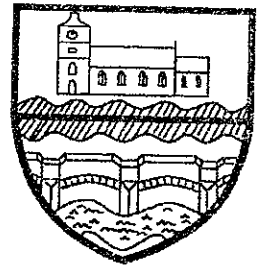


# Haydon News

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



April 1996 / 3

IN THIS ISSUE: Ex School-teacher disturbs Editor in shower. Foot problems and care explained. Tips from our resident gardener. Will local Doctor reap his revenge for Paracetamol pun last month? Parkinsons Disease explained. Jokes and much more inside.

**Win £10**  
Crossword Competition inside

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Thursday	11.30 - 1.30	5.00	-	9.00
Friday	11.30 - 1.30	4.30	-	9.00
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## EDITORIAL

It was 7pm on a Tuesday evening in March, as I left the shower and made my way upstairs to dry myself when the doorbell rang. There was no way that I could answer the door so I continued to dry my still dripping body with the lovely warm towel that I'd just grabbed from the airing cupboard. Standing naked in front of the full length bedroom mirror it was my expectation that the caller would not wait, I had a dinner appointment at 7:30 in another part of the county for which I did not want to be late and had no desire to be delayed.

The doorbell rang again and I knew by the way the bell chimed that it was a woman that was calling. It did cross my mind to put on a dressing gown but that was downstairs in another room - to get there would mean a dash past the fully glazed front door where the caller could see me - modesty prevailed. Eventually I heard something being pushed through the letter box and drop to the floor. As the sound of footsteps retreated from the front door I looked down on the drive and saw one of my neighbours leaving. It was Margaret Hindle.

Now I'm sure that most of you know Margaret from her days as a Teacher, others from her involvement with the Langley W.I., or perhaps the Methodist Chapel. I know her as a nice friendly neighbour who occasionally invites me around to one of her social gatherings.

After getting dressed I ventured downstairs and on the hall floor was Margaret's entry for the crossword together with an advertisement for the Haydon News. There was also a 'Dear Mitch' note which basically said, in typical 'School Ma'm' style said "See me."

At about 7:25 I was ringing her doorbell which she, unlike me, promptly answered.

"We've just started dinner," she said, "but please come in for a minute."

After scanning me up and down and noting my smart attire she continued :

"I suppose you're off courting again ?", like an errant schoolboy I just blushed and highly embarrassed said nowt.

This was the second time I'd been caught out by the former Teacher, earlier in the year she'd spotted us at the Queens Hall where we'd gone to see the Liverpool poet Brian Patten.

Margaret eventually explained that she and Lesley Philp, together with others, had devised a scheme whereby many of us can have a nose around other peoples gardens and at the same time the Haydon Bridge Methodist Church Development Fund coffers can be further enriched.

I don't know about you but I love to see the efforts of other peoples' work.

The organisers have arranged a Parish Garden Trail for Saturday 18th May, the details are on page 4 and will be repeated in the May issue of the Haydon News. It is understood that there has been an encouraging response by kind folk willing to let us have a look around their gardens.

To date the healthy response has been such that we can say that the organised trip will take us to gardens on the estates, both schools, Geeswood, Bush bends, Haydon, North Bank, Heugh House Lane, Chesterwood it is hoped that more people will come forward and offer to open up their gardens on May 18th. If you would like to do so please contact Margaret on 684-275 or Lesley Philp at The Fold, North Bank.

You will note that the tour will take in Heugh House Lane, not to see my garden I hasten to add, however if I am coaxed enough and the weather is fine I am prepared to sit on my balcony sipping Bacardi & Coke and wave to the Charabancs as they pass.

My wave becoming more vigorous as the afternoon progresses, I could even invite regular Haydon News contributors to join me. Imagine the scene with Gerry Attric, Awld Tawny, Magna, Bellringer, resident poet etc. Perhaps I could even persuade the crossword's answer to 13 & 31 down to put on her chain of office and join us in the waving. Maybe some musicians could be encouraged to form a Band for the day and from my drive could come the haunting refrains of such a classic as: 'Keep your feet still Geordie Hinny'.

Perhaps Awld Tawny and 13 down could be persuaded to do a bit of clog dancing. If the assembly becomes too noisy I visualise Steven Ford firing up his tracked vehicle, mounting a howitzer and taking us all out with one shot. Or maybe it might be chucking it down with rain with yours truly fast asleep on the sofa dreaming of how close Newcastle came to finishing top of the Premiership Division.

Whatever happens I'm sure you will enjoy the 'Parish Garden Trail' on the 18th of May. Mitch

## THE CROSSWORD

A good number of entrants this month, thirteen of whom had all of the correct answers. Most of you who had it wrong gave the answer to 44 across as IRREVOCABLE instead of IRREMOVABLE.

On the 28th the 13 correct solutions were placed into the hat (an ashtray actually), Mary Reed and Sid Thompson each drew out a winner. The two winners were N.Pretswell and H. O'Brien.

After two competitions the status of winners credits are:

\*D.Corbett, \*P.Irving, \*M.Robson, \*A.Scott, T.Alexander, R.Armstrong, H.O'Brien, E.Jukes, N.Gilholm, M.Hindle, R.McVay, M.Nagel, A.Phillips, N.Pretswell, B&R. Shout.

\* Two winning entries.  
Remainder have one correct entry.

There were 20 entries this week including some new names - please encourage your friends to send in their completed crossword - we don't want all the regulars winning each month now do we ?

Remember that you only need 5 correct entries to enter our special competition in the winter. Philida Irving won a first prize of £50 and David Corbett a second prize of £25 in last years special competition - they each also won money in the monthly competition, it could be you next time.

## SBM

### DID YOU KNOW ?

The first issue of the Haydon News was in January 1979.

The 1979 Chairman of the Friends of Haydon Bridge was Bill Howard.

The current Chairman of the Friends of Haydon Bridge is Philip Carr.

### NEXT ISSUE OF THE HAYDON NEWS

1st May 1996

ALL COPY TO THE EDITOR:

S.B. MITCHELL,  
HIGH BRINDLES  
HEUGH HOUSE LANE

OR ALTERNATIVELY  
HAND IN AT THE POST OFFICE

BY 23rd APRIL PLEASE

**PARISH COUNCIL PICKINGS**  
28 March 1996

There were 8 members present.

The tenders for gardening which have been received were discussed and the lowest priced one accepted.

The Haydon Bridge conservation area was discussed, as was the Millennium Bridges scheme. A suggestion for stepping stones across the river at Melkridge has been put forward. No scheme directly relating to Haydon Bridge has been suggested.

The Parish Council will pursue the matter of the wheelchair ramp on the old bridge. A response to the letter sent by the Parish Council to the Highways Department though promised has not yet been delivered.

Planning applications received for:

1) Tofts Farm. A replacement agricultural building at. This was supported.

2) Hunter's Hall. To change some of the Bed and Breakfast accommodation to self catering cottages and to create facilities for a camping/caravan area. The Parish Council will object to the camping/caravan site as wholly inappropriate and called for a site inspection with the planning officer.

The Parish Council has co-opted Mrs Vera Fletcher as a member to replace Mr Raymond McVay who resigned in January.

**The Haydon Bridge Clean-up Day**  
Saturday 13th April

Tynedale has provided a skip. A group will be having a go at the riverside from 10:30am. Please come along and help or choose some other area which needs cleaning and have a go at that. Empty bags from the skip and full ones back is the idea.

WEN

**A Note from Millie Mahony**

Well, I managed to land myself in hospital again - Silly Me.

So once again it's thanks to:

All of my visitors.

Signed cards from W.I., Dance Club, Over 60's, Bowls and Church Fellowship.

All individual cards, letters and gifts.

Thanks Betty and Maurice, Sadie, Lily and Joyce for the lovely flowers.

I'll try in future to stay on my two feet.

Love to you all.

Millie Mahoney

**A69 TRAFFIC IN 1995/96**

I have continued to obtain the actual traffic figures as recorded by the traffic loops just west of the B6531 near Hexham.

The large graph shows the daily average traffic based on a complete month's measurements daily measurement. Figures for April 1995 were not available.

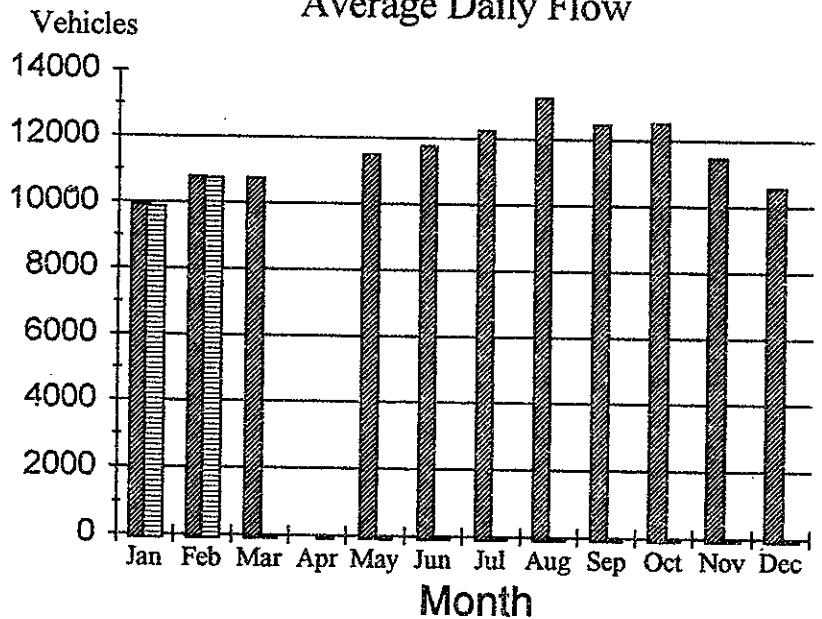
The smaller graph shows total daily traffic averages for the years 1993, 1994, 1995 which were 11,139; 11,450; 11,575 respectively.

There has an increase of 1% over the year. The Jan/Feb 1996 figures shown do not indicate any significant change.

SBM

**A69 Traffic in 1995/96**

**Average Daily Flow**



Legend: 95 (solid bar), 96 (hatched bar)

**IT HAPPENED IN APRIL**

1775 - The Vietnam War ended.

1913 - Swedish born US inventor Gideon Sundback invented the zip fastener - earlier versions had not been successful.

1791 - Samuel Morse the US inventor of the Morse Code was born.

1923 - Elizabeth Bowes Lyon married Duke of York in Westminster Abbey.

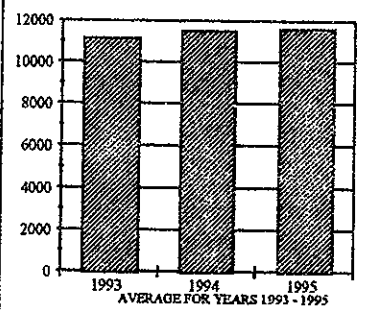
1957 - Patrick Moore broadcast the first *Sky at Night*.

1970 - Gypsy Rose Lee, US stripper and dancer died.

1749 - The first official performance of Handel's *Music for the Royal Fireworks* finished early due to the outbreak of a fire.

1873 - Poet Walter de la Mare born

**A69 TRAFFIC DAILY AVERAGE TRAFFIC**



**LANGLEY W.I.**



'Restoring a derelict garden' is not for the fainthearted, as was demonstrated by

Mrs Suzanne Newall, who gave a talk and slide show on this subject to members of Langley W.I.

Mrs Newall and a partner faced a Herculean task when they decided to open a nursery in a derelict Victorian walled garden in the grounds of Chipchase Castle. After completing the back breaking job of clearing the weeds and debris, they divided the land into two strips and worked each strip in turn. The borders and beds are planted out with a wide range of traditional and less usual hardy herbaceous plants, all of which are grown in site in poly-tunnels, and are available to customers in the adjacent sales area.

The 'before' and 'after' slides were a realisation of two years of hard work and dedication and many of the keen gardeners amongst the members are looking forward to visiting the nursery when it re-opens on April 1st for the summer.

In conclusion, the members of the Dominoes Team were congratulated on finishing in the runners up position in the 1995/6 knockout competition - no mean feat at their first attempt.

**M. NAGEL**

**THE OLD MEN ADMIRING THEMSELVES IN THE WATER**

I HEARD the old, old men say,  
"Everything alters,  
And one by one we drop away."

They had hands like claws, and their knees  
were twisted like the old thorn-trees.

By the waters.

I heard the old, old men say,  
"All that's beautiful drifts away  
Like the waters."

**IMITATED FROM THE JAPANESE**

A MOST astonishing thing --  
Seventy years have I lived;

(Hurrah for the flowers of Spring,  
For Spring is here again.)

Seventy years have I lived  
No ragged beggar-man,  
Seventy years have I lived,  
Seventy years man and boy,  
And never have I danced for joy.

Mrs E. Bowman, 11, Whittis Crescent, Haydon Bridge

**TO WHOM IT MAY CONCERN**

Do the person or persons realise how much heartache they have caused me and my family by the removal of wreaths and flowers from my Grandson's Grave.

This is nothing short of a malicious act of vandalism.

It would be appreciated if those responsible would return them to their rightful place on David's Grave.

E. Bowman

**THANK YOU**

John, Maureen, Daniel and Lucy Clarke sincerely thank everyone who sent cards, letters, offered words of comfort and for all their kindness and continued support at this very sad time.

Thanks to all those who were able to join us in a wonderful celebration of Stephen's life at his Requiem Mass offered by Father Tom Power and for all the donations made to Hexham Mencap.

There was a total of £570.00 collected from the Church collections and donations made to the Midland Bank. The sum of £170.00 has gone to the day centre Stephen attended, to buy a 'FLOTATION MAT' to be used in the Hydrotherapy Pool: £150.00 to Priory Special School who are looking to open a pre-school nursery for children with severe learning difficulties and where Stephen spent many happy school years: £150.00 to Monksfield in Hexham who offer respite care to families like ours: £100.00 to Tynedale Horticultural Services who are running a gardening programme at Ridley Hall for adults with learning difficulties, Stephen joined the team every Friday with his friend and enabler Ellen during the spring and winter months.

Stephen gained so much from being part of these groups that we feel using your donations in these areas a fitting memorial to him. **THANK YOU**

**HAYDON BRIDGE METHODIST REDEVELOPMENT FUND**

**Parish Garden Trail**

**Saturday 18th. May 1995**

**1.00pm - 6.00pm**

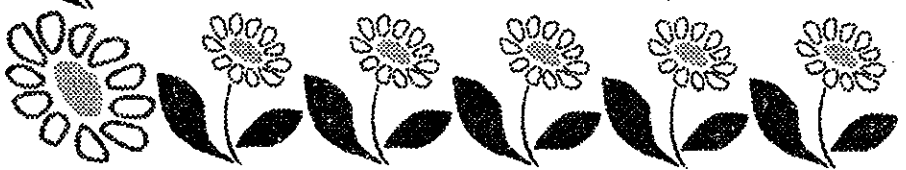
Start from the United Reform Church  
( By the Railway Station )

£2.00 per Adult  
( Children free if accompanied by an adult )

Over 25 gardens to visit

Transport & Refreshments

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*April Garden*

A spring morning in the garden. Bulbs are still providing the main show of flowers but everywhere leaves are unfurling and buds are bursting into life. Well not everything. Quite a few plants haven't survived the winter. Mature plants that have been here for five or six years succumbed to the cold this winter.

Garden Centres are bringing more and more unusual plants to our attention and, offered in full flower, they can be very tempting. I've come to realise that the reason rare garden plants are rare is often because they are difficult to keep alive. A label which reads 'might not survive in a northern garden.' My garden is too large to rush out and cover every possible vulnerable plant when frost is forecast. If a plant is of borderline hardiness it gets a position sheltered from the wind and early morning sun, plenty of gravel added to the soil to improve drainage and a mulch to protect it's roots.

I would like to be able to say firmly that I don't replace plants which have not proved hardy but I can easily be tempted to try again. There are thousands of good garden plants that are easy to cultivate and will flourish in my garden, enough to satisfy the most adventurous of gardeners, but after Gardeners World on Friday I find myself wondering how on earth I can create an exciting garden without using phormiums and other exotica shown in every TV garden. Perhaps very easily if these cold winters continue.

Tidy up border plants. Cut off old, leggy growths and stop invasive species from swamping their neighbours.

Self-sown seedlings like foxglove, Canterbury bells, and verbasiums can be transplanted in appropriate flowering positions.

Last chance to move any deciduous trees and shrubs to a new position in the garden. A good time to plant evergreen shrubs and conifers. Never let the soil dry out around newly planted shrubs. A mulch of compost or bark over the soil around them will keep it moist. All evergreens will respond better if their foliage is sprayed with water in the evenings in dry weather.

Early flowering shrubs such as forsythia and flowering currant should be pruned immediately after flowering. This allows maximum time to stimulate and ripen new growth to carry next years flowers.

Many herbaceous plants can be invigorated by lifting and dividing. Divide the clumps into four or five pieces with healthy shoots and roots on each piece and replant in fresh soil.

Feed established rose bushes with rose fertiliser. I've bought one that needs only one application for whole seasons feeding.

Lawns - Treat moss on lawns with a moss killer. Rake it out when dead and, if necessary, oversow to thicken the sward. Any area where the grass is sparse can be oversown with a mixture of grass seed similar to that already there. Loosen the surface of the soil with a rake and add a general fertiliser before sewing.

*James Chin*

**CARAMEL SWEETS**

God delivered the Ten Commandments in less than 300 words, the American Declaration of Independence is about the same. However the EEC Ordinance on the Importation of Caramel Sweets run to 25,911.

**PATIENCE**

It is in the garden of patience that strength grows best.

**SPRING**

When you can tread on nine daisies at once spring has come.

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A simple man he was using pure materials skilfully.

An engraver of knowledge on hearts made of untried wood.

His servile helper he used with dexterity

to fashion, shape, mould.

But alas

there were too many knots in the wood, and with sadness

he discarded what he had made.

Joyce

An old man's sayings are seldom untrue

Years know more than books

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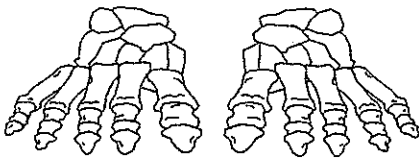
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**Your Feet**



The average person walks the equivalent of 4 times around the Earth in his lifetime. We therefore need to look after our feet well early on in life if they are to keep us walking into our seventies.

Each foot is made up of 26 small bones which are surrounded by an intricate network of ligaments, muscles, nerves and blood vessels.

Together, these highly specialised structures support the weight of the active body, and it is not surprising that occasionally things go wrong.

**Caring for your feet**

If you look after your feet as a matter of routine, many foot problems may be avoided. This foot care includes:

- Washing your feet daily in warm soapy water and drying them thoroughly (especially between the toes). Foot powder may be applied. Do not soak the feet in water, as this will ultimately cause dry skin problems.
- Cutting your nails straight across. Cutting down the sides of the nail or picking them may result in ingrown nails.
- Removing any hard skin with a pumice stone. Apply an emollient cream regularly.
- Keeping the feet warm.
- Exercising regularly to improve the circulation.
- Ensuring that you buy sensible shoes. This comprises a low heel, support across the instep (laces or a buckle/velcro are best), a wide/deep toe-box, a firm sole and leather upper.

**Callous** - This is an extended area of hard skin which occurs on areas of pressure - where the skin is sandwiched between the bone and the ground/shoe. It may be the result of ill fitting footwear, a deformity of the foot or abnormality in walking style.

Dry skin can precipitate callous formation, therefore regular application of moisturising creams will help to soften the skin and delay the build-up of callous. A pumice stone may be used to reduce it. The more weight a person carries, the more likely they are to develop hard skin through increased pressure.

**Corns** - These are small concentrated areas of hard skin, located anywhere on the feet where pressure occurs. It feels like having a pebble in your shoe. Home treatments should be avoided as they are potentially dangerous.

A State Registered Chiropodist will remove the corn and help to relieve the pressure

**Verrucae** - These are warts found on the foot and are the result of a virus entering a crack in the skin and multiplying. They are highly infectious and are usually transmitted in communal areas, such as swimming pools, showers, changing rooms etc. They vary in size; usually have a 'pepper pot' appearance; can be found anywhere on the foot (usually the sole); may be single or in groups and may or may not be painful. Owing to the verruca's contagious nature it is sensible to prevent its spreading by covering it with a plaster, wearing flip-flops or verruca socks in communal areas and not sharing towels/bath-mats, etc.

Treatment involves destroying the virus and the skin cells it has invaded. Home treatment is potentially harmful. Verrucae sometimes disappear without treatment owing to the body's natural immunity, but it is important to remember that they may spread.

Children's verrucae often disappear within six months, but have them treated if they spread or become painful.

**Athlete's Foot** - This is a highly contagious fungal infection, usually picked up in communal areas (e.g. changing rooms), infected towels etc. It presents as an itchy, flaking area of skin, usually between the toes, and can lead to a painful splitting of the skin and possible bacterial infection. The fungus thrives in warm moist conditions. Therefore the following steps should be taken to reduce sweating feet: dry the feet thoroughly, especially between the toes; apply surgical spirit; change socks/stockings and footwear at least once a day; and wear absorbent socks (wool or cotton). Anti-fungal creams / sprays / powders can be bought from chemists. This condition is NOT confined to athletes.

**Ingrown Toenails** - This condition is common in young males aged 15-40, especially sportsmen. Although trauma, ill-fitting footwear, nail structure and excessive sweating may play a part, the most common cause is incorrect cutting of the nail. The nail should be cut straight across. If the corners are cut off, a splinter of nail may become embedded in the flesh of the toe as it grows, causing pain, weeping/bleeding, inflammation and possibly infection. If inflammation occurs, visit your local State Registered Chiropodist who will remove the offending spike of nail and thereby relieve the swelling. If the area becomes infected it may be necessary to contact the doctor.

These usually occur in people with poor circulation. They present initially as deadened blue-purple areas and subsequently as hot, itchy, red swellings on the skin. On the feet, they appear mainly on the tops and ends of the toes and on the the day, but kept away from hot-water bottles at night. Garters and tight socks should be avoided as they may restrict the circulation. Insulating insoles may be worn in the shoes, and the legs and toes should be exercised. Various creams are available to warm the chilblains in the initial bluish phase, while cold water or witch hazel may be applied during the red, itchy stage. If the skin cracks, an antiseptic dressing should be applied to prevent infection. >> P8

**BLACK LABRADORS**

Convert black Labrador dogs into seals by feeding them pastries, sweets and cakes, starving them of exercise, slipping a pair of black socks onto their front paws and smearing their coats liberally in vaseline. Then encourage them to balance a beach ball on their nose in return for fish shaped dog biscuits.

**GOLDFISH** - If you put your dead goldfish inside library books and slam the books shut. The crushed fish will act as handy bookmarks, they are doubly useful as their smell will act as a reminder that the books are due for return.

**BUDGIES** - A little hole cut out of the window will allow your budgie to come and go as it pleases.

**SEABIRDS** - Hang buckets of salty water in the branches of your garden trees to make ideal nesting places for migrating seabirds.

**RACING CATS** - Kid your neighbours into thinking you have a racing cat by putting a gingham dish-cloth over its back, wearing binoculars round your neck, and leading it in circles around the lawn.



**Chilblains** - These usually occur in people with poor circulation. They present initially as deadened blue-purple areas and subsequently as hot, itchy, red swellings on the skin. On the feet, they appear mainly on the tops and ends of the toes and on the heels. They are caused by the body's abnormal reaction to cold, often being triggered when a cold foot is warmed too quickly. Women are the main sufferers, mainly owing to inadequate clothing in winter. Hormonal imbalance and diet also contribute. The feet and legs should be kept warm (woollen socks etc.) during the day, but kept away from hot-water bottles at night. Garters and tight socks should be avoided as they may restrict the circulation. Insulating insoles may be worn in the shoes, and the legs and toes should be exercised. Various creams are available to warm the chilblains in the initial bluish phase, while cold water or witch hazel may be applied during the red, itchy stage. If the skin cracks, an antiseptic dressing should be applied to prevent infection.

**Bunions** - A bunion is a dislocation occurring at the base of the big or little toe, usually caused by ill-fitting footwear. The toe is pushed towards the other toes, sometimes causing overlapping or hammer toes. It produces a painful swelling over the joint, which often becomes increasingly bony as arthritic changes occur. Walking is impaired as the second toe begins to take more of the pressure, creating callous/corns elsewhere. If the joint continues to be subjected to pressure, a swelling or corn may develop over it. Treatment involves padding the area to prevent further pressure/friction. Surgery may ultimately be necessary. A bunion may be prevented from an early age by avoiding shoes with high heels and pointed toe-caps, as these force the toe into an unnatural position.

It is often wiser to have a foot problem treated at an early stage, rather than allow the problem to persist, which ultimately involves prolonged treatment, causing more inconvenience and expense.

If you have any problems with your feet, make an appointment to see your local State Registered Chiropodist (look for the initials SRCh after their name). Some people are entitled to NHS treatment. If the waiting period is long, you may wish to see a private chiropodist in the interim period.

Julia Teasdale  
B.A., D.Pod.M., M.Ch.S., S.R.Ch.

## BULL'S-EYE



No - BULL'S-EYE is not the name of the border collie pictured here but the centre circle of a dartboard where you score 50 in a game of darts. I don't have a picture of a dartboard on my computer so I thought that a picture of a dog would get your attention.

So.... Hi folks it's Mitch back again with some more gossip.

On Thursday 28th March just before 8pm I parked outside of *The Railway* to post a letter and looking through the new translucent glass windows saw that the posh end of the bar was filled with ladies and 'tuther end' full of fellahs. As it was so early I wondered what was going on and made a mental note to pop in later to find out what was happening. After dropping my passenger off at *The General Havelock* I returned home. After scanning through the pages of the compulsory Sky TV Guide saw that two of the films showing were the rivetting 'My Stepmother is an Alien' and 'Attack of the 50ft Woman'. "Terrestrial service for you tonight Mitcho", said I.

When 'Absolutely Fabulous' finished at ten a quick shower and shave - loads of aftershave then off to *The Railway*.

As I walked into the bar there was a roar of approval and vigorous hand clapping. I ordered a glass of house white wine and thought how nice of them all to give me such a welcome.

I sat on one of the bench seats - a few minutes later a friendly Allen Bates sat on a seat at my table and said "Mitch, is it too late to get a thank you note in the Haydon News?" I replied "No Allen I have a bit of space on page 8 left." With that he went back to the 'posh end' and brought back wife Freda who explained to me that the applause when I came in had followed her announcement that the Ladies and Men's Dart Teams had just finished a Charity game and they had raised the grand sum of £220. She penned out the following notice.

### CHARITY DARTS NIGHT

The Charity Darts Night held at the 'The Railway Hotel' between the ladies and mens' teams raised the sum of £220 for the Children's Cancer Ward 6A at the R.V.I.

Many thanks to all who supported us and to those who provided prizes.

Freda Bates

As Freda and Allen left my table they spoke to this very tall guy at the bar who came over immediately and said in his very loud voice "You Mitch?" "That's me", murmured I. He responded "I'm Peter the new temporary Manager at *The Anchor* and would like to start advertising in the Haydon News again." I gave him my phone number and he promised me that he'd ring next day - he didn't.

Next evening on Friday 29th a friend and I went for a meal in *The Oddfellows*, whilst this was being prepared I nipped across to *The Anchor*, collared Peter who wrote his advert and gave me the £3 donation. One of my cousins was in there and mentioned that there was a 'Kissagram' girl at *The Club* at about 10:30.

After the meal friend and I went for a couple of drinks in Betty's cosy lounge bar at *The Haydon*'. As we left at about ten thirty I mentioned the activity just about to start in *The Club*.

"No way José!" said she and we went home. Mitch

## The Anchor Hotel

Haydon Bridge - Phone 684 227

We are pleased to have rejoined the Local Community once more

Open All Day

Bar Meals available Lunchtimes & Evenings.  
Captain Peter and his crew welcome you aboard  
while you drop 'anchor' for a while.

# CHURCH NEWSLETTER

Number 43

An independent supplement to the Haydon News

APRIL 1996

## Christ is risen; Alleluia!

It is an historical fact that Jesus of Nazareth was born and was crucified. Non-Christian sources lend their weight of evidence to the fact of Jesus' life and death. His death, for example, is recorded by both Jewish and Roman writers. The resurrection of Jesus, however, is only recorded by Christian writers. This is not surprising, since to record as that Jesus is risen from the dead would almost inevitably lead the recorder to become a Christian. Witnesses of the resurrection could not help but become Christians, believing that Jesus is the Christ - the Messiah (i.e. Saviour).

The existence of the Christian Church and the Christian Faith is due to the testimony of those who witnessed the resurrection by meeting the risen Christ. So convinced were the first Christians, that Jesus was truly alive again, that they were prepared to undergo the most terrible persecutions rather than deny what they knew to be true. Many of those early Christians were faithful to their witness even to the point of being killed themselves.

This all happened long ago and many folk in our modern times distrust the evidence of the past. They were people of a different world and different understanding and some may think that things may not be quite as they were reported. In spite of this, the Christian Church still survives. It survives the indifference shown it by our modern culture. It has survived modern persecutions as well as ancient ones. When the Berlin Wall came down and the Iron Curtain was lifted - the Church was found still to be there - battered and bruised perhaps - but still alive and remarkably strong. Atheism has not really caught on anywhere.

Is it that we need to believe in something greater than ourselves? Is it that we all have a natural spirituality that needs to be satisfied? Perhaps there is some truth in this but Christians have found that there is more to it. We say "Christ is risen" in the present tense. It was not only an event in the past. It is a truth that effects the present and the future. Although Christians down the ages have not witnessed the resurrection in the same sense as those first Christians, they nevertheless become aware of the presence of the risen Christ in a host of other ways. The Holy Spirit continues to touch the lives of those who seek God and who accept Jesus as the Christ - the Messiah - the Saviour. God does not invade our lives. He who is perfect love waits to be invited. Those, however, who are serious about seeking God, will always be found by God.

Our faith in the truth of the resurrection effects our hope for the future. It means that even in the face of death, Christians look forward to a future. As Christ lives, so will we. It ought to mean, that though this life and what we do is important, it is important in the context of the resurrection to eternal life. In other words, we do not live only for worldly things but place our hope also in spiritual things - the things that last for ever.

At this Easter time, when nature itself is springing into new life, the Church rejoices in the Resurrection Hope. Christ lives - and through faith in him - we live also, in the here and now and in the future yet to be revealed to us. A happy Easter to everyone.

K.F.



### From the Registers

#### Baptism

24th March - Christopher  
William Irwin

#### Funerals

26th March - John Hurley  
Young

### Mothers' Union

Wed. April 24th - 7.30 pm "The  
Life of St. Cuthbert" - Canon  
Kate Tristram - in the Church  
Hall

### BUILDING ON THE ROCK

Church Action on Housing and  
Homelessness

Sat. 4th May  
Brunswick Methodist Church  
Brunswick Place  
Newcastle upon Tyne  
10am - 4pm

Keynote speaker  
Richard Lumley  
(Refugee Council)

Addressing housing need in the North  
East  
Promoting church related housing  
groups  
Fostering partnerships for practical  
action  
Campaigning for change  
Developing creative projects

All correspondence to Philip Wood  
(Training and Development Officer),  
Churches' National Housing Coalition,  
Central Buildings, Oldham Street,  
Manchester M1 1JT. Enquiries to  
Philip Wood, Tel/fax: 0113 296 058  
or to Rev Krister Ottoson (City Centre  
Chaplain, Newcastle upon Tyne), Tel:  
0191 232 7935.

Organized by the Churches National  
Housing Coalition in conjunction with  
churches and housing agencies  
throughout the North East. This  
conference is supported by the  
Northern Rock Building Society.

### Alone

We seem so frightened today of  
being alone that we never let it  
happen. Even if family, friends,  
and movies should fail, there is  
still the radio to fill up the void...  
Now instead of planting our  
solitude with our own dream  
blossoms, we choke the space  
with continuous music, chatter,  
and companionship to which we  
do not even listen. It is simply  
there to fill the vacuum. When  
the noise stops there is no inner  
music to take its place.

*Anne Morrow Lindbergh  
Gift from the Sea*

# 1796-1996

### Church Electoral Roll

During this month the Church  
Electoral Roll will be completely  
renewed. This has to be done  
every six years. People who are  
on the old roll will be informed  
of the creation of a new roll and  
given the opportunity to register  
their names. Those who are not  
on the old roll but want to be  
included on the new roll must  
apply by 9th April.

Those who are eligible for  
inclusion on the roll are as  
follows:-

- a) You must be resident within  
the parish and of sixteen years or  
over. If you are not resident you  
must have habitually attended  
worship in the parish for the past  
six months.
- b) You must be baptised and wish  
to be a member of the Church of  
England.
- c) You must sign the form  
requesting enrolment (available  
from the vicar or  
churchwardens).

### SERVICES AT THE PARISH CHURCH

(including Beltingham & Henshaw)  
2nd April - Tues of Holy Week  
10.30am Holy Communion

3rd April - Wed of Holy Week  
7pm Stations of the Cross at Roman  
Catholic Church

4th April - Maundy Thursday  
10am Holy Communion at Henshaw  
7pm Holy Communion

5th April - Good Friday  
10.30am Liturgy of the Day  
2pm One Hour Devotion at Beltingham

7th April - Easter Day  
8am Holy Communion  
9.30am Holy Communion at  
Beltingham  
10.30am Eucharist  
6pm United Service at URC

14th April - Easter 1  
9 am Holy Communion at Beltingham  
10.30am Parish Eucharist  
6 pm Evensong at Beltingham

21st April - Easter 2  
8am Holy Communion  
10 am Holy Communion at Henshaw  
10.30am Morning Prayer  
6.30 pm Deanery Evensong at  
Ninebanks

28th April - Easter 3  
10am Morning Prayer at Beltingham  
10.30am Parish Eucharist  
3pm Evening Prayer at Haydon Old  
Church

5th May - Easter 4  
8 am Holy Communion  
10 am Holy Communion at Henshaw  
10.30am Worship for All  
6 pm United Service at Roman Catholic  
Church

### Annual Parochial Church Meeting

St. Cuthbert's ; Haydon Bridge  
This will be held in the Church Hall on  
Monday 22nd April at 7.30 pm. All  
members of the Church Electoral Roll  
have the right to attend and vote. The  
meeting will receive the Annual Reports  
and elect representatives to the  
Parochial Church Council and Deanery  
Synod and will elect Church Wardens.

# HEALTH CENTRE NEWS

## **PARKINSONISM**

The name Parkinsonism is familiar to many people and most would tend to associate it with trembling in elderly people. There is, however, rather more to it than that. In the first place it is not only elderly people who are afflicted and in the second place trembling is only the most obvious of three main symptoms.

The three main symptoms are;

*Difficulty with movement* in general, especially starting an action. A sufferer may wish to walk or reach to pick something up and their limbs stubbornly refuse to move, leaving them frozen in place. Other features of this trouble with movement include unsmiling, unblinking facial expression, stooped posture, lack of arm swinging when walking, shuffling walk, tiny writing, unsteadiness on the feet and monotonous tone of voice.

*Tremor* is often first seen as a "pill rolling" action between thumbs and first fingers whilst the remainder of the body is at rest (but not whilst asleep). 65% of sufferers have this problem. Making a movement can sometimes briefly quieten the tremor. Fatigue or excitement can make it worse. Tremors affecting the head may not be Parkinsonism.

*Stiffness of muscles*, officially this is termed rigidity. When attempting to move a patient's elbow joint, for example, it is as though the limb were made of lead piping - if you can imagine the sensation of bending a piece of lead pipe - slow and against marked resistance. Some patients' joints move in a jerky fashion when bent and extended - like a cogwheel.

Not unreasonably, some people with Parkinsonism become depressed. A proportion of Parkinsonian patients become quite disabled but many do not and can be treated very effectively with a wide variety of drugs. It is important to guard against assuming that everyone with a bit of a tremor has Parkinson's, there are a number of other conditions which cause tremor. There are three known causes of Parkinsonism: Genetic - that is to say running in the family. Drugs - some drugs cause or worsen Parkinsonism. Infections - some rather rare ones. The largest group of Parkinson's sufferers have no clear cause for their condition. There are also a host of rarer causes.

The disease appears to be a consequence of damage to a very small part of the brain called the "substantia nigra". Within this part of the brain the cells seem to lose the ability to handle a chemical called "dopamine", a chemical which is used to pass messages from one cell to the next. There is much research going on into the condition and to develop new treatments, including surgery.

At present there is a range of different drugs which can control the symptoms, often quite successfully. When given in combination the benefits can be greater. Surgery is some way off.

Anyone who recognises symptoms from the above description in themselves or their family members should not be afraid to seek advice as the symptoms and possibly the progress of the disease can be changed almost always.

## **PROTECT THOSE EYES!**

A nasty photo appeared in the British Medical Journal recently. A DIY enthusiast hammering a nail - missed. The nail bounced up and plunged to its full depth straight through the man's pupil. He was immediately and permanently blinded. WEAR GOGGLES!

## HELP!

Some years ago we sought the views of the Parish about the way the practice was run. It is fundamental that we should provide the service which the patients want rather than simply the one we think we should provide. Patients views are important! We would like to repeat the exercise but on a smaller scale than before. If you could spend a moment or two answering the following questions we would be most grateful. Either note your answers on a separate piece of paper or use the gaps between the questions and then send or bring the results to the Health Centre please. You can drop the responses in the Suggestion Box in the porch if you like. This questionnaire is anonymous so that both brickbats and bouquets can be sent.

1/ Are SURGERY times (8.30-10.30 and 4.30-6.30 Mon, Tues, Weds & Fri and 8.30-10.30 on Thurs) convenient?

12/ If not, why not?

3/ Are there any other times that you think the Health Centre should be open?

4/ Can you get an appointment on the DAY you wish?

always frequently sometimes rarely never

5/ Can you get an appointment at the TIME you wish?

always frequently sometimes rarely never

6/ Do you think that ten minute appointments are -

too long too short about right?

The NURSES run their own clinics with variable appointment lengths.

7/ Can you get an appointment on the DAY you wish?

always frequently sometimes rarely never

8/ Can you get an appointment at the TIME you wish?

always frequently sometimes rarely never

9/ Diabetic, Asthma, Well Woman, Well Man and Baby clinics are run at different times. If you attend these clinics do you find the time convenient for you?

10/ If not, which is inconvenient? When would be better?

During the coming months we may request further views about the services provided by the Health Centre - your help is most gratefully acknowledged. Thank you!

All comments and suggestions about any aspect of the practice are welcome at any time. SF&MH