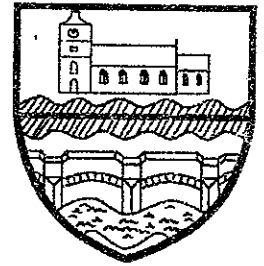


Haydon News

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



February 1996 / 1

IN THIS ISSUE: Stripper for hire in Haydon Bridge. Elvis seen twice in village pub. Allen Valley Action Group oppose Branchend open-cast proposals. Results of special competition. Health Centre win a First Prize. Sleepless children. And much more inside.

Win £10
Crossword Competition inside

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The March of Time

Festivities over the old year gone
Here comes a new year to carry us on
The tang of winter is still in the air
With gusty winds and the trees so bare

The evenings so dark, dank and drear
Our hearts subdued until spring draws near
So very quickly the seasons go by
Like the tick of a clock or the flick of an eye

From the cold of winter to the joy of spring
Magical moments summer can bring
Beauty of flowers no man could design
From the scent of a rose to the sweet columbine

So old Father Time will always be there
From the days of our youth to the old rocking chair
So whatever the season month or year
May our hearts unfold a spirit of cheer

Alice Mitchell

EDITORIAL

A belated Happy New Year to you all. I thought that I would indulge myself and practice a bit of nepotism this month by printing the above poem, written by my sister-in-law many years ago. Alice lives in Burnley, Lancashire. Her husband David is my 72 year old brother who was actually born in Shaftoe Street

Have you made any New Year's resolutions - are you one of those people who always make resolutions on what you're going to stop doing (smoking, drinking, getting home late, beating your partner etc etc) ? For a change why not be positive and do what I do by making resolutions on things you are going to do so that the year will be different from previous years. There are plenty of things you can do to make 1996 different. To name but a few:

Take a long walk each week and rediscover those places you knew as a bairn. It will also make you fitter.

No matter how old how about attending an evening class be it to obtain an educational qualification you missed out on when younger. Perhaps take a course for a new hobby, perhaps writing; art; cooking; reading maps, the list is endless and it may be easier than you think.

Go to the theatre occasionally - The Queens Hall is not expensive.

Go into Newcastle and perhaps visit the Laing Art Gallery or the Hancock Museum.

Do the Haydon News Crossword every month.

Ladies it's a leap year - how about proposing to someone you love - and if that fails I'm still available ! I did suggest to one of the Sunday Club members that she ask me but she said she certainly would not !

Mitch

BY - PASS UPDATE

You will have been made aware by press and TV reports that the consortium 'ROADLINK' took over the running of the total length of the A69 on Friday 12th January 1996. This consortium is made up of six companies (two of them Italian).

The contract they have won is the first in a series of such schemes for a network of such privately run roads throughout the country. Known as DBFO's - design, build, finance and operate. The Haltwhistle By-Pass will be built as part of this contract.

The consortium will be paid for running the A69 by 'Shadow Tolls' paid directly from treasury funds - traffic being monitored and a fee payable for every vehicle. This is a 30 year contract and no provision is included for a Haydon Bridge By-Pass, this greatly concerns the By-Pass Committee and villagers.

We intend to lobby the individual companies which make up ROADLINK stressing the need for our By-Pass. The A69 runs through the heart of our village, being paid per vehicle ROADLINK will wish to increase traffic and so increase their fees, this will create more problems for Haydon Bridge.

We also question the fact that the expected traffic flow and the payment per vehicle have not been released.

If the Ministry of Transport figures for traffic on the total length of the A69 compare with the figures they are using for Haydon Bridge (they quoted 9,500 and we counted 15,235) will they set aside sufficient funds from the Treasury to pay ROADLINK ? If not how will the difference be met ? After all only counting half the difference in our figures and theirs a total of 1,948,955 extra vehicles per year will be using the road.

Our portfolio to the Minister for Roads has been answered by the Newcastle Office once again. The reply only answered some of the issues raised and ignored our questions on traffic counts. The reply came from G.Scott for the Department of Transport, he said "both the Minister and the Department are fully aware of the issues that rightly concern everyone in Haydon Bridge and can sympathise with your predicament", but he goes on to say that with tight fiscal control and the fact that lots of similar schemes on a national basis are competing for these funds - we do not come high on the priorities list.

On the Military Road issue - the DOT does not support this draft plan "The road is much too an important link to restrict access". On the issue of access for proposed housing - The Council is currently having discussions with the DOT with a number of options being considered.

The environmental issues are being addressed by the introduction of new measures to control emissions from vehicles.

Road safety problems should be taken up with Northumberland County Council, especially new access to subway - for prams and wheel-chairs (This has already been done - it is unsuitable for conversion).

He appreciated we would be disappointed with his reply but claimed we would be considered in any future roll forward of the roads programme. Copies of our portfolio were sent to the following :-

Clare Short - Labour Transport - wrote to John Watts on our behalf and has sent a copy of her reply.

Paul Tyler - Liberal Transport - wrote saying he had passed it in to new Liberal Transport spokesperson David Chidgey.

Gordon Adam - Euro MP Northumberland - wrote to John Watts on our behalf and has sent me copy of reply.

Ray Gilchrist - Chairman Highways and Transport Northumberland County Council - replied stating their support for our need for a by-pass and assures us he will keep lobbying on our behalf.

Peter Atkinson MP - Acknowledgement of letter and phone call from his secretary, they are approaching John Watts on our behalf.

Philip Carr - prospective Liberal candidate for Hexham - wrote to Steve Norris on our behalf, sent me copies of his letter and reply.

Ian McMinn - prospective Labour candidate for Hexham - No reply yet.

Johnathon James - The Freight Transport Association. Very comprehensive reply with useful leaflets and stating their support.

The Department of Transport Newcastle office have replied to 350 letters regarding our by-pass. They must know we exist - we won't let them forget !

Eileen Charlton - By-Pass Committee

PARISH COUNCIL PICKINGS
Thursday 21st December 1995

Eight councillors attended, but other seasonable enjoyment claimed both the Chairman and Vice-Chairman. Fortunately Cllr Bill Howard was available to act as an experienced and effective substitute.

As might be expected there is simply no room to build suitably graded ramps at either end of the bridge underpass. However, the Council was not prepared to accept 'nothing can be done' as an answer, and will write to the Highways Department suggesting that the existing riverside footpath (emerging at Rocksprings) could be designed to carry wheeled traffic.

Tynedale Council has weighed in with offers of all help possible for the design, construction and funding of the new bowling green. The proposal goes to the Planning Committee meeting of 11th January, so there should be something to report from next month's Parish Council meeting.

There is to be a special meeting on 9th January to work out how to distribute and collect the Housing Need Survey forms - but by the time you read this the whole exercise will be complete !

JPR

PARISH COUNCIL PICKINGS
Thursday 25th January 1996

Two members of the public informed the Parish Council of their objections to the planning application for one of the bungalows in Temple Houses. The proposal is to create a two storey house. The Parish Council took note of their objections but pointed out that they have no say in the final decision whether or not to allow the application.

The British Legion sent thanks to the Council for the cleaning of the War Memorial in Haydon Bridge.

The A69 will be 'privatised' in May when several commercial companies will become responsible for the upkeep and maintenance of the road.

A letter has been received concerning the 'World Heritage Draft Plan' (Hadrian's Wall) taking note of the Parish Council views and pointing out that the area covered by the plan has been reduced and that the A69 will have to be improved before any plan can be considered for the Military Road. A further amended draft plan will be published soon for public comment. >

The Council decided to write to Tynedale asking for a clear definition of the conditions of operation for the Stublick Open Cast site., and what sanctions can be imposed for any breach of the conditions.

The state of the old bridge where the water pipe was relaid was brought to the attention of the Council. They will write to the Water Company to make good the pathway and the road.

National Spring Clean is 12th - 21st April and a skip for Haydon Bridge tip has been ordered.

All readers are informed that they can tender for the planting, care and upkeep of Haydon Bridge's 10 hanging baskets. The Council will select the best tender.

A letter about the proposed cuts to the Youth and Adult Education budget, explaining the effects on Haydon Bridge was received. The Parish Council decided to protest at the proposals since lack of protest might be seen to show that the services were not needed. Mr Thompson the Headmaster of the Secondary School will be invited to discuss the proposals with the Parish Council at the next meeting.

The meeting received with great regret the resignation, from the Parish Council, of Cllr Raymond McVay. The Chairman thanked Mr McVay for his work over the years and expressed the thanks of the whole village. (This reporter has found Mr McVay unfailingly helpful and knowledgeable)

WEN

THE EDITOR'S 1995 'AFFAIRS'

In December I was having a pleasant meal in the Village with my wife. "The stamina you must have Mitch", said she after I had recounted to her the then current rumour going around about my fourth 'affair' in 1995.

This seems to be one of the current 'hazards' of being a male Editor of the Haydon News who also happens to visit all of the local hostleries and eating houses. Mind you I'm not complaining - I actually love it. Ego massages are good for the soul.

We arrived home at about ten pm and the phone rang 15 minutes later, a friend informed me of affair number five chat doing the rounds. Quick in operation is the Village gossip path.

I guess you're now all foxed.
Casamitcho

THE CROSSWORD

There were 9 correct entries for the monthly December competition.

D. Corbett, B&R Shout S. Charlton, R. McVay, M. Nagel, A. Scott, T.A. Bates, N. Pretswell, E. Rumney

The names were put into the hat on 8th January and the two winners drawn. (See page 6)

SPECIAL COMPETITION

Fifteen people were eligible to enter the special competition and were sent the entry forms on 19th December. Of the 12 returned nine had correct entries.

Philida Irving had the maximum points of 27 and David Corbett 26 points. Under the rules Philida wins the First Prize of £50 and David the Second Prize of £25. Coincidentally both winners had 57 correct words derived from Haydon Spa. The Shout sisters followed close behind with 25 points and Agnes Scott with 24. The other contests were not far behind. Thank you all for participating and I hope to see you all back this year supporting the crossword.

Unfortunately most of you made it more difficult for yourselves as you had missed the clear clue on your entry form :

"The information you need can all be found in the library if need be or even John Clarke's or ask people. Tomlinson and Little Billy Fane can be of enormous assistance. The Editor verified a lot of the answers in this way."

Of course I did not expect anyone to know many of the quiz answers so I had deposited both my Tomlinson's guide to Northumberland and Little Billy Fane's book 'A life of Ridley' at John Clarke's shop which would have provided you with 14 of the answers. I also said phone 684-035 if you have any queries - no phone calls were received.

Please encourage your friends to enter the monthly crossword.

SBM

<p>Affairs like salt fish ought to be a good while a-soaking - The tale runs as it pleases the teller - Common fame is seldom to blame - Gossips are frogs they drink and talk</p>
--

Haydon Bridge Methodist Church Development Fund

We are hoping to organise a Village Garden Trail for Saturday 18th May 1996.

The enthusiasm and generosity of so many people of Haydon Bridge who have already offered to open their gardens on that day has been most gratifying.

However we are sure there are more people in the village with interesting gardens that we don't know about - is yours one of them ?

We would like as wide a variety as possible, including vegetable gardens and allotments.

If you are interested in being included and want more information ring Margaret Hindle on 684-275 or contact Lesley Philp at the Drummond, North Bank.

MH/LP

SOCIAL SECURITY BENEFITS



Have you any queries regarding Social Security Benefits or do you need further information and cannot, for one reason or another, get into Hexham ?

The Benefits Agency have a Mobile Information Service in operation. Their vehicle is parked in John Martin Street every Thursday between 12:15 and 1pm.

You do not need an appointment - just call in The Mobile Information Service is staffed by experienced officers who will be able to advise you about your benefit entitlement. They will be able to contact the main office by telephone in the majority of cases.

RM

POPPY DAY APPEAL

The 1995 Haydon Bridge Poppy Day Appeal raised £857-72p.

Thanks to everyone concerned

ML

A veteran cleric has written in enclosing an article which is included in this issue of the newsletter. The Rev. James Errington writes:

'The enclosed meanderings may or may not be useful to your splendid 'Haydon News' - but after a delightful day 'out west', I thought I would reflect and write

The other folk mentioned will be well-known to you and they will be remembered for their kindness, and their introduction of your publication.'

Jim Errington
Kenton Bank Foot

A Rock & Roll veteran has also written in - this time using a pseudonym. The Greenwich Gardens' resident wrote in verse :

*I never was an ardent fan of Elvis in his prime
Stones and Kinks and Animals
they were the stars of mine
I've mocked for years the loonies
when they claimed he had not died
But that was wrong - I now do admit
Though it goes against the grain to say it*

*If I'd not been there to see him
with his Quiff and medallioned chest
When he strode into The Havelock
the first Thursday of this year
As he turned the heads of the privileged few
And bought a pint of Ian's Brew*

*We reflected on his coming
after he had gone
Was this real or had it been
just one enormous con ?
So's to prove we are all not loonies
we know that this is the last ditch
But still it was decided
we'd better just ask Mitch*

Early 60's Bopper

[They used to call it swooning in my day ... Ed.]. Even when interviewed some four hours later she was still *All Shook Up*.

A letter was sent to ascertain if Elvis had in fact been to Haydon Bridge, this was returned unopened and someone had wrote upon it :

Return to sender - Address unknown. No such person - No such zone.

Having already planned to go to Nashville for my holidays in the Autumn perhaps I should now add Memphis to my itinary so we can get to the bottom of this mystery. Ed.

Whilst on the subject of swooning - I hope that you haven't forgotten that it is St. Valentines Day on Wednesday 14th February. How about giving your partner a special surprise this year with a nice Valentine's Card, if you're feeling a little flush perhaps a nice little pressie would work wonders. You could of course go the whole hog and take them out for a meal - loads of brownie points in that, but be warned book early. I tried to get a table at short notice last year and didn't succeed, although on reflection it may have been because I wanted a table for one ! So partners of all ages get your lips puckered - it costs nowt but can mean a lot and you never know. PS Don't forget to put your teeth in. Remember not to pretend that the card your partner received in the post was from you, similarly if you don't get one it was probably lost in the post.

See you all next month - Mitch

Did you hear about the new Haydon Bridge organisation Teetotallers Anonymous ?
If you feel like going on the binge call this group and two drunks will come around and talk to you.

Did you hear about the stupid woman who decided to iron her curtains ?

She fell straight out of the window

A White Horse walked into the Havelock behind Elvis and ordered a pint of beer. The barmaid said to the horse, "Did you know there was a whisky named after you ?"
The horse replied " What, Eric ?"

February Garden

In December temperatures plummeted to below -12° Centigrade. The ice on my pond grew to 6" thick but other commitments meant I neglected to make holes in the ice for the fish. The noxious gases from decaying leaves and other vegetation at the bottom of the pond built up under the ice and the fish were being poisoned. I managed to save most of them by putting an air pump in the water - moving water doesn't freeze. This is cheaper to run than a heater and it proved effective in keeping a hole clear of ice in a large pond in very cold conditions.

When the ice disappeared from the pond in January I was dismayed to find several dead frogs in the water. These had been even more vulnerable to the gas poisoning than the fish. I wouldn't have expected frogs to be in the water until the end of this month when they start moving into ponds for spawning to begin. Perhaps the very wet and mild autumn had upset their hibernation. Abnormal weather conditions could be the reason the number of frogs have been declining in recent years. Thousands of frogs perished all over the country in the hot drought of last summer.

Researchers are now investigating the effects of climatic changes on frog numbers and David Bellamy has just launched Frogwatch, a project run by Wildlife Watch and sponsored by British Home Stores. Special packs will be available from BHS between February 18th and the 25th, price £1. The packs have everything needed to monitor the progress and development of frogspawn, tadpoles and frogs. Frogs are a gardeners friend. The smallest froglets feed on greenfly and similar small insects; larger frogs eat slugs, worms, woodlice and various flies. If you would like to encourage frogs to your garden start thinking about a garden pond. Even a very small pond will bring frogs and other wild life to your garden and the plastic pools and pond liners readily available now make installation really simple.

This month - Continue planting bare rooted trees and shrubs when the weather permits.

Check recent plantings for frost lift and make firm again.

Avoid compacting wet soil and lawns by walking on them.

To increase snowdrops divide clumps as soon as the flowers are finished.

Hardy perennials which were not cut to the ground in autumn can be tidied up.

Top-dress herbaceous plans and shrubs with a general fertiliser, such as Growmore.

James Thin

I married beneath me -
but then again all women do
Lady Astor

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LOVER

In the dark of the moon
before the magical morning mist disperses
I don rose-coloured glasses
To remember the moment we did meet.

You held my hand,
Softly touched
the velvety smoothness of my lips
with yours
and all about us disappeared.
We became cocooned
by and with our raging desires,
Skin to skin,
Thus for a time we were one.

But now lover,
In the soft magenta dawn
amidst the black ashes of my heart
rose-coloured glasses are not needed
to remember the moment we did part.

Joyce

When asked where one should wear
perfume Coco Chanel replied:
'Wherever you want to be kissed'

IT HAPPENED IN FEBRUARY

- 1797 - Over 1,000 French troops made an unsuccessful attempt to invade Britain on the Welsh coast
- 1852 - First mens public toilets opened in Fleet Street, London
- 1915 - Stanley Matthews born
- 19?? - Editor of Haydon News born
- 1924 - BBC time pips started
- 1929 - St Valentines Day Massacre
- 1942 - Soap rationing began
- 1951 - Kevin Keegan born 14th Feb
- 1962 - John Glenn orbited earth 3 times in Friendship 7
- 1969 - Boeing 747 made first flight
- 1982 - Laker Airways collapsed
- 1990 - Nelson Mandela walked free after more than 27 years in prison

I love men like some people like
good food or wine
Germaine Greer

Writing is not a profession
but a vocation of unhappiness
Georges Simenon

The only way to get rid of temptation
is to yield to it
Oscar Wilde

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LANGLEY W.I.

December

Members and guests of Langley W.I. celebrated Christmas with a meal at the Jiggery Pokery shop and tea-room in Stocksfield.

The owner, John Jewitt, then invited members to browse in his 'Alladins Cave' and afterwards gave a short talk on how, in the space of four years, he has transformed the former Co-op building into a thriving tea-room with adjacent shops. Many of the original features have been retained and the place oozes with character. Local artists display and sell their wares, modern and reproduction furniture stands side by side with bric-a-brac, second hand books and clothes - children are catered for by a high quality toy shop next to which is the hair dressing salon - in fact, something for everyone.

The evening was a great success and was a fitting end to a busy year for Langley W.I.

January 1996

Members night at Langley began with a discussion of the resolutions to be put before the National Conference of the W.I.

Members were then entertained by Mrs Muriel Brown and Mrs Kate Rutherford, co-ordinators of the extremely successful exhibition 'Langley through the Years.' They gave members a glimpse behind the scenes and explained how some of the material was obtained. Many amusing incidents had been caught on camera but were not included in the exhibition, so it was doubly interesting for members to see and hear the full story.

M Nagel

A.D.A.P.T.

The group launched its co-ordinated Transport Scheme at a public meeting held on Wednesday 10th January in the TORCH Centre. There were 40 people in attendance including representatives from various groups offering day care and leisure activities to people with disabilities living in the Tynedale area. There was particular interest in the transport scheme which is now going to meet some of the demands for accessible transport.

ALLEN VALLEY'S ACTION GROUP

Branchend Open-Cast proposals

The group (AVAG) have come out in protest against the proposals by Clay Collieries Ltd to carry out open-cast workings at Stublick. These were discussed at a Public Meeting on 14th March 1965 held in the Haydon Bridge Community Centre. Subject to some necessary safeguards the Parish Council had no objections to the proposals. It is also understood that the Allendale Parish Council would not object to the proposals.

Delays have occurred in placing the matter before Northumberland County Council Planning Committee, this will now occur in the first week in February.

The AVAG have produced a green leaflet containing 9 Matters of Opinion on which they believe objections could be relevant. They have had their first Public Meeting on 17th January, unfortunately the Editor became aware of the meeting after it had been held so cannot include details in this newsletter.

If you are interested in the activities of the group please contact one of the joint secretaries:-

Mrs K. Tanner 683 356
Mr C. Mc Dermott 683 049

SBM

MURIEL MAKEPEACE TROPHY

The Haydon Bridge Carpet Bowling Club are pleased to announce that the winners of this trophy that the winners of the trophy were:-

Rene Wallace & Michael Rumney

Runners up were:-

Winnie Golightly & Iris Waugh

The playoff was held on Thursday 18th January.

If anyone is interested in joining the Carpet Bowls Club they will be most welcome.

The club meets every Thursday at 7:30 pm in the Community Centre. Subscription is £1 plus £1 each attendance.

HAYDON BRIDGE DELIVERIES Papers And Parson Free !

The delivery service began early on Advent Sunday. By Methodist appointment the preacher due to conduct morning worship at Haydon Bridge chapel needed transportation. Alan was about the business, plying some 40/50 miles on the round trip, mostly via the A69, to ensure the veteran cleric a timely pulpit appearance.

Parson and people were regaled with liquid refreshment after the sermonising. Obviously past experience dictated this an altogether needful post-worship ministration ! Coffee and Tea have amazing recuperative qualities.

At no cost at all - Alan was to hand again. He may not have midwifery know-how, but he gets on with deliveries. Luncheon at Woodhall Mill was arranged. Moira arrived with Margaret - and the door key. Sporting a trendy line in aprons, the busy afternoon began with Moira serving an inviting repast. Alan dissected the chicken with skill, Margaret kept the conversation flowing with tit-bits fresh from the larder of local eventualities. It was all superbly digestible - but the time for a siesta or small-talk was gone. There was a paper round to do - and also a further delivery of the 'Cloth' - to Langley indeed, and for Methodist even-song at that.

That expert duo of the delivery game - Alan and Moira - decided one well organised journey would meet the demands. So off into the early afternoon, wet fog prevailing, visibility poor and dodgy, why worry? Moira in the driving seat and Alan well stocked with News-Sheets, geographically arranged, and the other delivery in the back seats with Margaret, we were on our way. If one has designs on RAC Rallying this is the way to learn the art. Apply Alan and Moira, and join the Paper-run. It will be an enjoyment and education pleasurable and free ! But do it in June/July rather than Advent. However Advent may be the pertinent word - as it turned out. At least the Parson found it adventurous ! Wet mist prevailing, and nothing much to see beyond the hedges, it was left to the commentators - no names mentioned !

Up and down narrow lanes, through wooded glades and farm-yards, and every twist and turn known to RAC improvisers. Drive in - back out paper pushed through letter box - where next ? Despite mud and mist the 'News' gets through, and did, until the road turned to where Derwentwater lost his head, and seemingly where the Water Board are looking for it! Langley Castle appeared, as did Langley Chapel, and for the Parson the point of delivery.

The twin vocations of the Preaching round and the Paper round are about News, to be faithfully delivered - and all for free.

JWE

CHURCH NEWSLETTER

Number 41

An independent supplement to the Haydon News

FEBRUARY 1996

1796 - 1996 St. Cuthbert's : Haydon Bridge - Bicentenary

Exploiting our Children

by Terry Warburton
Public Affairs Director
The Children's Society



The Children's Society

A VOLUNTARY SOCIETY OF THE CHURCH OF
ENGLAND AND THE CHURCH IN WALES

Legislation over the past 20 years has followed public opinion in its concern for the increasing exploitation of children and young people in ways that are peculiar to our time, yet are reminiscent of the 19th century.

Today things are different. Or are they? We no longer send children out to work as soon as they can walk, but there are other ways of abusing their childhood which are more insidious, and possibly more sinister. We talk a lot about allowing children space to grow, yet we have created a society which militates against this. We put pressures on them to conform, to acquire and to grow up way ahead of their years.

Even a cursory glance at teenage magazines will show adult values being relayed to young people. Stress and anxiety, boyfriends and sex are there in abundance with little mention of love and of growing relationships. Advertisers throw a lot of money at children and young people seeing them

as a market ripe for exploitation.

But what messages is our adult society giving to children? To have money is to be happy. Sex is better than love. Being grown up is better than being a child?

Today The Children's Society is experiencing a growth in the numbers of young people coming to its streetwork projects. Having run away from home or care, they are desperate for some non-threatening human company. Some have been involved in prostitution to survive and this can easily become a way of life.

Perhaps the only real solution is for all of us to try to put ourselves in the place of our children and through their eyes try to see what sort of world we are creating for them to grow up in. We need to create a society which values children and young people, which promotes respect for others and sees them as people with a right to their childhood and gives them employment when they leave school which will provide the self-respect which comes from earning a living.

The big question might be: is there a responsibility on those involved in marketing and the media to question whether what they are doing devalues childhood? Or is everything alright if it has market appeal and generates money?

Edward Rudolf House, 69
Margery Street, London
WC1X 0JL

Asylum-seekers

In April 1995 the Secretary of State for Social Security is likely to implement measures to limit Income Support and Housing Benefits to Asylum-seekers. If this occurs 70 or more individuals currently living in Newcastle, North Tyneside and Northumberland will be affected. Displaced and penniless people will be looking to a variety of agencies, including the Church, for support and assistance. Initially emergency accommodation will be required for those who become homeless; thereafter communal accommodation or separate housing and additional funding will become important. Anyone able to offer short or long term accommodation, or support in fund raising, should get in touch with either the North East Refugee Service (Tel:0191 222 0390) or with the Social Responsibility Adviser at Church House (Tel: 0191 226 0622)

From the Registers

Holy Baptism



10th December - Emily
Elizabeth Stephenson
24th December - Beth Louise
Kennedy

"In Memorium"

20th December - Joan
Mendelssohn

Funerals



12th January - Annie Lilian
Hogarth
18th January - Lily Isabel Ridley
24th January - Godfrey Herbert
Clayton
25th January - Annie Nixon

Christian Aid



Help needed.

Christian Aid Week seems a long way off. (It is not until 12th-18th May). Haydon Bridge however, is in need of someone who will organise the collections during Christian Aid Week and planning needs to begin this month. Lists of collectors are available and the regular helpers all know what to do but without an organiser to co-ordinate the effort, Haydon Bridge's contribution to the work of Christian Aid is under threat. If you can help organise the door-to-door collection the vicar would be pleased to hear from you.

Men's Christian Fellowship
at 7.30 p.m. in the Methodist
Schoolroom

Tue 6th Feb - Mr Laurence
Leigh (Sunderland) :- "Jesus -
the Jewish Messiah"

Tue 20th Feb - Mr H. Hedley
"East Africa"

1796-1996



Thanks for the Dances

The Christmas Dance which took place at Haydon Bridge High School on 9th December raised £512 for the Parish Church. Our thanks go to Harry & Nancy Watson, their family and friends who organised and helped to run a very pleasurable and successful dance. The Parochial Church Council would like to record their thanks for all the dances organised by Harry & Nancy & Co during 1995. £2,721 was raised altogether and the P.C.C. is most grateful for this substantial contribution.

SERVICES AT THE PARISH CHURCH

(including Beltingham & Henshaw)

4th Feb - 9th before Easter

8am Holy Communion
10am Holy Communion
at Beltingham

10.30am Worship for All
6 pm United Evensong

11th Feb - 8th before Easter

9am Holy Communion
at Henshaw

10.30am Parish Eucharist
6pm Evensong at Henshaw

18th Feb - 7th before Easter

8am Holy Communion
10am Holy Communion
at Beltingham

10.30am Morning Prayer
6pm Choral Evensong

21st Feb - Ash Wednesday

10am Holy Communion
at Henshaw

7pm Holy Communion &
Imposition of Ashes



25th Feb- Lent 1

10am Matins at Henshaw
10.30am Parish Eucharist
6pm Evening Prayer (said)

27th Feb - Tuesday

10.30am Holy Communion



3rd March - Lent 2

8am Holy Communion
10am Holy Communion
at Beltingham

10.30am Worship for All
6pm United Service at U.R.C.

HEALTH CENTRE NEWS

NIPPLES

Might as well start the new year by making everyone pay attention!

The magazine "New Scientist" recently published an answer to the question which is on the tip of everyone's tongue - "Why do men have nipples?"

The answer is actually much more profound than "God is a woman and she is just as keen on a laugh as the next person".

The true answer is that men and women are in fact the same animal but have different bits of anatomy increased or reduced according to which chromosomes they inherit. The basic model human is female and men are modifications of this basic pattern and therefore retain nipples. Sexual reproduction is simply a strategy to increase the mixing of genes during breeding - Darwin Rules OK!

Men do have breasts beneath their nipples but usually they do not develop - the breasts that is. The clitoris and penis are the same structure. A scrotum is simply two labia minora stuck together, note how similar is their skin texture. The ovary and testicle have a common origin in the earliest stages of foetal development. Men have the remnants of a uterus and women have the remnants of a prostate - though you require a microscope to see either. So, in summary, it is not a question of "Vive la difference!" but rather "Ou est la difference?"

DIET AND LONG LIFE

A paper has been published in the British Medical Journal recently which showed that the Greek version of a Mediterranean diet was associated with significantly longer and healthier life. So what does such a diet look like? It is low in saturated (animal) fat, high in monounsaturated fat (especially olive oil), high in complex carbohydrates (grains and legumes - peas / beans / lentils etc.), high in fibre (mostly fresh or raw or very lightly cooked fruit and vegetables). Those foods particularly mentioned are whole grain bread, vegetable soups and salads, little meat but lots of fish, little milk but some cheese and yoghurt.

Red wine was a significant part of the diet.

Compare this diet with recent reports of Britons subsisting on deep fried battered Mars Bars washed down with beer and fizzy pop.

It's OK to experiment with different foods.

STONES

There are some conditions which it is possible to diagnose from the end of the street in which the sufferer lives. Classically this is said of kidney stone in which the pain is so sudden and devastatingly intense

that the sufferer's only choice is full throated and uninhibited screaming until the stone is passed or an effective painkiller is administered.

Stones can form in almost any hollow organ of the body. One of the other commonest sites is in the gall bladder. Many people have gall stones without knowing it and it is not usually thought necessary to remove them unless they are causing problems.

In the old days urinary bladder stone was very common, the explanation for their having become so rare at present is not clear. When bladder stones were common there were travelling lithotomists, cutters - *tom* - for the stone - *litho*, who moved from town to town cutting out stones from those unfortunates brought to them. Many of their patients died rather quickly, hence the advice to lithotomists not to sleep in the town where they had been working in the day. The operations were performed without any anaesthetic or thoughts of cleanliness.

Strange to say there seems to be a minor resurgence of bladder stone locally. Anyone with particularly persistent bladder symptoms and perhaps a little bleeding in the urine will need investigating. Treatment these days is with a machine called a lithotripter and involves no operations at all.

MY CHILD WON'T SLEEP!

This a tremendously common problem and a source of great stress to parents and child alike. Remember that it is natural for a small child to waken more frequently than an adult - this is to do with the pattern of sleep changing as we age. If the problem is a new one then it is important to exclude any sort of illness which might be disturbing the child. Examination may reveal a source of pain or itching for example.

Poor sleep in a child may completely wreck otherwise perfectly sane grown ups but it is very rare for the

children to come to any harm. Parent and child sleeping in the same bed or bedroom is often helpful and no one should feel guilty about doing this. In many parts of the world this is normal, with women sleeping with their children

rather than their partners. Medicines to help a child off to sleep are available but should be avoided if at all possible and then only used for a night or two.

A fixed routine every night is very comforting for a child. Bath or wash, teeth cleaned, pyjamas, story, cuddle and off to sleep would be fairly typical but everyone has their own version. Make sure everyone who looks after the child knows the routine.

A child who manages to drop off to sleep in the presence of a parent will usually be free of any important illness. Failure to go to sleep after the usual routine or in the presence of familiar adults should prompt a search for a cause. SF

THANK YOU

Mr G Murphy has made a very generous donation to the Health Centre Equipment Fund following a sponsored entry in The Great North Run. The money will be used to buy a nebuliser - a machine used in the treatment of asthma, a condition which seems to be becoming more frequent. We are very grateful to Mr Murphy for his efforts and kindness.

CONGRATULATIONS

Mary Henderson and Ian have got their new baby, Ruth Victoria, 8lb 13oz on the evening of Wednesday 13 12 95. Mary barely had time to get to the delivery room before, with two coughs and one rude word, Ruth arrived. On the next day she came home, pausing to do a major family shopping trip in Safeways on the way. On the following day she chaired an important meeting in the Health Centre concerning the King's Fund project of which she has taken charge. We are all deeply impressed.

YIPPEE!

The Haydon Bridge Health Centre Team has won **FIRST PRIZE** in the 1995 Northumberland Health Authority **GOOD PRACTICE AWARD** scheme. More details should appear in the local press in due course.