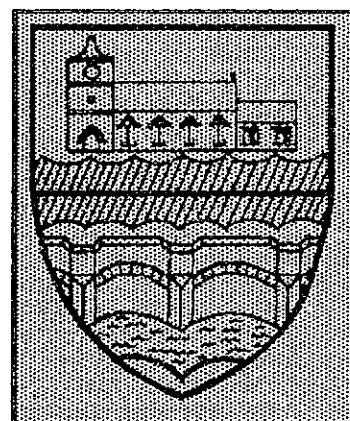


HAYDON NEWS

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



July 1994 / 6

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ERNIE SWINBURN - PHOTOGRAPHY

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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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BT Environment Week '94

20-30 May 1994



I am delighted to report that our entry into British Telecom's Environment Week Competition has earned us a runner's up prize of £250. As this is a *National Competition* I think we have done extremely well.

On the entry form for this competition we highlighted our long term project to improve the visual impact at the entrances to the Village, hoping it would make drivers more aware of their approach to a built up area and so reduce their speed.

We targeted the frontage of the cemetery as our task for Environment Week, in the category "Team Effort". During the week we levelled the area, repaired the remaining wall and used surplus stone to form a well round the water butt in the cemetery. Numerous donated trees, shrubs and bulbs have been planted and the area grass-seeded.

"Team Effort" was a very appropriate category as all the work we have undertaken could not have taken place without help and we thank everyone. Originally money was raised for the project from the 1992 August Bank Holiday Village Fair, so anyone who helped or supported that day, in

effect, provided the means to tackle the project. Also the help of numerous willing villagers in providing basic materials, lending their skills and equipment, making donations in cash and kind, labouring and encouraging has helped to see us two thirds of the way through the whole project.

As I am sure you will have noticed the "Heather Bed" has now been planted and is looking very impressive. We intend to use our prize winnings and remaining funds to buy more shrubs for the West End border which is our final "Major Task".

To stop weeds, and particularly "wicken", encroaching from the grassed area we need to dig a substantial trench along the edge of the bed (some 240 feet long, as the crow flies, but it is by no means straight). It will be lined with black plastic and a line of tree trunks will be embedded. This will, hopefully, reduce the weed problem.

Any good trench diggers out there? We need your help!

Eileen Charlton
Chairman
By-pass Action Group

THANKYOUS

Fire Brigade

Through the Haydon News I would like to express my gratitude to the Haydon Bridge Fire Brigade. Our recent chimney fire was attended to with promptness and efficiency.

They are to be praised for the care they took to ensure that nothing in the house was damaged or even dirtied.

W Widdowson
"Standalone"

Arthritis & Rheumatism Council

For a change, the weather was lovely when we laid out our pitch at the Boot Sale in the Tynedale Rugby Club's ground on Sunday, 29 May. Our blue banner pulled the crowds and we made the excellent sum of £145.70.

Thank you to everyone who made a contribution, however small.

Let us hope the weather will be as kind when we offer our

*Strawberry Teas
at Appletreewick on
Saturday 16 July*

Please do come along, whatever the weather, warm or cold, wet or dry.

Hilary Rutherford
Secretary

1st Haydon Bridge Scout Group

I would like to thank everyone who supported the Wine and Cheese evening at Waterside House, Rockspring Crescent on 2 June. We made £188.13 and would like to thank everyone who gave donations, especially the Bowls Club.

We are currently raising funds to replace the minibus, which will be needed in a couple of years anyway, but in view of the recent publicity about seat belts we have decided to start fund raising immediately.

Once again, thanks to everyone.

Mrs C Duffy

**Shaftoe Trust
First School Association**

The School Association would like to express our thanks and appreciation for the support and help we received for the Summer Fair held on 18 June.

With the support of everyone who contributed prizes, items for stalls and help on the day, despite the "November" weather, we made a marvellous profit in the region of £1 200.

Thanks to all those who attended for making it such a successful day.

H Newman
Secretary

SHAFTOE EDUCATIONAL FOUNDATION

The next Governors' Meeting will be held on 14 July 1994.

Applications for grants for educational purposes should be delivered to the Office on Shaftoe Terrace **as soon as possible.**

J P Richardson
Clerk to the Governors



**LANGLEY
W I**

Visitors from Bardon Mill and Warden Institutes joined members of Langley WI for their June meeting.

After a comprehensive and interesting report on the Triennial meeting at Birmingham by Mrs M Hingston, Mrs C Selby introduced members to the world of snooker.

As the title of her talk suggested (A Woman in a Man's World) this is a sport which is dominated by men. Undeterred by this and also a comparatively late introduction to the sport (she won her first Amateur World Snooker Championship at the age of 51) she persevered and went on to register many triumphs.

Her place in the Guinness Book of Records was assured after she won 8 Amateur World Championships at billiards and then accomplished a similar feat at snooker. This was a stunning achievement considering she was for part of this time still pursuing her original career as a Teacher and Lecturer.

Members were captivated by this amusing and informative talk and a lengthy question and answer session ensued.

M Nagel

**HAYDON BRIDGE
UNITED REFORMED
CHURCH**

Though small in membership, our Church is still a part of the Village and we do try to be noticed occasionally, and we still need funds.

We could not attempt to give a Garden Fete or a Flower Festival like our neighbouring Churches, but we would like you to come and sample our "Home made Cream Teas" on Sunday 3 July. Then if you care to join in with the United Service at 6pm you would be most welcome.

SUNDAY 3 JULY
4pm - 6pm
CREAM TEAS
(NAUGHTY but NICE)
£1.50
Haydon Bridge
United Reformed Church

MORE ABOUT THE WHITE HOUSE

(i)

The following information emanates from a tombstone in old Haydon Churchyard, and an additional stone, covering the same grave:

George White died at Bank House, 1845, Aged 39.

Elizabeth White died 1882, Aged 73.

Margaret Ann, daughter of George and Elizabeth White died Oct 1900

P Holden

(ii)

As the current owners of Bank House it was interesting to read the theories regarding the Bank House/White House query.

These certainly appear to be plausible. However, on close inspection of the stonework elevations nearest to the road, evidence of white paint can clearly be seen. This has been weathered off or removed many years ago, possibly when the Georgian extension was built.

J & V Dees

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**Bar and Restaurant Meals
available daily**

**SUNDAY ROASTS
from £3.50 in the bar**

(iii)

It is reported that Jimmy Pigg remembers delivering milk to Bank House, when he was 6 or 7 years old, and that it was painted white at that time.

It therefore seems quite indisputable that Bank House and the White House are one and the same place.

The connection of that place with the White family was a long one: at least from 1845 to 1881, and by implication till 1900. Then there is the possibility that the effect of bright sunlight on the stone walls might have just made it *look* white. However the Editor must now apologise for the erroneous statements or suppositions on the subject in the June Haydon News.

Even so it has been an interesting quest. The subject has raised considerable interest in the Village, and stirred some happy memories as well, I am told. I thank both the initial questioner and all who have helped to get to the bottom of the mystery.

Gina Richardson

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Working with NNEB assistant in the Village offers

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

**Ring Aline or Kerry
688852
activities+outings+fun**

AGE Concern

NORTHUMBERLAND

Age Concern Northumberland have been successful in receiving funding for three years for a Healthy Ageing initiative.

One of the projects which will commence in the Tynedale District is a Stroke Support Service. This will involve volunteers assisting older people who have had a stroke, including support advice and information on relevant issues associated with strokes.

Volunteers will be trained in various issues related to the project and supported by the project co-ordinator who will monitor the progress of the scheme and ensure high standards are maintained.

If you are retired and can help with this new scheme or need more information contact:

ANNE ROBINSON
Age Concern Northumberland
Hepscott Park
MORPETH

Tel 0670 534362

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PARISH COUNCIL PICKINGS

Meeting 23 June

Ten Councillors present: no public participation.

Faced with being the sole nominee for the post, and comforted by a unanimous vote in his favour, Cllr Michael Loyd had little option but to accept the office of Vice Chairman of the Council.

The Council thought that the Village had quite sufficient interest in the survival of the rail service to Newcastle and Carlisle to justify a £25 subscription to "Save our Railways". Cllr McVay urged that the value of this subscription be carefully assessed at the time of the next annual renewal.

Alexandra Terrace is to have a street lamp exactly where it is wanted, courtesy of Northumberland CC.

The access to Strother Close from A69 is to be improved within the next couple of months. At the same time it was decided to write to the management of Kattan, asking them to make sure that their 32 tonne visitors did not try to approach them through the Estate. In the interests of economy NCC is to reduce the mileage of roads which receive precautionary treatment when severe weather is forecast. *No* change is planned in the programme for actual clearance of snow. It was decided to draw attention to

the fact that the High School bus uses the road from Grindon which is one of these selected to be cut out.

Plans to convert the farm buildings at the east exit from the Village to provide a dwelling were welcomed. If this development is approved, it may help to get the 30 mph limit moved further east.

The re-cycling skips are coming! One for glass and one for cans, in the Station Yard. The full use made of the general refuse skips during Spring Clean and Environment Weeks will be cited to Tynedale Council as proof of the need for a resident one in the Village. If one is offered, where should it go??

The Council expressed its great appreciation of the work done this Spring in beautifying the Village - in particular, the improvement at the Cemetery.

JPR

GARDEN OPEN

at Greenbanks, Westwood,
Bardon Mill

In aid of

"LEAF FOR LIFE"

Sunday 10 July, 2-5 pm

Plants for sale or to order
for Autumn

Admission 50p Children Free

+

Cake Stall and Cream Teas

(in aid of Bardon Mill

WI Hall Fund)

VILLAGE FAIR 1994

As already announced the Village Fair will be held on

*Bank Holiday Monday
29 August*

There will be all the usual attractions and we look forward to the now traditional "good time being had by all".

Please watch out for notices which will be displayed around the Village nearer the time.

Thank you.

Eileen Charlton

VILLAGE FAIR BOOK STALL

Anyone with any books which they are prepared to donate to the above stall

please contact:

Bill Howard

10 Ratcliffe Road

Tel: 684535

FORTHCOMING EVENT

1st Haydon Bridge Scout Group
Barbeque and Games
Family Fun
Football, Rounders & Volleyball

Details to come later

Mrs C Duffy

33 Greenwick Gardens

Tel: 688818

Watch out for this year's
Souvenir issue of the
Haydon News
August

BRIDGES OF HAYDON
PART II

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**HAYDON BRIDGE
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**Every Tuesday Night at
Haydon Bridge High School**

6 - 7pm Juniors

7 - 9pm Seniors

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**PLEASE NOTE
NEXT ISSUE OF HAYDON NEWS
SEPTEMBER 1994**

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

**30 YEARS AGO
Parish Magazine
Vol.2 No.7 July 1964**

The Church Flag-Staff will be standing erect in all the glory of a fresh coat of paint, new halliards and all the rest of it. We have to thank Captain Jeffrey and the Scoutmaster and 1st Haydon Bridge Scouts for this transformation for it is they who engineered it.

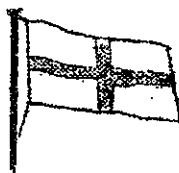
The staff is some seven or eight feet shorter than it was for the topmost part was rotten and had to be removed. A new "truck" (to use nautical parlance) or if your acquaintance with the top of a ship's mast is scant, a "finial" has been fitted and painted gold and the whole effect is very smart and worthy of the Church.

The flag used is the St George's Cross and in future it will be flown on Sunday's, greater Saints Days and Holy Days the Union Jack (when we get one and that will be when someone buys us one!) can be flown on days of national importance.

So, if any there be who would like to donate a flag, here is Price List:
St George's Cross (7 ft) £3:5:0
St G.'s C. (Better Quality) £4:11:6
Newcastle Diocesan Flag £5:17:6
Union Jack £3:10:0
Smaller "storm" Flag £3: 3:0

The Diocesan Flag is a St George's Flag with the arms of the diocese added in the top left-hand canton, and a "storm" flag is simply a flag small enough not to carry away in boisterous weather.

Anyhow, our thanks to the Captain, to the Scoutmaster and his Scouts for a useful and tricky piece of work well done.



**20 YEARS AGO
Haydon Herald
July 1974**

The building under construction at Low Hall Park is Haydon Bridge Football Club's new Sports Pavilion.

The erection of this Sports Pavilion is Phase 2 in a scheme to provide a Sports Ground, a Pavilion, Tennis Courts and a Bowling Green. Having completed its Pavilion the Football Club will attempt to form a Committee of Village people whose terms of reference will be the provision of facilities for tennis and bowls. When all four phases are in operation the pavilion will be in full use.

I am quite happy in my mind concerning the viability of a small Sports complex including Football, Mini-Football, Tennis and Bowls.

E WAITE
President. H B Football Club

THE SCARECROW

In April the farmer sows his corn
Until late at night from early
morn.

I am only made of straw,
And pieces of wood that he had to
saw.

I'm dressed in a coat of pink and
brown,
With stripes on trousers up and
down.

I stand so still night and day,
Frightening all the birds away.

MARINA SIM - 8 years old

Comment

Will the Bowls facility arrive by the time the enthusiastic footballers of twenty years ago are ready for them? And where does this leave the Tennis, I wonder?
Gina Richardson.

CHURCH NEWSLETTER

Number 26

An independent supplement to the Haydon News

July 1994

GETTING AWAY FROM IT ALL

During this summer, many of us will be taking a welcome break from work and perhaps a holiday away. Most of us need a break from the pressures of work and are well aware of the benefits of a holiday. We take the opportunity to get away from it all and so we should.

Our Christian tradition teaches about the importance of a balanced life of work and rest. We need adequate time for recreation because we were not created to be slaves of the economy. Each one of us is a unique individual created in the image of God and deserving space and opportunity to develop in many different ways.

This raises an important issue about the kind of society we are becoming. Some of us will get away from it all because we need a break. Many others cannot get away because they have no work. Life is getting out of balance. Some have to work too hard while others suffer through having no work.

As long as "Economic Growth" is our nation's god, life will be out of balance for most of us. The God revealed in Jesus Christ is a God who delights in the people he has created. If God puts people first, so should we all.

St Cuthbert's : Haydon Bridge
198th Anniversary

CEILIDH

Friday 22nd July 1994
in the Church Hall
7.30 p.m. - 11.30 p.m.

Windy Mills Ceilidh Band

Bar & Supper
Tickets £3.00
under 14's £1.50

SERVICES AT BELTINGHAM with HENSHAW

3rd July - St Thomas

10 a.m. Family Service at Henshaw -
United with the Methodist Chapel

10th July - Pentecost 7

9 a.m. Holy Communion at Beltingham

6 p.m. Evensong at Beltingham

17th July - Pentecost 8

10 a.m. Holy Communion at Henshaw

Celebrant: The Lord Bishop of
Newcastle

24th July - Pentecost 9

10 a.m. Matins at Beltingham

31st July - Pentecost 10

10.30 a.m. Group Eucharist at Haydon
Bridge

7th August - Pentecost 11

10 a.m. Holy Communion at Beltingham

14th August - Pentecost 12

9 a.m. Holy Communion at Henshaw

6 p.m. Evensong at Henshaw

21st August - Pentecost 13

10 a.m. Holy Communion at
Beltingham

28th August - Pentecost 14

10 a.m. Matins at Henshaw

PRIZE DRAW RESULTS

1st	Langley Castle	June Wilkinson
2nd	Meat Hamper	Amee Berry
3rd	Spice Rack	Gillian Turnbull
4th	Whisky	Middleton
5th	Petrol Voucher	Lindsay Gray
6th	Chocs	Geoff Hall
7th	Coal	Nessie Marshall
8th	Wine	Elaine Snowball
9th	Wine	Doreen Sparke
10th	Wine	Monaghan
11th	Fruit	Marjorie Moore
12th	Toffee	Geoff Brown

SERVICES AT THE PARISH CHURCH

3rd July - St. Thomas

8 a.m. Holy Communion

10.30 a.m. Worship for All

6 p.m. United Service at U.R.C.

10th July - Pentecost 7

10.30 a.m. Parish Eucharist

17th July - Pentecost 8

8 a.m. Holy Communion

10.30 a.m. Eucharist

6.30 p.m. Deanery Evensong at
Allendale

24th July - Dedication Festival

10.30 a.m. Parish Eucharist

3 p.m. Evensong at Old Church

31st July - Pentecost 10

10.30 a.m. Group Eucharist at St.

Cuthbert's: Haydon Bridge

7th August - Pentecost 11

8 a.m. Holy Communion

10.30 a.m. Eucharist

6 p.m. United Service at the

Methodist Chapel

14th August - Pentecost 12

10.30 a.m. Parish Eucharist

21st August - Pentecost 13

8 a.m. Holy Communion

10.30 a.m. Morning Prayer

6.30 p.m. Deanery Evensong at
Whitley St. Helen

28th August - Pentecost 14

10.30 a.m. Parish Eucharist

3 p.m. Evensong at Old Church

4th September - Pentecost 15

8 a.m. Holy Communion

10.30 a.m. Worship for All

6 p.m. United Service at the Parish

SUMMER FETE & GIFT DAY

£1750 has been raised with some money
for Gift Day still coming

THANK YOU & WELL DONE
EVERY ONE!

HOLIDAY CLUB

in

HAYDON BRIDGE

Monday 25th - Friday 29th July

4 - 11 years old?

Interested in games? Activities?
Music? Banquet? Fun?

2.30 to 4.30 pm each day at St.
Cuthbert's Church Hall in Haydon
Bridge.

11 - 13+?

"International Cafe"

6.30 to 9 pm each evening at Trinity
Chapel Hall in Hexham.

Theme for the week: "Sign Posts"
Scripture Union have organised and
led Holiday Clubs in Hexham for the
last 23 years. We have finally
persuaded them to bring their fun to
Haydon Bridge. A leaflet with
further details will be available
shortly. If you would like to know
more 'phone Lindsay or Chris Gray
on 674437

WHO OWNS THE PATTERN OF LIFE?

A few years ago, patents were granted for some bacteria into which human genes had been inserted. The genes programmed the bacteria to make hormones such as insulin and relaxin.

Now scientists in Britain and the United States are trying to get patents on thousands of human genes, claiming that they are "intellectual property". This is a worrying development. So far only a fraction of the 50,000 to 100,000 genes that make up the human blueprint have been "mapped" but such is the rate of discovery that the scientists expect to complete the job within a few decades.

What are the implications? Who owns the rights to our genes?

So far the authorities in the USA and the European Patent Office have resisted the scientists' demands because, they say, these genes or DNA fragments have no "utility"; in other words, no one yet knows their function. As uses are found for the fragments, it is much more probable that more patent applications will succeed.

Under present European law, patents are granted on processes which are inventions, not merely "discoveries". An invention, to be patentable, must involve some kind of technical step and must have a use or application.

No technical step is involved in creating a gene fragment, merely the technique used to decipher the message. Outside Europe, however, there is growing pressure to amend patent law in this field.

Biotechnologists want patents on animals and plants which have been genetically altered. Gene "banks" want to protect their resources. The human DNA sequencers want "finders keepers" on every section they decipher.

So the big question is: "Who owns Life?"

PHILIP BARRON

HAYDON BRIDGE METHODIST CHAPEL

DIARY FOR JULY

Sunday 3rd July

10.30 a.m. Morning Service led by
Mrs J Pearson

6 p.m. United Evening Service at the
U.R.C.

8 p.m. Praise, prayers and Ministry
with Rev. David Orendorf

Monday 4th July

8 p.m. American Independence Day
Barbeque at Woodhall Mill

Wednesday 6th July

12.30 p.m. Lunch and prayers
2.30 p.m. Women's Own. Speaker;

Rev David Orendorf

Thursday 7th July

7.30 p.m. Bible Study

Friday 8th July

6.30-7.30 Youth Club for under 10's

Sunday 10th July

9 a.m. Early Communion with Rev
David Orendorf

10.30 a.m. Morning Family Service

led by Rev David Orendorf

6 p.m. Evening Service led by Mr

Martin Stone

Wednesday 13th July

12.30 p.m. Lunch and prayers

Friday 15th July

6.30-7.30 Youth Club for under 10's

Sunday 17th July

10.30 a.m. Morning Service led by

Mr Green

6 p.m. Evening Communion service

led by Rev David Orendorf

Wednesday 20th July

12.30 p.m. Lunch and prayers

Thursday 21st July

7.30 p.m. Bible Study with Rev

David Orendorf

Friday 22nd July

6.30 - 7.30 Youth Club for under

10's

Sunday 24th July

10.30 a.m. Morning Service led by
Barbara Mearns

6 p.m. Evening Service led by Mr R
Tipping.

Monday 25th to Friday 29th July

2.30 - 4 p.m. Scripture Union

Holiday Club for under 11's

6.30-9 p.m. At Trinity- Scripture
Union International Cafe for over

11's

Wednesday 27th July

12.30 p.m. Lunch and prayers

Sunday 31st July

10.30 a.m. Morning Service led by
Mr Elstob

6 p.m. Celebration

HEALTH CENTRE NEWS

DR. MARY HENDERSON. (*Yes folks - she can still reach the keyboard! - Ed*)

Over the next couple of months I am going to discuss women's problems in general - after the bit on men's problems last month.

As most of you know we run well woman clinics - but what are they really for?

The idea is that it is a chance to discuss any problems relating to either general health, family planning, periods, menopausal symptoms, PMT, breast problems, etc. and to check general health items like blood pressure, weight and smears. The clinics are run by our nurses but there is a doctor available if required.

On to more specific items - let's start with smears and breast screening of which everyone is aware:

Cervical smears. This test is designed to detect any pre-cancerous changes on your cervix, this is vital for every woman and is usually carried out every three years. The sample is sent to the laboratory and the result returned to the surgery after about four weeks.

We understand that some women find the test embarrassing and that when women come for the test particularly their first test (*we have had two abnormal smears in girls under the age of sixteen in the last two years! - Ed*) - they are often very apprehensive. Some might find the test uncomfortable but it should not be painful.

When the results come back they may show many things in addition to picking up signs of pre-cancerous change. Sometimes the slide is unreadable for technical reasons and may need repeating. It may also show evidence of infection and other problems - so if you are contacted by us about your smear test DO NOT PANIC - it is more likely to be something other than pre-cancerous change that we need to tell you about. Feel free to ring or come and see one of the doctors as we are keen to explain what is going on and give you peace of mind.

If the test does show pre-cancerous changes you will normally be referred for colposcopy and we will explain and give you leaflets describing the procedure.

Breast Screening. This is a national program which calls women over the age of 50 for a mammogram (a special X-ray of the breasts) every three years up to the age of 65 and after if the woman wishes. The aim is to pick up any changes in the breast tissue before a lump could be felt - therefore allowing treatment to start at any earlier stage.

There are, however, problems with the technique and a number of women are requested to attend a clinic for further investigation. Most of these women do not have breast cancer and after further tests can be reassured. This means that if you are recalled you will feel anxious until seen and we are happy to talk to anyone if they are worried.

What about younger women? Mammography on younger women is technically more difficult, especially if they are pre menopausal. X-rays of greater power have to be used leading to exposure to more radiation and without giving more useful information. It is not therefore recommended in the majority of younger women but there are exceptions. If you have a mother or sister who developed breast cancer before their menopause then you have a slightly increased risk of developing breast cancer yourself and regular screening is then definitely worthwhile.

Pre-menstrual tension. The symptoms of PMT can be quite varied and every woman's experience is different. Symptoms can include irritability, depression, bloating, tender breasts, and mood swings. The symptoms appear in the days or weeks before a period and usually improve when the period starts. If you feel that you have PMT it can be useful to keep a diary of the symptoms and periods so that the doctor can see it.

There are a number of things you can do to try and help your symptoms before seeing the doctor: These include relaxation techniques to reduce stress levels, get your partner to try and be supportive at these times (not always easy!!!!), make sure that you get adequate sleep, take regular exercise, try to avoid having to make important decisions and try to avoid accumulating a backlog of work to be done.. Some women find adjusting their diet to be helpful: Try reducing sugar, salt, junk food, caffeine, tobacco, fat in the diet and alcohol. Have more fresh green vegetables, salads, fruit and regular mealtimes. If all this fails or you are getting desperate you could try pyridoxine (vitamin B6) or evening primrose oil, both of which can be bought at the chemist, stick to the dose recommended on the packet. If you want advice about these treatments we can help and there are other treatments available. Do not despair, help is there.

Next month - more help for women's problems.

DR. STEVEN FORD (*who can also still reach the keyboard despite diet failure! Sub Editor*)

Bowman's Chemists is now an official NEEDLE EXCHANGE centre, one of very few in Northumberland and the only one in this part of the county. The aim is to help injecting addicts to avoid passing infection amongst themselves by sharing needles and syringes. Anyone needing help or supplies or who can help others to make use of this facility should be assured that the service is completely confidential and discrete - speak to Peter the pharmacist.

Calls out of hours. As you may have noticed in the press there has been a great fuss about GPs going into a decline because of sleep deprivation due to calls at night from patients. The suggestion has been made that some sort of GP night centre might be established to cover a large area, to which patients are supposed to make their way at night. In wealthy urban areas, where everyone has a car and squads of flunkies to look after the children etc., this may be all very well - but in Haydon Bridge.....? Out of curiosity the members of the consortium have discussed how such a system might work with the three practices. The area covered goes from the Scottish border to the Durham border and is between forty and ten miles wide. We estimate that in winter it might take five hours to get from one end to the other to see those who could not get to a centre. Obviously this is a complete non-starter. A helicopter would be fun but who would pay? Unless there is some radical change in the way rural GPs are arranged we, your own doctors, will be right here for you - in the village.

Both Mary and I would like to thank our customers for being so careful in the way they use the night call service. We are not called very often at night and this is a tribute to the thoughtfulness and self reliance of our patients. Thank you!

SF