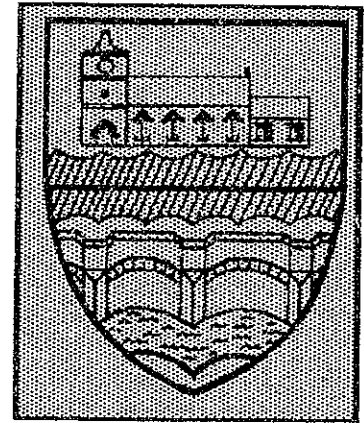


HAYDON NEWS

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February 1994 / 1

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EDITORIAL

February fill - dyke has arrived with a vengeance, but where will it find to deposit its traditional "wares"? With dykes full to overflowing, hillsides streaming and fields already sodden it makes one wonder where it all comes from, never mind where it will go. In November I quoted the old mottoe:

*"If there's ice in November
that will bear a duck,
There'll be nothing after,
but sludge and muck."*

Well the ducks certainly had patches of ice firm enough to walk on in November so the old mottoe makers must have known a thing or two.

Twelve months ago it was suggested that the Haydon News might be entered in a National competition to find the best Village News sheet: to which end readers were asked to hunt in their cupboards for back numbers.

The results of the competition have just been announced but we did not get a mention, even amongst the also-ran's. In the large Village section (population over 2000) the winning publication came from *King's Langley*, Hertfordshire with runner up from

Hay-on-Wye, Powys. In the under 2000 population class the winner was from *Monks Eleigh* and neighbouring parishes in Suffolk, with joint runners up from *Aston*, Hertfordshire and *Stock & Bradley*, Worcestershire.

From the judges' comments it is clear that all the associated Editorial teams have access to far more sophisticated publishing facilities than we can boast "North of the Wash". What is more, because there are no grants or subsidies involved, the publications are considered to be self supporting. Yet they are sold for amounts between 20 and 45p per copy (extra by post). This alone should heighten our appreciation of the regular support of our advertisers and individual contributors and the many hours voluntary effort put in by our producers and distributors: all enabling the Haydon News to be provided free, to 818 homes in the Parish.

A particularly happy outcome of the hunting out of past copies is that there will eventually be a complete bound set of Haydon News from 1984 onwards in the local Library, while the Friends of Haydon Bridge will hold an almost complete (if somewhat fragile) "archive set" back to the start of publication in 1979. My thanks to everyone who contributed to these.

Gina Richardson
Editor

THANKYOUS

Haydon Bridge Young Farmers

I would like to express my appreciation to the above for so kindly giving us Old Age Pensioners bags of logs and chopped sticks for our open fires, when the weather was so cold just before Christmas.

It was most thoughtful of them and I hope that when they grow old someone will do the same for them.

A Hall
Whittis Cres.

Watson Family Fund-raising

Will all the people who supported our fund-raising activities, or helped in any way with the Dances at the High School and those who gave prizes for the Raffles in 1993 please accept our grateful thanks?

The sum of £3,200 was raised and donated to the "Tynedale Community Trust and Macmillan Fund".

We are going to work for the same fund this year and hope to raise the same again or perhaps a little more.

Thanks again for all your help.

Harry and Nancy Watson
and Family

Edna Rumney

I and my family would like to express our heartfelt thanks to everyone for their kindness and sympathy.

All the numerous cards and flowers and letters we received are giving us great comfort and helping to ease the grief and sudden shock of losing Jack.

Thank you all again.

Edna and Family

**THE TYNEDALE
COMMUNITY TRUST &
MACMILLAN FUND**

This fund was set up for the benefit of patients living in the community of Tynedale.

Donations will be used to provide care for terminally ill patients nursed by our Community Team which includes a Macmillan Nurse, District Nursing Sister, Hospice at Home Nurses and Marie Curie Nurses.

The money will also go to provide much needed and valued equipment for use in the community nursing field.

Any donations should be made payable to the "Tynedale Community Trust and Macmillan Fund" and sent to:

Mrs B Hinchcliffe
Locality Manager
Hexham General Hospital
HEXHAM
NE46 1QJ



Harry Watson will present a slide show of
OLD PHOTOGRAPHS OF HAYDON BRIDGE
on 15 March 1994, in the Community Centre
at 7.00pm
Proceeds in aid of the Youth Minibus
Admission £1 including tea and biscuits.

MUSIC at HENSHAW

Friday 25 February
at 7.30pm in the
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**THE CHRISTMAS
WORD PUZZLE**

Devising the puzzle itself was the least of your Editor's problems in this matter. Firstly the word processor just could not believe what it was being told to do. Then many extra words crept in, while I wasn't looking, so to speak. Next, several people found different extra words and finally all their lists have been combined in alphabetical order, phew!

Most puzzlers will have realised that "Our Friends Pictured Within" are our supporting advertisers and producers, referred to by name, trade or place of business. They are:

Haydon News, Shield, Railway, Clarke, Haydon Hair Salon, Armstrong, Young, Swinburn, Fish and Chips, Hazelhurst, Watson, Caravan Park, Robson, Scudamore, Marsh, Westall, Charlton, Spar, Forster, Jackson, Haydon, Antiques, Johnson, Cunningham, Armstrong (accounts), Teasdale, Anchor, Dixon, Landscapes, Childcare, Signwriting, James, Judo, Health Centre & St Cuthbert's Press. The extra 180 words will be listed on other pages of this issue if there is room.

EGR

NOTICE
**SHAFTOE EDUCATIONAL
FOUNDATION**
The next meeting
of the Governors will be held on
10 March 1994
Applications for grants for
educational purposes
should be sent to
The Clerk, at the office on
Shaftoe Terrace
by 28 February

PARISH COUNCIL PICKINGS

Meeting 16 December

There were 8 Councillors present: no public participation.

The major business of the meeting was for the Parish Council to hear an appeal from Mr O'Mara, of the Community Education Programme run by the High School, for funds to replace at least part of the cuts imposed by the Local Education Authority. All the Parishes whose children attend the High School are being approached: in the particular case of Haydon Bridge Mr O'Mara's concern was to ensure that the existing two evenings a week of Youth Club activity are not reduced to one. Youth Club membership is 45 to 50 young people, almost all of whom are residents of the Parish.

The Council thought that residents of the Parish would want them to give as much help as possible to preserve this focus for young people's leisure activity but were anxious that too great a willingness to provide funds might serve as an excuse for the County Council to make further cuts in future. It was decided that a contribution of £1,000 be made for next year (about 60p per person p.a. on the Council Tax bill) provided that an assurance was received from the County Council that following years' funding allocations would not be prejudiced thereby.

In response to renewed complaints about the obscurity of the numbering of houses on the estates, Cllr Mrs Philp volunteered to try to help by setting up a graphics project at the High School to map the area.

In considering a planning application to convert Huntersview Hall to holiday cottage accommodation, the Council decided to remind the Planning Committee that it has always opposed development on this site as inappropriate to the location.

JPR

EXIT THE OLD YEAR

Who art thou, with wrinkled face,
Bent in limb, with falt'ring pace?
Who art though, Oh ghostly form,
Now unwanted and forlorn?
Ere you leave I bid you speak,
Tell me what it is you seek.

Then as from a dream I woke,
For with feeble voice he spoke:
"Hearken, there is little time,
Hours that follow are not mine.
Thus will I recount my tale,
Who I am and why so frail:
"Old Year" is my name, and I
Very soon am doomed to die.
I bequeath to you an heir,
Very young and very fair.
"New Year" is my infant son,
Twelve brief months his life shall
May the advent of his birth \run.
Bring contentment to the earth.
May the chaos and the strife
Find no room in his young life,
And, when his short reign doth end
May he prove the better friend.
I have been no great success
Through these months of toil and
stress.

I have failed in divers ways.
Failed to give you peaceful days.
Failed to give to all mankind
Things which it had hoped to find.
Bells throughout the world will
ring.
Men will cheer and children sing
When my child, the newborn Year
Takes from me the load I bear:
Hark! I hear my clarion call,
Farewell, farewell to you all."

Silence filled the midnight air.
He had fled, I know not where.
Vanishing before my sight
In the darkness of the night.
Maybe he has gone to meet
Other Old Years on their beat.

Monica M Bourne,
Corbridge

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LANGLEY W I

A touch of summer was in the air at the January meeting of Langley W I - especially welcome as the Christmas party in December had been cancelled due to heavy snow falls.*

Mr John Davison gave a slide show of his wife's prize winning Fuschias and his own award winning Chrysanthemums. As he detailed the enormous amount of work required to produce the perfect specimen, we realised this is not a hobby for the faint hearted. Timing is of the essence to ensure the plants are at their best on show day. Transporting the exhibits to shows as far apart as London and Glasgow and ensuring they arrive in pristine condition is also a problem. However all the painstaking work is worthwhile when the coveted rosettes are awarded and Mr and Mrs Davison certainly seem to have the lion's share of these.

Members and guests, some of whom had brought their own house plants along, then participated in a version of Gardener's Question Time, and many a sorry looking specimen (plant - not member!) will have benefited from the expert advice given. Mr Davison's topical tip for January "stay by your fireside" was well received by all and sundry.

M Nagel

*Sorry, Langley, I had not read this when I wrote in the Editorial of "nothing after but sludge and muck". Editor.

PARISH COUNCIL PICKINGS

Meeting 27 January

There were 9 Councillors present: no public participation.

A few routine "maintenance" matters were raised. Worries about icy patches on roads on the south side of the river and the need for a warning sign at "The Bungalow" above Tedcastle: only one light out of ten working in the underpass. Messages will be passed on to those who might be able to do something about it.

On the Planning front the news was reassuring. The Peelwell sewage problem has been dealt with and a level of usage for the Station Road yard has been agreed. The Electricity Company is replacing the power-line between Fourstones and Chesterwood.

The most significant topic for discussion was the forthcoming review of the local government structure of Northumberland. Apparently the review body has asked each of the existing authorities (County, District and Parish) which of the current range of services it thinks it could do better than the present responsible authority can. Part of this exercise meant that the Parish Council had to return a form, specifying those issues in which it wished to be involved, and the nature of that involvement. Broadly,



the outcome of the discussion was that the Council thought it should be consulted about nearly everything but did not want to take over the running of anything more than keeping the place tidy.

Draft recommendations are due out in June, followed by a Report in October which will be subjected to public scrutiny and comment. We shall try to keep you fully informed.

JPR

WORD PUZZLE EXTRAS

Ail, air, airs, ale, amass, anchor, and, ant, antique, antiques, ape, aped, apes, are, ark, arm, arms, awe. Bah, bar, ben, blow, boa, bug, burn. Cad, cam, can, cant, cap, cape, capes, car, caravan, care, cared, cent, centre, char, child, chip, chips, cop, cope, cud, cunning, cut. Dan, dale, daw, den, dirt, don, dome, dot due. Fag, fags, fat, fen, fez, fir, fish, foe, fop, for. Gad. Hair, hairs, ham, hand, hay, haze, hazel, heal, health, hip, hips, hog, hogs, horn, horse, how, hurst. Inn. Jam, judo. Keg. Lad, lads, land, lands, lark, leap, liar, log, lot, low. Mad, mar, mars, marsh, mass, meek, more, mow, mows. Neb, new, news, nil, nit, nod, nor, not, nut, nuts. Oaf, odd, ode, oft. Park, pea, peso, pod, pot, press, prog, pun. Rail, railway, ram, ran, rap, raps, red, rid, rob, robs, rod, rub, rudd, run. Salon, scape, sea, sew, sign, son, sot, sow, spar, stow, strong, stun, sun. Tall, tan, tea, teas, the, tin, ting, ton, too, top, tot, tow, town, tun. Use. Van. Wad, way, west, win, wok, writ, writing. Yah, yak. [181 total]

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References available

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**NEXT ISSUE OF
HAYDON NEWS
MARCH 1994**

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



**30 YEARS AGO
Parish Magazine
Vol.2/1 January 1964**

How did we celebrate our New Year's Day in olden times - i.e. fifty or sixty years ago? [1904-14] It was never a statutory holiday and could hardly be called a customary one, but most people could arrange their work and duties as to be able to take a few hours off to enjoy themselves the weather was the deciding factor in determining one's course of action on the few occasions when the New Year came to the accompaniment of frost and snow there would be opportunities for "sledding" or skating.

Only a few years ago almost every boy and many of the girls possessed a good pair of skates and missed no opportunity of using them and developing their skill at the game. The accompanying picture was taken on "Langley Dam" exactly thirty years ago by a New-castle gentleman (an amateur photographer) who was passing that way when there happened to be over eighty skaters in action on a perfect sheet of ice. He was so fascinated by the scene that he must perforce have some "snaps" of it. Most of the skaters were "locals" from Haydon Bridge and Allendale and I would expect some of our readers to recognise the scene. Over forty of us were playing hockey from end to end of the lake - using a flat "clog" of wood for a puck, and a great variety of sticks (some proper and

some cut from the plantation nearby) to propel it from goal to goal. But what matter about that? We had many an enjoyable afternoon upthere.

Several times recently I have visited that scene when the ice has been "bearing" and walked and had a slide across it, but there was never a soul on skates. Only the westering sun, setting in pink and gold and gleaming on the smooth surface of the ice: with a little snow on the hills around and the fir-trees silhouetted against the skyline, with the local swans and a few mallard and widgeon dabbling in the open water where the stream runs in, providing the perfect picture of solitude. And yet I venture to say without fear of contradiction that there is no more beautiful scene in the whole of the North Country.

Editors note:

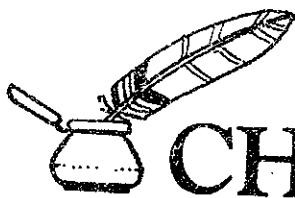
This was taken from one of a series of articles headed "Other Days - Other Ways", over the pen name "Countryman". I make no apology for the quality of the picture which must have been taken on New Year's day 1934.

- Were any of our current readers there?

- If not have you ever been told about the occasion?

- Does anyone have a copy of that snapshot which they would be prepared to lend out to be copied for Village records?

PLEASE LET THE EDITOR KNOW
SO THAT THE MEMORIES CAN BE
SHARED AND HANDED DOWN.



CHURCH Newsletter

No 21

An independent supplement
to the Haydon News

February 1994

WELCOME

We give a warm welcome to the Rev. Gerry Price and his wife Maureen who have now joined the staff of the parishes of Haydon Bridge and Beltingham with Henshaw. Gerry is working part-time in the parish and in time will become a familiar figure to many of you. This means that you will have two priests available to you - please make use of both of them. Gerry comes to us with a great deal of priestly experience behind him and can do everything that the vicar can do.

Please note that Gerry comes to us part-time. He will be living in Hexham and his off-duty days will be off duty. His on-duty times will be usually from Saturday to Tuesday inclusive. Please do not try to contact him on other days or expect him to fulfil engagements at other times.

Over the next two years or so we will be planning for the long term future of the Church in this area. We have to match the work we do to the resources we have available as well as take seriously our responsibility to the Church in other areas and the communities which we serve. We look forward to an interesting time ahead.

FROM THE REGISTERS

FUNERALS

20th Dec. Esther Skene
10th Jan. Margaret Clark
11th Jan. Jack Rumney

Our sincere condolences to the bereaved and our continued prayers for the departed.
May they rest in the peace of Christ.

SERVICES AT THE PARISH CHURCH

6th Feb. 8th Sunday before Easter
8 a.m. Holy Communion
10.30 a.m. Worship for All

13th Feb 7th Sunday before Easter
10.30 a.m. Parish Eucharist

16th Feb Ash Wednesday
7 p.m. Eucharist

20th Feb 1st in Lent
8 Am. Holy Communion
10.30 a.m. Eucharist
6 p.m. United Service at United Reform Church

22nd Feb (Tuesday) Lent
10 a.m. Holy Communion

27th Feb 2nd in Lent
10.30 a.m. Parish Eucharist

1st Mar (Tuesday) St. David
10 a.m. Holy Communion

6th Mar 3rd in Lent
8 a.m. Holy Communion
10.30 a.m. Worship for All

PARISH STAFF CLERGY

Rev K. Fletcher Tel: 684307
Rev G. Price Tel: 609861
Please note: At certain times the Clergy will re-direct their incoming telephone calls to each other. When neither priest is immediately available please use the answering machine. This will ensure the quickest response to your call.

READERS

Dr L. Gray Tel: 674437
Mr M Fry Tel: 684154
Readers are authorised to lead certain kinds of worship and are concerned with the preaching and teaching work of the Church. They may also undertake certain kinds of pastoral care.

CHURCHWARDENS

Mrs A Marshall Tel: 684454
Mrs M Curry Tel: 684238
Churchwardens are concerned with the Church's property, administration, and general well-being. Mrs Marshall is responsible for Church Hall bookings.

1994 is



The International Year of the Family

HAYDON BRIDGE METHODIST CHAPEL
DIARY FOR FEBRUARY 1994

Tuesday 1st February

7.30 pm Mens Fellowship speaker
Mr Ralph Curry, Haydon Bridge.

Wednesday 2nd February

2.30 pm Womens Own speaker
Mrs Appelby, Haltwhistle.

Friday 4th February

7.30 pm Choir practice :
Angel Voices.

Saturday 5th February

7.00 pm Endeavour Rally at
Warden.

Sunday 6th February

10.30 am Morning Service led
by Mr P Eavis.

6.00 pm Evening Service led
by Mr J Robinson.

Friday 11th February

7.30 pm Choir practice :
Angel Voices.

Saturday 12th February

7.00 pm Combined choirs present
Angel Voices at Trinity.

Sunday 13th February

10.30 am Morning Service led
by Mr J Green.

6.00 pm Evening Service of
Celebration.

Tuesday 15th February

7.30 pm Mens Fellowship speaker
Mr Arthur Fulton Haydon Bridge.

Wednesday 16th February

2.30 pm Womens Own speaker
to be confirmed.

7.30 pm Choir practice.

Sunday 20th February

9.00 am Early Communion with
Rev. David Perkins.

10.30 am Morning Family Service
led by Ms B. Mearns.

6.00 pm United Evening Service
at U.R.C.

Wednesday 23rd February

7.30 pm Choir practice.

Sunday 27th February

10.30 am Morning Service led
by Rev. G. Forster.

6.00 pm Evening Service led
by Rev. Trevor Staniforth.

Sunday 6th March

10.30 am Morning Service led
by Rev. David Perkins.

6.00 pm Evening Service led
by Mr Knowles.

8.00 pm Prayer, praise and
Ministry with Rev. David
Perkins.

PEW WARNING

BY experimentation, try to determine how many comfortable pew sitting positions you can discover. (You will kill a lot of time before you realise there are no comfortable pew sitting positions!)

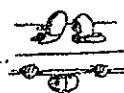
No one has claimed that 'pew sitting' is easy... that one will be comfortable (although one will be comforted), that life will suddenly cease to have problems, trials, hardships or difficulties as a result of sitting in a pew.

In fact, life may - one might almost say should - become more intense; more aware of the great gulf that exists between God and humanity, and between one section of the community and another.

To be a 'pew sitter' is not to escape from the day to day experience of human existence, to hide away from the reality of living and sharing in creation. It is to accept that one must constantly be changing positions, and therefore ever ready to adopt new insights into the mystery of life and its Creator. On occasions this will prove to be uncomfortable, even painful.

But first one must become a 'pew sitter' - why not make a start and begin the experiment this Sunday.

BRIAN ANDERSON



There is but one Lord Jesus
and one faith, and the rest is
dispute about trifles.

Queen Elizabeth I

SERVICES IN THE PARISH OF BELTINGHAM WITH HENSHAW

- | | |
|----------|---|
| 6th Feb. | 8th before Easter
(Sexagesima) |
| | 10 a.m. Holy Communion at
Beltingham |
| 13th Feb | 7th before Easter
(Quinquagesima) |
| | 9 a.m. Holy Communion at
Henshaw |
| | 6 p.m. Evensong at Henshaw |
| 16th Feb | Ash Wednesday |
| | 10 a.m. Holy Communion at
Henshaw |
| 20th Feb | 1st in Lent |
| | 10 a.m. Holy Communion at
Beltingham |
| 27th Feb | 2nd in Lent |
| | 10 a.m. Morning Prayer at
Henshaw |
| 6th Mar | 3rd in Lent |
| | 10 a.m. Holy Communion at
Beltingham |

HEALTH CENTRE NEWS

DR. MARY HENDERSON

HANDLING STRESS

Most stress conditions respond to simple measures. In the first instance it is important to recognise and if possible eliminate causes and effects of stress. This can be done by making a list of all irritations and problems at work, at home and in relationships. Sort them into those with a practical solution, those that will resolve with time and those that cannot be altered. Concentrate on the first group (those with a practical solution) list all the solutions and try the simplest first. After a week rewrite the lists and repeat the exercise. It is amazing how much easier things seem when you reduce them to lists with possible solutions. It is also worth trying to avoid negative thoughts which are common when under stress and try to substitute more positive ones, for example, instead of "I don't know what they are looking for!" try "these are the points I want to emphasise!"

It is also important to try and ensure that your body is in good shape as this helps to decrease stress levels. This means making sure you get proper sleep, a proper diet, regular exercise and cut down on both alcohol and smoking.

Other ways of reducing stress levels include learning how to relax, this can be done easily at home and should take only 20 minutes in a day. As there is not space to go into this in depth this month I will return to it next time. We have relaxation tapes and booklets for people to borrow. Sometimes these measures are not adequate for a few people who may need additional help. They might consider trying alternative therapies such as reflexology, massage or aromatherapy. If these do not appeal or are not successful another alternative is counselling either as an individual or as a member of a group. The main thing to remember is that stress can make you unwell and that there are a number of things that you can do, to lower your stress levels, that are fairly simple to implement.

NORPLANT

We have a handful of people who are actively interested in this new implanted contraceptive which lasts for five years. In the next few weeks we shall start to use the devices - anyone who would like to be considered for this type of contraception should come and talk with us soon.

DR. STEVEN FORD

CREEPY CRAWLIES (or ALIEN RULES - OK!)

There are a number of animals that can live on or in your body. Scabies, lice, fleas, worms and ticks are the commonest and in this country they are very small and not usually dangerous. In hotter countries especially, the equivalent animals can be much larger and very dangerous. Fish tapeworm on the other hand - the medical student's favourite horror topic - comes from climates like ours, lives in the gut and can reach thirty feet in length - don't eat uncooked fish!

Scabies is an infestation with a small mite which is transmitted by contact with an infected person's skin. The mite burrows into the skin leaving a greyish quarter inch burrow mark - usually in the forearm or fingers but can be almost anywhere. Alternatively small red lumps may develop. The intense itch - worse at night - which is so characteristic of the disease, does not develop for several weeks and represents an allergy to the presence of the mite. Treatment with various lotions is usually successful, ask the chemist or doctor. Repeated hot washing/drying of clothes and bedding will eliminate the mite from fabrics where it may survive for a day or two.

Lice come in three varieties, for the head, the body and the pubic area; they feed on human blood. Infestation is passed on by direct contact with an infected person. Lice do not fly or jump but can motor along quite vigorously. Head lice are the most common and are particularly troublesome in schools. Diagnosis is made by finding lice or their eggs (nits) in the hair, the louse saliva and droppings cause itching. Treatment varies because from time to time the lice become resistant to one or other treatment. The chemist, health visitor, school nurse or doctor will be able to confirm the diagnosis and advise you about the choice of treatment. Body lice are usually found on people who have become neglectful of their own hygiene. Diagnosis and treatment is similar to head lice. Clothing will harbour the lice and should be incinerated or treated. Pubic lice (crabs) can be found on any hairy part of the body and look just like small brown crabs about 1 - 1.5 millimetres long. Direct body contact is the best method of transmission but pubic lice can also be found on bedding, clothes, towels AND TOILET SEATS (- there - that'll make you wait till you get home!). Treatment is as described above for other louse varieties. Shaving of the affected areas is not helpful and treatment may need repeated application. Clothes, bedding, mattresses etc. should be treated or incinerated. Fleas found on humans in normal circumstances in this country will usually be animal fleas (cat and dog especially), treating the source is very important. Human fleas are a rarity. Insecticides, as powders or lotions, will work well. Clothes, bedding etc. need treating too. Fleas jump and can be difficult to get hold of, their hard "shell" can be cracked between finger nails to kill them too.

Large worms, such as the one described in the opening paragraph, are exceptionally rare in this country but can be terrifying and devastating in their effect on their victims - travellers beware. The commonest worm infestation in this country is with the thread worm. Itchy bottoms amongst the children in a family are very likely to be due to threadworm infestation. Female threadworms, thin creamy white worms about half an inch long, live in the large bowel and creep out of the anus at night to lay their eggs on the skin. This causes itching and scratching and then the fingers find their way to mouths or onto food and the eggs are taken back into the victim or others to live and breed again. Finger nails should be kept short, pyjamas worn, hands washed thoroughly and frequently and if worms are actually seen or suspected then treatment is very easy - ask the chemist. The whole family must be treated. Other worms, from eating inadequately cooked beef or pork, are rare but be very sure about cooking meat thoroughly.

Ticks are quite common where sheep are kept. An insect which buries its head into your skin and feeds on your blood 'til full, after which it will drop off, will be well known to almost everyone. If you find one, do not just pull it off or you will end up with a nasty infected wound. Kill the tick first with insecticide and when it releases its grip gently remove it in one piece. In this country the only important consequence of tick bite is Lyme disease - an infection with a rickettsia (a germ), this is most often found in areas where deer are common. Temperature, aches and pains, rash and weariness are warning signs of Lyme disease. Seek help if in doubt - a blood test will show the presence of the disease. In other countries, tick bites can be the cause of very serious diseases.

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