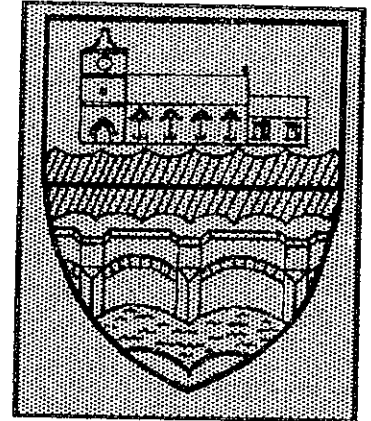


# HAYDON NEWS

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



November 1994 / 9

**ANDY SHIELD - QUALITY BUTCHERS**  
 4 CHURCH STREET, HAYDON BRIDGE, TEL 684 381  
**FINEST QUALITY LOCAL MEAT & GAME**  
 HOME MADE BREAD BAKED IN OUR SHOP  
 READY MADE MEALS FOR THE FREEZER  
 DISCOUNT FOR FREEZER MEAT ORDERS  
 HOME MADE SAUSAGES OUR SPECIALITY

**RAILWAY HOTEL**  
 Tel. 684 254

**Bed and Breakfast**

Pizzas to eat in or take away  
 Lounge Available for Functions

**J & M CLARKE**  
 11 Church Street, Haydon Bridge  
 Mon-Sat 6.45am-6.0pm Sun 7am-1pm  
**NEWSPAPERS**  
**WIDE RANGE of MAGAZINES**  
 Confectionery-tobacco-toys-games-birthday  
 & special occasion cards-stationery  
**Tel: 684 303**

**HAYDON HAIR SALON**  
 Church Street  
 Haydon Bridge  
 Tel 684 573 NOW  
 Let us make you more beautiful

**M. ARMSTRONG**  
 13 Church Street  
 Haydon Bridge  
 For fresh fruit and vegetables  
 Groceries  
 Bread and cakes delivered daily  
 Friendly Service  
 Saturday Half Day Closing

**B J YOUNG JOINERY**  
 Manufacturer of doors, windows,  
 gates, wardrobes, staircases, etc.  
**Telford's Workshop**  
 Haydon Bridge  
 Tel Hexham 605289

**ERNIE SWINBURN - PHOTOGRAPHY**  
 3 Station Cottages, Haydon Bridge  
 Telephone Hexham 684 489  
**WEDDINGS: SPECIAL OCCASIONS**  
**STUDIO PORTRAITS**

**HAYDON BRIDGE FISH & CHIP SHOP**

	LUNCH	TEATIME AND EVENING
Monday		6.00 - 9.30
Tuesday		
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

CLOSED ALL DAY

Telephone 684289

**Hazel Hurst Nurseries**  
**Bardon Mill**  
 for  
 Shrubs, Bedding Plants, Baskets  
 Compost, Fertilizers  
 and all garden supplies.  
**Tel. Bardon Mill 344 438**

**HENRY WATSON & COMPANY**  
 Tel: 684 214  
**Gas & Electric Welding**  
 All cars welcome for M.O.T  
 Service: Repairs: Crypton Tuning  
**Unleaded & 4 Star Petrol**  
**& Derv available**

**FRIDGE/FREEZER**  
 Commercial and Domestic  
 Sales and Repairs  
**CALOR GAS, PROPANE**  
**or BUTANE**  
 Delivery if Required  
 Call or Phone  
**POPLARS CARAVAN PARK**  
 Haydon Bridge Tel. 684 427

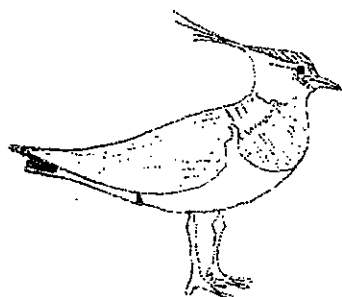
**D. ROBSON**  
**Landscaping, Tidy-ups,**  
**Pointing, Concreting,**  
**Stone-walling,**  
**Trees felled/logged**  
**Light Haulage.**  
**Free Estimates**  
**Telephone 688 930**

## EDITORIAL

This month's extracts from Parish Magazine and Haydon Herald illustrate the extremes of a pendulum swing in our attitude towards our civic fathers.

Not quite two years old, towards the end of 1964 the Parish Magazine had obviously been swiping unmercifully at the Parish Council. And though the circulation of the publication was small the ramifications of its attack were widespread, making juicy reading in the Courant, by all accounts.

Ten years later, in November 1974, the Haydon Herald was trying to stir up interest in the future of the Station Yard. Sadly for the Village, there must have been no effective response from the populace. There could have been many reasons for this: the circulation of that publication was also small, the arrogance of the writer in assuming that there was no need to sign the article was unhelpful and there was no specific invitation to join him or her in the Community Centre that night. It is not unlikely that whoever it was remained incognito and thus assumed they were free to desecrate the site at their leisure!



And leisure it was. Of course, as many will recall, all hell broke loose when, in 1978, the enormity of that desecration became apparent - starting with the felling of trees both at the High School and in Church Street, but it was all too late - four years too late.

It was through that m el e that the need for mutual respect and continuous exchange of information between Parish Councillors and the electorate was finally acknowledged. Thus the Haydon News was born in January 1979, published by the Friends of Haydon Bridge and distributed to every address in the Parish of Haydon, free of charge.

It was a prodigious undertaking but the time was right. The publication soon proved its value and gained the regular support of local businesses, though the distinctive covers of grids of advertisements did not appear till mid 1980. We are most happy to report that ten of those businesses (albeit some under new management) are still with us, both as traders and advertisers!

The pendulum swings of local "attitudes" have, happily, been reduced to a more reasonable amplitude and through the efforts of the contributors and the production and distribution teams, plus the attention of the readership, the Haydon News has become a forum for the exchange of ideas and information on all aspects of life in the Parish of Haydon.

Gina Richardson  
Editor

## BY-PASS UPDATE

Most of you will be aware of proposed changes in the management of the A69 but as there have been many conflicting rumours most of you will have been as confused as we were as to the likely outcome. So, seeking to get a few answers, Bill and Marion Howard and I made an appointment to speak to our local MP Peter Atkinson.

It appears that the A69 will still be owned by the Ministry of Transport but its management will be undertaken by whoever wins the contract to do so - and it is up to each consortium to propose how they will do it if they gain the contract, so nothing is certain yet. The winning contractor will receive 10 million pounds from Government to build the Haltwhistle By-pass and they will also be paid for every vehicle using the A69 as a whole, as they will be responsible for all maintenance and running costs of the total length of carriageway from Newcastle to Carlisle.

The construction of a Haydon Bridge By-pass is not included in this contract because it has not been included in the Ministry of Transport's road building programme. It is doubtful whether the new contractors will advance our fight for a By-pass unless they think it will increase the traffic flow sufficiently to make the road more profitable to them.

We asked why our By-pass was not included in the road building programme as our situation is the same as Haltwhistle's. All factors are equal.

Pollution, safety, noise and vibration damage to buildings are the same - 14,000 vehicles pass through both places each day!

The explanation was not very convincing. We were told that Haltwhistle By-pass was included in the road building programme 4 years ago when the criteria were different: their By-pass will be a single carriageway. Under the present criteria Haydon Bridge is "entitled" to a *Dualled By-pass*. This is a mixed blessing as with greatly increased costs the benefits are unlikely to justify the expense.

Mr Atkinson stressed the need to step up our fight if we wanted a By-pass and we assured him that was our intention. We need to bombard the people who matter constantly and we have some plans in progress. We have an appointment to see Mr Atkinson's advisor, Mr Neville Johnson on 1 November. He has offered to advise us on new approaches.

Have *you* signed our petition yet? If not please do so.

Still fighting.

Eileen Charlton  
for the By-pass Committee

## ROAD TO "CUCKOO LAND"

No this is not a new name for the long awaited Haydon Bridge By-pass, nor yet a veiled reference to the sanity of those who continually strive to keep the need for same in the minds of Government road building decision makers.

In fact the heading appeared in a recent issue of the Courant. A local councillor thinks that the forest drive between Byrness and Keilder should be turned into a tarmac road so that tourists will not risk damaging their suspensions or snapping their exhausts.

True to form in Local Government, one of his colleagues was bitterly opposed to the idea declaring: "Rather than seeing money spent on a scheme like this, I would sooner see it go towards a By-pass for Haydon Bridge."

Well, well! We need all the help we can get. Our thanks go to the councillor concerned and to the Courant for bringing this to our attention.

EGR



## LANGLEY WI

Business before pleasure was the theme at Langley WI in October, as preparations for the Annual Pie and Peas Supper in November were finalised. Tickets are now on sale at £2.

Members were also thanked for their participation in a car boot sale which raised £60.

The serious business of celebrating their 59th birthday then followed. Party games followed by a delicious supper concluded an enjoyable evening.

M Nagel

## GREAT NORTH RUN

### (i)

The final total of sponsor money received by Eileen and Michael for the Scout Mini Bus Fund is  
£154.50

Thankyou again  
to all our sponsors.

### (ii)

Christine Brown and Pam Armstrong raised  
£209

for the Shaftoe Trust  
First School.  
We would like to thank  
all our sponsors.

### A WORD OF THANKS

During the year ending 30 Sept. 1994 the collecting box in John Clarke's shop yielded a total of £34.92 and the wrapper from a packet of chewing gum.

The money is very welcome and, together with that collected by distributors in association with the August Souvenir Issue, encourages us to believe that you do value the service which the "News" provides.

JPR Hon. Treasurer

**REGISTERED  
CHILDMINDER**

**Qualified Nurse**

Working with NNEB assistant  
in the Village offers

**Imaginative Childcare**

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

**Ring Aline or Kerry  
688852**

**activities + outings + fun**

**CRAWFORD & OLIVER  
ELECTRICIANS**

**All types of electrical  
installation work undertaken**

Rewires, Extra Lights/Sockets,  
Showers, Burglar/Fire Alarms,  
Fault finding

No job too small - no call out  
charge

**Tel: 607870 or 688132  
Mobile (0860) 954324**

**REDEC  
DECORATION**

**HAND FINISHED TECHNIQUES**

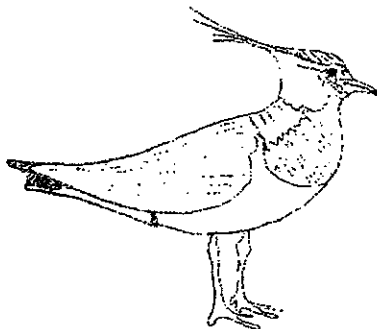
**PAPER HANGING**

**ARTEXING**

**TILING**

**INTERIOR - EXTERIOR**

**Tel: 684773**



**PARISH COUNCIL  
PICKINGS**

**Meeting 27 October  
6 Councillors present.**

At the previous meeting a question of underage drinking was discussed and referred to the Police. Since then the Police have visited all the local pubs and no evidence has been discovered. Further checks will be made.

The Council has received a letter from on high about the new system for precautionary salting and gritting of roads this winter. They have to save about £400,000 this year. Apparently precautionary gritting will rake place on specified roads and on bus routes having 10 or more buses before 8am *if frost is forecast*. On the other hand *if freezing actually takes place* then gritting will be carried out throughout the District.

If you are confused by this, as is your correspondent, then leaflets are available at the Post Office and the Library which explain the new plan. There is also a Freephone number:

**0800614598**

for up to the minute information\*. Read the leaflet and pray for a mild winter!

\* The editor has seen a copy of this leaflet and has quoted from its introductory passage on the following page. It contains good sound advice.

The County Surveyor has replied to a letter from the Parish Council about cracks in the Old Bridge. The cracks have been surveyed and are declared not dangerous nor in need of repair at present. The Parish Council is not happy and expressed a wish to be re-presented at the next inspection.

The Saga of the By-pass continues. The District Council minutes show that Councillor Bill Howard has asked for the Haydon Bridge By-pass to be funded within the privatisation scheme for the A69 as the Haltwhistle By-pass will be. The Government and Mr Atkinson, the local MP, will be pressed further.

Planning applications were received and the plans for Langley Castle were discussed at length. The proposal is to change the use of some buildings - believed to be the old stables - and to build new structures to provide additional accommodation, probably self-catering. The siting of the new buildings and the question of drainage were discussed and the Council decided to inform the Planning Officer that: "In the view of the Council, the plans for new development at Langley Castle are inappropriate".

After further discussion of the need for additional youth activities in Haydon Bridge, the meeting closed.

WEN

## HAYDON PARISH COUNCIL

### Letter from the Clerk

As you know, Haydon Bridge has entered the "Best Village" Competition this year and the format has been changed from previous years in that community involvement is particularly stressed, even if it is through continuing community groups, rather than a specific new project.

I am having quite a job keeping tabs on all the numerous activities going on in the Village and I am therefore taking this opportunity to appeal to all villagers to let myself or any Parish Councillor know of

*any  
Fund-Raising or Social  
activities  
within the Parish  
from this summer  
through to May 1995.*

This will enable me to accumulate material for a diary of events for the year.

Thankyou

Mrs C M Swaddle  
Beech Hurst  
12 Belmont Gardens  
Tel: 684498

#### Editors Note

This is an enormous task and one which the Parish Clerk is having to undertake in addition to the normal duties of the post. It is my understanding that "one-off" and regular events are of equal importance in this context. Please help the Clerk to make the best possible entry on behalf of the Village. It will be better to report something twice rather than not at all!

DRIVE  
**SAFELY**  
this  
**WINTER**

Northumberland County Council's aim is to protect the travelling public. Please remember that British Winters are unpredictable. In this County winter can strike suddenly and severely.

**BE PREPARED!**

## WINTER SERVICES IN NORTHUMBERLAND

Precautionary salting is limited to selected routes. Detailed plans are on display in Northumberland County Council and District Council Offices as well as Libraries and Post Offices throughout the County.

For details of where plans are available and copies of a Free Safety leaflet phone:

**FREEPHONE NO. 0800 614 958**

In very severe weather conditions, the priority is to keep trunk and main roads open. Other roads are cleared as soon as resources are available. Choose your routes very carefully and allow plenty of time to travel.

**PLEASE REMEMBER THAT NOT ALL ROADS  
WILL HAVE BEEN TREATED**

### NATIONWIDE COFFEE MORNING

On 30 September a Nationwide Coffee Morning was held in aid of the MacMillan Nurses Fund. Our local Co-op took part in this event which was well supported and enjoyed (some thought it should be a regular event!).

Also for this cause we have been selling Shake a Pancake mixes - a new product donated by the makers, all proceeds being added to the Coffee Morning Fund.

So far £75.59 has been raised for this very worthwhile cause and we would like to thank all those who supported us.

M Pinchin and Staff  
Haydon Bridge Co-op

### MUSIC at HENSHAW

Friday 18 November  
at 7.30pm in the  
W I Hall at Henshaw

The Avison Chamber Ensemble will play a programme of music for Flute, Viola, Voice and Harp by Debussy, Mozart, Bach and Elgar as well as music from the Scottish Borders and Northumberland

Tickets £3.50 to include refreshments from:  
Brian Stewart 674019  
Elizabeth Scott 344582  
Yvette Passmore 344230 or  
Julie Bainbridge 321315

**PHILLIP JAMES**

**Furniture to your design**  
19 Church Street

Hard & Softwood Furniture for  
Home & Garden, Skilfully built  
to meet your requirements

**Tel: 688 903**

**HAYDON BRIDGE  
JUDO CLUB**

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

**6 - 7pm Juniors  
7 - 9pm Seniors**

**TYNEDALE ACTIVITY  
TOY CENTRE**

HOPSIDE FARM  
HORSELY

**Try before you buy - see our  
extensive range of outdoor  
toys - climbing frames,  
swings, slides, etc**

**Tel: (0661) 853124**  
for free brochure  
and opening times

**L G S  
LANDSCAPES**

ALL GARDEN WORK  
UNDERTAKEN

Patios, Turfing, Fencing,  
Stone walling, Grass cutting,  
NO JOB TOO SMALL

**Free Designs & Estimates**  
**Tel: 688 079**

NEXT ISSUE OF HAYDON NEWS  
**DECEMBER 1994**

**ALL COPY, INCLUDING NOTICES  
OF JANUARY EVENTS  
TO THE EDITOR  
14 SHAFTOE STREET  
BY 20 NOVEMBER  
PLEASE**

**30 YEARS AGO  
Parish Magazine  
Vol.2 No.11 Nov.1964**

It appears from press reports that an article in our last issue (A Brighter Haydon Bridge?) appears to have given occasion for the expression of a measure of resentment at the last meeting of the Haydon Parish Council. Is it indeed ridiculous to suggest ways and means of making Haydon Bridge a more attractive and prosperous village? Or maybe is it ridiculous to expect the civic fathers to do anything about it?

Now, we readily admit that there may have been a measure of indirect criticism in our article - but why all this fuss? We are aware, and we hope readers are aware, that the powers of Parish Councils are limited, and their function is more representative than executive - in other words, while they cannot always take any direct action themselves, yet it is up to them to represent the needs of their parishes to the Rural and County Councils - and to keep after these bodies until action is taken.

In Haydon Bridge we have much to be proud of, much to develop and much for which a sense of real responsibility ought to be felt by all its citizens in general and by its Parish Council in particular. This parish has a rich heritage - but what is being done about it? That is the crux of the matter.

**20 YEARS AGO  
Haydon Herald  
November 1974**

Station Yard: last month I reported that Tynedale District Council is far from convinced of the necessity to build accommodation for old people and for newly married couples or single persons in the Haydon Bridge Station Yard. I requested that anyone likely to be concerned by the end of the present decade should contact Rev. A C Beniams or me as soon as possible. If you are not concerned yourself please report others known to you.

I can now report that Tynedale District Housing Committee is to discuss the matter on Tues. 12 November.

Other suggestions concerning the Station Yard are:

- a) sell the land to a private developer who would build houses for sale
- b) sell the land in plots for building purposes
- c) make it into a Play Area for the children of the district
- d) make it into a Village Park
- e) Industrial Development

I shall be in attendance at the Community Centre on Wednesday 6 November between 7 and 8pm.

**Note:** This article was unsigned!

# CHURCH NEWSLETTER

Number 29

An independent supplement to the Haydon News

NOVEMBER 1994

## OPERATION CHRISTMAS CHILD

### Christmas 1994 Shoebox Appeal

You and your family can bring a little happiness to a child in the former Yugoslavia this Christmas by contributing towards the Operation Christmas Child target of 250,000 shoebox Christmas gifts, by packing your own shoebox. Boxes are needed for boys and girls of all ages, including babies; last year there was a shortage of boxes for teenage girls. This is what to do:-

# For children pack your box with such items as small toys, sweets and chocolates (securely wrapped), pencils, crayons, colouring books, picture (not reading) books, toiletries, hair brushes, tooth brushes, toothpaste. (No toy soldiers, guns or water pistols please, or easily breakable items, or cigarettes, alcohol or razor blades).

# For teenage girls, pack small gifts (soft toys etc), soap and deodorant, tights, socks, hair brushes and combs, sanitary towels.

# Feel free to include letters and photographs, and to cover your shoebox with Christmas wrapping paper - but please do not seal the lid.

# Tape a £1 coin to the top of your shoebox (to help to pay for transport) and label it clearly with the age and sex of the child to whom your present is being sent.

# Deliver your box to Appletree House, Appletree Lane, Corbridge any evening after 4 pm between 14th and 30th November; or to the Wentworth Leisure Centre, Hexham which is open all day.

You can "help change tears into laughter this Christmas".

Gill and Tony Macdonald.

## GEESE ARE NOT SO SILLY!

By flying in V formation each bird flies in the slip-stream of the bird in front and the whole flock can increase its flying range by 71% over a bird flying alone.

*People who share a common direction and a sense of community can get where they are going quicker and more easily because they are travelling with trust in each other.*

When the lead goose gets tired, it rotates back into the formation and another goose takes up the lead position.

*It pays to take turns doing hard tasks, and sharing leadership with each other.*

Whenever a goose falls out of the formation, it quickly gets back into live in order to take advantage of the 'lifting power' of the bird immediately in front.

*If we have as much sense as a goose, we will step in formation with those who are headed where we want to go.*

The geese in formation honk from behind to encourage those up front to keep up their speed.

*We need to make sure our honking from behind is encouraging .....not something less helpful.*

When a goose gets sick or wounded or shot down, two geese drop out of formation and follow to help and protect. They stay until the goose is either able to fly again or dies.

*If we have as much sense as the geese, we'll stand by each other and give our love and support to those in need.*

*-From the staff newsletter of Friends House*

### St Cuthbert's Church

St Cuthbert's Church is beautiful  
It stands high in majesty,  
The windows and the altar  
Are a joy for all to see.

It holds a lot of memories  
Some happy and some sad  
But when you hear the choir  
Your heart is lifted and glad.

The voices and people of  
yesteryear

The organ and vicars too  
Make you glad that you are a  
Christian

To do God's will anew.

Audrey Turnbull

### SPONSORED WALK

£565.50p was raised by the Sponsored Walk which took place in July.

### COFFEE MORNING

The recent Coffee Morning raised £269.49p for Church Funds.

Many thanks to all who participated in these two events

### REMEMBRANCE SUNDAY



November 13

**SERVICES AT THE PARISH CHURCH**

**1st Nov - All Saints (Tues)**  
9.30 am Holy Communion

**6th Nov - 7 before Christmas**  
8 am Holy Communion  
10.30 Worship for All  
6 pm United Service at United Reform Church

**13th Nov - Remembrance**  
10.15 am Service of Remembrance

**20th Nov - 5 before Christmas**  
8 am Holy Communion  
10.30 Eucharist

**27th Nov - Advent 1**  
10.30 Parish Eucharist  
6 pm Choir Evensong

**4th Dec - Advent 2**  
8 am Holy Communion  
10.30 Worship for All  
6 pm United Evensong

**SERVICES AT BELTINGHAM AND HENSHAW**

**6th Nov - at Henshaw**  
10 am Holy Communion

**13th Nov - at Beltingham**  
9 am Holy Communion  
6 pm Evensong

**20th Nov - at Henshaw**  
10 am Holy Communion

**27th Nov - at Beltingham**  
10 am Matins

**4th Dec - at Henshaw**  
10 am Holy Communion

**A PRAYER FOR THE DAY**

Help us to live this day quietly, easily;  
to lean on your great strength  
  trustfully, restfully;  
to wait for the unfolding of your will  
  patiently, serenely;  
to meet others peacefully, joyously;  
to face tomorrow confidently,  
  courageously  
in the name of Jesus Christ, our Lord.  
Amen.

**INFORMATION**

Vicar: Rev Keith Fletcher - Tel 684307  
Asst. Priest: Rev Gerry Price -

Tel: 609861

Both priests use answering machines when they are not in their office - simply leave your name and telephone and they will get back to you.

Hall Bookings - Mrs Marshall 684454

**FROM THE REGISTERS**

**MARRIAGE**

1st Oct - Peter Watson & Shirlee Irwin  
"Every good wish for the future"

**EVERY FRIDAY**  
at the Methodist Chapel

6.30 - 7.30 Youth club for under 10's  
7.45 - 8.45 Study Club for 11+

**HAYDON BRIDGE METHODIST CHAPEL  
DIARY FOR NOVEMBER**

Wednesday 2nd  
12.30 Lunch and prayers

Thursday 3rd  
7.30 pm Bible Study at 25 Church Street

Sunday 6th  
10.30 am Morning Service led by Mr Mark Knowles  
6 pm Evening Service led by Rev. David Perkins

Tuesday 8th  
7.30 pm Men's Fellowship - Speaker: Mr L C Coombes

Wednesday 9th  
12.30 pm Lunch & prayers  
2.30 Women's Own Annual Meeting

Thursday 10th  
7.30 pm Bible Study at 11 Belmont Gardens

Sunday 13th  
10.15 Morning Service led by Rev David Perkins  
6 pm Evening Service led by Mr B Robson

Wednesday 16th  
12.30 Lunch & prayers

Thursday 17th  
7.30 pm Bible Study at Castle View, Heugh House Lane

Sunday 20th  
10.30 am Morning Service led by Mr P Eavis  
6 pm Evening Service led by Rev A Buglass

Tuesday 22nd  
7.30 pm Mens Fellowship - Speaker: Rev David Perkins

Wednesday 23rd  
12.30 Lunch & prayers  
2.30 Women's Own - Speaker: Mrs J Charlton

Saturday 26th  
7.30 pm Gift Night Concert

Sunday 27th  
10.30 Morning Communion Service led by Rev David Perkins  
6 pm Evening Service led by Mr D Hogg

Wednesday 30th  
12.30 Lunch & prayers

Sunday 4th December  
10.30 Morning Service led by Mr H Henderson  
6 pm Evening Service led by Rev B Cooke  
8 pm Prayers, Praise and Ministry



# HEALTH CENTRE NEWS

## YOU CAN DO IT - IF YOU REALLY WANT!

In the last few weeks the Health Centre Team have been trying to put what they preach into action. It shouldn't always be a case of "do as I say, not as I do!" There is a Tynedale Corporate fitness challenge going on in which businesses put in teams to achieve certain fitness gains over an eight week period - we understand that there is a prize too.

Marion Wilson (the practice manager), Mary Douthwaite (the practice nurse) and myself (SF) are the team from the Health Centre. We have all had our initial assessments done and been given our targets to reach on weight loss and exercise etc. We'll let you know how we get on.

Encouragement has come in the form of some of the residents in the village who have made spectacular improvements: One lady has lost over six stone in a few months and another has both given up smoking AND lost several pounds in weight at the same time. In the past year or so there has been a definite trend towards giving up tobacco in Haydon Bridge - we will make every effort to help and encourage those who wish to stop. Not only are there tablets and patches containing nicotine but there is now a nose spray too.

## INGROWING TOENAILS

A young person was brought into the surgery the other week with a very sore toe. When the toe was looked at, it was obvious that the nail was "ingrowing". This is a very common condition - the difference on this occasion was that the injury had been done by toe nail biting!

Every month I see two or three people with ingrowing toe nails. Usually the nail has been cut back much too severely so that the outer sides of the nail burrow down into the flesh of the toe as the nail grows. This causes infection and much pain.

Toe nails should be cut straight across, leaving the two outer corners showing at the toe tip. Cutting the nail back at the edges will lead to painful consequences!

## HEAD INJURY

Getting a knock on the head is a particularly unpleasant sort of injury, usually painful, sometimes bloody and occasionally it has serious consequences.

We are always happy to check people over who have had a knock on the head. If the blow has produced unconsciousness then the injured person MUST be seen by a doctor as soon as possible.

Worrying features - other than unconsciousness - include drowsiness, the spilling of blood from a wound, the nose or the ears, nausea and vomiting, pain and difficulty with seeing (such as double vision).

IF IN DOUBT - ASK!

## DUODENAL ULCER

Pain in the upper part of the stomach or to the right side and sometimes into the back, worse when hungry or at night and relieved by something to eat or a (non alcoholic) drink may well be due to a duodenal ulcer.

A duodenal ulcer is a patch of worn away lining tissue on the tube leading from the stomach to the rest of the intestines. It is particularly common in smokers.

A bacterium called *Helicobacter pylori* has been found to be a contributory factor too and it, and the ulcer, can be eliminated in some people by a specially intense course of antibiotics and stomach acid reducing drugs. It is unusual these days to need an operation for duodenal ulcer.

## PLAGUE

The panic in India about bubonic or pneumonic plague (different versions of an infection with the same bacterium) seems to be fading away.

It is interesting to reflect that the antibiotic of choice to treat this disease is the same one that we use to treat acne and ordinary bronchitis.

Even if a traveller from India had escaped detection at their port of entry the control measures that exist in this country would eliminate the problem within hours or, failing that, every man, woman and child in the UK could be treated for a few pence only.

## MEASLES AND RUBELLA VACCINE

If anyone has any worries about having their child vaccinated in the current round we shall be delighted to talk with them. We can also put you in touch with the Community Paediatrics Consultant who is in charge of the project for Northumberland. He will be delighted to respond to any question you care to put.

At present we have a 100% immunisation of children in the practice and we are most grateful to parents for their co-operation in achieving this. We know that some people are nervous about immunisations and we would never pressurise a parent but we would certainly wish to make available to them all the information they might desire to help them decide.

## FOGGY MOTORING

You see them thundering down the roads every day - drivers who have turned off the flow of fresh air into the car. They have the steering wheel in one hand, if you're lucky, and a rag in the other with which they repeatedly wipe condensation from the screen.

Fresh air from the screen or fascia vents keeps the screen and the driver's head clear - improving the chances of keeping the car out of the hedges.

Exhaust fumes contain all sorts of nasty gases, including carbon monoxide (and hydrogen sulphide from catalyst equipped cars) and these can seep into the car from the engine compartment leading to drowsiness, headache and lack of concentration - or even unconsciousness. In a well sealed car the occupants may consume the available oxygen quite quickly with similar results.

If in doubt about how to set your car's ventilation controls consult the owner's manual or the garage which services the car.

## GONE MISSING

We are still trying to trace the whereabouts of some equipment on loan from the surgery.

If you have ANY equipment on loan from us could you please let Mary Douthwaite, the practice nurse, know. We are particularly keen to find the missing TeNS (Transcutaneous Nerve Stimulator) and a nebuliser (a spray for the treatment of asthma).

## VIDEOS - U - LIKE

We have a selection of videos on a variety of topics available for you to borrow and watch at home. Topics include chest and heart disease. Please ask if you would be interested.

## DR. JANET AMBROSE

Janet has proved a well liked and helpful understudy during Dr. Mary Henderson's maternity leave. I feel that I can speak for the whole community in offering her a BIG THANK YOU and Best Wishes for the future.  
SF.