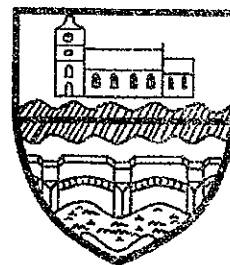


Haydon News

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



February 1995 / 1

IN THIS ISSUE: Wry view on proposal for free drugs, the missing Clergy, Valentines day. Village to tap EURO Funds ? A 10% increase in Parish spending. New level crossing barrier Teenagers of yester-year told off by Vicar; An amusing anecdote and much more.

Win £10

Crossword Competition inside

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EATING GUIDE

When did you last have a plate of Fish and Chips locally?
How long is it since you last had a meal out in the Village?
If you cannot remember let February be the month you again enjoy the experience of having someone else do the cooking. The Advertisers are just waiting for you to call; Jackie in The Railway has recently started providing Sunday Lunches whilst Betty in the Haydon continues to feed the hungry. At The Oddfellows Restaurant is Anna with Angela and Ian at The General Havelock.

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

As there was no January issue of the Haydon News may I wish you all a belated:

HAPPY AND PROSPEROUS NEW YEAR

Since the Haydon News was introduced in January 1979 there have been six previous Editors:-

Peter Bradley	Jan 79	18m
Keith Lees	Jul 80	14m
Chris Bulman	Sep 81	3m
Martin Scudamore	Dec 81	14m
Marion Howard	Feb 83	8y
Gina Richardson	Feb 91	4y

You will note that in the 16 years since 1979 that, between them, Marion and Gina were Editors for a total of 12 years. My tenure of the job will not be as long, two years is my personal commitment.

My predecessor should now be settled into her new Cotswold home in the more temperate climes of Gloucestershire. I am sure that you will all wish to join me in wishing her a happy retirement. Gina is still involved with the Haydon News as she is part way through producing 'The Bridges of Haydon - Part III' and will complete it in the near future.

Having spoken to a large number of people and asked their views on the existing format and content of the Haydon News, a number of good observations were received and I shall be implementing these over the coming months.

The first new item I have introduced is a monthly crossword where up to £10 can be won each issue. For entrants of five consecutive correct entries a special competition will be held. Sponsorship has been provided for the first year to fund the Crossword prize money. Have fun.

The Haydon News relies on the income received from the advertisers to continue to exist. We have had virtually continuous support from most of the original advertisers but we do need more. Please consider advertising your services, single ads are also welcome.

Because of the improvement in our facilities for producing the Haydon News you will note that in this issue the size of the ads have been reduced without detracting from the visual impact. This has enabled us to fit all previous inside page ads on to the back page whilst also giving an additional 9 ad blocks.

Advertisements will as far as possible, be grouped together by classification, making it easier for the readers.

A number of readers have expressed the view that the 'News' is too austere and needs a bit of humour - I will endeavour to introduce suitable articles.

May I make the usual plea for articles of local interest, anecdotes, reflections, club and community news, letters - gripes - moans - ideas - thank you notes etc etc. Humorous items are particularly requested.

The Editor is well aware that lots of folk are very shy or embarrassed about what their friends will think if they write in. This is quite understandable and I am quite prepared to tailor articles to provide protection, the Readers Letters and Viewpoints column demonstrates this. Individual letters will continue to be printed if required. Anonymity will always be given if requested, however the Editor will not publish articles or letters anonymously received. Malicious and sardonic articles will not be printed.

Please remember that the Haydon News is your newsletter and all are welcome to provide an input.

Mitch

Public Meeting held in the Community Centre on the 8th of December 1994

The meeting was announced in the December issue of the Haydon News. Seven Parish Councillors and thirteen members of the public were present. Also in attendance was Ms H. Winter of Tynedale District Council

You will recall that the meeting had been called to publicly discuss the Tynedale Draft Local Plan before the Parish Council submitted their comments to Tynedale.

Aspects of the proposals were freely discussed by all present and the following points agreed:-

1. The Parish Council was advised to state that the village does not agree with the building of the factory site in its present position in the station yard and does not support its use as employment land in the future.
2. The west side of Church Street needs to be included in the conservation area as well as John Martins house at East Land Ends.
3. Off street parking is needed.
4. It was agreed that the infrastructure does not support the number of houses west of Shaftoe School. doubts were also expressed about the amount of traffic which would be diverted through Langley Gardens estate if no access was granted on to the A69 for the new houses to be built in this location.
5. It was agreed that the original site adjacent to the A69 (next to Brigwood) would be more suitable for housing than the site west of Shaftoe School - H4.10.
6. It was agreed that the West Langley Gardens site - H4.9, should be developed in a limited way because of lack of access on to the A69.

SHAFTOE EDUCATIONAL FOUNDATION

The Governors will meet on 9 March 1995

Applications for grants to promote the education of individual residents of the Parish, or that of residents generally, should be delivered to the Clerk at the Office on Shaftoe Terrace by Saturday 25 February 1995.

J P Richardson
Clerk to the Governors

NEXT ISSUE OF HAYDON NEWS

MARCH 1995

ALL COPY TO THE EDITOR
S.B. MITCHELL
HIGH BRINDLES
HEUGH HOUSE LANE

or alternatively hand in at the

POST OFFICE

BY 20 FEBRUARY PLEASE

PUBLIC MEETING ST CUTHBERTS CHURCH HALL

Wednesday 8th Feb 1995 7 PM

AGENDA

- (a) PROVISION OF A BOWLING GREEN IN HAYDON BRIDGE
- (b) VILLAGE APPRAISAL - A WAY FORWARD

MARROW TRANSPLANT 2000 R.V.I

MACMILLAN NURSES

Thank you to everyone who helped with the disco on 23rd December, at the Haydonian Working Mens Club, in aid of the above charities.

Thanks also to everyone who donated Raffle Prizes and helped to make the night a success. £365 was raised and will be divided between the charities.

RAFFLE DRAW

-1 Turkey	Ylw 40	G.Turnbull
-2 Basket Fruit	Buf 173	G.Flannagan
-3 Whisky	Grn 48	J.Boyd
-4 £20 voucher	Gry 186	D.Oliver
-5 Whisky	Ylw 239	A.Giddows
-6 Sherry	Grn 141	I.Burrows
-7 Biscuits	Ylw 189	M.Brown
-8 Sherry	Gry 87	E.Charlton
-9 Schnapps	Grn 109	S.Alder
10 Wine	Ylw 145	P.Charlton
11 Wine	Buf 4	Unclaimed
12 Towels	Gry 55	A.Batey
13 Bucks Fizz	Gry 155	
14 Mystery	Buf 117	
15 B'shop Bask	Grn 60	
16 Wine	Gry 95	B.Wardle
17 Biscuits	Grn 185	B.Tweddle
Entry Ticket	100	Ken Ord

Thank You for your support
R. Henderson

VILLAGE APPRAISAL

KEY TO THE EURO MONEY BOX



On page 2 you will see that there is a notice of a public meeting on the 8th of February. Item (b) on the Agenda is Village Appraisal

- A way forward. The Editor recommends that all who are interested in obtaining funding or support for community projects attend the meeting. Keda Norman, of the Community Council for Northumberland will be speaking at the meeting.



Spotted in the Haydon Bridge Health Centre Brochure!

"PROSTRATE problems are very common in men - if you are having problems passing water or are up a lot at night to empty your bladder, come in to discuss the problem."

So now you know what is wrong with the men lying on the waiting room floor, I wonder what the symptoms of a faulty prostate gland are ?

Readers Letters and Viewpoints - collated by the Editor

Preaching to The Converted is a widely used adage but why, queries a reader, does it appear to be practised by the Churches of Haydon Bridge ? Perhaps the Vicar, Priest, and Minister should consider making a habit of introducing themselves to all new residents of the Parish to identify their faith, if any, and thereafter informally visit the homes of each of their Flock on an annual or biennial basis. Whilst it is not suggested that this will fill the respective Churches it may possibly foster a feeling of coterie and give folk someone to turn to in time of need. Most non-churchgoers still live by Christian values but consider that a weekly dose of Songs of Praise or the Church Services on TV and radio fill their religious needs, some do not need any spiritual guidance. Could there be advantages for both parties if contact were established ?

Outrageous and daft - did you read Dr High's letter on Drug Addiction in the December issue of the Haydon News ? He is suggesting that drugs of addiction should be made available free from Doctors under the NHS. Can you imagine the queues at the Health Centre " Six Pints of Broon Ale, 40 Tabs and a double Gin for the wife please Doctor", " Oh and while I'm here 10 joints and a packet of condoms for me son wirra couple of choclit bars and some acid for me dowter who's still hooked on them. Oh aye aah just remembered me Faathers Broon Mac is done wi' can ya giss a new one so he can gan into the Toon on Saturday neet - the probation officer thinks he'll kick the habit soon. Me awld muther needs another packet i' tee as she's on ower fowteen cups a day noo." - 'Certainly,' says the erstwhile Doctor, temporarily putting to one side the nugatory BS5750 expenditure sheet, 'would you like a repeat prescription ?' The letter may have been more palatable had the word 'free' not been used.

Nothing can be more unpalatable than seeing dogs worrying sheep or chasing after lambs, boisterous dog say the owners, ignorant owners say I. Now the lambing season is here can I appeal to all dog owners to keep their dogs on a lead whilst out walking, only then is your pet under full control. It is nigh on impossible to retrieve a 'boisterous' dog yapping after sheep and lambs.

Whilst on the subject of pets - Saint Valentines day is on February 14th so how about surprising your partner with a nice card and teeny present. Perhaps a little peck in the morning will be sufficient to earn a couple of Brownie points. Don't spoil their day by pretending the card that came in the post was from you. If you don't get a card always believe that either the dog ate it or it was lost in the post. Never but never send a card to yourself. As a lovers festival February 14th is known to have been celebrated since the 14th century although the date has been a feast day since Roman times. Saint Valentine is believed to have been a Roman priest who suffered martyrdom during the rule of Emperor Claudius II in the 3rd century. So now couples of all ages in Haydon Bridge off to the local paper shop, buy that card now and pucker your lips on the 14th.

Whatever we sow - that is the kind of harvest we will reap aptly, to me, describes the response likely by pleasantly surprising your partner on Saint Valentines day, however I'm sure that was not quite in the mind of The Vicar when in the October Church Newsletter he used those words. They came at the end of his Harvest Home article and the final paragraph read:

The point to ponder is that whatever we do now has long term implications both for ourselves and the people around us.
We matter because we make a difference to everyone around us - we either enhance their lives or we cause them harm.
Whatever we sow - that is the kind of harvest we will reap.

Valentines Day gives couples a second chance to make a New Year's resolution
Use it well.

PARISH COUNCIL PICKINGS December 1994

The meeting was held on 22nd December, 10 Councillors and one member of the public were present.

A site visit had been made by Parish Council members and Tynedale Planning Department to the proposed development at Langley Castle. It is understood that Tynedale will approve the application.

There was some discussion about regular subsidence (about every six months) in Ratcliffe Road. A strong letter is to be sent to Tynedale.

The Parish Council has agreed to book a rubbish skip for the National Spring Clean Week which will be between 1st and 10th of April, 1995.

Sixteen Thousand responses were received for Northumberland in the Local Government Review. There was overwhelming support for continuing the present two-tier system which the review body will recommend to the Government.

It was reported that in Spring 1995 the level crossing in Haydon Bridge is to be replaced by full width barriers controlled from the signal box. A ramp will replace the steps to the Newcastle platform and the foot crossing of the line will be removed. Train users will be recommended to arrive in good time because if you are on the wrong side of the tracks when the barriers come down you have missed the train.

The High School have again written for financial support to help fund youth workers for the Youth Club. The letter pointed out that further cuts in the Education budget are likely. It was decided to ask the Youth Club to make submissions to the next Parish Council Meeting. Some Councillors felt that the County Council was shifting the burden onto the local community who were already paying council tax for this service.

It was decided to allocate £1,500 in the budget towards funding a bowling green in Haydon Bridge. This provision will allow Tynedale planners to pursue matters.

A final figure of £9,200 was agreed for the Parish precept. This means that each Council Tax payer will pay £5.80 for the year an annual increase of 50p.

Tynedale Plan

Councillors reported on an excellent public meeting on the plan and will submit their comments to Tynedale on the basis of public comments and recommendations. [See page 2]

Housing Proposals

- 1) North Bank to remain as in the Plan.
- 2) Show Field site - to remain as in the Plan but with housing density to be appropriate to the infrastructure.
- 3) Strawberry Fields site - development should be allowed only if access to the development is other than through the present housing estate.

All sites should have phased development to ensure building is in response to local needs and not speculative.

Industrial Proposals

To remain as in the Plan.

Conservation Area

Further discussions of the proposed Conservation Area is to take place at a later day.

W.F.N.

PARISH COUNCIL PICKINGS January 1995

The meeting was held on the very cold evening of 26 January and only five Parish Councillors attended, just enough to enable business to be lawfully transacted. County Councillor Purdue came to listen.

The proceedings opened with a statement from Steve O'Mara of the High School Community Education Department. Nobody was surprised to hear that next year's Youth Service budget is to be cut by another £3,000 (about 5%). Short of closing itself down there is nothing the Service can do to replace shortfall, so the Parish Council are being asked for help to keep it going. There was, understandably some resentment that Parish residents are being asked to pay 'twice' for a County Service: Councillor Purdue's suggestion was that if the County Council were not 'capped' the Service would be financed by a higher County Tax: loading the tax to the Parish Precept meant that residents were paying via a different route. A decision will be made at the next Parish Council meeting.

The residents were right and the Tynedale Engineers have red faces. About 12 metres of wall, adjacent to a path used by the public, duly collapsed on 16th January after earlier inspection by Tynedale Engineers pronounced it safe.

Two volumes as thick as telephone directories have been produced by the hopeful opencast miners of Stublick. The actual site is outside the Parish, so that the only matter of which the Parish Council can comment with authority is the increased lorry traffic. It is envisaged that about 20 empty lorries will approach Langley/Niiston Rigg, while the route for the full ones will go past Carts Bog. There could be 30 new jobs - but the whole thing is not planned to last for more than four years.

J.P.R.

Editors Comment

The above paragraph concerning the wall disturbs me. Residents of the village had previously complained to Parish Councillors of their fears that the structure appeared to be unsafe. The Councillors, with concern, raised the matter at earlier Parish Council Meetings. I understand that Tynedale Engineers duly inspected the wall and pronounced it safe. It is hoped that the Parish Council will report this matter, at the appropriate level, to Tynedale District.

I understand that, following a Parish Councillors voiced opinion, there appear to be defects on the Old Bridge, Tynedale Engineers have apparently indicated that it is safe. Is it ?

DID YOU KNOW ?

In 1991 there were 2020 residents of Haydon Bridge of which 49% were males.

Of these 2020 there were 1616 over 16's, under 4's accounted for 101 and there were 303 between 5-15 years old.

The number of dwellings was 846 with 813 households:-

Detached	30.3%
Semi Det.	27.8%
Terraced	37.8%
Flats - Purpose built	2.0%
Flats - Converted	1.9%

Extracted from Official Census Figures

30 YEARS AGO
Parish Magazine
Jan/Feb 1965

A Brighter Haydon Bridge ??

OUR last issue (or certain parts of it) certainly received a full measure of publicity in both the provincial and national press as well as radio. There was also a pressing invitation for the Editor to make an appearance on BBC television - this last was turned down. The Editorial Board had a more pressing matter on hand and felt they would be more profitably employed in working on the porch than in making TV appearances!

It is not the policy of this Magazine to court publicity. We make each issue available to the Press on a "take it or leave it" basis, and the Press is as free to quote from or comment upon the Magazine as we are to quote from and comment upon the Press. ...Perhaps now one can feel a little sorry that such a remorseless glare of publicity was turned upon those naughty little girls who made such a nuisance of themselves at the telephone kiosk. But I fear you asked for it girls. I've seen you, and, alas, I've heard you too! In addition, people who have come to use my telephone because they couldn't get into the kiosk have their tales to tell as well ... Remember, some of the nicest words (and some of the nastiest) in the English language begin with a 'B'. What about beautiful, or beloved - just for a starter? This being the season of good-will, the Vicar is sorry about what he wrote. He is even more sorry that he had a good reason to write it! I hope nobody got smacked - well not too hard, anyway.

THE EDITOR WRITES [1965]

.....This is merely the preamble to an expression of approval upon recent activities of the Parish Council. We are certain that readers will be glad to know that some care and thought is to be afforded to the way-side seats in the Parish - and to like matters. Now, we wish our civic fathers well in their attempt to improve the amenities of Haydon Bridge. Public seats may seem a trivial matter - but not in the rural area frequented by tourists. We are glad to be able to report a marked improvement with regard to the telephone kiosk situation - the Vicar has not had to make the Church telephone available for emergency calls this year - so far.

20 YEARS AGO
Haydon Herald
Jan/Feb 1975

Changes over the past 70 years

..In those far off days people used to make most of their own entertainment. However, I think radio and television have changed much of that. Even our local village show, held on the first Saturday in September, was a gala day. At one time we had some of the best brass bands in the country such as Wingate Temperance, Black Dyke Mills, Kingston Mills and Bess's O' The Barn. How many of you remember a Mr Carne ? He worked at Settlingstones and used to be a Cornet Soloist in Halborn Hill Band when it won contests at Haltwhistle and Haydon Bridge in 1892-3. I well remember on a show day stalls were set up all along Church Street and on that day of the show special trains ran mornings and afternoons. However those days are gone nowS.G. Brown

Parish Council Notes

..Final consideration was given to the development of the Station Yard. ...It was generally agreed that the site owned by Tynedale District Council - should be used for housing; if it was decided that no more council housing was needed at the present time then the land should be offered for development to a Sheltered Housing Association and to private individuals who would buy a site and build their own house. Housing Committee to consider and their decision made known at the meeting of the next Parish Council.

Welcome news was given of the demolition of Innerhaugh Buildings - an eye-sore in the village since the houses had become derelict more than a year ago - and the site will be cleared, levelled and left tidy by the contractor doing the demolition. Now we will have to see what Tynedale Council can do with the land if they are able to acquire it from the owner.....

It was reported that the new TV relay mast at Moralee Fell was about to be constructed and so give additional and improved reception on 625 lines to the area. This should ensure that Haydon Bridge will receive a good picture on all colour sets now being installed in the village The contractor putting in the piped supply in the Council estate would be asked to finish the job and save the Councillors' embarrassment in fighting off complaining "colour hungry" tenants !.

Anecdote Corner - Bluntness

Northerners have a reputation for being blunt. Whilst amongst like folk this bluntness goes unnoticed and makes for good and humorous crack. The writer is well aware of his own inheritance of bluntness.

Recently I came across my late parents 1923 wedding certificate and noticed that a witness at the wedding still lives in the village.

Clutching the wedding certificate of 71 years ago, as if to prove my credentials, I visited the person concerned. We had a very long and useful chat and I received lots of invaluable information regarding past times and my mothers work during the Great War as a 14 year old at Settlingstones washing floor and the evening dances, so popular in those days.

Just as I was about to leave the witness leaned over, partially covered the mouth with a cupped right hand and said very quietly and firmly " You know that your mother was pregnant when she married ".....Touche

A. Resident



LANGLEY
W.I.

In December the candlelit supper at the Langley Women's Institute was preceded by a talk on bell-ringing by Mr. H. Bradbury.

With the aid of ingenious props, he demonstrated the skills needed for this time honoured craft. It is certainly in this instance a family affair, as both his brother and his sons are also keen bell-ringers.

Although he is based in Allendale, Mr. Bradbury has been able to ring at many churches in his travels, the furthest flung being in New Zealand.

Mr. Bradbury's obvious enthusiasm for his craft shone through and members responded equally enthusiastically with numerous questions.

M. NAGEL

PHILOSOPHY

You know the sound of two hands clapping

But what is the sound of one hand clapping ?

CHURCH NEWSLETTER

Number 31

An independent supplement to the Haydon News

FEBRUARY 1995

LIGHT THE CHURCH - BUY A CANDLE

During January the Parish Church has been raising money to fund our much needed re-wiring. Many thanks to everyone who bought a candle or candles to light at our evening service on 29th January. Each candle represented a donation of £2 and around 750 candles were burning for our evening Candlemas service. This will have raised something in the region of £1,500 - about half of what we need for re-wiring. The response has been tremendous - so thank you again. Over the next few weeks I am sure we will be able to find the rest of the money so that we can get started as soon as possible. K.F.

CANDLEMAS

February 2nd marks a change of focus in the Church's Year. It is the Feast of Candlemas (which we keep on the last Sunday in January). The full and proper title of the Feast is "The Presentation of Christ in the Temple". Candlemas remembers the occasion in St. Luke's Gospel when Mary and Joseph took their baby 40 days after his birth, to the Temple in Jerusalem to make the sacrifices for him which are prescribed in the Law of Moses. While they were in the Temple they met old Simeon who recognised the infant Jesus as the Christ - a light to lighten the Gentiles (hence the candles). It is with this belief that Jesus is the Christ (Messiah/Deliverer) that the Church now turns its attention away from the Incarnation (Advent/Christmas/Epiphany) to focus on the life, death and resurrection of Jesus (Lent/Holy Week/Easter). We now consider the way in which Jesus' earthly life and death opens up the way of salvation for us and for all the world.

The Good News that the Church proclaims is that Jesus is Saviour - He is Light - and if we live by His Light we shall find salvation. Our life of faith has to be an attempt to live by the light of Christ, to explore what living by His Light means in all kinds of practical ways, and to develop in our understanding and application of his message. It is much more than simply following a set of rules. Jesus is God incarnate, in other words, in him we have the creator and sustainer of the Universe expressed in a human life and death. Rules cannot, by themselves, give meaning and purpose to our lives - nor can they show us the right thing to do in every situation. Our relationship with God in Christ, on the other hand, does give meaning to life and teaches us ways of living which reflect the loving nature of God.

Jesus said: I am the Light of the world. He who follows me will not walk in darkness, but will have the light of life. (John 8v12).

FROM THE REGISTERS

HOLY MATRIMONY

7th January - David Irwin &
Victoria McMahon
Congratulations & Best Wishes

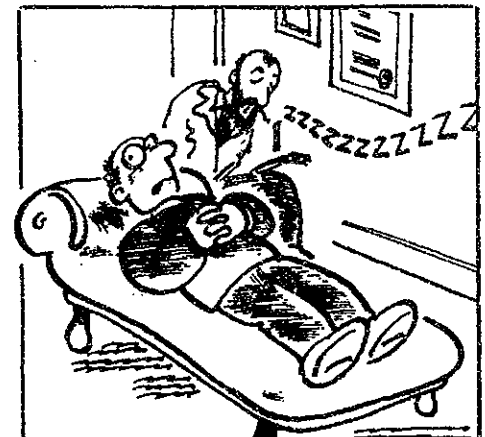
FUNERAL

5th January - Eric Armstrong
*May the souls of all the faithful
rest in the peace of Christ*

DRAW RESULT

The draw for the patchwork cushion and the embroidered picture was won by :-

Ticket No. 50 (cushion) E. Foster
Ticket No. 79 (picture) M. Edwards



'... And also, Doctor... people keep falling asleep when I'm preaching to them!'

SERVICES AT THE PARISH CHURCH

5th Feb - Epiphany 5
8 am Holy Communion
10.30 am Worship for All
6 pm United Service at U.R.C.

12th Feb - 9th before Easter
10.30 am Parish Eucharist

19th Feb - 8th before Easter
8 am Holy Communion
10.30 am The Eucharist

26th Feb - 7th before Easter
10.30 am Parish Eucharist
6 pm Choir Evensong

1st March - Ash Wednesday
7 pm Eucharist & Imposition of Ash

5th March - Lent 1
8 am Holy Communion
10.30 am Worship for All
6 pm United Evensong

SERVICES AT BELTINGHAM AND HENSHAW

5th Feb - at Beltingham
10 am Holy Communion (ASB)

12th Feb - at Henshaw
9 am Holy Communion (ASB)
6 pm Evensong (BCP)

19th Feb - at Beltingham
10 am Holy Communion (ASB)

26th Feb - at Henshaw
10 am Matins (BCP)

1st March (Ash Wed) - at Henshaw
9.30 am Holy Communion (BCP)

5th March - at Beltingham
10 am Holy Communion (BCP)

YOUTH GROUP PANTO

The Annual Pantomime was held this year from 4th to 7th January. Friday & Saturday had full houses and as in previous years the Panto was very much enjoyed and counted a success.

Many thanks to everyone who took part or helped in any way. £304 was raised for Youth Group Funds.

S.F.

THE DREAM

I dreamed death came the other night
And heaven's gate swung wide.
An angel with a halo bright
Then ushered me inside.

And there, to my astonishment,
Were folks I'd judged and labelled
As "quite unfit", "of little worth"
And "spiritually disabled".

Indignant words rose to my lips
But never were set free,
For every face showed stunned surprise:
No one expected me.

Anon.

HAYDON BRIDGE METHODIST CHAPEL SERVICES IN FEBRUARY

5th February
9 am Early Communion and breakfast with Rev David Perkins
10.30 am Morning Service led by Barbara Rowarth
6 pm United Evening Service at U.R.C.

12th February
10.30 am Morning Service led by Mr R. Tipping
6 pm Evening Service led by Miss V Little

19th February
10.30 am Morning Service led by Rev. B. Cooke
6 pm Evening Service led by Mrs. B. Mearns

26th February
10.30 am Morning Communion Service led by Rev David Perkins
6 pm Evening Service led by Rev David Perkins

5th March
10.30 am Morning Service led by Mr. T. Hindsley
6 pm United Evening Service at St. Cuthbert's.

EVERY FRIDAY
at the Methodist Chapel
6.30 - 7.30 Youth club for under 10's
7.45 - 8.45 Study Club for 11+

LENT BEGINS ON WED. 1st MARCH

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

HEALTH CENTRE NEWS

HAPPY NEW YEAR

DR STEVEN FORD.

OLD BONES (or would you like to be 16-20 years younger?) We are designed to live for about thirty years and after that time most of our body systems and functions begin to decline.

Muscle strength and agility are issues which sometimes perplex men when they reach late thirties or forties, especially if they have been athletic in early years. With the modern preoccupation with the body beautiful and keeping fit, the realisation that younger friends or sons are now stronger and more capable than they can be a most unsettling thing for a bloke.

The power which your muscles can develop declines every year. Because women have, on average, a lower power to weight ratio than men, this explains why women suffer more from loss of muscle power in old age - difficulty with steps and more frequent falls for example - women also live longer.

All is not lost however! A recent report in the British Medical Journal showed that a group of women aged 58 who undertook a program of sensible training for their muscles achieved increases in power which equalled a rejuvenation of 16-20 years.

We shall be delighted to help folks who would like help with fitness training - no matter what their age. Those who have gone on the fitness on prescription program have had a pleasant surprise.

SINUSITIS There are several air filled spaces in the bones of the face, these are called sinuses. They are connected to the nose by narrow channels. Their purpose is uncertain but may have to do with voice production or simply making the skull less heavy. The main ones are in both cheeks and both brows, there are others but they cause trouble less frequently.

The sinuses are lined with same sort of special "skin" which is found in other parts of the airways. This special skin has tiny bristles on it which sweep the wet secretions of other skin cells (snot, for want of a more technical term) along toward the upper airway where it can be got rid of. This system allows all the bits and pieces which we inhale to be removed - dust, pollen, bacteria, soot, etc.

Sometimes the secretions settle in one of the spaces and the lining becomes swollen, blocking the passageway from the sinus. The secretions build up and an infection can begin.

Drippy bugged up nose followed by increasingly severe, often throbbing pain, over the infected sinus are the main symptoms. Anyone who has had sinusitis will be keen to avoid a second episode. Leaning forward often makes the pain throb more violently. The sinus will be tender if pressed on and the patient may have a temperature and feel rough. The pain of sinusitis can be mistaken for toothache and *vice versa*. Some people have a mixture of sinusitis and bronchitis together. People prone to allergies - hayfever for example - may be more troubled than others.

Treatment involves painkillers, antibiotics for up to 14 days, nose sprays, steam inhalation (with or without Vick, Olbas, Menthol, Friars Balsam, etc.) and sympathy. If the condition persists then it may be necessary to go for surgery to the nose.

MOI All of those patients who were registered with Dr High are effectively NEW patients for Dr Henderson. We are taking the opportunity, during Mary's first two years, to give all of these "new patients" a quick check up. If anyone has missed out, could they please let us know and we can offer an appointment. Thanks.

DR MARY HENDERSON Topical subjects for this time of year, road traffic accidents and meningitis.

ROAD TRAFFIC ACCIDENTS. At this time of year, when journeys are often made in the wet and dark, road accidents are more common. It is important to take precautions to reduce your risk of an accident, this includes making sure your car is roadworthy, especially the brakes and tyres. You should also check that the lights are clean and working properly. When out make sure all your passengers are strapped in, especially children, even on the shortest journey. It may not be you that causes the accident. Be aware of the road conditions, there may be black ice around or the road may be slippery due to rain, ice or snow. Above all, in slippery conditions, KEEP YOUR SPEED DOWN.

Young people are particularly vulnerable, as is shown by the very high insurance premiums which they are charged. Money for the bus or train may be less worrying for parents than a loan of the family car.

Do not drink and drive.

MENINGITIS Meningitis is caused by bacteria or viruses which infect the membranes covering the brain. Early treatment will frequently bring a complete cure. However meningitis can cause death or leave the patient with a handicap. It can occur at any age but the young are more susceptible. Meningitis can develop very rapidly over a few hours or in some cases very gradually. The signs in babies can be difficult, they may become fretful, have a shrill cry or moan, especially on handling. They may be drowsy and difficult to wake, they may refuse foods, have a vacant staring expression or may be rigid on handling. Older children may have a headache, have a high fever, vomiting and be very irritable. Later they may complain of dislike of light, or a stiff and painful neck. If you are worried ask for advice EARLY ON in the illness. Later, the patient may become confused, limp, floppy or unconscious or develop a rash. If this occurs, call the doctor **IMMEDIATELY** or go straight to hospital.

Anybody with meningitis may suffer some of these symptoms but do not always have all the symptoms.

It is important to remember that meningitis is a rare although serious disease. Bacterial meningitis is caused by a number of different bacteria. Haemophilus influenzae B (HIB) can be immunised against and is now routinely given to small babies when they have their injections. Meningococcal meningitis tends to occur in outbreaks and although a vaccine is available for some strains, we cannot vaccinate against the most common strain. Some times people need prophylactic antibiotics if they have been in contact with meningitis, this depends on the bacteria involved and all those who need treatment will be contacted by the doctors involved.

Viral meningitis is usually less severe and also more common but cannot be helped by antibiotics. To distinguish between viral and bacterial meningitis hospital tests are needed. Remember early treatment is vital and if you are concerned call the doctor.