

# Haydon News

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



**November 1996 / 9**

**IN THIS ISSUE:** Bazarre suicide in Haydon Bridge. Updates on 'The Village Appraisal' and Branch End Open-cast mining. Canal costings from Newcastle to Haydon Bridge. Haydon Bridge duo locked up in Germany. Some sad poems and not much humour inside. £100 of prize money coming up

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# HAYDON NEWS

## THE GREAT ESCAPE

"Perhaps we can build a glider in the loft of this place and make our escape that way" were the words I used to my friend in the dark gloom of our 'prison' when we found the outer solid oak door bolted and 'dead-locked'. We were in the heart of *Das Vaterland* - despite the solid door we could hear the constant drone overhead as numerous aircraft made their way to Frankfurt some 50 kilometres away where they would deposit their loads. "How would we launch the thing?" asked my colleague. "Well", said I, "we could fill one of the baths with concrete and throw it off the top of the building to provide the energy required for a canvas catapult." Just then the Führer of this place suddenly appeared out of the darkness and sternly asked "And what are you two doing?" "Trying to make our way to freedom", I replied with a sigh. "Fritz, undoing the deadlocks replied in his authoritative German voice "Well in future make sure that you lock the door behind you when you leave my establishment, anyone could have come in!"

Friedrich stepped aside as he opened the door on this warm Indian Summer evening at the end of October. We fled up the hill on foot arriving at a relatives home, and safety, some five minutes later.

No it was not another Colditz escape but our trio visited Germany a couple of weeks ago where the Hotel owner (who really was called Fritz) had given us a key to get into a side door if we returned late to our beds - I had unwittingly forgotten to lock the door behind us earlier in the day and the owner had made sure that he would hear us the next time we were leaving by dead-locking the door when we were in our rooms.

The days visiting the German relatives of the couple I was with were enjoyable and the hospitality shown by our hosts was excellent with Sekt breakfasts every morning with plenty of sausage meats and rolls. (Sekt is a German sparkling wine, being similar in taste to Champagne).

In fact we drank Sekt most of the time and with no driving to do we three made the most of it ...hic. Our hosts spoke no English and as they were born in East Prussia, now part of Poland, one had to concentrate very hard to fully understand their dialect. As to be expected the conversation turned to the WWII and the 78 year old lady host told us harrowing tales of her experiences as the Russian forces drove the German Army out of East Prussia on their way westward to Berlin. The elderly and frail woman went into great detail about what it is like to be in the centre of a great land battle with the retreating Germans firing heavy artillery over your home as the Russians fired their big guns over in the opposite direction. The fighting was particularly bad in her area as she was a mere five miles away from Hitler's retreat in the Masurian lakes area of Prussia. The Dresden air-raids were also brought up.

Of course, as a Brit I responded with the tale of the bombing of London and Coventry and the air-raids on the Tyne where as a young lad I used to escape from my mothers hand in the underground air-raid shelter in Denton Road Park to watch the bombs dropping a mile or so away. Hot shrapnel fell around us fearless lads, picking it up and tossing it from hand to hand to stop the metal burning our tender hands we used to run laughing back into the shelter to be scolded by our frightened mothers. We were much too young to understand the dangers - to us it was fun. Shortly afterwards the family were evacuated, I ended up at Castle Carrock then to the safety of my grand-parent's cottage in Chesterwood.

Of course our own veterans of WWII will know the horrors of land battles and those older than I will recall their own terrible experiences of the last war.

I do not apologise for reminding you of these events from long ago and I do hope that in the future our own children continue to remember the sacrifices made by their ancestors to give us the freedom we all now enjoy.

When we arrived back from Germany I looked up the news cuttings of the time our German hosts were talking. These read:

**Eastern Front 27 Jan 1945 - White Russian troops overrun the Masurian Lake region of East Prussia.**

**Eastern Front 28 Jan 1945 - The Russians close the ring around Königsberg and compress the German pocket in the central part of East Prussia with the capture of Bischofsburg and Sensburg.**

**Eastern Front 29 Jan 1945 - The Germans continue a strong defence of Königsberg and Elbing in East Prussia.**

**Eastern Front 31 Jan 1945 - Soviet forces continue to reduce the German pocket in East Prussia.**

52 years later I now know what the above words actually meant.

### Comment

11 am on 11th September 1996

It was intended to issue this edition of the Haydon News two weeks earlier, i.e. before Sunday 10th November, circumstances have prevented this. I apologise for the delay.

Mitch

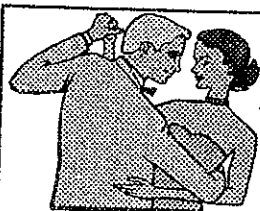
### Proverb

When war begins then Hell opens

### VILLAGE APPRAISAL

Keda Norman of the Community Council for Northumberland informs us that approximately 40% of the 800 or so forms were returned to the Village Appraisal Committee.

A statistical analysis has now been carried out, the results are currently being evaluated and it is hoped that in December we can inform you of the preliminary results with a 'glossy' containing a more comprehensive report planned for January.



Make a date for:

**SATURDAY**  
23rd Nov.

8 - 12 pm

St. Cuthberts Church are holding a dance at:  
**SHAFTOE TRUST 1st SCHOOL**  
Admission - £4.00

### Missing Cats

Several cats have gone missing from Tofts Bank over the last few months

If you have seen, or taken in, any stray cat then please call us - it may be one of ours

A reward is available for recovery

**Telephone 684183**

NEXT ISSUE OF THE HAYDON NEWS

**December 6th 1996**

ALL COPY TO THE EDITOR:

S.B. MITCHELL,  
HIGH BRINDLES  
HEUGH HOUSE LANE

OR ALTERNATIVELY  
HAND IN AT THE POST OFFICE

**BY 8th December PLEASE**

**PARISH COUNCIL PICKINGS**

Thursday 24th October 1996

There were 7 Councillors present.

The meeting began with comments and questions from the 10 members of the public attending the meeting. Points were made about the 20 houses on the Showfield which are to be low cost but which would leave between half and two thirds of the site still to be developed. Would this mean a further 50 or 60 houses at the same density. There have been fifty objections to the site and 270 signatures to a petition. The question of who decided that the housing needs of Northumberland should be concentrated in Haltwhistle, Prudhoe and Haydon Bridge was raised as was the impractical nature of the North Bank site having 5 houses on a sharply sloping site with poor access to North Bank.

Councillor Bill Howard replied to the points raised. He explained that the housing requirements are laid out in the County Council Structure Plan which took into account the number of houses already built in Hexham and Corbridge for example over the last ten years. Housing had to be allocated to areas with the necessary infrastructure and transport facilities.

**BRANCHEND OPEN CAST**

On the 1st of November I happened to be in County Hall, Morpeth and had also arranged to pick up a copy of the Executive's recommendation to the Planning sub-committee which were due to meet on Monday 4th November where the question of whether to say YES or NO to open cast coal mining at Stublick.

When I had finished my other business I contacted the person responsible for preparing the recommendations and he informed me that they were just being printed. I made myself comfortable in reception and read some other documents whilst I waiting.

After about 15 minutes the chap arrived and handed over to me the >>

The Showfield site would not be able to be developed beyond the presently agreed numbers but developers could make new applications. Tynedale would oppose all applications not within the Plan. The Plan also means that casual and 'fly' developments up to 2006 will not be allowed because the areas are not designated in the Plan which runs until then.

When the Parish Council discussed the Plan their was general agreement among members that too many of the wrong sort of houses seemed to be likely. The Chairman wished to encourage people to write in with their views on the Plan. They later agreed to formally oppose further development on the Showfield site and to accept other aspects of the Plan affecting Haydon Bridge.

Other business included seeking an estimate for a new pipe to the tap in the cemetery, receiving the accounts of the two Shaftoe charities and those of Age Concern, agreement to a donation of £75 to Age Concern and the appointment of Mr Charlton as Village Handyman. There were no planning applications and the meeting closed at 9:25pm.

The next meeting is on November 28th. WEN

yellow 72 page comprehensive document. "Just collected them from printing", he said. Indeed he had, the document was still warm from the printing process.

I had intended providing you lots of information on why the Executive were still recommending NO but on 5th November I learnt that Clay Collieries had asked for another postponement which has been given. It is now intended to discuss the 22nd December 1994 proposal at the December meeting of the committee.

And that folks is the reason why you have no pages 7 and 8 this month and no humorous pieces that I know many of you enjoy - watch out for a bumper crop in my final Haydon News next month. Mitch

**THE CROSSWORD**

Despite the fact that I made a mistake with Brobdingnab(g) there were thirteen correct entries this month with 14 people now through to the special December competition.

On the 28th of October the two winners were drawn and were: Mary Moore and Raymond McVay After eight competitions the status of winners credits are

^P.Irving, ^A.Scott, @T.Alexander, @R.McVay, ~D.Corbett, ~M.Nagel, ~A.Phillips, ~N.Pretswell, ~M.Robson, ~E.Rumney, \$N.Gilholm, \$B&R.Shout, \$R.Armstrong, \$M.Moore +M.Hindle, +J.Tucker, \*P.Tomlinson, H.O'Brien, E.Jukes, S.Wardle.

- ^ Eight correct entries
- @ Seven correct entries
- ~ Six correct entries
- \$ Five correct entries
- > Four correct entries
- + Three correct entries.
- \* Two correct entries.

Remainder have one correct entry.

**Ladies Writing Workshop**

**Conundrum**

Last month's - *What am I ?*  
*Coldly I wander alone*  
*High above mortal man's domain*  
*I am seen but not seen*  
*One of lifes mysteries.*  
 Answer: ' A Yeti ' (Abominable Snowman)

There were no correct solutions

This month's  
*A Lancaster with RAF roundels was flying over Germany during the war, it prepares to drop a bomb. When they are over the darkenned target the pilot gave orders to a man to press the button that releases the bomb. He presses the button but the bomb does not come out - Why? (There were no disorders or defects with the aircraft). Answers to Editor before the 3rd of December. £10 to first correct entry drawn out of a hat..*

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**WEDDINGS: SPECIAL OCCASIONS**

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## Readers Letters and Viewpoints collated by the Editor

**Burning the Veggies** - Another bribe in the post thought I as opening the handwritten envelope out popped a personal cheque made out to a certain S.B. Mitchell, however the generous donation was from Rosemary the Village Postie asking me to pass the money over to Eileen Charlton for use by the Village Gardening Fund, this I have done. Rosie went on to remind us that David Corbett retired from his postal duties on Saturday 12th October. His cheery face will be missed around the lanes of the rural areas where he delivered your mail, the cards and gifts he received being testimony to that, David worked as a postman for 17½ years. Her letter continued:

*'With the year once more drawing to it's close may I thank again all those kind motorists who have transported me back to Hexham. I have enjoyed so many conversations - even picking up a few tips on how NOT to burn the veggies when stir frying. Thanks Scott!*

*As remembrance Sunday approaches I did wonder if others might like to share some poems I found in a library book. All were written by women during the first world war.*

*A very appreciative thank you to all.'*

**Rosemary**

I have selected a couple of poems from those sent in by Rosemary together with a one attributed to Ian Tait. (see left)

*It wasn't the burning of Rosie's veggies that caused the fire brigade to be called out as a Martins Close writer explains:*

*'Residents of Martins Close & Friends would like to thank our local firemen. Our bonfire was not out of control. Sparks and smoke was the cause of someone to complain.*

*After the fireman checked, everything was resumed to having a good night.*

*We all support our children. It was a good neighbourly night*

*We thank our firemen again.'*

**Residents of Martins Close**

**A burning throat** is a childhood memory for me caused by that delicious home made ginger beer my father used to make at Christmas time some 50 years ago - Joan Hawley writes:

*'Could any reader please help me with the recipe for what was known, thirty years ago, as the "Ginger Beer Plant?'*

*I remember it was made by mixing yeast, sugar, ground ginger and water. Some sugar and ginger was added each day and after a certain amount of time the ferment was diluted to make delicious ginger beer.*

*Half of the starting mixture could be saved to start the next brew or could be handed to a friend. It seemed to have worked on the old sour-dough principle.*

*The recipe in Mrs Beeton is not the same.'*

**Mrs Joan Hawley**  
Heugh Lane Cottage, Haydon Bridge NE47 6HJ

## COUNTED OUT

All counted out, some counted back in  
To forget what was laid down is surely a sin  
Many came forward to make the ultimate sacrifice  
Today we are free because they gave up their lives

Man and woman, young and old went into the fray  
When battle was forced they did not run away  
For us they laid down their lives, can you imagine  
No one on earth can show such devotion

If our forbearers had not stood and been counted  
On November 11th then what would be shouted  
No two minutes of silence - is it too much to ask  
To be grateful and remember those  
who did not come back

Ian Tait

The following two poems were taken from  
'Scars upon my heart'. By Catherine Reilly

## THE WIND ON THE DOWNS

I like to think of you brown and tall,  
As strong and living as you used to be,  
In khaki tunic, Sam Brown belt and all,  
And standing there and laughing down at me.  
Because they tell me, dear, that you are dead,  
Because I can no longer see your face,  
You have not died, it is not true, instead  
You seek adventure in some other place.  
That you are round about me, I believe;  
I hear you laughing as you used to do,  
Yet loving all the things I think of you;  
And knowing you are happy, should I grieve?  
You follow and are watchful where I go;  
How should you leave me, having loved me so?

We walked along the low-path, you and I,  
Beside the sluggish-moving still canal;  
It seemed impossible that you should die;  
I think of you the same and always shall.  
We thought of many things and spoke of few,  
And life lay all uncertainly before,  
And now I walk alone and think of you,  
And wonder what new kingdoms you explore.  
Over the railway line and across the grass,  
While up above the golden wings are spread,  
Flying, ever flying overhead,  
Here still I see your khaki figure pass,  
And when I leave the meadow almost wait  
That you should open first the wooden gate.

Marian Allen

## NOTHING TO REPORT

One minute we was laughin' me an' Ted,  
The next, he lay beside me grinnin' -dead.  
'There's nothing to report,' - the papers said.

May Herschel-Clarke

November Garden

There is a hardy cyclamen - just as lovely as the cyclamen usually offered for sale as a house plant - which may well grow and flourish in Haydonian gardens. It is easier and, to my mind, prettier than its blowsy bloomed non-hardy relative. There are two varieties suitable for our northern climate, *cyclamen hederifolium* - this is the variety which has been flowering since September in the rockery at the Health Centre - and *cyclamen coum* which flowers from December to March. The flowers are usually pinky mauve and there is a white form of each. The foliage is variegated and marbled and it is said that no two plants have the same leaf pattern. Cyclamen are better planted as growing plants than as dormant bulbs so don't buy the dried-up corms often offered for sale in the local garden centres. Buy them as potted plants or order from bulb catalogues that say that they are dug daily for immediate despatch.

Cyclamen require a humus rich soil that is well drained. They like a dryish soil in dappled or even full shade and will grow well under trees and shrubs, spreading slowly to give a carpet of colour. They are dormant in summer and will benefit from an annual top dressing of bone-meal and leaf mould.

*This month* - you can start making leaf mould now by raking up the fallen leaves for composting. Leaves are decomposed by fungi which don't need heat, so there is no need for an elaborate compost bin. A simple wire netting enclosure will do or the leaves can be gathered into black bin liners and left for a year to compost. The resulting leaf mould is rich in nutrients and is a superior peat alternative.

The Indian summer we've enjoyed was perfect growing weather for newly planted shrubs and plants to get a head start. A good mulch of compost or bark chippings over the root area will help protect them from the frosts we can expect this month.

Reduce long new rose shoots by about a third of their length to prevent bushes and climbers being rocked and damaged by strong winds.

Continue taking hardwood cuttings of shrubs and roses. Use 9 - 12" lengths of firm wood and insert upright in sandy soil in a sheltered position and leave for a year to root. Last years cuttings can be moved to their permanent position.

This is the best month to plant tulips. Plant any other spring flowering bulbs as soon as possible.

Leaf spot is a common problem on hellebores. Cut off and burn the old foliage and spray any diseased plants with a copper fungicide.

James Chin



LANGLEY W.I.

Members of Kirkley W.I. and invited guest joined Langley W.I. for their October meeting.

Unfortunately, due to family illness, the advertised speaker was unable to appear, but Mrs E. Garrow kindly agreed to step in at short notice.

Her tales of visiting her daughter and son-in-law in Dubai had the audience in hysterics and on a more serious note gave a perceptive insight into their way of life.

Members reported back on an entertaining evening spent as guests at Bywell W.I. where the speaker was Mr. Brian Higgs on the subject of 'Yesterdays Shopping'.

M. Nagel

Meetings of the Langley W.I. are held at Langley Village Hall on the 2nd Tuesday of the month at 7:30 pm.

Visitors most welcome - Transport available

1996 - 1997 PROGRAMME

December 10th 1966

Childhood under Occupation: Mrs E.A. Langford  
 Competition: Homemade Christmas card  
 Hostesses: P.Dakers and M.Brown

January 14th 1997

The Fair Isles & Norway: Mrs Betty Hargreaves  
 Competition: A Painted Stone  
 Hostesses: L.Gilhespy and D.Davison

February 11th 1997

Various Crafts: Mrs Barbara Killen  
 Competition: An Old Pattern  
 Hostesses: M.Hingston and F.Wise

March 11th 1997

Fish and Game Smoking: Spokesperson Bywell Smokery  
 Competition: Members own Drawing /  
 Painting of a Fish  
 Hostesses: L.Young and M.Davison

April 8th 1997

Starters and Finger Buffet Ideas: Mrs Marjorie Goodchild  
 Competition: My most Useless gadget  
 Hostesses: M.Hindle and M.Brown

May 13th 1997

Visit to Geoff Jacksons Workshop  
 Competition: A Small Wooden Object  
 Hostesses: S.Reed and M.Brown

June 10th 1997

A Day at Beamish: Corrine and Alan Ashbourne  
 Competition: Postcard/Model of an Old Vehicle  
 Hostesses: P.Dakers and L.Gilhespy

July 8th 1997

Yesterday's shopping: Mr Brian Higgs  
 Competition: A Purse  
 Hostesses: M.Hingston and F.Wise

August 1997 - No Meeting

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# CHURCH NEWSLETTER

An independent supplement to the Haydon News

NOVEMBER 1996

## Tearcraft Launch Christmas Catalogue

Tearcraft, the organisation which promotes fair trade with Third World countries, has produced their latest catalogue offering a wide range of beautiful gifts and practical household items. The 1996/97 edition presents over 300 products from 15 countries in the developing world as well as a wide selection of Christmas cards.

With gifts from £1.25 upwards there is something for everyone, yet these prices are guaranteed to fairly reward the producers for their work.

Copies of the catalogue are available from the Trading Unit at Tear Fund, telephone (0181) 943 7700

## All-Age World Mission Day

Celebrating the World Church. Its aim is to "lift people's boundaries and encourage them to think about Christians in other parts of the world, and to see ourselves as part of the process of building up the Kingdom of God in the world". It will be held at **St Nicholas Cathedral** on **Saturday November 30** between **10:30am and 4:00pm**. There will be a variety of workshops, including one for children. For more information contact the **Rev Howard Moreton** on **01665 577958** or **Rev Vincent Ashwin** on **0191 274 5078**.

To make arrangements to share travelling, contact:

**Lindsay Gray or Joyce Armstrong**

## November Services at the Parish Church of St Cuthbert, Haydon Bridge

November 3	8:00am Holy Communion BCP 10:00am "Worship for All"	Rev C Elliot-Newman Mike Fry
November 10	10:15am	REMEMBRANCE SERVICE
November 17	8:00am Holy Communion BCP 10:30am Morning Prayer	Rev C Elliot-Newman Mike Fry
November 24	10:30am Holy Communion ASB	Rev J Linton
December 1	8:00am Holy Communion BCP 10:30am "Worship for All"	Rev D Irvine Mike Fry

## United Reformed Church Haydon Bridge

Saturday 9th November

Concert by

**PRUDHOE GLEEMEN**

Admission £1.50 (includes supper)  
by Ticket or at the door.

Tickets from Mrs Young (North Bank)  
or Mrs K Rutherford (East Mill Hills)

## Methodist Church and United Reformed Church Services for November

November 3rd

10:00am Rev D Perkins (S)  
6:00pm Mr R Reay

November 5th

7:30pm Men's Christian Fellowship  
Speaker Mrs Wallison  
"Hexham Then and Now"

November 6th

2:30pm Women's Own  
Speaker Miss K Armstrong

November 10th

10:15am United Remembrance Service  
at St Cuthbert's (C of E)  
6:00pm Rev D Arthur (S)

November 17th

8:30am Rev D Perkins (S)  
10:00am Mr J Green  
6:00pm Rev D Perkins

November 19th

7:30pm Men's Christian Fellowship  
Speaker Mr Dave Glover  
(Christian Viewpoint  
on Tyneside)

November 20th

2:30pm Women's Own A.G.M.  
Rev D Perkins

November 24th

10:00am Rev D Perkins (F)  
6:00pm Rev D Arthur

**PRAYERS**

Every Wednesday at 12:45pm

This month we remember the times we have  
had to "speak up",  
those who have suffered  
and those who have died

Let our memory of them  
not only express our hurt with them  
but enable us to continue to work  
for justice and peace  
in today's very troubled world

### "I didn't speak up"

When they came for the Communist I never said a word  
I'm not a Communist, so I pretend I never heard  
When they came for the Jew I was not there  
I'm not a Jew, so why should I care?

Oh I didn't speak up, I didn't speak up  
No-one heard my voice 'cos I didn't speak up  
But when they came for me no-one heard me call  
There was no-one left who could speak for me at all

When they came for the Unionist I never said a word  
I'm not a Unionist so I pretend I never heard  
When they came for the Catholic I was not there  
I'm not a Catholic, so why should I care?

Oh I didn't speak up...

Hear them calling from the prison cell  
Hear them calling from the place of sanctuary  
You can be the voice for those who cannot speak  
You can be the eyes for those who cannot see  
You can speak the words for their unspoken cries  
You can take the pen, you can write their lines.

Hear them calling from the prison cell...

When they came for the Muslim I never said a word  
I'm not a Muslim, so I pretend I never heard  
When they came for the Palestinian I was not there  
I'm not a Palestinian so why should I care?

Garth Hewitt © Word Music (UK) 1992

## *Book Reviews*

### "A Little Book of Bible Promises"

by Richard A Daly

This is a useful collection of prayers based on scripture. The promises of God are as solid as rock, and the Bible contains more than thirty thousand of them - more than enough to meet every human need!

### "A Little Book of Women's Prayer"

by Rachel Stowe

Trying to nurture a spiritual life can seem impossible in the midst of our hectic and complex lives. The prayers in this sensitive and beautiful anthology only take a second or two to pray, but they will help to focus prayer at the centre of women's lives. There is a good sprinkling of contributors in this book from women in this diocese.

### "A Little Book of Healing Prayer"

by Angela Ashwin

This is a delightful, inspirational collection of devotions which show how healing is concerned not only with physical aspects of suffering, but also with personal growth, relationships, communities and families.

### "A Little Book of Daily Prayer"

by Tony Castle

This book will help you to keep prayer the focus on your daily life. It contains prayers for morning, midday, evening and night, and although your daily routine may alter, it is small enough to carry around, so your prayer life won't be too interrupted.

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# HAYDON & ALLEN MEDICAL NEWS

## MYSTIC MEG EAT YOUR HEART OUT!

Twelve months ago I confidently predicted in the Haydon News that resale price maintenance (RPM) on pharmaceutical products would end - and I was right. The cost of over the counter medicines will fall dramatically. At a recent meeting for pharmacists I was lecturing on my favourite topic - the need for pharmacy and general practice to unite as one business for the benefit of patients and professionals alike - and I was almost lynched for suggesting that ASDA was right to try to change the rules. I went on to say that whilst RPM should go ASDA had no business selling pharmaceuticals anyway. **If you want to buy a pharmaceutical product, spend the extra and get it from a pharmacy. The pharmacist knows about medicines, the person in the supermarket does not.**

## WHO MADE MARY CRY?

Practice Nurse Mary Douthwaite runs regular clinics of her own for a variety of different patient groups. These clinics are all run by appointment only, so those invited know why and when they are attending. Recently six women were lined up for well woman checks **AND NOT ONE SINGLE PATIENT ATTENDED OR RANG IN TO SAY THEY COULD NOT COME!**

I would die of shame if I did such a thing. The Haydon Practice will be able to confirm that on an occasion when I forgot to keep an appointment for a head mowing I grovelled abjectly and almost resorted to massage to make amends - and this was something for which I was, obviously, going to pay.

Clinics are free to the patients and run for their benefit. It costs the practice about £2-300 in staff time, equipment etc.. to run a six person well woman clinic. Please, Please, Please...if you cannot or do not wish to attend a clinic or other appointment let us know and we can then invite someone else to take your place.

## KING'S FUND ORGANISATIONAL AUDIT

We have now been formally assessed, in several hours of very searching interviews of all the practice partners and staff, by the external auditors and the report has been received. We have met all of the leading measures of organisational quality and performance and most of the subsidiary items too. The erection of the hand rails on the steps from the car park was prompted by the audit. A number of minor alterations will be made in other aspects of the structure and functioning of the practice. We are going to be running staff appraisals too - making sure that everyone is happy and efficient in their different tasks.

## WHATEVER NEXT!

Despite what it says in the Courant from time to time (!) the amalgamation of the HB and Allendale practices is going along nicely. We are striving to make the practices function in a similar manner wherever possible to make life easier for patients and staff.

We expect to have a new computer system covering both ends soon. This will cost us about £40,000 - so we shall all have long faces for some time to come. One immediately obvious benefit will be that patient's computer records will be available at both premises and so it will be possible to be seen at either end without difficulty. This goes some way to eliminating half days - on Wednesdays Allendale patients will be able to attend HB and vice versa on Thursdays.

In addition, we are taking steps now to appoint a fourth partner. This will enable Dr Mary and Dr Mary Jo to become part-time - which has always been their

intention when circumstances permit. At present we are a three partner practice, we aim to be a three and one quarter partner practice with two full timers, one three quarter timer and one half timer.

These first few months of joint operation of HB and Allendale has involved an enormous amount of additional work for partners and staff. Partly as a result of the extremely short notice that we had and partly because of our relatively short-handed state there has been some "on the hoof" making up of timetables. When the dust settles, myself and the new full timer will exchange three surgery sessions end-to-end, i.e. I shall do three sessions at Allendale and six at HB and vice versa. The part timers will also do sessions at both ends but the details have yet to be sorted out.

Dr Mary, incidentally, is taking a years further training in therapeutics - that is to say that she is studying to a very high level the science of medicines and their use. We shall have our very own walking talking pharmaceutical textbook.

## NEW BROCHURE

One task to be addressed soon is the new practice brochure. We would welcome recommendations for its appearance and content. One idea is to incorporate a minor illness section - would this help?

## TEMPERATURE

A rise in temperature is an obvious signs of infection, there are several other causes too. Humans normally run at  $37.5^{\circ} \pm 0.5^{\circ}$  Centigrade, the control mechanism (thermostat) is in the brain. Accurate measurement of the real core temperature of the body, which is what counts when making decisions about treatment, needs a thermometer under the tongue or in the rectum, here the temperature will be about half to one degree higher than at the skin. When a person is infected, both the invading organisms and the person's body produce chemicals called pyrogen (*pyro - heat, gen - maker*) which can reset the body's thermostat to a higher level.

The sensations associated with a temperature are due to the body heating up to the new thermostat setting. In an effort to keep heat in, the blood vessels in the skin close making one cold and pale. To create more heat, automatic protection circuits start to operate in the nervous system making the major muscles contract rapidly, repeatedly and involuntarily - this is shivering.

When the temperature reaches about  $40^{\circ}\text{C}$  problems start to develop in that the nervous system can no longer function properly. With higher temperatures the patient is sometimes described as delirious - behaving oddly, hallucinating or becoming semi-conscious. Babies and small children especially can suffer if their temperature rises too high.

Very high temperatures, as a result of infection or working in a high temperature (Mad dogs and Englishmen...) may lead to heat stroke and an uncontrolled (the thermostat quits altogether) further rise in temperature leading to death.

It is an understandable reaction to wrap up someone who is shivering. If the victim has just been dragged from a river or snow drift then wrapping up is the right thing to do. If the victim is shivering because of infection they actually need help to LOOSE heat - especially babies and small children. Take clothes off, give paracetamol, cold drinks, cool bath or shower and speak to a doctor if the temperature continues to rise. An iced lolly would be a pleasant treatment for children.