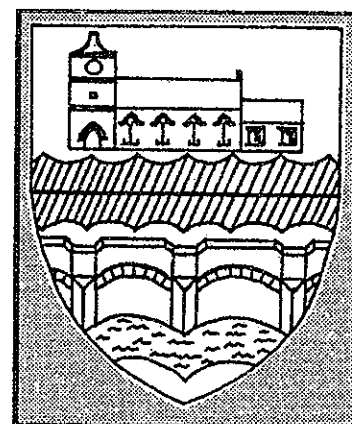


HAYDON NEWS

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



May 1993 / 4

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ERNIE SWINBURN - PHOTOGRAPHY

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WEDDINGS: SPECIAL OCCASIONS
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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

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EDITORIAL

Arising out of the collection of six sets of Haydon News over a twelve month period, to enter for the Best Village Newsletter competition, it has become clear that there are aspects of contemporary life which are recorded only in a publication such as this.

Since 1979, the Haydon News has been issued 10 or 11 times a year, with the exception of minor catastrophes such as misbehaviour of printing machines! Its forerunner, the Haydon Herald, and before that the Parish Magazine go back to 1963. There appear to be no Official Archive copies of any of these.

The Friends of Haydon Bridge are therefore attempting to assemble two complete sets of Haydon News: one for their own records and one to be kept in the Village Library. The intention is that the library copy will be bound in twelve month volumes and made available for anyone to consult.

We have the nucleus of this collection, but missing issues are listed on page 2.

In an even more ambitious project it is hoped that complete sets of the previous publications can also be put together and somehow made available for public consultation within the Village. Mr Coombes has most generously provided the basis of this collection but there are a few gaps even in his records, so an appeal is made for anyone who might have copies tucked away to look them out now.

Your Editor has been intrigued by the similarities of our current concerns to events of the past and the availability of this material provides the opportunity to start our own "30 years ago" column.

On the subject of "Care of the Elderly and Handicapped in the Community" we are well aware that Dr High's article is a reiteration of the points he made in last month's News. We make no apology for the repetition.

Dr High clearly feels very strongly on this subject and it is not unlikely that, in the near future, many of us will have reason to wish we had taken the matter equally seriously.

Gina Richardson
Editor

THANKYOU
Mrs Mary Havard
would like to
thank everyone for their
cards and good wishes
on the occasion of
moving into her
new home

ARTHRITIS & RHEUMATISM COUNCIL

Haydon Bridge Branch

A further reminder that we are repeating our Car Boot Sale endeavours at the end of May.

Please don't throw out anything that might be remotely saleable

- prices start from 5p -
instead give me a ring on 684335 and I will arrange collection Paperback books, in particular Mills and Boon, sell very well.

Hilary Rutherford

CHRISTIAN AID WEEK 1993 17-22 MAY

The Special
Christian Aid Service
is being held in the
Methodist Church
6pm on 16 May



CARE OF THE ELDERLY AND HANDICAPPED IN THE COMMUNITY

As from 1 April (is the date significant?) the decent care of handicapped persons moves into new and uncertain grounds.

Until now a substantial part of this caring has been part of NHS provision paid for out of the NHS budget by general taxation and National Insurance contributions, but from 1 April 1993 a very much larger proportion of the cost will fall on to Social Services budgets and that means District Council budgets, already cut to the bone, financed by our Council taxes.

There is no doubt that some steps had to be taken to meet the ever increasing costs of caring for elderly and otherwise handicapped people, whose numbers continue to increase, while the working and wealth creating proportion of our population decreases. But to shift responsibility for caring in this abrupt manner without first ensuring that local communities had the right facilities to care decently, efficiently and in an as effective way as possible is inviting muddle, chaos and hardship.

It is right and proper that wherever possible handicapped persons should remain in the community they have been brought up in and where their friends and

relations are to be found.

Who are the handicapped people?

They are many and varied, young and old.

They are not only elderly people who by frailty and senility are no longer able completely to look after themselves without help. There are young physically afflicted persons, single parent families and a number of middle aged bachelors mostly (but also some spinsters) who lived with parents who provided order and domestic caring in their lives until they died and left them "rudderless". In addition there are Downes Syndrome *adults* whose caring parents cannot be expected to cope indefinitely and other similarly affected people who as a result of birth injury or mental inadequacy would find it difficult to live entirely independent lives without the support of some regularity and supervision.

We have examples of all such persons in Haydon Bridge. What is to become of them and how could we best care and provide for them?

I believe that the best, most decent, cheapest way is by the provision of specially designed, modern built, *Sheltered Accommodation*.

I will expand on this in the next issue.

Dr R High



LANGLEY WI

Members of Langley WI gave a glowing report in an evening spent as guests at Warden Institute, where the entertainment and hospitality were second to none.

This was followed by a report on the spring Council meeting at Berwick by Mrs Marjorie White, who also asked members to submit relevant material (anecdotal, historical etc.) on Langley and district for inclusion in a book on Northumberland being compiled by the WI.

A film show of holiday snaps by Mrs Mary Scott rounded off the meeting.

M Nagel

WANTED HAYDON NEWS

Back issues needed to complete the records are:

Numbers	Dates
1 to 10	Oct. 79 - July 80
25	Oct. 81
27	Dec. 81
60	Feb. 85

Unnumbered
April 86 and most months of 87

In addition, the cost of photocopying for the library would be saved if duplicate copies could be found for the whole period
Oct. 79 to Oct. 83
& a few later issues.

If anyone can help please contact:
Gina Richardson, 14 Shaftoe St
Tel:684318

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**PARISH COUNCIL
PICKINGS**

22 April meeting

10 Councillors were present throughout: the eleventh dutifully turned up as soon as possible, but the meeting was virtually over by then.

If you have anything (good or bad) to say to British Rail, come to the Parish Council meeting on Thursday 27 May. Mr Dixon, the Haydon Bridge stationmaster, has promised to attend.

Councillors were delighted by the amount of junk placed in the "Village Cleanup" skip. Not all the reject material was quite what the skip was intended for, but better it should be there than dumped in some undeserving ditch or layby. The enthusiastic use made of the skip by the Village reinforces the Parish Council's claim that it ought to be a permanent facility. Meanwhile Cllr Bill Howard is to look into the question of who is or is not charged for special collections, and also the rules applying at the Frankham tip.

The state of the paving on the Church Street footpaths was referred to, after a second person has tripped and suffered injury in recent weeks. Tynedale Council has already made an inspection. The Parish Council continues to resist appeals to provide additional Street lighting in locations where the District Council disclaims responsibility.

Northumberland County Council has invented something called "Road Care". As I understand it, if you notice a nasty pothole somewhere, you are encouraged to telephone the Area Inspector (Mr D Kirsopp) and tell him about it. Calls should be made:

between 8 and 10am to
0800616792

On the Estate Play area, innocuous empty drink cans (which admittedly should not be there anyway) are being mangled into sharp-edged hazards because the grass cutters have not bothered to clear the area first. Councillors thought that common-sense tidying up before mowing would be part of the normal responsibility of the contractors. The question will be pursued with Tynedale.

JPR

MAY MOTTOS

"A cold May and a windy
A full barn will find ye"

"Who doffs his coat on a
winter's day
Will gladly put it on in May"

IN MAY
(Author unknown)

In May I go a-walking
to hear the linnet sing,
The blackbird and the throstle,
a-praising God the King;
It cheers the heart to hear them,
to see the leaves unfold,
And the meadows scattered over
with buttercups of gold.

HOW LONG IS A WEEK?

We have just had "Village Cleanup" week and what good use we made of it by all accounts!

It ran from 16 to 25 April, which by anyone's reckoning is 10 days, and elsewhere in the country was advertised by huge billboards proclaiming it to be National Spring Clean Week.

This month, your Editor is reliably informed there is to be another 10 day "week":

Environment Week 22-31 May

I regret that my information does not go beyond the mere fact of the matter but if, as seems likely, it brings another skip to the Village then we can have another grand clear out before the Best Kept Village Judges start their round of visits.

The riverside and its frequenters being what they are there will be plenty to be done.

EGR

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

30 YEARS AGO Parish Magazine Vol.1 No.4 May 1963

"Parish News....

Our Treasurer (who manages the business affairs of the Magazine) is rather concerned - and not without reason. Since we started publication in February, some 60 Magazines have been taken *and not paid for!* This not only represents a loss of 30/-, but it means that the Magazine is being run at a loss which the Parochial Church Council cannot afford to make good. In future, Parish Magazines will not be available in the Church, except on the first Sunday of the month. After that day, the Magazine will be available only from Harding's"

20 YEARS AGO Haydon Herald May 1973

"Parish Council News....

There is in the Council a small but strong anti-tree lobby and on the other side a strong but equally small pro-tree lobby. At least one member wants trees everywhere, and at least one other hates the very sight of them. The rest maintain a wooden inscrutability. The Parish has not been in the forefront this tree planting year. So far, more have been felled than planted....

...Perhaps in a few years time we may enter the Best Kept Village Competition - there is now no size restriction....."



MOTHERS' UNION ROAD SHOW

Saturday 15 May
from 10.30am in the
Community Centre

Coffee available until
11.00am

Meet our
Diocesan President
Dorothy Robinson

Workshops in the
morning and afternoon

Lunch (bring your own)
12.30-1.30

Final Service 3.00pm

Do come and find out
about the
Mothers' Union

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available

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IMPROVING OUR VISUAL IMPACT Progress Report

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

Working parties have been in operation over each week end since Saturday 6 March and will be continuing steadily into the immediate future.

I am very pleased to say that the detailed progress report in the April Haydon News did indeed inspire more individuals to offer their services in both time and loan of equipment. We are very much aware of the fact that most of this equipment is in daily use for business purposes and that it must, therefore, be treated with great respect.

At the Cemetery entrance:
Dismantling of the agreed length of derelict wall has been completed. What is left there is necessary for the retention of higher ground. The stone has been transported to the east end site.



At the west end:

The purchased plants have been spaced in accordance with their anticipated ultimate spread, which has left three areas for later attention. Consideration of inter-planting with spring or autumn bulbs will also have to await a later date.

A private individual has donated the means of purchasing the group of heathers in this border. Perhaps some local group might consider "adopting" one or other of the unplanted areas? The estimated costs are:

for the Carlisle end - £100,
for the centre section - £75,
for the Hexham end - £50,
responsibility for planting and aftercare would remain with the By-Pass Committee.

The cuttings provided by local gardeners are being taken care of elsewhere until the autumn, by which time they should be capable of facing the rigours of the roadside environment.

At the east end:

Preparation for building the raised heather bed has included:

surveying plan and slope of site,

marking out shape of bed and fixing datum point for highest point of wall,

digging out "footings" for wall,

assembling and sorting stone, infill and other materials for wall building.

At this point in the story

"rain stopped play" but it is an ill wind that blows nobody any good and the wet weather has kindly kept the plants in the west end shrub border in tip top condition without resort to hand watering.

I would again like to thank everyone who has been involved, directly or indirectly, with this work. It is an encouragement to the organisers and, I am sure, a source of pride to the Village as a whole.

Thankyou.

Eileen Charlton

WANTED HAYDON HERALD

The Haydon Herald appears to have been published from the end of 1971 to August 1973 under the auspices of the Parish Church and from April 1974 to at least the end of 1976 by the Community Association

Issues needed to complete the records are:

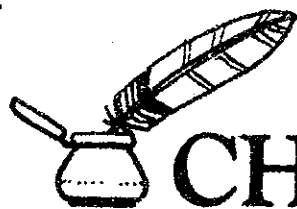
1972 Aug. Oct. Nov. Dec.
1974 Nov.
1975 March April
1977 ?? were there any??

WANTED PARISH MAGAZINE

This was published by the Parish Church February 1963 to August 1970
Issues needed to complete these records are:

Vol.1 No.1 Feb. 1963
Vol.4 No.7 June 1966
Vol.5 Nos 4-12 Mar.-Nov 1967

If anyone can help please contact:
Gina Richardson, 14 Shaftoe St
Tel:684318



CHURCH Newsletter

An independent supplement
to the Haydon News



MAY 1993

CHRIST IS RISEN INDEED: ALLELUIA!

The Resurrection of Jesus Christ is the heart of the Christian Faith. Without the resurrection there would be no Church. Explaining the mystery of the resurrection is, however, no easy matter. Much of what Jesus said and did can be understood in simple human terms - but the resurrection takes us beyond reason and beyond simple human understanding.

It is an historical fact that Jesus of Nazareth was born in Judea, lived and preached in the provinces of Judea and Galilee and was executed by crucifixion under Roman authority, just outside the city of Jerusalem.

Three days after his death some of his followers claimed that he was risen from death. For a period of forty days, increasing numbers of his followers experienced meeting the Risen Christ and it was upon these experiences that the Faith of the Church developed and grew.

It was not until the Jewish Feast of Pentecost (50 days after the Resurrection) that the first Christians began to speak openly about the resurrection of Jesus. By this time the "appearances" had ceased but the Christians knew Jesus to be really present in Spirit.

The Knowledge of the presence of Christ's Spirit is an experience that has continued amongst Christians from that time to this. The presence of the Risen Christ gives us hope for the future and strength for the present. In Christ even death has been defeated.



St Cuthbert's : Haydon Bridge

EASTERTIDE

Cheese & Wine Party

Wed. 5th May 1993

7.30 p.m.

in the Church Hall



Tickets from the vicar £1.75

Services at the Parish Church.

Sun. 2nd May - Easter 3

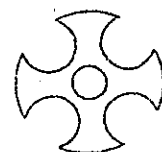
8am Holy Communion
10am The Eucharist

Sun. 9th May - Easter 4

10am Parish Eucharist.

Wed. 12th May

7.30 pm Service of prayer for those who are ill. The vicar will be pleased to receive requests for prayer.



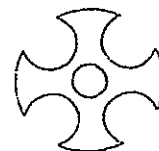
Sun. 16th May - Rogationtide

8am Holy Communion
10am The Eucharist

3pm Rogation Service at
HAYDON OLD CHURCH

6pm United Christian Aid
Service at Methodist Church

6.30pm Deanery Evensong at
Hexham Abbey



THURSDAY 20th MAY -

ASCENSION DAY

7.30am Holy Communion.

Sun 23rd May - Sun. after Ascension

10am Parish Eucharist

Sun 30th. May - PENTECOST

10am Parish Eucharist

6pm United Evensong in the
Parish Church.

Sun 6th June - TRINITY

8am Holy Communion

10am The Eucharist.

Haydon Bridge Methodist Chapel
Diary for May 1993

May 1st
Representative Synod at QEHHS Hexham

May 2nd
10.45 am Morning Service led by
Miss E Gittus

6.00 pm Evening Service led by
Rev A Buglass

May 5th
7.30 pm Bible Study in Schoolroom

May 9th
10.45 am Morning Service led by
Rev M Adams

6.00 pm Evening Service led by
Young People

May 10th
7.30 pm Pentecost Bible Study in the
Schoolroom

May 12th
2.30 pm Womens Own Speaker
Mr B Jackson

May 15th
Concert by Haltwhistle Silver Band

May 16th Christian Aid Sunday
10.45 am Morning Communion Service
led by Rev David Perkins

6.00 pm United Evening Service led by
Rev David Perkins.

May 19th
7.30 pm Bible Study in Schoolroom

May 22nd
7.30 pm Concert at Trinity Hexham by
Sandiland Singers

May 23rd
10.45 am Morning Service led by
Mr R Tipping

6.00 pm Evening Service led by
Mr D Stott

May 24th
7.30 pm Pentecost Bible Study in
Schoolroom

May 26th
2.30 pm Womens Own Speaker
Rev A Buglass

7.30 pm Bible Study in Schoolroom

May 27th
7.30 pm Circuit Rally at West End
Speaker - Rev J Horner

May 28th
7.30 pm Pentecost Bible Study in
Schoolroom

May 29th
10 - 11.30 am Womens Own Coffee
Morning in Schoolroom

May 30th
9.00 am Early Communion led by
Rev David Perkins

10.45 am Morning Service led by
Rev David Perkins

6.00 pm United Evening Service at
St Cuthbert's.

6th June
10.45 am Morning Service led by
Mr P Eavis

COMPETITION RESULTS

Easter Egg Competition
at the Anchor Hotel on
Good Friday

5 to 8 year olds:-
1st - Steven Kirsopp
2nd - Hannah Shield
9 to 12 year olds:-
1st - Aimée Kirsopp
2nd - Joanna Fletcher

Easter Bonnet Competition
on Easter Monday

1st - Mandy Robson
2nd - Hannah Shield
3rd - Debbie & Melanie
Robson

Egg Jarping
Afternoon Competition
1st - Hannah Shield

Evening Competition
1st - Rebecca Fletcher

£151 - 22p
was raised for Youth Funds
- hopefully towards the
purchase of a Mini-bus.
Many thanks to Gerry &
Lesley Little for organising
these events.

From the Parish Registers.

FUNERALS
14/4/93 Margaret Jane Hill
22/4/93 John Graham

WEDDINGS
24/4/93 Raymond Henderson
and Brenda Marshall.

ANNUAL PAROCHIAL CHURCH MEETINGS
held in the Church Hall on
Monday 19th April at 7.30pm

A copy of the Audited Accounts
was received and has been
posted inside the Church.
Elected as Representatives to the
Deanery Synod:-

Mrs Rose Lowdon
Dr. Lindsay Gray

Elected as members of the
Parochial Church Council:-

Mr Peter Fletcher
Mrs. Felicity Bell
Mrs. Brenda Kendrew
Mrs. Enid Garrow
Mrs. Rene Irwin
Mr. Andrew Shield.

Mr. George Barron
Mrs Janis Hall
Mr. Andrew Cuthbertson
Ms Justine Oldfield-Rowell

Elected as CHURCHWARDENS
on Sunday 25th April 1993
Mrs Agnes Marshall
Mrs Margaret Curry.

CHURCH UNITY

The following events have
been arranged:-

Monday 24th May to Friday
28th May each day
Prayers for Unity from
12.30 pm to 12.45 pm in the
Methodist Church followed by
lunch. (soup & roll).

Monday 10th May at 7.30pm
Bible Study - Unity in the
Acts of the Apostles
Rev. K. Fletcher
Held at the Methodist Church

Monday 24th May at 7.30pm
Bible Study - Unity in the
New Testament
Rev David Perkins
Held at the Methodist Church

Sunday 30th May - an
ecumenical meeting to
be held after the United
Evensong at the Parish Church



PLEASE NOTE: There will be no
COFFEE MORNING
in the Church Hall during May.

WOMEN'S FELLOWSHIP

Wednesday 5th May at
2.30 pm in the Church Hall

MOTHERS' UNION

Wednesday 26th May
7.30 pm in the Church Hall
We are hoping for a
Speaker from "Traidcraft"

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

SEEN IMMEDIATELY

Our recent check on the numbers seen the same day revealed that we have DOUBLED the number of people seen immediately. We now see 15.1% of people requesting an appointment as soon as they can get to the surgery. A further 36.3% of people are seen at the surgery in progress when they ring and a further 25.6% of people are seen at the next surgery on the same day. This leaves only 8.6% who are seen the next day. 14.4% of people choose to be seen on another day.

is a check we shall run every year.

MYALGIC-ENCEPHALOMYELITIS (M.E.)

Everyone knows what it is like to feel exhausted, whether after work, worry or illness. Some people feel exhausted almost all day most days for weeks or months or, rarely, years. Several names have been given to the condition including Myalgic encephalomyelitis, post viral fatigue syndrome, effort syndrome and neurasthenia.

The preferred term at present is Chronic Fatigue Syndrome. There are as many theories and beliefs about the cause of the problem as there are "experts". The truth is, probably, that there are several different problems with several different causes, which all lead to a similar illness. Infection, especially with a virus, seems to be the cause of some people. Some times an obvious source of mental or physical stress can be found. Psychological difficulties can be present either as a cause or a consequence of the condition.

There are no diagnostic tests which will prove that a person has CFS but it is necessary to be sure that no other causes of illness are present. Examination and a few blood tests will usually be enough.

There is no altogether effective treatment for CFS but many things have been tried. We have tried zinc injections for our CFS sufferers and had a little success with a quarter of them. Diet supplements and vitamins are claimed to help some but the evidence is rather thin. Antidepressant drugs are worth trying and will give good relief of symptoms to many sufferers. The main treatment is rehabilitation - to help the sufferer make and maintain small increases in activity at their own pace and provide psychological support.

INSOMNIA IN CHILDREN

"Mum - I can't sleep" (wheedling) "Can I come in with you?" - I promise not to wriggle! (LIAR! thinks exhausted parent). A few moments later "Mum - can I have a drink?". No comment - or at least nothing printable - from parent pretending to be fast asleep. A few more minutes go by then duvet trembles as the darling child's bowels pass comment on the curried beans for lunch. Parent holds breath and passes out. Later - "Mum, I'm too hot", parent struggles to consciousness to find that the whole bed is a pool of sweat. Parent gives up unequal struggle and gets up, only to freeze solid as sweat and chilly night air meet.

As the above is supposed to show there are a wide variety of reasons - or excuses - for children (and parents) not sleeping. Being too hot or cold, thirsty, hungry, overfed, over excited, afraid, wet, in pain, disturbed by noise, room too dark or light, illness developing etc. Nightmares cause a child to wake frightened, they are common and may be linked to a telly programme or film. Night terrors cause a child to appear utterly terrified and yet they are not awake, they tend to be provoked by stress but usually require no treatment. Sleep walking and talking are common and do not mean that the child is disturbed or ill, it is wise to make sure that the child cannot fall down stairs or from a window.

Mental illness is unusual in young children but older children can become depressed.

What to do: First, make going to bed a pleasant routine with calming down time and milky drink, bath or wash, teeth clean, pyjamas on, into bed, story, kiss 'n cuddle and off to sleep - with dim light on if necessary. Secondly, don't stray from the routine as this appears to reward the child for not getting on with going to sleep. Thirdly, once the child is in bed and supposed to be going to sleep, attend to any real needs - like temperature, potty etc. - quickly and quietly and then leave the room. Don't be tempted to stay and talk or cuddle for long periods.

Drugs have only a very small and infrequent part to play in helping children to sleep, for emergencies and then for a few days only. Talk to a doctor or Health Visitor if your child has a problem.

TRAVELLING ABROAD?

Be sure to take plenty of sun screen and get your immunisations up to date before you go. Mary will be pleased to tell you what you may need. Don't leave looking after your health until the last moment - immunisation schedules may take up to 8 weeks to complete.

HEXHAM HOSPITAL

Despite several meetings it is still far from clear what is going to happen to Hexham Hospital. When fundholding starts next year those GPs which are involved, Haydon Bridge-Allendale-Bellingham and Burnbrae, will be able to crack the whip and maybe adjust some people's thinking on the issue. We certainly want to preserve all the facilities that are provided at present and the feeling is that GPs are actually well placed to help the hospital get it's act together.

GLANDULAR FEVER

This is a common illness in teenagers and young adults - it is not called the "kissing disease" for nothing. It is caused by the Epstein-Barr virus and is fairly easily spread. By the age of 5 years about 30% of children will have evidence on testing that they have already had the illness. As with so many viral illnesses, it can be almost unnoticed in young children but really unpleasant for older children and adults.

From catching the virus to feeling ill is 10-15 days. Temperature, sore throat, feeling terrible, aches and pains all over, glands in the neck, armpit and groin, rarely a rash or jaundice - these are the usual symptoms. The tonsils can be so swollen that talking is difficult. A blood test diagnoses the infection. The treatment is rest, plenty to drink and paracetamol, usually that is all that is required. Sometimes, when the illness is particularly severe, other treatment may be needed. It is rare to get two attacks.

FUNDHOLDING

We are now collecting details of the work we send to hospitals and checking what extra equipment we need. Some of the fundholders we have spoken to have no waiting lists for hospital treatment - HB will be in there with them soon.

FAX

Our fax number is: 0434 684144

SF