyed themselves when Mr Harry Watson showed his comprehensive photograph collection at the Community Centre on Wednesday 10 November. There was fascinating evidence as to how the Village has developed and many memories were jogged as local personalities were recognised.

Mr Watson's kindness in sharing his enthusiasm with us has enabled this Charity to raise £162.60.

Thank you, Mr Watson.

Hilary Rutherford, Secretary



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**Every Tuesday Night at
Haydon Bridge High School**

**6 - 7pm Juniors
7 - 9pm Seniors**

**A CHRISTMAS SPACE
ODYSSEY**

Captain Sir Chalky White,
the Astro-Knight,
unplugged himself
from his recharger
and depressed his
memory bank but-
ton to see what had been
incoming during his four
minutes of periodic resusci-
tation. He needed to find
out if any of his fellow
space adventurers had any-
thing to pass on.



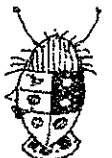
Oh no! Santa Claus was in
trouble. Of course! It was
24 December, Earth Time:
the old boy would be on the
move and probably wanted
repairs to the reindeer har-
ness or something. Every
year it was the same.
Chalky scanned the mes-
sage. Uh oh! real trouble
this time.

"Claus here. Mayday, the
Bad Lady has drugged my
reindeer with sleepy pellets
and her yobcats are unload-
ing my cargo. My co-
ordinates are strato-
sphere..." The message
ended. The black hearted
old bat must have scrambled
Santa's communicator.

"Blinking heck," muttered
White, borrowing an earth
expletive, how many times
had he urged old man Claus
to get a modern space vehi-
cle instead of those animals
and the sled? He was a
lovely man but such a stick-
ler for tradition. Chalky
had needed all his powers of
persuasion to get him to in-
stall a communicator.

Claus himself would be safe
enough, the Bad Lady was a
greedy cunning old cow but
she never went as far as
GBH. Claus would be bro-
ken hearted and so would
all those kids. Still there
was no time to speculate
about all that, there was
work to be done, especially
as he hadn't got Santa's co-
ordinates.

Esme: she would help. The
First Lady of space in his
book, good to work with
and a slick mover, intelli-
gent, resourceful. He and
Esme, what a team. He
switched in to her optical
maser modem.



"Esme, Whitey here, I need
you."

"Not now Whitey, I have a
head ache." He put her in
the picture.

"Sounds bad," said Esme,
"without the co-ordinates
it'll take too long to find
the old guy. Any ideas?"

"Let's go into Deep Thought
and see if we can come up
with a plan." They switched
to DT.

A millisecond later Esme
said, "Well, Whitey, what
are we going to do?"

"How about taking Yip and
Yap, they can sniff out any-
thing," said the Captain.

"Not quickly enough, what
we need is a couple of hun-
dred space dogs. Hey! Have
you still got that cloner?"

"Well yes, but I never really tried it out on such a large scale," he answered.

"Come on Whitey, this is an emergency. I'll bring Yip and Yap over, you warm up the cloner and we'll show the wicked wench an unhappy Christmas. A couple of hundred electronic aroma buds will soon trace those evil yobcats."

An hour later two hundred cloned space hounds were loaded up and Esme and Chalky climbed into their love bolts and were speeding across space. Multi-coloured galaxies, meteorites, planets, stars, black holes and pulsars flashed by as they thrust towards the Blue Planet. The speed of light had been conquered by now and the only thing that mattered was that you shouldn't arrive at your destination before you set out otherwise you might disappear up the thrust of your own space vehicle, as many an impatient space adventurer had found out.

Within an hour they had reached Planet Earth and scattered the Yips and Yaps into orbit, their aroma buds spiralling and twitching.



"Find!" said Esme and they found. Soon Santa and the Bad Lady were surrounded and the baying of two hundred space dogs was scaring the spent batteries out of the yobcats.

"OK Dame Dreadful, get your fiendish felines to reload the loot, climb onto your atomic broomstick and buzz off, before we deactivate your megabites," shouted Esme and the Captain in concert.

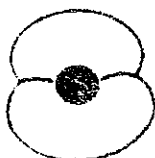


Shortly after midnight, Earth Time, Esme and Chalky were back at base in deep space, having helped Santa Claus deliver all the toys.

"How is the head ache?" asked Chalky.

"Better," said Esme. "Happy Christmas."

Pat Sharp



1993 POPPY APPEAL

**The Honorary Organiser
Mrs Loyd
Reports that the sum of
£818.58p
was collected in the
Haydon Bridge District
in the recent
Poppy Appeal**

**Collectors and Givers
alike are to be
congratulated on this
magnificent achievement**



LANGLEY W I

As usual, two meetings were held at Langley W I in November.

The first was a demonstration of pressed flowers by Mrs Katherine Wilkinson. Members were then invited to try their hand at designing a card using a variety of flowers supplied by Mrs Wilkinson. The work involved was quite delicate and painstaking, but well worth the effort when the finished results were displayed.

The second meeting was the annual Pie and Peas supper which, despite the inclement weather was well attended.

After supper the Compere, Eddie Milligan, started proceedings and soon had the audience in jovial mood. This was followed by entertainment given by Eileen Martin, Frances Wise and Laura Gilhespy - these are always a great favourite with the audience because of the local flavour of their material.

Vocal entertainment was provided by Sue and Ian Robson, who delighted the audience with a selection of Coutry and Western songs - bringing to an end another successful night.

M Nagel

PARISH COUNCIL PICKINGS

Meeting 25 November

There were 10 Councillors present: also County Councillor Purdue.

Although last month's "Pickings" carried the news that our "local" policeman would attend at this meeting, no member of the general public turned up.

PC Ibbotson (299) outlined the organisation structure of Northumbria Police. There are 15 autonomous Divisions (so much so that they charge each other for work done outside "the Parish"). Haydon Bridge is served by officers based at Haltwhistle. There are as many officers covering the area as there were in 1950 - the difference is that then there was one incident a week: now there is one every four hours! Although there is no resident policeman, Haydon Bridge is relatively fortunate in being on the A69 - there is almost always a police vehicle somewhere near.

Councillors mentioned some of their concerns - "soft" drug availability, "travellers", noisy cars at night. They were reassured that the Police were doing everything they could within the constraints of the law. The main hindrance to crime prevention is the lack of continuous vigilance on the part of the general public.

Do you want a street lamp? At the urgent request of one member the Council agreed to make a provision of £500 a year for the next few years to enable "black spots" to be

dealt with. Tynedale Council feels it has already done its bit on lighting as far as this Village is concerned. There is a potential problem, however. Those who feel a new lamp is needed are much more likely to be heard than their neighbours who are quite content with things as they are. You may need to make your opinions known to Councillors whichever action you favour.

Plans for the use of the yard on Newbrough Road and for a new building at Leas Farm were passed without comment. There was some anxiety about a proposed new house at Peelwell. There is already a sewerage problem to be resolved with the existing buildings. This would have to be solved satisfactorily before any new loading could be considered. The Council is also worried about over-development of a very prominent and visible site.

It was decided to make a small increase in the expenditure estimate for 1994/95.

JPR

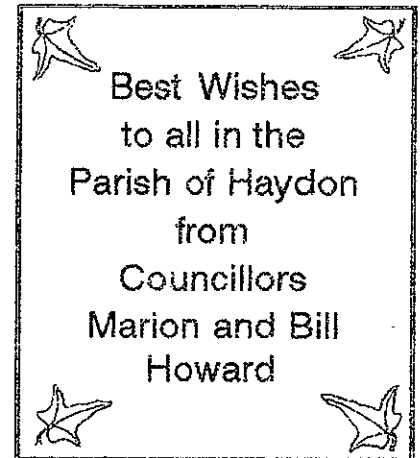
TEXTILE BANK

A blue metal container has been placed in the Station Car Park to take all textiles:

Clothing, Curtains,
Household Linen etc.

Clean and in Good Condition, preferably contained in plastic bags.

The Bank is emptied periodically with the proceeds from collections going to the Spastics Society.

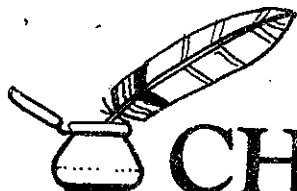


30 YEARS AGO
Parish Magazine
Vol.1/11 December 1963

Two weeks hard and careful work by our contractors in installing the new boiler has changed our Parish Church from the coldest building in Haydon Bridge into one of the warmest...

While warming up the Church the boiler uses about 1.5 gallons of oil per hour and, once the Church is warm, consumption drops to a gallon an hour, or even less. Oil costs around 1/7d a gallon... The heating pipes in the Church were installed about a hundred years ago but since that time the Church has been enlarged, while the heating system has not, so even now it is not quite adequate for the very coldest days. In course of time we hope to be able to add two or three radiators to the system, and then our heating problems will be completely solved for very many years.

Meanwhile, there is a way of increasing the efficiency of the heating system - and that is to see to it that you close the Church Door after you, when entering or leaving the Church! This is not a "smart Alec" remark. It is surprising the number of people who will leave the door open. They cannot realise that it can take a gallon of oil to heat up the Church again after a door has been left open for only five minutes.



CHURCH Newsletter

No. 20

An independent supplement
to the Haydon News

**DECEMBER 1993
& JANUARY 1994**

NEW ARRIVAL

On Saturday 29th January we welcome Gerry & Maureen Price to the parishes of Haydon Bridge and Beltingham with Henshaw. Gerry will be working part-time as Assistant Priest from Sunday 30th January. He is at present vicar of Cowgate in Newcastle and comes to us with a wealth of experience behind him. We look forward very much to the contribution he will make to the work of our parishes as we face times of great change.

On Saturday 29th Jan there will be an Evensong at Henshaw Church followed by refreshments at the W.I. Hall. This will be our official welcome and we hope that a good number of people will turn up to make the welcome a warm one.

On Sunday 30th Jan we will be celebrating Candlemas together when both congregations will join at Haydon Bridge with their priests and ministers.

SERVICES AT THE PARISH CHURCH

- 5th Dec - Advent 2
8 am Holy Communion
10.30 Worship for All
12th Dec - Advent 3
10.30 Parish Eucharist
- 19th Dec - Advent 4
8 am Holy Communion
10.30 Morning Prayer
6 pm United Carol Service at the United Reform Church
- 24th Dec - Christmas Eve
4 pm Crib Service
- 25th Dec - Christmas Day
10.30 Parish Eucharist
- 26th Dec - Christmas 1
10.30 Parish Eucharist
- 2nd Jan - Christmas 2
8 am Holy Communion
10.30 Morning Prayer
- 9th Jan - Epiphany
10.30 Parish Eucharist
- 16th Jan - Epiphany 2
8 am Holy Communion
10.30 Morning Prayer
6 pm Choir Evensong
- 23rd Jan - Epiphany 3
10.30 Parish Eucharist
6 pm United Service at the Methodist Church

30th Jan - Candlemas
10.30 Group Eucharist -
United with Beltingham
with Henshaw at Haydon
Bridge

SERVICES at Beltingham with Henshaw

5th Dec - Advent 2
10 am Eucharist at
Henshaw

12th Dec - Advent 3
9 am Eucharist at
Beltingham
6 pm Evensong at
Beltingham

19th Dec - Advent 4
10 am United School &
Sunday School Carol
Service at Henshaw

25th Dec - Christmas Day
9 am Eucharist at
Beltingham

26th Dec - Christmas 1
6 pm Evensong with Carols
at Henshaw

2nd Jan - Christmas 2
10 am Eucharist at
Henshaw

9th Jan - Epiphany
9 am Eucharist at
Beltingham
6 pm Evensong at
Beltingham

16th Jan - Epiphany 2
10 am Eucharist at
Henshaw

23rd Jan - Epiphany 3
10 am Morning Prayer at
Beltingham

30th Jan - Candlemas
10.30 United Eucharist at
Haydon Bridge

THANK YOU

St. Cuthbert's Young People's Group thank Eileen Charlton and all who sponsored her on the Great North Run. £131.60p was raised for our Mini-bus appeal.

CHILDREN'S SOCIETY

Grateful thanks to all box holders for raising the sum of £388.11p which has been sent to the Children's Society. M. Curry.



MERRY CHRISTMAS & A HAPPY NEW YEAR



**METHODIST CHAPEL
DIARY FOR DEC & JAN**

2nd Dec - 7.30 to 9.30
Circuit Missions Market
at Trinity

5th Dec -
9 am Early Communion with
Rev. David Perkins
10.45 am Morning Service
led by Mr H Mitchell
6 pm Evening Service led
by Choir.

7th Dec - 7.30 pm Men's
Fellowship Christmas Meal

8th Dec - 2.30 pm Women's
Own Christmas Party

10th Dec - 7.30 pm Local
Preachers' Recognition
Service for Barbara
Rowarth.

12th Dec -
10.45 am Morning Family
Toy Service led by Rev.
Richard Firth
6 pm Evening Service led
by Rev David Perkins

16th Dec - 7.30 pm Church
Members Meeting to
discuss buildings plans

18th Dec - 7 pm Christmas
Concert, multi-
participatory, faith
supper.

19th Dec -
10.45 am Morning Service
led by Miss Gittus
6 pm United Carol Service
at URC

24th Dec -
4 pm Nativity Service
with Sunday School
9 pm Christmas Eve
Communion with Rev David
Perkins

25th Dec -
10.30 am Christmas United
Communion at St
Cuthbert's

26th Dec -
10.45 am Morning Family
Service led by Rev David
Perkins

2nd Jan -
10.30 am Covenant Service
led by Rev David Perkins
6 pm Evening Service led
by Mr M Fawcett

4th Jan - 7.30 pm Men's
Fellowship Speaker: Mr G
Gordon

5th Jan - 2.30 pm Women's
Own Speaker: Rev David
Perkins

9th Jan -
10.30 am Morning Service
led by Mr G Wilson
3 pm Meeting with
Scripture Union for
Holiday Club Planning
6 pm Evening Service led
by Mr R Reay

16th Jan -
9 am Early Communion with
Rev David Perkins
10.30 am Morning Service
led by Miss E Gittus
6 pm Evening Service of
celebration

18th Jan - 7.30 pm Men's
Fellowship Speaker : Mr
Rourke

19th Jan - 2.30 pm
Women's Own Speaker : Mrs
Barbara Rowarth

23rd Jan -
10.30 am Morning Family
Service led by Rev David
Perkins
6 pm United Evening
Service led by Rev David
Perkins

30th Jan -
10.30 am Morning Service
led by Rev Richard Firth
6 pm Evening Service led
by Rev J Errington

CONFIRMATION

Anyone interested in
thinking about being
Confirmed should
attend a meeting at
the vicarage on
Thursday 20th January
1994 at 6 pm. The
meeting should last
no longer than half
an hour. If you are
interested but cannot
attend please inform
the vicar by 20th
Jan. This meeting is
so that arrangements
can be made to run a
suitable preparation
course.

INDIAN EARTHQUAKE

Bishop Kenneth Gill
reports that almost
£10,000 has been
raised by the
Newcastle Diocese for
the relief of the
victims of the recent
earthquake in India.
A further £7,000 was
added to the sum by
other Christian
Churches in the
region.

The money was used by
the Red Cross to
distribute rice,
wheat flour,
biscuits, blankets,
kitchen utensils, bed
sheets and other
necessities. The
administrative
expenses amounted to
only 3%. This was
because the British
Red Cross made no
admin. charge and
most of the work in
India was carried out
by volunteers.

The parishes of
Haydon Bridge and
Beltingham with
Henshaw were able to
contribute £155 to
this appeal. Thank
you to all who
contributed.

FROM THE REGISTERS

Funerals:
29/10/93 Gladys
Margaret Bryson

24/11/93 Barbara
Davison

25/11/93 Ralph
Pickering

Our prayers and
condolences for all
those who mourn.

HEALTH CENTRE NEWS

DR. MARY HENDERSON

INDIGESTION

With Christmas rapidly approaching I thought a few words on indigestion might be appropriate. Most of us view Christmas as a time to eat masses of rich food, with little or no exercise and wonder why we regret it afterwards. Indigestion is very common, it can give stomach pain, chest pain, wind, nausea, bloatedness, a burning feeling and a nasty taste in the mouth.

The best solution is to try to avoid excessive quantities of food, especially rich food. Smaller meals at regular intervals may be all that is required. Simple and cheap indigestion remedies are available from the Chemist.

PULLED HAMSTRINGS

Now that the more strenuous winter games are upon us, I would like to remind you that careful warming-up exercises and regular training are important to avoid strains and sprains. However, if you do pull a muscle or suffer a sprain it is best treated by rest, elevating the limb (for example - rest a leg on a stool), applying ice for twenty minutes at a time (for example - a bag of frozen peas wrapped in a tea towel) this will ease the pain and help reduce the swelling. Crepe bandages or Tubigrip (from the Chemist) may also give comfort. Simple painkillers - such as paracetamol - will reduce the pain. Do not restart exercise until the problem is fully resolved otherwise you may make the problem worse again.

ARE YOU STRESSED?

Stress is a modern idea, it was not acknowledged 40 years ago. Why is it important? We now know that people under stress are more likely to suffer mental and physical problems. Common things stress can produce or aggravate include: headaches, palpitations, tiredness, vulnerability to infections, pains, depression and a host of other less common symptoms. In addition, any illness which you do suffer may be made worse by stress.

What causes stress? Stress arises from many areas of your life: work, family, money, moving house, getting married, losing or starting a job, bereavement etc. Everybody has stress in their lives but each suffers in different ways and to different degrees. If you are stressed you be feeling tired, irritable, moody, be losing sleep, be emotional or just feel run down - next month I will suggest ways of handling stress.

ACUPUNCTURE

In the future I hope to be doing Acupuncture. I welcome any views on this or other complementary therapies.

DR. STEVEN FORD

WELCOME

It is a great pleasure to present Mary's first contribution to the Haydon Bridge News, I am sure that she will be a regular and valued contributor in the years ahead.

In case her opening remarks have left the "sportingly challenged" members of the community gasping - I count myself amongst their number - it is worth pointing out that to Mary a five kilometre swim is a mere warming up exercise. The staff found this out to their cost when they volunteered to sponsor her for a charity swim - we are all now taking in stairs to scrub!

FUNDHOLDING

The Fundholding scheme is making great leaps forward now that Max is in post. At the negotiating table with providers Max is the King of Cool - Clint Eastwood eat your heart out! We have met many of the potential providers already and impressed upon them that we take our role as your advocates with the utmost seriousness.

The best quality of service for you is the whole purpose.

You may have seen the piece in the Courant the other week about the consortium - I would emphasise the point about our being able to help keep Hexham hospital going. In helping Hexham to meet and exceed the highest standards of customer service we can promote their competitiveness with other providers.

A couple of people have mentioned that they fear that they are "expensive" and seek reassurance. Fundholding is no threat AT ALL to any patient! Any and every patient will be treated with out regard to the eventual cost - those patients who exceed a £5,000 cost are automatically paid for IN FULL by the Health Authority. All the doctors involved in the consortium are agreed that the whole project must be completely open to anyone who wishes to know more. There are no secrets about the operation of the fund. A specially written explanation will be forthcoming in due course and sent to all patients.

CORONARY HEART DISEASE

CHD - for short - means heart attacks and angina. Here is a summary of how to avoid CHD :

Smoking - the more you smoke the greater the risk. Stopping smoking halves the risk of CHD within five years of quitting.

Cholesterol - The risk of CHD goes down by 20-30% for each 10% reduction in cholesterol in the blood. Diet is the best way of reducing cholesterol - a lot less fat and more fibre basically.

Blood pressure - normal blood pressure gives the lowest risk of CHD. Measuring BP is easy - treatment does not always mean tablets.

Salt - taking less salt in or with your food makes a useful difference to BP and hence CHD.

Exercise - those used to regular vigorous exercise should continue with it, those not used to regular exercise should begin modestly with walking - for example. Couch potatoes should not dive straight into squash playing - there can be too much of a good thing.

Weight - too much weight causes many problems, getting nearer to ones ideal weight is part of avoiding CHD.

Diabetes - needs good control of the amount of sugar in the blood to avoid CHD.

Alcohol - CHD is REDUCED by 25-45% by regular consumption of SMALL (!!!!!!!) quantities of alcohol daily - a glass or two of red wine in particular. More than this amount of alcohol INCREASES CHD.

Aspirin - Patients at high risk of CHD may gain up to 25% reduction in risk with a daily small dose of aspirin.

Hormone replacement therapy - women who are menopausal seem to be protected from CHD in part by HRT

CHRISTMAS SURGERY TIMES

Fri, Dec 24th	Normal surgeries
Sat, Dec 25th	Closed - Christmas
Sun, Dec 26th	Closed - Boxing
Mon, Dec 27th	Closed - Bank Hol.
Tues, Dec 28th	Closed - Bank Hol.
Weds, Dec 29th	Normal surgeries

NEW YEAR SURGERY TIMES

Fri, Dec 31st	Normal surgeries
Sat, Jan 1st	Closed - New Year
Sun, Jan 2nd	Closed - Sunday
Mon, Jan 3rd	Closed - Bank Hol.
Tues, Jan 4th	Normal Surgeries

A MERRY CHRISTMAS & HAPPY NEW YEAR TO YOU
ALL FROM EVERYONE AT THE HEALTH CENTRE