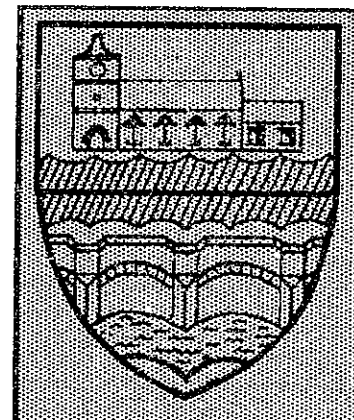


HAYDON NEWS

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March 1994 / 2

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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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EDITORIAL

In the most recent edition of the High School Newsletter there is an item headed,

"Take Our Daughters to Work".

It explains that, on Thursday, 28 April all Year 10 girls will be spending the day at work with a parent, friend or other adult.

The scheme, which is being held nationally, was introduced in the USA last year. The idea being to give girls the opportunity to find out about an unfamiliar job, thus widening their range of career choices.

An excellent scheme! I am totally behind any initiative which will increase girls' awareness of the whole field of occupations open to them. What I do deplore is the fact that there is never any suggestion that boys might be made aware of the type of working environment into which so many women are forced.

Why do we not have a similar initiative in the other direction? Why not have a *"Take Our Sons to Work"* day? One problem would be that, in most households, Mother is virtually invisible - being conspicuous only by her absence if dinner is late or the ironing is neglected.

It would be better to take someone else's son to work, preferably after he had first witnessed the preamble of getting the kids to school and perhaps the toddler to grandma's. And remember the shopping to be fitted in on the way to or from the *real work* of the day.

I predict that a day spent in a hairdressing salon, in school cleaning, in loading Supermarket shelves, or in the Home Care service would be quite an eye opener for the boys, if only for the sheer physical effort which has to be expended by those involved. Perhaps the experience would make them less dismissive of mere "women's work" in future.

Gina Richardson
Editor

**TO WHOMSOEVER IT
MAY CONCERN**

I know that life today can be very hard at times, but not so hard as it was many years ago. We older people knew what hardship was but stealing from others was farthest from our thoughts, what we couldn't afford we did without.

I, among many, know the

pain and agony of not being able to provide the things we would have liked to give our families but stealing was not the answer and I know there are many others countrywide that feel the same way.

So please, whoever reads this and feels it concerns them, just think how we have struggled through life and let your conscience be your guide for the future. Remember that the Lord watches over us and wishes us to live in peace and harmony at all times.

JS

THANKYOUS

Arthritis & Rheumatism Council

The Task Force of Haydon Bridge High School chose to support this branch of ARC during the past year. Their efforts resulted in a cheque for £200 being presented to us recently.

We are extremely grateful and through this medium would like to thank all those pupils who took part.

Thank you very much.

Hilary Rutherford,
Secretary



THANKYOU

Miss Isabella S Gardner

The family of the above wish to convey their thanks for all the help and co-operation given to her by friends and neighbours, the lovely ladies of the Home Help Services, doctors and nurses. Living so far away, it has been a great comfort to know that she had so many regular visits from so many people.

Being housebound for so many years, it was a trial for her not to be able to get out and about - the more so because, although she gradually lost her sight and her hearing, her brain remained alert until her last few days, and even then, I like to think she was aware of all that was going on. I'm sure she was.

She must have been very frustrated, not being able to see to herself personally. She was a very proud old lady and the people who attended to her respected this. I thank them most sincerely. They and many others, myself included, felt the sharp end of her tongue, but her heart was in the right place.

I haven't just lost an Auntie, a chapter of my life is now closed. I and my husband and sister-in-law all feel part of Haydon Bridge, love the Village and the people in it. All the dear ones who have helped, in whatever shape or form, know they have our undying gratitude.

The Rev. Keith Fletcher gave a beautiful farewell to my auntie, who was a loyal member of the Church of England, and I am so pleased that the organist was able to give his services. She would have loved to have known that.

God Bless you all

Joan Flynn
Ramsgate

THANKYOU

Youth Group Pantomime (i)

Thank you, Sheila Fletcher, for all the hard work you must have put into the Youth Group Pantomime.

Along with the outstanding performances from everyone involved, the whole thing was *great*. Where else could you have so much fun for £1.50?

Shirley Phillips & Family

PS An itchy thank you to Dr Ford for his interesting article - I am sure I am not the only one to have scratched while reading!

(ii)

I recently attended the pantomime at St Cuthbert's Church Hall with my family. We had the best night out we had had for months.

I know that Mrs Fletcher and her helpers have spent many months rehearsing for the Show. Well it was rewarded with every single person there being very well entertained.

I want to thank them all.

Mrs R Boyd
(on behalf of many satisfied customers)

Haydon Bridge High School

**Richard the Third
William Shakespeare's
MEDIAEVAL CHAINSAW
MASSACRE**

The play promises to be an exciting mix of black comedy and terror, with the central character out to get all he can, then finding how difficult it is to hold on to power.

**In the School Hall
at 7.30pm
Wednesday 2 March
Thursday 3 March
Saturday 5 March
(no performance Friday)**

£3 Adults £1 Unwaged

**THIS IS AN UNAVOIDABLY
LATE NOTICE
BUT DO TRY TO GET THERE IF
YOU POSSIBLY CAN**

**Remember Harry Watson's slide show of
OLD PHOTOGRAPHS OF HAYDON BRIDGE
15 March 1994: Community Centre: 7.00pm**

SIGNWRITING

**Traditional signs
made to order**

House signs, Shop signs,
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**THE HAYDON BRIDGE
SILVER BAND MEMORIAL FUND CHARITY**

When the old Silver Band ceased to exist the Charity Commissioners required its Trustees to dispose of any assets in a way that conformed as closely as possible to the objects of the old Silver Band Charity. We therefore sought to create a new charity, "The Haydon Bridge Silver Band Memorial Fund Charity" whose objects are, "to advance the education of the inhabitants of the Parish of Haydon in the art and science of music".

This has now been done and the Charity is officially registered with the Charity Commissioners so we can now receive requests for assistance.

Our funds are not large but are invested where they will gain interest. The Trustees have decided to follow two principles when considering requests for assistance:

- (i) we should endeavour to keep our capital in tact and meet requests for help from accrued interest
- ii) the Charity's funds should be primarily directed towards assisting young people under 17 years of age who are resident in the Parish of Haydon.

Application for assistance should be made to any Trustee or to the Headmaster or Music teacher of:

Shaftoe Primary School, Allendale Middle School
or Haydon Bridge High School

Trustees

Mr Peter Brown
17 Church Street
Tel: 684774

Mr J C Heslop
Burnbrae
North Bank
Tel: 684337

Dr R High
Tynhoime
North Bank
Tel: 684470



**LANGLEY
WI**

Members night at Langley was once again a great success due to the wealth of talent to be found in the WI.

The meeting was started by Mrs Spence, who displayed some of the colourful items she had crocheted in the short time since she took up this craft. Members were then issued with crochet hooks and wool and were amazed at how quickly they were able to learn the rudimentary stitches.

Keeping it in the family, the next speaker, Mrs Spence's

daughter, Mrs Reed, had brought along her collection of antique needlework aids. Members then participated in a version of the Antiques Roadshow, where they completed a questionnaire guessing the market value of these items.

Mrs Gilhespy rounded off the meeting with a talk on the history of tatting and brought along specimens of her work for members to view.

Members night is always particularly enjoyable as everyone gets an opportunity to participate and who knows what talent will be unearthed next year?

M Nagel

PARISH COUNCIL PICKINGS

Meeting 24 February

There were 7 Councillors present, 2 apologies: no direct public participation.

Clr Enid Garrow had been contacted concerning the break-ins at old people's houses in the Village. A meeting was arranged between the concerned people and the Police, so they could air their grievances. Glass panels in the houses which have suffered break-ins have been replaced with toughened glass.

Concern was again raised about the parking situation at the bottom of Whittis Hill. Quotes are being sought to re-fence the south end of the cemetery. Hopefully work will proceed when the weather improves.

It was noted that the sign "Slow - Children Playing" at the entrance to Langley Gardens is in need of repair. Hatching on the road at the east end of the bridge was thought to be an improvement. However there could be a danger from vehicles overtaking in either direction colliding with anything waiting to turn right. Double white lines were mooted.

The Sub-way lights are now in working order.

Planning permission has been granted for storage of empty skips at the site behind the station, and outline planning granted for 2 dwellings at "Suanybrae". No initial problems were seen with proposals for extensions at

Chesterwood Villa and Fell House, New Alston.

The sewage problem arising at Peelwell has been dealt with. Dirty water from the septic tank will now be piped into the mains at the High School.

National Spring Clean week (15-24 April) and Environment week (20-30 May) will be advertised in the Haydon News nearer the times.

Again! the problem of dogs fouling footpaths and cut grass areas. The Haydon News was asked to remind dog owners of the relevant by-laws.

A forthcoming Community issue: Local district plans are being prepared and under the "Built Environment" Chapter conservation boundaries in the Village are to be put forward for consideration. There will be a consultation period, possibly in the form of an exhibition where any queries and objections from house owners can be raised (July/August?).

JC

WANTED

Scraps of Knitting Yarn,
any type, thickness, colour,
or amount (however small),
to turn into knitted toys etc.
to be donated to the
Village Fair Fundraising

Gale Annan
2 Strother Close



VILLAGE FAIR 29 AUGUST 1994

With the encouragement of last year's satisfied customers the organisers are planning another August Bank Holiday bonanza and suggestions will be sought as to possible beneficiaries from the proceeds.

Meantime I would like to mention that one of the cups that used to be awarded at the Annual Show has come to light and the lady in possession of it has suggested that it might be used in some way in connection with the Village Fair. We are not certain how many cups were associated with the old Show but it seems a pity that such handsome items should be languishing on top shelves in the Village, only getting taken down and dusted at Spring Cleaning time.

I think most people would agree that it would be in keeping with the spirit of the present event to bring these cups back into circulation - though probably for "updated" activities.

Please let me know if you are aware of the whereabouts of other cups, if their present caretakers would be prepared to hand them in for re-use and if you have any suggestions as to how they might now be used.

Eileen Charlton

ps The gardening projects have not been forgotten - just bedevilled by weather conditions. As soon as the ground is fit to be worked we shall be appealing for help with a range of activities. Look out your spades and forks!

30 YEARS AGO: Parish Magazine

Vol.2/2 February 1964

Vol.2/3 March 1964

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Home & Garden, Skilfully built
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**HAYDON BRIDGE
JUDO CLUB**

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

6 - 7pm Juniors

7 - 9pm Seniors

HOUSE SITTING

Take a break without worrying
about the security of your home
and animals. Live in or out.

Also BABY SITTING

References available

Belinda Dixon

Tel: 0434 345318

**NEXT ISSUE OF
HAYDON NEWS
APRIL 1994**

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

On 23 January the County Planning Officer came to inspect the site of the old Church Hall, for we proposed to erect the new hall on that same location but, alas for our hopes, turned it down flatly!

The new PCC met the very next day to consider the various suggestions made by the County Authority. It was the feeling of your Council that the best place for the new hall would be to the east of the Vestry if the Vicar had no objections to any noise which might possibly emanate from the hall on occasion. It was pointed out by the Hon. Sec. (and with great truth) that on those occasions when there was a noise in the Church Hall the Vicar was himself either making it or contributing to it in large measure!

Your new hall will encroach some eleven or twelve feet on the Vicarage gardenin fact it will cover the most unkempt area in Churchyard and Vicarage front garden alike.

The County Planning Officer has expressed a preference for wood buildings rather than prefabricated concrete (which is cheap and long lasting), *but the new hall will be built regardless of problems.*

Of course, it is a very ill wind that doesn't blow the apples into somebody's garden! The Church will look a great deal better when the old hall is removed and folk can see the northern side of their Parish Church.

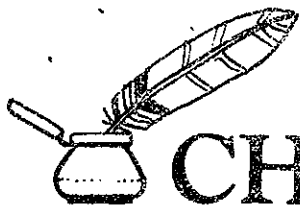
The PCC hoped that the revised plans for the new church hall would be acceptable to all concerned. But, alas for all our hopes! These plans too have been rejected - not by the planning authority but by the Church authorities. It is against the law to build church halls in graveyards. I know the old hall was built in the Churchyard, but it was done without permission and its removal could have been ordered at any time and without warning!

Your PCC has now reconsidered the whole position. The site we hope we may be allowed to use is, in fact, the far (or eastern) end of the Vicarage garden and is at present derelict. The Vicar and the Church Council's Secretary are now involved in discussion with no less than 6 official bodies besides the Ministry of Town and Country Planning.

How often are local Churches accused of not getting things done! Now, perhaps, you will understand why we may appear to be a little slow-moving in our actions. The truth of the matter is that your PCC and its officers are wasting no time at all in pushing the matter of the hall, but we are enmeshed in red tape.

Editor's note

With reference to last month's extract from the past, I am informed by Miss Betty Shout that the central figure on the ice at Langley Dam was her father. The originals of the photograph are not clear enough to make it possible to identify anyone else.



CHURCH Newsletter

No.22

An independent supplement
to the Haydon News

MARCH 1994

MINUS TO PLUS THE EPIC OF CHRIST'S CROSS

As part of a national campaign, every home in the British Isles will, during Holy Week, receive a small booklet which outlines the essential message of Easter - God in Jesus Christ turning the negative of suffering and rejection into the positive work of salvation - as Churches in Haydon Bridge we pray that God will use this Gospel presentation to rekindle the faith of many.

Sometimes we need a specific opportunity to make a fresh start so we extend a warm welcome to you if you would like to know more about what the message of the Christian Faith can mean to you.

(Churches Together in Haydon Bridge)

ORDINATION OF WOMEN

During this month of March the first women will be ordained priest in the Church of England. This is a move that has taken place after many years of debate and amid much controversy. Some members of the Church of England are moving to the Roman Catholic Church because women will be ordained - others (less well reported) are moving from the Roman Catholic Church to

the Church of England. Whatever our views, let us remember that both sides of the argument are sincere in their beliefs about what is God's will.

Perhaps the most appropriate response that any one can make to the Ordination of Women is to pray for the Unity of the Church and to pray for all Christians who follow their conscience in this matter.

CHURCH COMMISSIONERS LOSE £800 million.

We would all like to know how they did it! However it happened we are already beginning to feel the impact. It was not their money that they lost - it was ours. The Church Commissioners are not the Church - they are a body established by law to administer the historical financial assets of the Church. This money has for many years subsidised the parishes of England by paying a large proportion of the stipends of the clergy. This money has now gone. There are only two ways open to us - either we raise more money locally or we make do with fewer clergy.

Already the increase in demand on local funds has knocked our long-term budget plans into touch. We will have to make savings where we can - but even with savings we will need

generous support from the people of the parish if we are to maintain the work of the Church and maintain our church buildings.

FROM THE REGISTERS

HOLY BAPTISM

23/1/94 Martyn George Benson

FUNERALS

27/1/94 C Felicity Bell
28/1/94 Isobella

Gardner

7/2/94 Joseph Anderson

23/2/94 Jacky Thompson

Our sincere condolences to all who are bereaved and our prayers for the departed - may they rest in God's peace.

SERVICES AT BELTINGHAM with HENSHAW

6th March
10 am Holy Communion
at Beltingham

13th March
10.15 United Mothering Sunday Service
at Henshaw Methodist Chapel.

6 pm Evensong at
Henshaw

20th March
10 am Holy Communion
at Beltingham

27th March
10 am Morning Prayer
at Henshaw

6 pm Holy Communion
at Henshaw

1st Apr - Good Friday
2 pm Service of
Devotion at Henshaw.

3rd Apr. EASTER DAY
10 am Holy Communion
at Beltingham

SERVICES AT THE PARISH CHURCH

6th Mar. - 3rd in Lent
8 am Holy Communion
10.30 **Worship for All**

8th Mar. (Tuesday)
10 am Holy Communion

13th Mar - Mothering Sunday
10.30 Family Eucharist
6 pm United Service at Methodist Chapel

15th Mar (Tuesday)
10 am Holy Communion

20th Mar - St Cuthbert
8 am Holy Communion
10.30 Parish Eucharist
6 pm Choir Evensong

22nd Mar (Tuesday)
10 am Holy Communion

25th Mar - Lady Day
7 pm Holy Communion

27th Mar - **PALM SUNDAY**
Special processional service as follows:-
9.30 at Roman Catholic Church
9.45 at U.R.C.
10 am st Methodists
10.15 at St. Cuthbert's (Times approximate)

28th Mar Holy Week (Mon)
7.30 Stations of the Cross - RC Church

29th Mar Holy Week (Tue)
10 am Holy Communion

30th Mar Holy Week (Wed)
7.30 Methodist Church Communion Service

31st Mar Maundy Thurs
7 pm Eucharist of the Day

1st Apr Good Friday
10 am Liturgy of the Day with Communion from Reserved Sacrament.

3rd Apr - Easter Day
8 am Holy Communion
10.30 Easter Eucharist
12 noon Holy Communion
at **Haydon Old Church**

METHODIST CHAPEL DIARY FOR MARCH

Wed 2nd March
12.30 Lunch followed by prayers,
2.30 Womens Own :
Members choice hymns

Thu 3rd March
7.30 Choir Practice

Sunday 6th March
10.30 Morning Communion Service led by Rev. D. Perkins
6 pm Evening Service led by Mr M Knowles
8 pm Prayers, Praise and Ministry with Rev David Perkins

Mon 7th March
8 pm Prayer Meeting for Lent with Rev D Perkins

Tue 8th March
7.30 pm Church Council

Wed 9th March
12.30 lunch followed by prayers
7.30 Choir Practice

Sat 12th March
7 pm Mens Fellowship
Weekend concert by Hexham Male Voice Choir

Sun 13th March
10.30 Mothering Sunday Family Service led by Barbara Rowarth
6 pm United Evening Service led by Rev David Perkins.
Mon. 14th March
8 pm Prayer meeting for Lent with Rev D Perkins

Tues 15th March
7.30 Mens Fellowship speaker Rev N Hill, Langley.

Wed 16th March
12.30 Lunch followed by Prayers
2.30 Womens Own - speaker Rev Firth Wylam

Sun 20th March
10.30 Morning Service led by Mr H Mitchell
6 pm Evening Celebration Service

Mon 21st March
8 pm Prayer meeting for Lent with Rev D Perkins

Wed 23rd March
12.30 Lunch followed by prayers
7.30 Choir Practice

Sun 27th March
9.30 Palm Sunday procession starting at RC Church - calling at all churches.
6 pm Evening Service led by Mrs P Huntsman

Mon 28th March
8 pm Prayer meeting for Lent with Rev D Perkins

Tue 29th March
7.30 Mens Fellowship A.G.M. followed by "Startrek" - Mr Armstrong

Wed 30th March
12.30 Lunch followed by prayers.
2.30 Womens Own, speaker Mr Ralph Curry
7.30 Holy Week Communion

Fri 1st April
8 pm Good Friday Watch Night Service

Easter Sunday 3rd April
9 am Early Communion led by Rev D Perkins
10.30 Morning Family Service led by Rev D Perkins
6 pm Evening Service
8 pm Prayers, Praise & Worship at Corbridge.

Harry Watson will present a slide show of
OLD PHOTOGRAPHS OF HAYDON BRIDGE
on 15th March 1994, in the Community Centre at 7 p.m.
Proceeds in aid of the Youth Minibus
Admission £1 including tea & Biscuits

HEALTH CENTRE NEWS

DR. MARY HENDERSON

STRESS - LEARN HOW TO RELAX

Relaxation is a skill which needs practice. Find yourself somewhere quiet, warm - where you will not be disturbed, you can sit or lie down, whichever is more comfortable. Take off your shoes - loosen tight clothing.

Concentrate on your breathing. Take deep s-l-o-w breaths, expanding your tummy as you breath in. Hold your breath for a few seconds and then gradually breathe out, allowing your tummy to relax. Try to keep these breaths going throughout the relaxation session. Don't worry - it gets easier with practice.

Now start on the rest of your body, either with the hands or feet - it is entirely up to you. Learn how muscles feel when they are tensed and when they are relaxed.

Hands: clench you fists tightly and feel the tension in your hands and forearms, hold them clenched for at least ten seconds and then let them relax.

Arms: bend your elbows and tense your upper arms - then let them relax.

Shoulders: shrug your shoulders and push your head back onto the chair or floor - and then relax.

Face: clench your teeth, screw up your eyes tight and frown - and then let all of those muscles relax.

Stomach: pull your tummy muscles in - and then relax.

Back: arch and lift you back - and relax.

Legs: tense your thigh muscles making your legs stiff and straight - and then relax. Press your heels down and pull your feet up to tighten the lower leg muscles - and relax.

Finally feet: curl your toes up and press your feet down and relax. Let your whole body relax as one.

Knowing how it feels to be relaxed you will find that you will be able to tell when muscles become tense. You can use what you have learnt to relax those areas. Try to do the whole exercise each day - practice makes perfect.

HOLIDAYS

Summer is approaching and holidays are being planned, be sure to keep healthy whilst travelling. Firstly, if going abroad, check what vaccinations or malaria prophylaxis you need. Vaccination course need to start at least six weeks before you go abroad, do not leave it to the last moment. Secondly, if you are going to be in the sun either in this country or abroad, make sure that you have adequate suntan cream to stop you burning and moisturiser for after being in the sun. Remember that young children need high levels of protection and should be encouraged to wear hats. Watch for hygiene around food and drink, these are common sources of diarrhoea which can ruin a holiday. If you are taking any medicines regularly be sure to take enough for the whole holiday.

DR. STEVEN FORD

THANK YOU

We are most grateful for all the kind donations, often in lieu of flowers at funerals, which continue to be given to the Health Centre Equipment Fund.

PRACTICE BROCHURE

Everyone should have their new practice brochure by now. If you have been missed out, please let us know and we shall be happy to get one to you. Alternatively, please feel free to pick one up from the Health Centre. If any friends or neighbours would like one please take one for them or tell us so that we may send them one.

REPEAT PRESCRIPTIONS

We are changing the way we provide repeat prescriptions for those on long term treatment.

The change is being made for two reasons. The first reason is that the quantity of paperwork and the amount of time required to deal with repeat prescriptions is growing to the extent that it is preventing other work being done. The second reason is that we believe that patient's time is important too and that anything we can do to make life easier will be welcome.

From now on **ALL PRESCRIPTIONS (for long term treatment) WILL BE FOR 56 DAYS** (two months) or for the amount of materials which most nearly equals that interval. Also, we shall issue **THREE COPIES AT A TIME** - six months worth altogether - you should take a prescription to the chemist when you need further supplies. Prescriptions are valid for six months from the date of issue. As each patient's prescription comes up for renewal, over the next few months, it will be changed to the new system.

WE NEED TO SEE ALL PATIENTS ON LONG TERM TREATMENT AT SIX MONTH INTERVALS for a check up. Accordingly, when you find that the treatment is almost finished, and that you have no prescriptions left either, you will know that it is time to make **AN APPOINTMENT WITH THE PRACTICE NURSE, MARY DOUTHWAITE, FOR A CHECK UP.**

If you have any questions about this new arrangement please feel free to ask the staff or partners to explain it more fully to you.

AVOIDING CANCER - THE EUROPEAN VIEW

A European committee of experts has said: "If the European Code were respected there would be a significant reduction in the number of deaths from cancer in the Community; the decrease could be about 15% by the year 2000". The European code has 10 points - none very surprising or new:

Certain cancers can be avoided

- 1/ Do not smoke. Smokers, stop as quickly as possible and do not smoke in the presence of others.
 - 2/ Moderate your consumption of alcohol.
 - 3/ Avoid excessive exposure to the sun.
 - 4/ Follow health and safety instructions, especially in the working environment, concerning production, handling or use of any substance which may cause cancer.
 - 5/ Frequently eat fresh fruits and vegetables and cereals with high fibre content.
 - 6/ Avoid being overweight and eat much less fat.
- More cancers will be cured if detected early*
- 7/ See a doctor if you notice a lump, change in a mole or abnormal bleeding.
 - 8/ See a doctor if you have persistent problems, such as cough, hoarseness, change in bowel habit or unexplained weight loss.

For women

- 9/ Have a cervical smear regularly.
- 10/ Check your breasts regularly and, if possible, undergo mammography at regular intervals over the age of 50.

HAVE YOU GOT A PULSAR IN YOUR HOME?

I am not suggesting that a sudden mania for astronomy and DIY cosmology has hit Haydon Bridge or that housewives, tiring of housework, have taken to thermonuclear baking. We are missing a small gadget for treating pain with small electrical pulses - A Pulsar. This is a thing that looks like a Walkman radio and lives with its wires in a small PVC pouch. If you have this gadget - or any other equipment on loan from the Health Centre - and have had it for some time without using it, could you please return it. Thanks.

SF