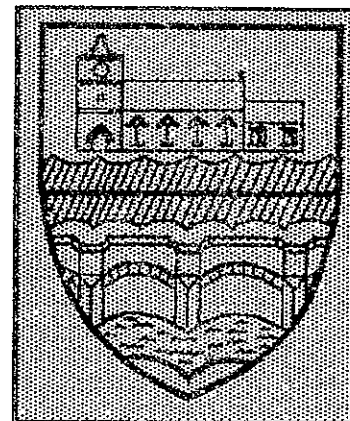


HAYDON NEWS

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April 1994 / 3

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ERNIE SWINBURN - PHOTOGRAPHY

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Telephone Hexham 684 489

WEDDINGS: SPECIAL OCCASIONS
STUDIO PORTRAITS

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

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EDITORIAL

If there is one topic which raises more hackles in a Parish Council meeting than any other, indeed almost more than all others put together, it is that of problems generated by thoughtless dog owners! To be fair to our elected representatives, there has been very little that they could do to help.

It is therefore welcome news that Tynedale Council have introduced new Dog Fouling Byelaws and clearly intend to do their utmost to see that they are observed. Notices "to raise public awareness of the Byelaws" are appearing in the District and some have already found their way into the Village. For the benefit of dog owners whose pets do not "conveniently" stop by telegraph poles or lamp posts so adorned a copy of one of them is reproduced on the facing page.

Poop-scoops are available locally from the Co-op, at modest cost I am told. They no doubt come complete with instructions for use, in words or symbols, so there is no excuse for dog owners or walkers to be out and



about without the necessary equipment *and expertise*.

A leaflet supplied by Tynedale Environmental Services gives more detail of the Byelaws and, more to the point, includes information on complaining about dog related problems. This is summarised on a later page. In its turn it leaves *no excuse for anyone with a complaint* failing to register their protest in an appropriate quarter.

No doubt there will be at least some readers who find this subject "just too, too disgusting" for discussion in a family magazine. They may even feel that there is certainly no need to "rub it in" by referring to it on so many different pages. I can only say that reading about it pales into insignificance by the side of the problems of cleaning up children's Sports kit or crawling round the house on hands and knees, disinfectant and cleaning rag in hand, after one or other of the family has walked in without wiping their feet thoroughly.

A problem of long standing is unlikely to be cured overnight. The more realistic level of fine which can be imposed for contravention of the Byelaws may well concentrate the minds of the thoughtless but the Council will need the support of the Community to make the legislation stick!

Gina Richardson
Editor

TO WHOM IT MAY CONCERN

Would the person who took the Holly Wreath from my father's grave in Haydon Bridge Cemetery kindly return the container as it is needed for re-use.

Thankyou.
MW

ARTHRITIS & RHEUMATISM COUNCIL

Sufferers from arthritis may have noticed an item on the TV news recently, concerning a breakthrough in the cure of this disease, by scientists at Charing Cross Hospital, London. They were funded by ARC, which is continuing to fund them to conduct their tasks

This is where your money goes and over this past year, thanks to you, we have sent a record £650.00 to Head Office.

However, the war is not won yet. We shall be collecting for our pitch at the Car Boot Sale in May. Any small, second hand items, except clothes, are gratefully received.

If you would like me to collect, my telephone number is:

684335

Hilary Rutherford
Appletreewick, Brigwood

Dog Fouling Byelaws

Clean it up!

You must remove all faeces left by your dog from any pavement, footpath, grass area or the road gutter in this District.

Poop-Scoops are available from pet shops and some supermarkets.

No Fouling

You must not allow your dog to foul the roadway.

The maximum penalty for contravention of the above requirements is a **£500 fine**



Tynedale
COUNCIL

IN THE OLD WAY

Your intrepid Haydon News-hound was making his way across the Old Bridge when he encountered a gentleman who, passing in the opposite direction, made the comment,

"I wish I'd had a camera."

"Why?" says I.

"Well, did you not see that family going through the refurbished gate, from the Anchor to the riverside?"

ALMSHOUSE CHARITY OF JOHN SHAFTOE

Nos 5 & 7 Shaftoe Terrace

These houses have fallen vacant. The Trustees invite applications from people who are:

- (i) resident in the Parish
- (ii) not less than 60 years old
- (iii) are "in need"

to fill these vacancies.

The phrase "in need" is primarily related to income - residents are normally people who are eligible for Income Support - but the Trustees have discretion to take other factors into account in making their decision.

Application Forms are required. These can be obtained from Mrs Wilkinson at West House, Shaftoe Terrace or from the Post Office.

Completed forms should be delivered to the Office on Shaftoe Terrace by 23 April 1994.

J P Richardson
Clerk to the Trustees

NATIONAL SPRING CLEAN WEEK

**SKIP WILL BE ON RIVERSIDE AT ENTRANCE TO PICNIC AREA
15 -24 April**

Please look around the area surrounding your property and take all rubbish or unsightly items to the skip. Then consider helping to clear the accumulation of litter from the usual black spots: riverside, bus stops, shopping area, factory yard, play areas and flowerbeds.

Rubbish bags and protective gloves will be available on loan: see Parish Council Pickings

"No", says I, for after all my back was to the Anchor, "but please tell."

"Well," says he, "as each one passed through, they kissed the next, and that is the first time I have ever seen such a gate used as it should be, a *"kissing wicket"*."

My comment is, "Thanks to our Village handyman for restoring the gate to its former use, but also thanks to the family who know how to use it."

H N-H

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BY-PASS UPDATE

As anyone who reads the Journal or Hexham Courant will have gathered, once again the A69 is the topic of the moment. For anyone who doesn't know already, the Confederation of British Industry (or CBI) has decided that the A66 is the cross-country route they prefer, possibly because this organisation is lead by businessmen from Teesside who have a misguided opinion as to the true extent of the North.

The A69, or by its other title Euro Route 18, has for a long time been designated as the Euro-cross-country route for the North. Therefore proposals for the eventual By-pass of our Village were looking quite promising, with money being available from Europe. If we lose Euro status I'm afraid the chances of getting our By-pass are slim.

The A69, with or without Euro status is the preferred route, by traffic using it, so if we lose Euro status we would still be left with the traffic. The A66 as anyone who lives in the north will agree, is the first road to be closed in bad weather: it has recently had barriers installed to stop its use in poor weather conditions. This traffic is then re-routed to the A69!

Our local MP Peter Atkinson is fighting hard for our cause, as are Tynedale Council and businessmen from Tyne & Wear to Cumbria, because keeping this status will open up links direct to Europe for existing and future trade, which means Jobs for the North.

We can help with the present situation by lobbying our local Euro MP, also the Minister for Transport and the Minister for Roads - just by writing a letter to each of them. These letters do not need to be long. Just tell the recipients how the A69 affects you! The more letters each of them receives the better effect it will have, so if you can put pen to paper please *do it now*.

Please send a letter to each of the following:

Secretary of State for Transport
The Rt Hon. John McGregor
House of Commons
LONDON
SW1A 0AA

The Minister for Roads & Traffic
Mr Robert Key MP
House of Commons
LONDON
SW1A 0AA

Dr Gordon Adams
Euro MP for Northumberland
Coach Road
Wallsend
NEWCASTLE upon TYNE
NE28 6JA

If you are taking part in this letter writing campaign please tell me so I have an idea how many are sent. The same letter can be written out three times, but for maximum effect they should all arrive the same day so please:

use

**First Class stamps
and Post all three on
Monday 11 April.**

Remember a full post bag cannot be ignored!

Please help if you can.

Eileen Charlton
Chairman, Action Group

PARISH COUNCIL PICKINGS

Meeting 24 March

Seven councillors present. No public participation.

One Councillor had dutifully read through the National Park Plan. She said that she was impressed by the careful thought that had gone into it, but was a little fearful that the residents might find themselves faced with additional costs to implement it.

Councillors had also been giving some thought to the preferred shape of the future local government structure for Northumberland. If there were to be no County Council, the Government guidelines on population would only support two districts - South-East Northumberland and "the rest". Nobody thought that a unitary authority stretching from Allenheads to Berwick on Tweed made any sense. Three unitary authorities might be acceptable as a second-best, but the Parish Council decided to express a preference for leaving things as they are.

In spite of the new designs on the A69 at John Martin Street, there has already been an accident there, and many drivers simply ignore the markings. More representations will be made to the Highways Department - in particular for the 30 mph restriction to be extended further east.

Attention was also drawn to the poor state of the fencing near the bridge-end west bound bus stop.

The Basis for the Best Kept Village competition has been changed, with the emphasis turning away from litter and flower-beds to community services and amenities. Nevertheless, the hanging baskets will re-appear this year, with a reminder to the caretakers that they will not keep their looks unless they receive regular attention from a watering can.

JPR

Note to litter pickers.

Bags and protective gloves may be borrowed from the Community Centre Caretaker, Jack Heslop.

NEW DOG FOULING BYELAWS

Complaining about dog related problems

If you wish to make a complaint about a dog related problem, please follow the following advice. This will help us to respond to your complaint in the most efficient manner.

Dog Fouling

Write to the Tynedale Council with details of your complaint or ring 0434 652200 and **ask for the dog warden**. It will help if you could tell us when and where the fouling takes place and give us a description of the dog causing the problem. It is even better if you can provide the name and address of the owner.

Your complaint will be dealt with in confidence.

We will:

arrange to remove the mess if it is in a public area, and provide signs to alert dog owners to any offence that they may be committing, and visit the area in an attempt to catch and prosecute offending dog owners.

Stray Dogs

Telephone the Council as soon as you become concerned about a stray dog. If you call after 2.30pm we may be unable to come out until the next working day. When calling **ask for the dog warden**. Please be ready to give a detailed description of the dog.

If the dog has attacked or bitten someone, call the Police immediately.

We will:

check with the Police, and with our own records, to see if a similar dog has been reported missing, and arrange a visit by the Dog Warden in an attempt to catch the dog.

Barking Dogs

Write to the Council or telephone and **ask for the Environmental Health Section**.

We will:

offer advice and guidance, and investigate the complaint, and take appropriate legal action should a noise nuisance be established.

Information supplied by:
 TYNE DALE COUNCIL
 PROSPECT HOUSE
 HEXHAM NE46 3NH



INTERNATIONAL YEAR OF THE FAMILY

On 27 April we are hosting a meeting to discuss "Marriage".

Our speaker is Doreen Richardson
 (Past President of Newcastle Diocese).

Most of our members are widowed or long time married and we would like to also have in attendance some younger marrieds or divorced, partnered or single parent, in order that the discussion be varied, broad and informative.

**Do come. We meet in the Church Hall at 7.30pm.
 Wednesday 27 April**

Enid Garrow (Enrolling member of St Cuthbert's Mothers' Union)

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6 - 7pm Juniors
7 - 9pm Seniors

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**NEXT ISSUE OF
HAYDON NEWS
MAY 1994**

**ALL COPY
TO THE EDITOR
14 SHAFTOE STREET
BY 20 APRIL
PLEASE**

**30 YEARS AGO
Parish Magazine
Vol.2 No.4 Easter 1964**

Countryman, musing on
"Those Other Easters", wrote:

I have been thinking back over the years and wondering what changes have taken place in the keeping of Easter, and I must confess that any changes there may have been are quite subtle and not very marked - merely a change of emphasis. We who are Church-people still regard attendance at Holy Communion as a primary duty not to be neglected; but many years ago it was customary for the majority to attend two or three Services on Easter Day. Today, unfortunately, there is a marked drift away from the religious towards the mundane and purely secular. Modern transport, especially the motor-car, has much to answer for.

Perhaps because all Easters have passed by to a very similar routine and all of them have their happy memories, I find it very difficult in retrospect to distinguish one from another: and only those which were distinctly different seem worthy of recall. We all hope for, and even expect, fine warm days and spring flowers. But I remember one Easter Morning in the early nineteen twenties (it was April 1st, 1923) when we were awakened to a fourteen inch snowfall and twenty degrees of frost! That did not deter us from going over the fields to the Church for our 8am Celebration, but it did create difficulties in getting the cattle fed.

**20 YEARS AGO
Haydon Herald
April 1974**

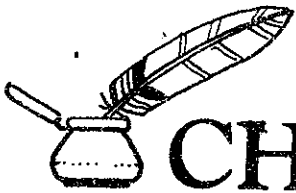
The Community Association having agreed to act as publisher for the revived Haydon Herald, "Bellringer" assisted with typically acerbic advice on how to write an article for the magazine.

Writing is only a matter of arranging the right words in the right places, and it is about words I would like to give you some advice. I have only a few, but these few are of paramount importance if you are going to make people sit up and take notice - and that is difficult enough in Haydon Bridge at the best of times.

You must convince your readers that you are a person who knows precisely what he or she is writing about. You must leave no nagging doubt in their minds. The fact that you have only the vaguest idea in your mind must not be allowed to bother you as long as you impress your readers and fool the Editor. In other words I want to provide you with a short but potent vocabulary which I have called the "vocabulary of reassurance".

You can then tell anyone that *basically* you found writing the article was both *exciting* and *a challenge*. What you have written is *only the tip of the iceberg* and if the editor would only pay you, you might be able to get into the *upper income bracket* or at the very least get out of whatever income bracket you are in now.

I have missed out *image* and *complex*. Never mind, you will soon get the idea.



An independent supplement
to the Haydon News

CHURCH Newsletter

No. 23

APRIL 1994

CHRIST IS RISEN!

"We believe that Jesus died and rose again; and so it will be for those who die as Christians; God will bring them to life with Jesus. Thus we shall always be with the Lord."

St. Paul wrote these words to the Christians in Thessalonica, and in so doing reminds them of the Easter Faith of the Church. He had visited Thessalonica for several weeks about AD51. He left there to go to Corinth and it was probably while he was in Corinth that, concerned about the persecution of the Christians in Thessalonica, he wrote his first letter to them. St Paul was writing no more than about thirty years after the resurrection of Jesus. There were still people in the Church at Jerusalem and scattered about the other Churches who had first hand experience of seeing the Risen Christ.

It was that first hand experience of seeing Jesus alive after his crucifixion that had given rise to the Christian Faith and the existence of the Christian Church. The existence of the Christian Church today is, perhaps, the most powerful testimony to the truth that Jesus rose from death. It must have been a great boost to faith to actually know someone who had first hand experience of Jesus risen from death - but it was not this that maintained the Church's Faith.

St. Paul was not himself a witness of the Resurrection - but he certainly was a witness to his own experience of the Risen Christ who lives now. St. Paul is not unique in this. Many generations of Christians have come to know within themselves the presence of the Lord Jesus Christ, which has been so real as to defy all argument to the contrary. Why else would the martyrs rather die than deny the Lord they knew?

Our lives take on an eternal significance because of Christ's resurrection. We have a "sure and certain hope" of more to come when this life is ended. Because death is not the end of our story, what we are and what we do in this life matters all the more. What we are and what we are becoming is not wiped out by death - but continues.

Every person, whether they know it or not, has a choice to make between two paths. One path follows the way of materialism, self-interest, worldly success, by making a goal of either wealth or base pleasure. The other path seeks the way to the knowledge of God which is to be found through selflessness, and the cultivation of love for God and love for neighbour.

Very few people get very far along this second path. This is why many Christians can be easily criticised for failing to live up to what they claim to believe. What is important however, is not how far along the path we manage to go, but which of the two paths we **choose**. It is the direction of our lives, rather than the achievements we have won which is important in God's sight. If we choose the way of Christ - we choose the way to fullness of life.

**METHODIST CHAPEL
DIARY FOR APRIL**

1st Good Friday
8 p.m. Watch Night
Service

2nd 7.15 pm Keenley
Chapel Concert
by Shaftoe Chorale

3rd Easter Sunday
9 am Early Communion
led by Rev David
Perkins

10.30 am Morning
Family Service led
by Rev D Perkins

6 pm Evening Service
led by Mr H. Hend
-erson

8 pm Prayers, Praise
& Ministry at
Corbridge

10th Local Preachers'
Sunday
10.30 am Morning
Service led by Mrs
V Anthony

6 pm United Service at
St Cuthbert's

13th 2.30 pm Womens'
Own - Speaker Rev
D. Perkins

15th 6.30-7.30 Youth
Club for under 10's

17th
10.30 am Morning Ser-
vice led by Mrs L
Marsh

6 pm Evening Service
led by Mr M Knowles

18th 1.30 pm Nurture
Group meet at home
of Kathleen Arm-
strong.

22nd 6.30-7.30 pm
Youth Club for
under 10's

24th
10.30 am Morning
Communion led by
Rev D Perkins

6 pm Celebration
Service

27th 2.30 pm Womens'
Own - speaker
Mr Coombes

29th 6.30 - 7.30 pm
Youth Club for
under 10's

FROM THE REGISTERS

HOLY BAPTISM

27/3/94 Joshua
Richard Dixon

**ANNUAL PAROCHIAL
CHURCH MEETING**

At our Annual Meeting
on Monday 21st March
the following people
were elected:-

Churchwardens :-
Mrs A Marshall and
Mrs M Curry

Representatives to
the Parochial Church
Council (PCC):-
Mrs M Milford; Mrs H
Easby; Mrs S Fletcher
Mrs M Price; Mr A
Shield; Mrs J Hall;
Mrs E Garrow; Mr R
Fletcher; Mrs J
Oldfield-Rowell; Mrs
R Irwin.

A copy of the audited
accounts for 1993 is
displayed on the
Notice Board inside
the church. K.F.

PHOTOGRAPH NIGHT

Thank you Mr and Mrs
Watson for an enjoy-
able evening looking
at the photographs
of Haydon Bridge and
for donating the
profits of £157.30 to
our mini-bus appeal.

Our appeal fund now
stands at £1,290.
Thank you to all who
have help us to
achieve this amount.

From St Cuthbert's
Youth Group.



AT THE PARISH CHURCH

3rd EASTER DAY 1
8 am Holy Communion "
10.30 am The EUCHARIST
12 noon Holy Communion
at HAYDON OLD CHURCH

10th EASTER 1
10.30 am Parish
Eucharist
6 pm United Evensong

17th EASTER 2
8 am Holy Communion
10.30 The Eucharist

24th EASTER 3
10.30 am Parish
Eucharist

1st May EASTER 4
8am Holy Communion
10.30 WORSHIP FOR ALL

8th May EASTER 5
10.30 Parish Eucharist
3 pm Rogation Service
at HAYDON OLD CHURCH

**SERVICES AT BELTINGHAM
AND HENSHAW**

3rd EASTER DAY
10 am Holy Communion
at Beltingham

10th EASTER 1
10 am Holy Communion
at Henshaw and visit
of "Beyond the
barricades" Dance Group
6 pm Evensong at
Henshaw

17th EASTER 2
10 am Holy Communion
at Beltingham

24th EASTER 3
10 am Morning Prayer
at Henshaw

1st MAY EASTER 4
10 am Holy Communion
at Beltingham

8th May EASTER 5
9 am Holy Communion at
Henshaw
6 pm Evensong at
Henshaw

MARY

When Jesus fought man's warders, sin and death, and struck
them dead,
He did not come in distant triumph to the crowd's acclaim.
He simply sought a loved one in the dew and spoke her name.

PETER. F. JONES

HEALTH CENTRE NEWS

DR. MARY HENDERSON

NUTRITION.

With all the differing advice in magazines and papers over the recent years, I thought a little on current healthy eating ideas might help. The 8 guidelines which the government recommends are listed below with explanations as necessary:

- 1/ Enjoy your food!
- 2/ Eat a variety of foods. It is best to eat food from each of the following four groups; others can be added as occasional treats: (I) bread, cereals, potatoes - at least four helpings per day. (II) fruit and vegetables - at least four varieties daily. (III) milk, cheese, yoghurt, fromage frais - low fat varieties for preference and three helpings per day. (IV) meat, fish, poultry, eggs, pulses, nuts - two servings per day.
- 3/ Eat just enough to remain at your ideal weight. Being overweight is an increasing problem in the UK. Weight loss is best achieved by BOTH reducing food intake and increasing exercise - severe dieting alone is not good. Aim to lose a pound or two per week - losing a stone should take between 2-4 months. Losing weight at this rate means you are less likely to regain the weight later, although if you simply return to your earlier eating habits you may well do so. Very low calorie diets cause quick weight loss, do not provide a balanced diet and are often followed by rapid weight gain. Often, by keeping an honest (!) diary of your intake and then looking at it critically you may be able to decrease calorie intake without too much pain. If you are planning to diet, you are welcome to seek advice from the Health Centre.
- 4/ Eat plenty of foods rich in fibre and starch. Starch is found in large amounts in grain and root vegetables. These foods can be filling without being too fattening, provided that no fat is added in the preparation or cooking - not fried! Fibre is also found in grain and root vegetables and helps to keep the guts moving - avoiding constipation. It is possible to overdo the fibre, especially in children, too much bulk is not always helpful.
- 5/ Don't eat too much fat. Fat has its uses and provides some essential requirements but in the UK we still consume far too much. Too much of our fat intake is "saturated" - try to use "polyunsaturated fats" where possible and reduce your intake of animal fat. Fat is the richest source of calories so reducing fat intake is the surest way to reducing calorie intake.
- 6/ Avoid sugary foods - doing so reduces calorie intake, the rate at which your teeth will rot and the chance of developing diabetes in later life.
- 7/ Take care to preserve the vitamin and mineral content of your food. Eat a good variety of fruit and vegetables with very little or no cooking. Cooking can destroy vitamins. Stir frying, brief steaming, microwaving or grilling - rather than boiling.
- 8/ Alcohol, not more than 21 units per week in men and 14 units per week for women. A unit is half a pint of beer or a glass of wine or sherry or a single (pub) measure of spirits. These are only guides, pregnant women should avoid alcohol, children have low tolerance and some illnesses can be made worse by alcohol intake.

DR. STEVEN FORD

SIDE EFFECTS.

All drugs, without exception, have side effects. The human body is such a massively complex collection of chemicals that it must surely be no surprise that adding

other chemicals causes widespread changes - some useful, some not. The question is not whether a drug has side effects but whether the side effects are acceptable.

If aspirin or alcohol were invented now, for the first time, it is an absolute certainty that the former would be considered too dangerous for routine use and the second would be put in the same category as "hard drugs" because of the harm it can cause when misused.

Debendox used to be used for nausea in pregnancy until claims were made that it caused malformations in babies and the product was withdrawn from use. Later investigation suggests that the problems were, in fact, nothing to do with the drug at all. We have seen a similar change in attitudes to whooping cough immunisation. At one time it was thought to be the cause of brain damage and parents were afraid to have their children immunised. Again, later investigation has shown that the earlier fears were not correct.

A lot of women worry about taking hormones, whether for contraception, period control, HRT, PMT etc. There are well recognised problems with hormone drugs but, it is arguable, the most liberating factor for women in the last half of this century has been the option of controlling their own fertility. Certainly there are risks but the benefits must also be considered and the only person who can make that judgement is the woman herself.

When we prescribe drugs for you we want you to know as much as you wish to know about the possible problems. On each of our desks we have a huge, two thousand page, reference book for all the drugs used in the UK, in it are all the known facts about the drugs and we are very happy to share that information with you.

Newspapers have a habit of treating old problems as "scoops", spreading fear amongst the readers. Recently a great fuss was made about Septrin and Prozac. I stopped using Septrin years ago - but not for the reasons in the papers, it causes dramatic rashes in some people. The problems with Prozac have been known to the profession for years and the truth remains elusive - on balance one can say that it is a useful drug with side effects and so must be used with care - just like any other.

FUNDHOLDING

By the time you read this we shall be actively fundholding. We have been told the size of the fund - approximately £1,500,000 - between the three practices. Detailed plans have been laid about how to use this for the benefit of the patients. Already we have scored a major coup on waiting times for one speciality, a reduction of about 90%! Once we have ironed out the wrinkles in the proposed arrangements, these waiting times will be available to all - fundholding or not.

All three practices are very careful prescribers and amongst the lowest spenders in the county, so major changes are unlikely there. There has, however, been a development in another part of the UK which we are currently investigating. Daft as it may seem, it is illegal for us to write a private prescription for an NHS patient where doing so would result in the patient being able to get their treatment for less than the current treatment tax (£4.75). Lots of prescriptions cost less than this and so some folks are subsidising the NHS. A practice in the south has been experimenting by deliberately breaking the law and waiting to see if anyone does anything about it. The eyes of the whole of General Practice are upon the experiment and if all goes well other practices are likely to follow suit.