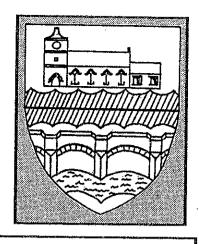
HAYDON NEWS

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

June 1993 / 5



ANDY SHIELD - QUALITY BUTCHERS 4 CHURCH STREET, HAYDON BRIDGE, TEL 684 381

FINEST QUALITY LOCAL MEAT & GAME

HOME MADE BREAD BAKED IN OUR SHOP
READY MADE MEALS FOR THE FREEZER
DISCOUNT FOR FREEZER MEAT ORDERS
HOME MADE SAUSAGES OUR SPECIALITY

RAILWAY HOTEL Tel. 684 254

Bed and Breakfast

Pizzas to eat in or take away Lounge Available for Functions

J & M CLARKE

11 Church Street Haydon Bridge

Tel 684 303 Newspapers, tobacco, toys, games confectionery, birthday & special occasion cards, stationery

COFFEE SHOP

HAYDON HAIR SALON

Church Street Haydon Bridge

Tel 684 573 NOW

Let us make you more beautiful

M. ARMSTRONG

13 Church Street Haydon Bridge

For fresh fruit and vegetables Bread and cakes delivered daily Groceries Friendly Service

B J YOUNG JOINERY

Manufacturer of doors, windows, gates, wardrobes, staircases, etc.

Telford's Workshop Haydon Bridge Tel Hexham 605289

ERNIE SWINBURN - PHOTOGRAPHY

3 Station Cottages, Haydon Bridge Telephone Hexham 684 489

WEDDINGS: SPECIAL OCCASIONS STUDIO PORTRAITS

HAYDON BRIDGE FISH & CHIP SHOP

	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
	Wet Fish Friday 9.00	- 12.00 Te	lephon	e 684289

Hazel Hurst Nurseries Bardon Mill

for Shrubs,Bedding Plants,Baskets Compost,Fertilizers and all garden supplies.

Tel. Bardon Mill 344 438

HENRY WATSON & COMPANY Tel: 684 214

All cars welcome for M.O.T Service:Repairs:Crypton Tuning

Gas & Electric Welding

FRIDGE/FREEZER

Commercial and Domestic Sales and Repairs CALOR GAS, PROPANE or BUTANE

Delivery if Required
Call or Phone
POPLARS CARAVAN PARK
Haydon Bridge Tel.684 427

D. ROBSON

Landscaping, Tidy-ups, Pointing, Concreting, Stone-walling,

Trees felled/logged
Light Haulage.
Pree Estimates
Telephone 688 930

EDITORIAL

In each of the last two issues of the Haydon News we have published articles by Dr High, on the subject of "Care of the Elderly and Handicapped in the Community". These have given rise to a fair amount of discussion in the Village but so far no one else has burst into print on the subject, although our pages are always open to comment on topical matters.

The background having been set out pretty thoroughly, Dr High is now presenting detailed and, to put it mildly, somewhat controversial proposals. It may be. of course, that he is assuming that unless you ask for the moon there is no chance of getting even a falling star. What is much more likely is that he has deliberately overstated the case in order to make us think. In either case the proposals merit serious consideration and I hope that constructive criticism will take the form of a bumper crop of letters to the Editor next month.

The hanging baskets will be in place in the main streets by the time you read this. If anyone is inclined to criticise the contents or the artistry of their arrangement, please remember that they cost between £15 and £20



each to fill and one third of the baskets have needed to be replaced in each of the last three years. What is more, the labour is strictly voluntary and amateur!

This year the Parish Council and the Friends of Haydon Bridge have made equal contributions to cover the cost of this "backbone" of the Village floral display. However, a good overall effect is only obtained with the addition of a multiplicity of individual pots, tubs, window boxes and additional baskets, such as appeared last year.

Anyone who added to last year's display must have felt well rewarded for their efforts by the enhanced appearance of our streets, regardless of our success in the Best Kept Village Competition. Long may such public spirited actions continue!

Gina Richardson Editor

CHILDREN'S SOCIETY

The house to house collections for the Children's Society raised £221.35p.

I would like to thank all those who gave to this worthy cause, and especially the collectors who gave their time.

M Curry

SHELTERED ACCOMMODATION & THE DEVELOPMENT OF A COMMUNITY CENTRE IN HAYDON BRIDGE

If you have a vision for something you must first formulate in your mind an outline plan as to what you would like to see happen, and then explore ways in which it might be brought about.

It was by working on these lines that I was able to achieve the Haydon Bridge Health Centre which most will acknowledge to be a success and an asset to the Village.

The vision I now have is for sheltered accommodation for perhaps 20-30 people, in the centre of the Village, near to shops, churches, pubs, library and public transport. To be arranged round a village green with adjoining Community Centre which could have facilities for badminton, table tennis, snooker, a cinema (which could use the badminton area) and a Cafe/Restaurant, on continental lines, where young and old could gather and socialise. In addition there could be, nearby, a "Youth Hostel" type of accommodation where people from the towns could come at weekends and holidays, to walk, canoe, rock climb, go on nature and bird watching walks and "get to know" us and our Village and we, them.

There could also be small craft workshops where people could learn woodwork, metalwork, painting and other crafts, perhaps in conjunction with Haydon Bridge High School and its facilities.

At the present time an architect friend of mine, who helped me achieve the Health Centre, is exploring the possibility of developing the central site, currently owned by English Estates, on these lines and feels there is some prospect of success, perhaps in conjunction with a Housing Association and other developers. Our District Councillors. Marion and Bill Howard are also interested in the project.

What we need now is vociferous and enthusiastic support from the Village, from the Parish Council, Friends of Haydon Bridge and individuals, proclaiming that this is a development we would like to have here.

It would all have been easier had the site not been allowed to go to English Estates in the first place. But there is a possibility, small perhaps but there, that if we speak out loudly enough and often enough we could make this dream come true.

As the South Pacific song has it:

"If you donna have a dream How you gonna make that dream come true?"

Dr R High

GARDEN FETE AT St JOHN'S RC CHURCH

SUNDAY, 27 JUNE opened at 2.00 pm

Many stalls and attractions GRAND AUCTION Country Teas

DO COME ALONG

MUSIC at HENSHAW

The second concert in this series will be on Friday 11 June at 7.30pm in the W I Hall at Henshaw

Programme of music for a flute and strings quartet

Tickets £3.50 (OAP's and under 16's £2.50) buffet included from:

Yvette Passmore 344230, Elizabeth Scott 344582, Julie Bainbridge or Brian Stewart

E Scott Bardon Mill

REGISTERED CHILDMINDER Qualified Nurse

Working with NNEB assistant in the Village offers

Imaginative Childcare

Full and part time places Some after school and holiday places available

Ring Aline or Kerry 688852 activities+outings+fun

PATRICK SHARP Exhibition of work at Haltwhistle Library

The work includes some experimental prints: coloured embossed prints, block prints cut in plastic and some three colour monoprints. Also drawings, etchings, mini abstracts etc.

On view until 29 June in Library opening hours.

Late night opening: Mondays & Fridays till 7.00pm Closed all day Wednesday and Saturday afternoon.

Under the auspices of Northumberland County Council

HAYDON BRIDGE HIGH SCHOOL PTA FAMILY BARBECUE

SUNDAY 4 JULY 12 NOON UNTIL 4.00PM AT RIDLEY HALL

Tickets available from PTA
Members or the School
£3.00 Adult, £2.00 Children
of First School age or
younger, includes a
barbecue meal

Family Games/Competitions



BUSINESS ACCOUNTS AND RETURNS

Prepared for Taxation purposes Reasonable fees

W D Johnson FCCA

Telephone 344467

HAYDONIAN W M CLUB

Book now:
Birthdays, Weddings,
Anniversaries, Parties, Meetings.

Buffet available on request,

Bingo nights: Wednesday & Saturday 8.15 prompt Come along and bring a friend.

ACCOUNTANCY and TAXATION SERVICES

Fully qualified
Professional advice
Confidentiality guaranteed

David Armstrong ACA MAAT ATII

Telephone 684072

THE ANCHOR HOTEL AND RESTAURANT HAYDON BRIDGE Tel: 0434 684227

Bar and Restaurant Meals available daily SUNDAY ROASTS

from £3.50 in the bar

PARISH COUNCIL PICKINGS

May 27 meeting

10 Councillors present. This was the Annual meeting. The Chairman and Vice-Chairman, Mr T A Bates and Mr W J Dyson were returned unopposed.

Under public participation attention was drawn to the fact that effluent is entering the burn which runs adjacent to the High School. Concern was raised especially as the pupils are using this burn to build their pond.

The meeting was attended by the BR Station Master for Northumbria, Mr Dixon. He oversees platform staff and a mobile maintenance gang which deals with station cleanliness, gardens, paintwork and posters on this line. He "took on board" the following complaints:

- the need to highlight times relating to Haydon Bridge on the timetable on the station

- the repair of the broken fence as a priority

- vegetation from the bankside is creeping into gardens adjacent to the line

- the Hexham Booking office is often unmanned during published opening hours with no indication of when it will re-open



In answer to a request to clear and tidy the brambles and other growth from the bank on the north side of

the station Mr Dixon said they were seeking community participation in the care of local stations, as they could not afford to both clear up an existing eyesore and keep it tidy in perpetuity. Any queries in relation to station manning and care (but not train services!) may be addressed to Mr Dixon via Customer Services at Newcastle, Tel:091 2213687.

Under general parish business the good work of Mr McVay, Mrs Charlton and their gang of helpers was commended. In order to tidy the grass area around the topiary at the east end of the bridge it will be necessary to remove some of the fencing to allow men and equipment through.

A suggestion was made that PC Ibbotson be invited to talk at a Parish Council meeting on the subject of Village policing. In particular his attention might be brought to the much worse than usual litter problem, especially in Church Street. Also to the congregation of youths in this area and the considerable disturbance they are causing by driving their cars in a dangerous fashion along this road.

A meeting at Hexham to discuss the Hexham/RVI Trust was attended by only 16 people! The Parish Council will contact the responsible body to suggest they improve their advertising procedures in future.

J C

30 YEARS AGO Parish Magazine Vol.1 No.5 June 1963

"Parish News...

The coat-of-arms which has been restored to its proper place above the west door of the Church by the Vicar and your People's Warden, is that of King George III who was on the Throne when our Church was built. This coat-of-arms is one of a very few original furnishings of the Church still remaining.....

"Notice Board.....

The Annual **SUNDAY** SCHOOL EXCURSION to WHITLEY BAY will be on SATURDAY, 13th JULY, A special Excursion Train will leave Haydon Bridge at 10:15 and arrive at Whitley Bay at 11:29. It is a through express train, and you will not have to change trains at Newcastle. In the evening the excursion train leaves Whitley Bay at 6:45 and arrives at Havdon Bridge at 7:45. This is also a through express train - no stops - no changing.

Sunday School scholars will, of course, travel free of charge; while the special excursion fare for adults is 9/- return and for children who are not members of the Sunday School the fare is 4/6...."

Editor's note

There must be people in the Village who can remember taking part in this trip. Would any of them care to share their memories with today's readers?

20 YEARS AGO Haydon Herald June 1973

"Parish Council News...
The Department of the Environment, the guardian angel of the A69, does not, for technical reasons, feel justified in providing double (white) lines on the bridge. In any case, with road junction signs each end of the bridge, there should be no overtaking - if everybody stuck to the rules.

My notes are blank at this point, but I seem to remember one member pointing out that ramps to slow down the traffic are being tried out experimentally and the council is going to ask for such ramps to be installed. Now what do you think of that? Of course there would have to be more warning signs to add to the ironmongery already there. Man v. Motor Car is a never-ending battle. decent ford would have caused less trouble....'

FOR PEACE OF MIND SPECIAL OFFER



FOR A LIMITED PERIOD ONLY

Single Wills £27.50 Mutual Wills £50.00

Written in the comfort and privacy of your own home
Contact:
Citadel I.F.S.

1 Lonsdale St, Carlisle CA1 1BJ Local Representative Tel:684601

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

Regular contributors
please note that
there is no August issue
of Haydon News
Therefore copy for July
issue should include
significant dates up to
and including first week
in September

O DANDELION

"O dandelion, yellow as gold,
What do you do all day?"

"I introduct here in the tall or

"I just wait here in the tall green grass Till the children come out to play."

"O Dandelion, yellow as gold, What do you do all night?"

What do you do all night?"
"I wait and wait till the cool dews fall
And my hair grows long and white."



"And what do you do when your hair is white And the children come out to play?" "They take me up in their dimpled hands And blow my hair away!"

[from the Book of a Thousand Poems, Poet Unknown]

IMPROVING OUR VISUAL IMPACT Progress Report

The proceeds of the 1992 Village Fete are being applied to "improving the visual impact at the entrances the Village, proached from East or West on the A69".

Working parties have been in operation over each week end since Saturday 6 March and now that the light nights are here, on some evenings as well. There is no imminent danger of running out of work to be done on the existing project - to say nothing of the suggestions which are flowing in regarding other spots which might benefit from our attention!

When I wrote, last month, that the showery weather had saved us the trouble of hand watering the west end shrub border, I did not mean to give anyone the idea that the temporary water butt was therefore "surplus to requirements". On the contrary, quite apart from what may be needed later in the summer (if we get one), the item in question was the property of a private individual and only on loan to the working parties. The proximity to the A69 makes it not unlikely that the poor water butt has gone for a very long ride but if it has been "borrowed" by a local resident I trust it will be returned in tact and not consigned to an environment skip or less official dump.

At the Cemetery entrance: Enormous strides have been made in clearing old tree roots and generally levelling out the area which is to be grassed. This spectacular progress is directly attributable to the most generous assistance of local owners of heavy agricultural machinery and rubbish tipping equipment.

Although there is a bit more tidying up to be done here, the improvement in appearance is so startling that the leading horse in a line returning to the Pony Trekking Centre was reluctant to pass the site. And that was after the noisy machinery had gone home!

At the west end:

The shrubs are settling in well and some of them are already flowering.

The grass between the shrub border and the road would normally have been cut as soon as the daffodils had finished flowering. At the time of going to press the Parish Council is investigating just why the first cut was left so late this year.

At the east end:

Building of the retaining wall for the raised heather bed has been proceeding over several week ends. It is a substantial structure with outer leaf of stone and inner leaf of (donated) second hand house bricks.

The top edge has been recessed to retain soil to accommodate trailing rockery plants such as aubretia, alyssum and campanula.

A gap is being left in the wall until the last of the infill and donated top soil has been tipped. Even so it is already possible to admire a good area of well tilled soil at the anticipated finished height.

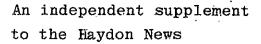
As soon as the construction. work is completed excess materials will be removed and work can start on planting out the various bedding plants which we have been promised to make a splash of colour before heather planting time comes round.

My thanks again go to everyone who is helping in any way with this project. It is a pleasure to be working with so much good will in evidence from all sections of the community.

Thankyou.

Eileen Charlton







JUNE 1993

SPECIAL WEEKEND

The weekend of 12th/13th June sees two important events in the life of the Parish Church.

On 12th June the Annual Gift Day & Fete will be held in the Church Hall and grounds. This is important because we need the money it raises to help to repair and maintain our church buildings. The Parish Church belongs to us all. Every resident in Haydon Bridge has rights and priviledges in the Parish Church even if they never attend worship in Many people still have their babies baptised and get married in hurch. Every resident has the right to have their funeral in church and everyone has the right to attend any of the services of worship. These rights are given to us by Law but they would mean nothing at all if the building ceased to be fit for use. Please support your Parish Church on 12th June - we need the day to be a financial success.



Another event of great importance takes place the same weekend On Sunday 13th June Bishop of Christian belief and Peter Selby will be presiding at our service at 10 a.m. and four of our young people will be confirmed in the Christian Faith. This is important not only for the young people ** being confirmed but also for all of us. Just as the Fete and Gift Day remind us of the need to look after our church building, the Confirmation Service reminds us of our need to keep alive the Christian Faith.

For some of us our faith and the worship of God is at the very centre of our lives. For some, the Faith of the Church is something we turn to in times of need. many more, the Christian Faith is still the bedrock on which our morality and values are built.

Everyone is welcome to attend the Confirmation Service - do come along and join in . If you have any questions about confirmation or any aspect practice the vicar will be happy to try to answer your questions.

FROM THE REGISTERS

Holy Baptism 9/5/93 Neil James Tallantyre

Funeral 12/5/93 Harry Henderson

CHEESE & WINE PARTY

The Cheese & Wine Party held in May raised £235 for Church Funds. Many thanks to everyone who helped or supported this event. The vicar.

CHRISTIANITY AND JUSTICE

WHEN the missionaries first came to Africa they had the Bible and we had the land. They said, 'Let us pray'. We closed our eyes. When we opened them again we had the Bible and they had the

ARCHBISHOP DESMOND TUTU



WE WILL BE RUNNING ADVICE SESSIONS IN:-

HAYDON BRIDGE LIBRARY

ON THE SECOND WEDNESDAY OF THE MONTH BETWEEN 10.30am - 12.00 NOON

NEXT SESSIONS:

WEDNESDAY 9TH JUNE 1993 WEDNESDAY 14TH JULY 1993

No Appointment Necessary





EVENTS AT THE PARISH CHURCH JUNE 1993

before the day of the Fete or at the Church Hall on the morning of the 12th June.

Sun. 6th June - Trinity Sun. 8 am Holy Communion (BCP) 10 am Eucharist (Rite A)

Wed. 9th June - St Columba 7.30 pm Holy Communion with Prayers for those who are ill or in trouble.

Sat 12th June Summer Fete & Gift Day

Sun. 13th June - Pent.2 10 am CONFIRMATION SERVICE

Sun. 20th June - Pent.3 8 am Holy Communion (BCP) 10 am Eucharist (Rite A) 6.30 pm Deanery Evensong at Haydon Bridge

Sun. 27th June - Pent 4 10 am Parish Eucharist (Rite A

Sun 4th July - Pent.5 8 am Holy Communion (BCP) 10 am Eucharist (Rite A)

Sun 11th July - Pent 6 10 am Parish Eucharist (Rite A)

UK Volunteers Week 1-7 June



JUST DO IT

DID you know that in this country 23 million volunteers give an estimated 100 million hours of their time every week? Their contribution is being celebrated this month with a special week coordinated by the Volunteer Centre UK.

Organisations which use volunteers will be laying on an event to thank them. The Week is also an opportunity to show the rest of the public how much they owe to the volunteers in their midst and how much satisfaction those volunteers get out of their efforts. The ultimate aim - you've guessed it - is to recruit even more volunteers.



WHO IS NEEDED - AND WHERE

The Directory of Social Change has just published a 'Directory of Volunteer and Employment Opportunities' which contains details of hundreds of not-for-profit organisations. Edited by Jan Brownfoot and Frances Wilks, the book tells what sort of work volunteers are needed for and whether applications for paid employment are also invited. It cost £7.95 plus £1.50 plp (payment with order) from Directory of Social Change, Radius Works, Back Lane, London NW3 1HL.

BBC Radio One presenters Mark Goodier and Man Ezeke will be talking to some volunteers during the Week about why they do it ('Do it' is the campaign slogan) and what they get out of it.

PHILIP BARRON

We offer a Souling and Healing Service

METHODIST CHAPEL DIARY FOR JUNE

June 6th
10.45 am Morning Service
1ed by Mr. P Eavis
6.00 pm Evening Service
1ed by Mr C Dodds
8.00 pm Prayers & Praise
at Trinity Hexham

June 9th 2.30 pm Womens Own Speaker - Mrs Smith slides of Tasmania

June 13th
10.45 am Morning Service
1ed by Mr Martin Stone
6.00 pm Evening Service
1ed by Mrs Gazzani

June 16th
7.30 pm Open Meeting
Church Building Update

June 19th
6.00 pm Chapel Anniversary
Celebration Games and
Barbeque

June 20th 10.45 am Morning Family Service 1ed by Rev. David Perkins.

6.00 pm Evening Service with performance of Jairus's Daughter by choir and Sunday School.

<u>June 23rd</u> Womens Own Outing to Harrogate

June 26th
7.00 pm Concert by Chirk
Ladies Choir

June 27th
10.45 am Morning Service
led by Rev David Perkins
6.00 pm Evening Service
led by Miss Garbutt

June 28th
7.30 pm Annual General
Meeting

ADVANCE NOTICES

July 10th - Annual Chapel
Fete

October 22nd - 24th -

Chapel Residential Weekend at Masham Nr. Ripon N. Yorks.

MELKRIDGE HAYDON BRIDGE WARDEN

CATTON

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

PATIENT'S CHARTER

Various "charters" have been proposed by the Major government. These are descriptions of what customers can expect to receive when using a service. A good deal of discussion has gone on about Patient's Charters for General Practice and we are now being encouraged to sketch out our plans - each practice can be different. To make this a realistic document it would be helpful if our patients could help us to get our charter right to the education of clinical staff or whether - it is for you after all.

Here are the nine recommended sections written in a form applicable to HB:

INTPODUCTION

) get the best possible service from everyone who works at The Health Centre. You have the right to receive suitable health care and support whatever your needs. We ask or treatment this is easily provided. you to take an active part in your care and reatment. If there is anything that you need o know, ask and we will help.

MAKING CONTACT

When you telephone or visit the Health Centre you will usually speak to the receptionists first. They are trained to help If you would like further advice or opinion and guide you in using our services. If you reed to speak to someone in private please isk. Everything is treated as confidential.

THE TEAM

The doctors, nurses, health nidwives and other practice staff work as a Texible team. You can see any member of he - actice team that you wish - the ece, hists can guide you as to which is the est team member for your needs.

EMERGENCIES

A doctor will see you as soon as possible, at nome or at the surgery, if an emergency trises. There is ALWAYS a doctor available day or night.

APPOINTMENTS

will normally be offered appointment, with the doctor of your choice, in the same day that you make contact with he surgery. For those who are too severely ll to be brought to the surgery a home visit an be arranged.

Isually you will be seen within twelve ninutes of your appointment time. If surgery s running late you will be informed. If you drop a note in the suggestion box. lave not been seen within fifteen minutes of our appointment time please enquire of the the above items but wee need to know if you eceptionist the cause of the delay.

TREATMENT AND CARE

You will be offered all the information you wish about your treatment and care. You are welcome to have a friend or relative present during a consultation or examination if you wish. Your contribution to decisions about and cooperation in your treatment is valued. Repeat prescriptions will be ready within one working day of your your request.

Your are free to choose whether to contribute to take part in research.

INFORMATION

Full information about the practice, the partners, the staff and the services provided is freely available on request.

If you require information in written form on any aspect of the practice or your condition

You have the right, subject to certain safeguards, to see your medical records. All information about you supplied to the practice. from whatever confidential.

QUERIES AND COMPLAINTS

about any problem we shall be pleased to arrange it.

Complaints will be dealt with immediately. You are invited to tell any member of the practice team about your complaint. There is also the practice suggestion box, the Family Health Services Authority Community Health Council.

WHAT YOU CAN DO TO HELP

If you need a home visit please try to contact the surgery before 10.00 AM, it helps us to plan the day's work.

Please try to be on time for appointments and let us know in good time if you cannot, or no longer need, to attend.

The doctor whom you call out at night has an to work normally the next day, there is no chance of a lie in. Please ask for a night visit only when the problem cannot wait 'til the morning.

Constructive comment or criticism is welcomed - only by responding to your views do we get closer to providing the service you want. Tell a team member or

We feel that the practice already meets all of feel otherwise.

CAN YOU KEEP A SECRET?

On August 30th Dr High will be retiring. He has served the village and surrounding area with care, concern and devotion since 1966, mostly alone. There are very few, if any, GPs who construct purpose built surgery premises in their late sixties and even fewer who install a first class computer

The secret is that this month he is receiving a special copy of The Haydon News which is missing this section about him. He will not. therefore, know that I have set up a special account in the Haydon Bridge Midland Bank for donations towards a retirement present from the village for him. I am sure that many will want to make a contribution large or small - to this fund and in due course we shall have a special presentation ceremony, probably in September when everyone is back from holidays. The account

81137107 number is: INSOMNIA - PART 3

Do your worries keep you awake? Do you lie there going through your problems? Do you reach the supreme insight into Life, the Universe and everything just as you're ready to drop off? If so, then you are quite normal. Bedtime is for many people the first time in the day when they can reflect quietly on what has happened. The thoughts may be worrying, exciting or trivial but they go round and round and there's nothing you can do to stop them. You can't make yourself sleep but you can get yourself into a frame of mind where you might sleep. What to do?

After your evening meal find a quiet room to be alone with your thoughts for twenty minutes. Treat this a treasured time, just for you. Reflect on the day's events or on the problems that you face. Write down the chief problems and then note down any steps which might make the problem more bearable. Can you set a time for taking those steps? Lastly write down the good things about the day or yourself or your circumstances - there must be one. Use this to encourage yourself and leave your quiet room on a high note. When thoughts intrude on sleep then file them under "Tomorrow".

Churchill, when asked during the war how he could sleep with all his worries, replied that he thought to himself "B****r everything!" and fell asleep instantly. SF.