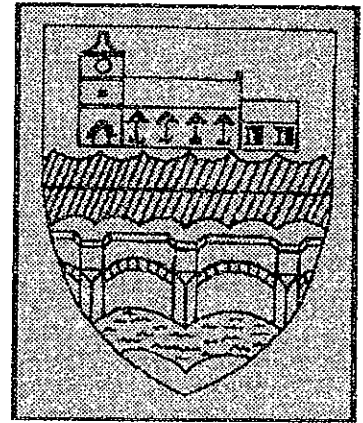


# HAYDON NEWS

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



October 1993 / 8

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## 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

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## Hazel Hurst Nurseries

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Free Estimates

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## FAREWELL

By 30 August 1993 I had been G.P. to Haydon Bridge for 27 years. Where has it all gone? It only seems like yesterday when I came to the Village with my wife and 4 young children.

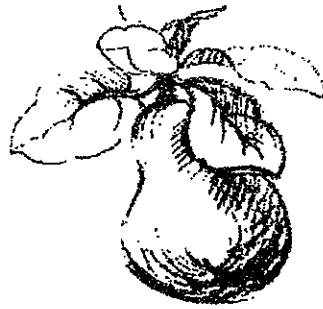
These have been the happiest years of my professional life and, aided by the generosity of patients, I have been able to realise an ambition which was to build a Health Centre to a top class standard: and to feel that the provision of Health Care to Haydon Bridge is now in the safe and caring hands of a "Primary Care Team" of doctors, receptionists, community and practice nurses, health visitor, midwife and many others who will be as good as, if not better than anywhere else in the country.

Since my retirement was announced I have received a very large number of letters, cards and individual gifts together with generous donations to a "Retirement Fund", for which I would ask you all to accept this as a "Thank you" letter.

I have not yet decided how to use the "Retirement Fund" but will let you know in the next issue of "Haydon News"

Meanwhile, thank you all for your kindness, friendliness, generosity and support.

Dr R High



## LETTER TO MRS E CHARLTON

On behalf of everybody at Haydon Bridge Methodist Church, please accept my thanks for the By-Pass Committee's tremendous donation of £500 received via Keith Fletcher.

As you probably know, our church is in the process of a major re-building project and your committee's support could not have been timed better. I have recently resigned the position of treasurer and Mr Alan Howard is in the process of taking over from me.

Thanking you once again and wishing your By-Pass campaign every success and continued support.

Yours sincerely,

D M Taylor  
3 Red Houses  
Newbrough

## THE SHAFTOE EDUCATIONAL FOUNDATION

The Shaftoe Educational Foundation is a Charity which derives from the will of Rev. John Shaftoe who died in 1685. Until the beginning of the present century it provided all the affordable education available to the ordinary residents of Haydon Parish.

Its job in this day and age is to pay for "special benefits" (i.e. library and text books, computers, video equipment etc.) for the three schools which teach the children of the Parish and "to promote the education of those who are resident or who have a parent or parents resident in the Parish of Haydon". Assistance to individuals normally takes the form of helping to buy course books or equipment for those starting college or university, or tools needed for apprenticeship, but adult students are equally eligible for consideration.

If you are interested in knowing more about the history of this local institution, a booklet, priced at £2.50 is available from John Clarke's newsagents shop.

### SHAFTOE EDUCATIONAL FOUNDATION

The Governors will meet on 11 November.

Applications for grants,

**for educational purposes only,**

should be delivered to the Clerk at the  
Office on Shaftoe Terrace by 30 October

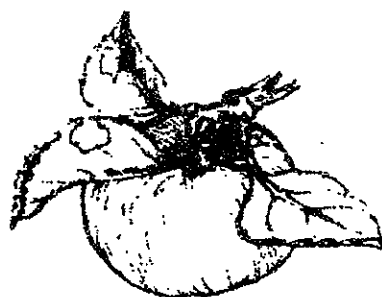
## THE NEWCASTLE/ CARLISLE LINE TIMETABLE

The winter timetable on this line is due to come into operation from 3 October. In Haydon Bridge we are all too aware of the difficulties of using a train service which declines to stop on its way through the Village at certain times of day. However an even more ludicrous situation has just come to your Editor's notice.

The summer timetable (just extinct) showed that the 12.15 to Newcastle would stop at Haydon Bridge only on week days, not Saturdays. In my innocence I had imagined that the change was related to football fixtures - though my impression is that the season is an almost continuous one these days. But not a bit of it! I am reliably informed that the 12.15 to Newcastle has been merrily stopping at Haydon Bridge on Saturdays throughout the summer.

It is not at all clear whether the anomaly has been the result of a timetable error or failure on the part of the engine drivers to read the timetable. One is tempted to see it as a new ploy of British Rail to "prove" that no one uses that particular train. Whatever the explanation we must keep our wits about us from now on and make sure *all* trains are tabled accurately so that we *can* use them.

Gina Richardson



## A HORSEMAN RIDING BY....

...asked a resident of Elrington some questions regarding the Hexham and Catton (Allendale) Railway and received replies which were not entirely accurate!

Reference to C R Warn's "Rural Branch Lines of Northumberland" (Frank Graham 1978) shows that this line was opened for traffic as far as Langley in 1867 and extended to Catton the next year. It was only 13.5 miles long but crossed difficult terrain.

There were three trains daily in each direction but the increasing popularity of the motor bus resulted in the withdrawal of passenger services in September 1930. The decline in lead mining caused a steady reduction in freight traffic and the line was finally closed on 20 November 1950.

C R Warn's book contains much interesting information and many evocative photographs of railway engines struggling up hills and through snow drifts in various parts of the county.

C K W

## IMPROVING OUR VISUAL IMPACT Progress Report

There can be few residents of Haydon Bridge, gardening enthusiasts or others, who have failed to notice the riot of colour in the raised bed at the east end of the Village.

What a wonderful tribute it has been to those who provided the vast number of bedding plants as well as those involved with the construction and maintenance. In answer to many queries, no, there is no intention of making this a regular exercise. It is not just the number of plants to be donated or bought: it is unrealistic to expect volunteer labour to be available on an on-going basis for planting and after care on such a scale.

Based on experience in the west end shrub border the flower bed will be left empty for the winter months so that strong measures can be taken against the vast population of perennial weeds imported with the wonderfully fertile soil. Only the extreme edges will be planted, with rockery plants, but there should be a modicum of colour there in the spring.

At the west end, the policy of leaving the shrubs to establish themselves before attacking the infestation of giant weeds has proved to be a sensible move so, weather permitting, the working parties will be back up there soon.

My thanks to you all.

Eileen Charlton

**REGISTERED  
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Working with NNEB assistant  
in the Village offers

**Imaginative Childcare**

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

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**Tel: 688 903**

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

**Special Notice**

With effect from 30 October  
**M. ARMSTRONG**  
13 Church Street  
will be adopting  
Saturday Half-day Closing

**PARISH COUNCIL  
PICKINGS**

**Meeting 23 September**

9 Councillors present, 2 apolo-  
gies. Also 2 members of  
the public.

In public participation con-  
cern was expressed about  
the possible development  
which may arise on the  
south side of the river if a  
by-pass were to be built.

A question was also raised  
concerning the promised  
improvements to the ceme-  
tary entrance after the wall  
was demolished. This work  
will be completed in the very  
near future.

Effluent is still running into  
the burn north of the High  
School. This problem is still  
under investigation.

Langley Village Hall Com-  
mittee and Haydon Bridge  
Community Association  
both expressed thanks for  
the usual grants received  
from the Parish Council.

Success just eluded Haydon  
Bridge in the "Best Kept Vil-  
lage" Competition this year:  
falling only just behind the  
second place winner.

Tynedale District Council  
minutes record that a meet-  
ing will be held on 12 Octo-  
ber concerning the A69  
Haltwhistle by-pass and it is  
to be recommended that the  
report be accepted. Haydon  
Bridge by-pass is the next  
priority!

The Parish Council proposed

and passed that a grant of  
£600 be given to the Com-  
munity Association towards  
the cost of electrical rewir-  
ing work.

Old Parish records for  
births, deaths and marriages  
are to be placed on micro-  
film and kept at the County  
Records Office in North Gos-  
forth.

**Temporary closure notice**

Anyone planning to travel on  
the *weekend of the 16-17  
October* should note that the  
level crossing in the village  
will be closed:  
from 18.00 hrs, Saturday 16  
until 12.00 noon, Sunday 17

J C

**GREAT NORTH RUN**

I would like to thank everyone  
who sponsored me in the  
Great North Run. I completed  
the course of

13miles and a bit  
in 3 hrs 10 mins 23 secs  
stopping only for an ice-cream  
half-way.

My wings failed to be of any  
assistance and my wand did  
not help in any way, so I think  
I earned the £124.60 on my  
sponsorship sheets.

The Church Youth Club Mini  
Bus Fund Members will, I am  
sure, be very grateful for the  
support of my sponsors who  
make my efforts very worth  
while.

Thankyou again

Eileen Charlton  
(Alias the Pink Fairy)



**LETTER TO  
MR & MRS H WATSON**

I am pleased to inform you that we have ordered the following from the £1,000 which you so generously donated to *Tynedale Community Trust and Macmillan Fund:*

2 Folding light weight wheel-chairs (we already have 2 of these but they are greatly in demand according to Elspeth, Macmillan Nurse).

1 Park House Mattress and 2 Snuggle Down Bed Pads, already received, which are invaluable in the care of people needing to spend long periods in bed.

May I thank you once again for your kindness in donating this money to our fund.

With Best Wishes.  
Yours sincerely

Barbara Hinchcliffe



**LANGLEY  
W I**

The A G M at Langley was preceded by supper which was provided by the Committee Members.

The Treasurer's report revealed a healthy balance and members voted to donate £40 to Macmillan Nurses. It was decided that the charity for the forthcoming year was to be the Air Ambulance.

Work on the Village book is almost completed and the deadline of 30 September will be met.

Mrs M Hindle was re-elected as president, likewise Mrs F Wise as secretary and Eileen as Treasurer.

V C O Mrs Shirley Shipley, in her summing up, reminded members of the W I slogan for the next triennial period:

"Today's Women working for Tomorrow's World"

M Nagel



**VILLAGE FAIR - FURTHER RESULTS**

**PICTURE QUIZ ANSWERS**

- 1 John Suchet
- 2 Ronnie Biggs
- 3 Mel Gibson
- 4 Clara Bow
- 5 David Suchet
- 6 Helen Shapiro
- 7 Steven Spielberg
- 8 Judy Garland
- 9 Captain Scarlet
- 10 Spike Milligan
- 11 Eddie Murphy
- 12 Mark James
- 13 Sue Carpenter
- 14 Paul Gascoigne
- 15 Warren Mitchell
- 16 Denis Waterman & 17 Lesley Ash
- 18 Chris Eubank
- 19 Goldie Hawn
- 20 Charlie Sheen
- 21 Marlon Brando

**Possible Total Score: 42**  
 Winner - Jackie Foster 36  
 Second - Mrs Little (Anchor) 35

**HORSE SHOE TOSSING**

The "sudden death" play-off between Raymond McVay and John Porteous was won, at a ringer to nothing, by:

Raymond McVay

**RAFFLE**

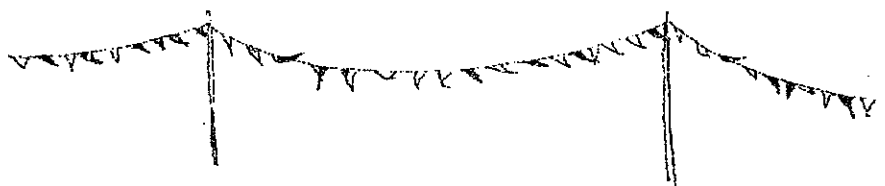
Remaining unclaimed prize  
 Croft Original Sherry  
 Blue 875  
 Tel: 0434 684538

**DOLL'S BIRTHDAY**

The date of the Doll's Birthday was 31 May. The estimate nearest to this was 25 May, made by Mrs Tod-Hunter.

**FURTHER INCOME**

A donation of £10 has been received from the Over 60's.



**LOOKING FORWARD TO SEEING YOU AGAIN NEXT YEAR**

**THE ANCHOR HOTEL  
AND RESTAURANT  
HAYDON BRIDGE**  
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**SUNDAY ROASTS**  
from £3.50 in the bar

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RETURNS**  
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purposes  
Reasonable fees  
**W D Johnson FCCA**  
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**HAYDON BRIDGE  
JUDO CLUB**  
Every Tuesday Night at  
Haydon Bridge High School  
**6 - 7pm Juniors**  
**7 - 9pm Seniors**

**30 YEARS AGO**  
Parish Magazine  
Vol.1 No.9 October 1963

The Church Hall is ruined  
but the Church Council  
makes plans

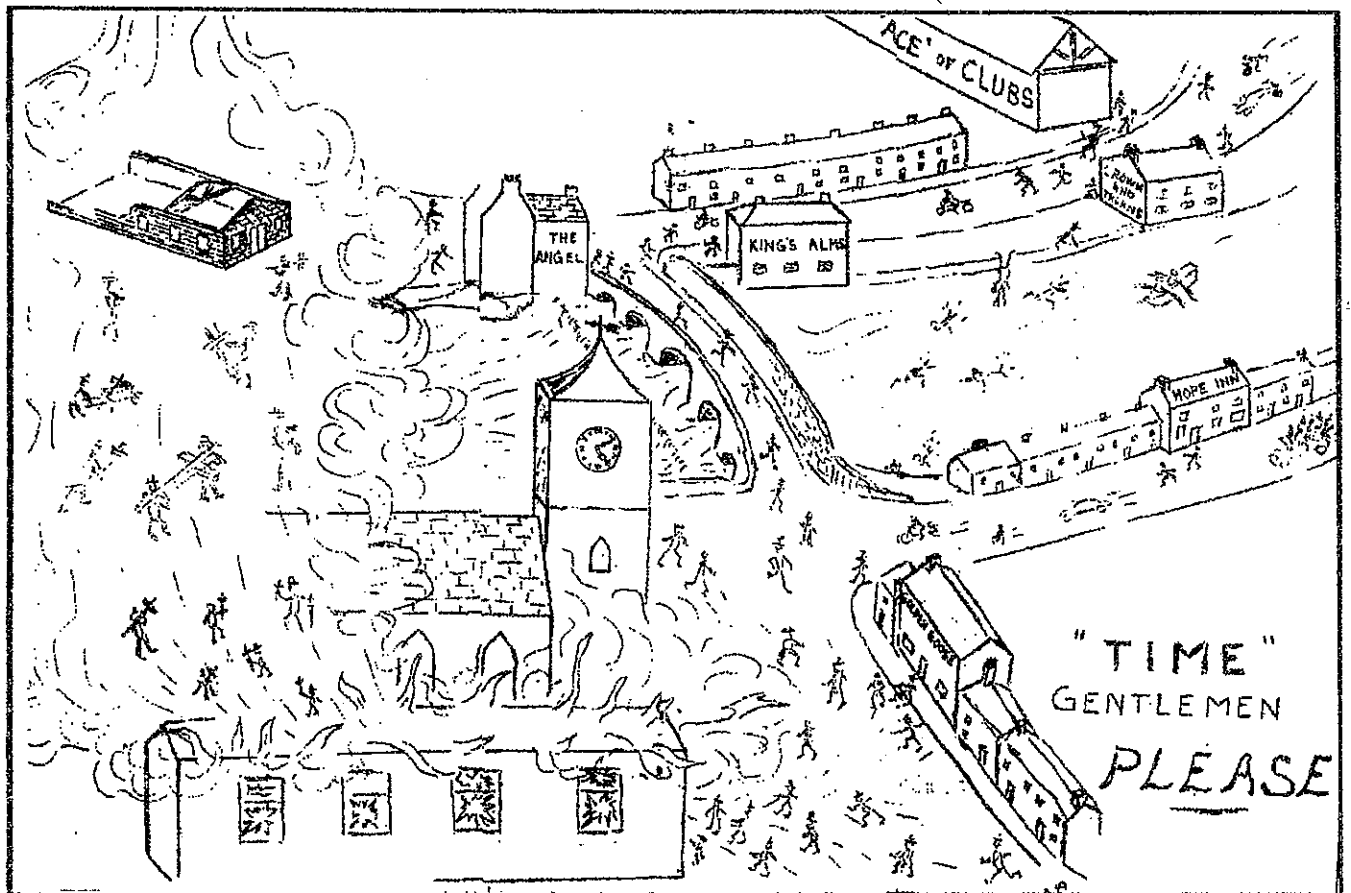
The PCC met in emergency  
session on Wednesday 25  
September. The Vicar entered  
a warning that nothing could  
be diverted from current in-  
come to meet any expense on  
the Church Hall ..... The

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about the security of your home  
and animals. Live in or out.  
**Also BABY SITTING**  
References available  
**Belinda Dixon**  
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LANDSCAPES**  
ALL GARDEN WORK  
UNDERTAKEN  
Patos, Turfing, Fencing,  
Stone walling, Grass cutting,  
NO JOB TOO SMALL  
**Free Designs & Estimates**  
Tel: 688079

meeting broke up in something akin to disorder in as much as the  
Treasurer, armed with aluminium saucepan, moved amongst the  
Councillors and extracted tribute to launch the Church Hall Fund.  
He extorted £3:14:0, which is not a bad beginning!

[The cartoon was the work of the Art Editor, John Corbett]





# CHURCH Newsletter

No. 18

October 1993

## CHANGES AT THE PARISH CHURCH

The Vicar of Haydon Bridge will become Priest in Charge of the Parish of Beltingham with Henshaw on the evening of 3rd October 1993. From that date he will be responsible for the running of both parishes. Inevitably this will mean some changes to our programme of services at Haydon Bridge.

The mid-morning service will move from the time of 10 a.m. to the later time of 10.30 a.m. Sunday School will also change from 10 a.m. to 10.30 a.m. There will also be some changes to the style of worship. Some of our services will be led by our two Readers and will be of a type new to Haydon Bridge.

We hope that some of the changes we will be making will provide a greater variety and choice for those who want to worship at the Parish Church. Something like 80% of the population, we are told, have some kind of belief in God, but only 10% of the population take part in organised worship. We do not know why this is but perhaps part of the reason is that one type of church service cannot meet the needs of everyone. There is a lot to be gained from meeting with others to worship God and to give thought to the fundamental meaning and values of life. We hope that with a greater variety of services the needs of a greater variety of people will be met.

## SERVICES AT THE PARISH CHURCH

Note changed times

### 3rd October

8 am Holy Communion  
10 am The Eucharist  
6 pm Licensing of the  
Rev. K. Fletcher  
as Priest in Charge  
of Beltingham with  
Henshaw at All Hallows  
Church, Henshaw

### 10th October

10.30 Harvest Eucharist  
3 pm Harvest Evensong at  
Haydon Old Church

### 17th October

8 am Holy Communion  
10.30 Morning Prayer  
6 pm Choir Evening Prayer

### 24th October

10.30 Parish Eucharist  
3 pm Holy Baptism

### 31st October

10 am Group/Friendship  
Eucharist at All Hall-  
ows Church, Henshaw.  
Anyone needing transport  
contact the vicar.

### 7th November

8 am Holy Communion  
10.30 Worship for All - a  
service for all ages - no  
experience necessary!

### 14th November

10.15 Village Remembrance  
Service at the Parish  
Church.

## WHAT THE TITLES MEAN

A short guide to the kind of services held at the Parish Church

**Holy Communion** A quiet traditional service (approx. 30 mins)

**Parish Eucharist** The Church's main act of worship. User Friendly Service Sheets used. (approx. 1 hour)

**Morning Prayer** A modern version of the old Mattins. A service based on the reading of Scripture. User friendly service sheets used. (approx 1 hour)

**Worship for All** Means what it says. All ages welcome - no experience necessary!

**Choir Evening Prayer** An opportunity for our choir to sing a modern version of Evensong. Everyone is welcome to come and listen or to join in.



## HARVEST SUPPER

Thursday 21st Oct at  
7.30 pm in the Church  
Hall.

Entertainment by the  
Hexham Morris Men and  
the Hexamshire Lasses.

Tickets £2.50 are  
available from the vicar  
or Mrs A. Marshall.

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

October 1st

7.30 pm Local Preachers  
recognition service at  
Trinity.

October 2nd

7 pm Harvest Festival  
Social

October 3rd

10.45 am Harvest Festival  
Family Service led by Rev  
David Perkins

6 pm Evening Service led  
by Mr Barry Jackson

8 pm Praise & Ministry  
led by Rev David Perkins

October 7th

7.30 pm Bible Study in  
the Schoolroom

October 10th

10.45 am Morning Service  
led by Mr Ray Tipping

3 pm Harvest Service at  
Haydon Old Church

6 pm Evening Service led  
by Miss V Little

October 12th

7.30 pm Men's Fellowship  
Speaker Rev Alan Pyle

October 13th

2.30 pm Women's Own Birth-  
day Party. Speaker Rev  
Wood, Soloist Mr Amsley

October 17th

10.45 am Morning Service  
led by Mr Brian Elstob

6 pm Evening Communion  
Service led by Rev David  
Perkins

October 20th

7.30 pm Church Council  
Meeting

October 21st

7.30 pm Bible Study in  
Schoolroom

October 22nd - 24th

Chapel weekend at Masham

October 24th

10.45 am Morning Service  
led by Mrs M Gazzani

6 pm Evening Service led  
by Mr C F Dodds

October 26th

7.30 pm Mens Fellowship  
Speaker: Mr David Routledge

October 30th

10.30 am Women's Own Coffee  
morning

7 pm Angel Voices. Roger  
Jones new musical at City  
Hall Newcastle with the  
Haydon Bridge Choir.

October 31st

9 am Early Communion led  
by Rev David Perkins

10.45 am Morning Service  
led by Rev David Perkins

6 pm Evening Service led  
by Mr Douglas Hogg

November 4th

7.30 pm Bible Study in  
the Schoolroom

**MEN'S CHRISTIAN  
FELLOWSHIP**

Winter Session begins  
on **Tue. 12th Oct. 7.30**

when Rev. Alan Pyle -  
Vicar of Chollerton  
will give a Slide Show  
and Talk on "My Walk  
Along Hadrian's Wall"

All men are welcome -  
If you have not been  
before - come and join  
the gang - give "Emmer-  
dale" a miss!

It is only £1 subscrip-  
tion for the whole sess-  
ion (Oct 93 - Mar 94)  
PLUS 10p collection at  
each meeting for Tea &  
biscuits.

Various speakers -  
video & slide shows etc.  
Meetings held fortnightly  
on Tuesdays in the Meth-  
odist Schoolroom.

If you are interested  
please ask for a syllabus  
from Mr R. Todd (Sec.)

**COFFEE  
MORNING**

Sat. 9th Oct.



in the Church Hall

**FROM THE REGISTERS**

5/9/93 Holy Baptism  
Daniel Shaun Fitzsimmons

29/8/93 Marriage of  
Andrew P Smith and  
Rebecca J Leigh-Irving

23/9/93 Funeral of  
Honor Stephenson

**SPONSORED WALK**

Many thanks to all who  
took part in or sponsored  
walkers in our Sponsored  
Walk in July.

The sum of £535.92p has  
been raised for Church  
Funds.

**MOTHERS UNION**

Wednesday 20th October at  
7.30 pm in the Church Hall  
Visit of Di Crampton, Local  
Advice Worker for the  
**Citizens Advice Bureau.**  
Everyone is welcome to come  
and hear about the work of  
the C.A.B. in Rural Areas.

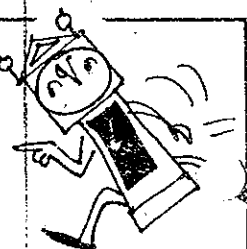
**WOMENS FELLOWSHIP**

Wednesday 6th October at  
2.30 pm in the Church Hall.  
Speaker Mrs Maureen Brown

Wednesday 3rd November at  
2.30 pm - Speaker Rev. J.  
Gledhill.

**23-24th**

**OCTOBER**



**CLOCKS GO BACK!**

**BAPTISMS AT ST. CUTHBERT'S**

**Please note:** The normal time  
for Baptisms to take place  
is at a Parish Eucharist -  
when the whole Church gather  
for worship. Parents are  
advised that this is the  
proper and usual time.  
When there is sufficient  
reason to justify an after-  
noon Baptism Service these  
will be held on the 4th Sun  
of the month only.

This is due to the increased  
number of services the vicar  
must conduct. A minimum of  
7 days notice must be given  
to the vicar though it is  
best to consult the vicar  
much earlier than this.



# 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

### POST CODES

We are being encouraged to use post codes on all our records now, as it serves some obscure administrative purpose for the Health Authority. We have a book of codes with which we are gradually putting a code to each house. If you have changed address or if you spot that we have got your code wrong, for example on a prescription, please let us know.

### HIS-N-HERS

During the coming months we aim to try d'ing this page of news into His-n-Hers sections. With both doctors contributing we shall be able to provide a greater range of opinions and styles.

### THANK YOU 1

To all those who so generously contributed to Bob High's leaving present. Over £2,000 pounds was collected and with it we have bought him a word processor, garden chairs and table, luggage and with the balance may help him with the costs of a trip to see his son in Australia or other gifts in consultation with his UK based children. Bob has expressed a wish to write a book but he assures us that it is not a set of memoirs so everyone can breath more easily, no one is about to become the central character of a best seller about the excitements of General Practice.

His leaving party for medical colleagues and family went very well. It was held at the Langley Castle and was attended by almost one hundred people.

### THANK YOU 2

To all those who have contributed ideas about the new brochure. We shall incorporate those received, any others that come in in the next week or two may be able to be squeezed in as we shall be at the proof stage.

### RELAXATION

The Midwifery department has expressed an interest in providing relaxation classes in the community, that is to say at the Health Centre as opposed to the hospital. Would this be help or do people prefer to go to Hexham?

This expression of interest may also prompt us to try another few sessions of relaxation for those who are not pregnant. The last three quarter length reflective jacket which relaxation classes were very well attended and seemed helpful to those who attended.

### SUPERMAN COMES TO TOWN

We have appointed our Fund Manager - the chap who will run the fundholding business for the three practices. He will also be expected to provide management skills to the three practices.

His name is Max Jones. He is a national standard marksman, teaches exotic cookery, is a master of one of the more obscure martial arts, has string of qualifications, is young and handsome, drives a sports car and, yes, he is married and has seven ninths of a baby.

He starts work on the first Monday in October.

### COUGHS AND COLDS

The summer of '93 wasn't one to remember was it? Here we are again in the damp and gloomy autumn and already the coughing and sneezing has started.

Almost all coughs, colds and 'flu episodes are due to viruses which do not respond to antibiotics. If you start to suffer the first aid treatment is rest (if you are really rough), plenty to drink (water, fruit juice, tea etc.), paracetamol (don't bother with the more expensive brand name products) and something to suck (Polo, fruit drop, ice cube - it doesn't have to be a medicated sweet). Cough medicines are of little value but if you are going mad with a dry cough then try Pholcodine Linctus.

We are always happy to see and advise people who do not seem to be settling after a week or two but patience will usually be rewarded and avoiding taking an antibiotic means that you also avoid the side effects (diarrhoea, thrush, rashes, nausea and the rest).

### PEDESTRIANS

It is a constant source of worry to me to see adults and children walking in the evenings and nights on the roads in dark clothing. Drivers have a hard enough job keeping their eyes on the roads with the lights of oncoming traffic without having to spot vague shadows moving at the curb.

Think safety - always wear bright or white clothing when out at night. To be really safe wear some proper reflective clothing - it has a most satisfactory effect on traffic. I have a brings traffic almost to a halt when they come around a bend and see me.

### NO REST FOR THE WICKED!

It's some months since I last mentioned smoking but I haven't forgotten. There are a large number of people who have become ex-smokers this year and they are to be warmly congratulated. If you are thinking of giving up and know someone who has stopped, have a chat with them - it may not have been as awful as you think.

We want to help anyone who wants to stop and will give all the support we can.

For the first time this year we shall have an autumn budget and I think it is a fair bet that tobacco will again rise in price by a good deal more than the cost of other goods.

Can we make HB a smoke free village before the year 2000?

### FAMILY HISTORY

One of the questions which we are asking at well person and new patient checks is about Family History. By this we mean have any of your first degree (mother, father, brothers or sisters) suffered from certain illnesses.

In particular we are interested in heart disease (angina, chest pain, coronaries, heart attacks, etc.), strokes, cancer (growths, tumours, etc.), asthma/hayfever/eczema, diabetes or sugar. If any of your relatives have died of something which you fear may have been passed on to you do come in and talk about it. There are some conditions which pass from generation to generation but they are not usually so obvious in their inheritance as stature or hair colour.

### ASTHMA

Not only have we got our new spirometer to play with but Mary, the practice nurse, has just completed a very intensive training course on Asthma and now knows all there is to know about it and it's treatment.

Whenever your prescription authorisation runs out - usually every six months - you should make an appointment for review with Mary the nurse. She can do all the necessary checks for you and get a doctor to see you if there is a problem.

### HIGH ON AUBERGINES

Aubergines contain appreciable amounts of nicotine and so do cauliflowers, potatoes and tomatoes. Why smoke? After a few pounds of fresh veg every day you could be extremely regular and not need to smoke any more - "Perfick" I'd say!

SF