

A soothing foot massage that can help all other parts of the body

Mrs Effie Morton thoroughly enjoyed having her feet massaged in a special way for half an hour as her friends in Cockfield Day Club looked on.

She was glad to be chosen as a patient by Neil Widdas, of Southside in Butterknowle, when he gave a demonstration of reflexology. They are pictured during the session.

Other members gathered round to see Effie, of Mayfield Terrace, Cockfield, being treated by Mr Widdas in the concert hall at Cockfield WMC. They were fascinated by the description he gave as he carefully fingered different parts of her feet.

In fact it was her fifth experience of this form of alternative medicine, as she has had four private sessions with him.

After her treatment in the club, Effie said she felt smashing. She recalled how Mr Widdas had been able to tell, without any prior knowledge, that she had neck, wrist and shoulder injuries from an accident last year.

He discovered this by placing his hands on the relevant pressure points on her feet. She said she will definitely continue her treatments.

Reflexology, along with acupuncture and aromatherapy, is becoming more popular as a form of new age pain relief for people with backache, stress or muscle strain.

Mr Widdas received a diploma and an NVQ in reflexology and aromatherapy when he completed a 35 week course at Bishop Auckland College two years ago. He is a member of the Holistic Therapy Association, and began a mobile reflexology service a year ago.

"A lot of people were scepti-



cal at first, but once they received the treatment they wanted to come back for more," he said.

His reflexology service is one of few in the area, and he has built up a regular clientele. "People come to me and say their friends or family have recommended me," he said. "The business is building up by word of mouth."

The idea behind reflexology is to tap into the nerve outlets of the body, which are situated in the hands and feet. Different parts are represented by various pressure points. By applying pressure to these areas, the reflexologist can soothe pain in other parts of the body.

For example, points in the toes represent the top of the head, the ball of the foot represents the lung.

Mr Widdas treats people of all ages. Following the club demonstration, he was approached by three new clients.

Connie Waller, treasurer of the Day Club, said she found the talk and demonstration interesting, and hoped it would attract more people to this type of treatment.

He plans to open an aromatherapy centre in his house, to treat people who have not responded to reflexology.

A session costs £12, and has to be repeated four or five times before any noticeable results come through.

School team designs a mosaic for picnic site



The artistic talents of pupils from Bowes School will be on show for many years to come when a new picnic area is completed in Barnard Castle.

They worked with artist Keith Alexander on a project to design a mosaic area which is to be created at the old gas-

works site. The scheme is sponsored by Teesdale Council and Glaxo-Wellcome.

Pictured are some of the children who helped create the colourful design. They are Andrew Gill, Alan Wilby, Robert Kearton, Kevin Cooper, Liam Birkett, Susan Addison, Andrew Davies and Wayne Thwaites. The design behind them is about two thirds of the size of the planned mosaic.

The school was chosen to take part because of the links between Bowes and the picnic site. Both lie near an old Roman road which was the theme for the mosaic. The pupils discussed things associated with the area and incorporated their ideas into the final design. It includes examples of wildlife found in or near water such as fish, ducks and frogs.

Case adjourned

Alistair Campbell, 36, of Culloden, charged with driving without insurance and carrying excessive loads on his vehicle, had his case adjourned by Teesdale magistrates on Wednesday until 30th July.

Scores of riders to compete in cycle cross races on the Demesnes

Up to 90 riders will be competing when the North East Cycle Cross Association holds Round 7 of the regional championships on the Demesnes in Barnard Castle in November.

The event will take place for four hours on a Sunday starting at 9am. Competitors will race over the grass in both the upper and lower sections.

Members of Teesdale Council gave the event the go ahead at a community services meeting on Wednesday.

Coun John Hinchcliffe said he welcomed it, as it was good for Teesdale to be involved in sporting activities of this kind. It was pointed out that if the weather was wet beforehand the grass might be damaged, but he said he was not too worried about that.

Mr Paul Branch, the leisure and recreation manager, said he was trying to encourage a number of associations to bring competitions into the area, and he hoped this would lead to a national cycle cross event coming to the Demesnes.

He added that Barnard Castle Angling Club would have to be notified as it has fishing rights on the riverbank. Coun Ken Coates, an official of the club, said there was not much angling in November, and he did not think members would have any objection.

Coun Ossie Hedley suggested it might be wise to ask for a refundable bond in case of damage to the grass, but other members decided it would not be necessary.

Councillor tells of drug display

Coun Mrs Marilyn Metcalfe told members of Gainford Parish Council that a police consultative group meeting she attended reinforced her views about drugs.

The police took along samples of illegal substances of all kinds and explained their effects. "It was extremely interesting," said Coun Metcalfe. "It made you wonder why anyone bothers with this stuff at all."

She was impressed with what she heard about the numerous farm watch schemes operating in Teesdale. Their success was attracting attention from other parts of the country.

Coun Brian Biddiscombe told members that Teesdale's neighbourhood watch co-ordinator Mr John Priestley was disappointed to have lost the chance to exhibit at this year's children's sports day. The date was changed because of bad weather. He had been hoping to recruit people in the village as special constables.

Members agreed that he should be invited to attend the annual horticultural show.

Assault alleged

Two men from Barnard Castle appeared at Teesdale Court on Wednesday charged with assault and affray.

Timothy Hudson, 37, of Birch Road, and Malcolm Edward Nixon, 37, landlord at the Cricketers Arms, had their cases adjourned at the request of prosecuting solicitor Mr Chris Williamson. They are due to attend Bishop Auckland Court tomorrow.

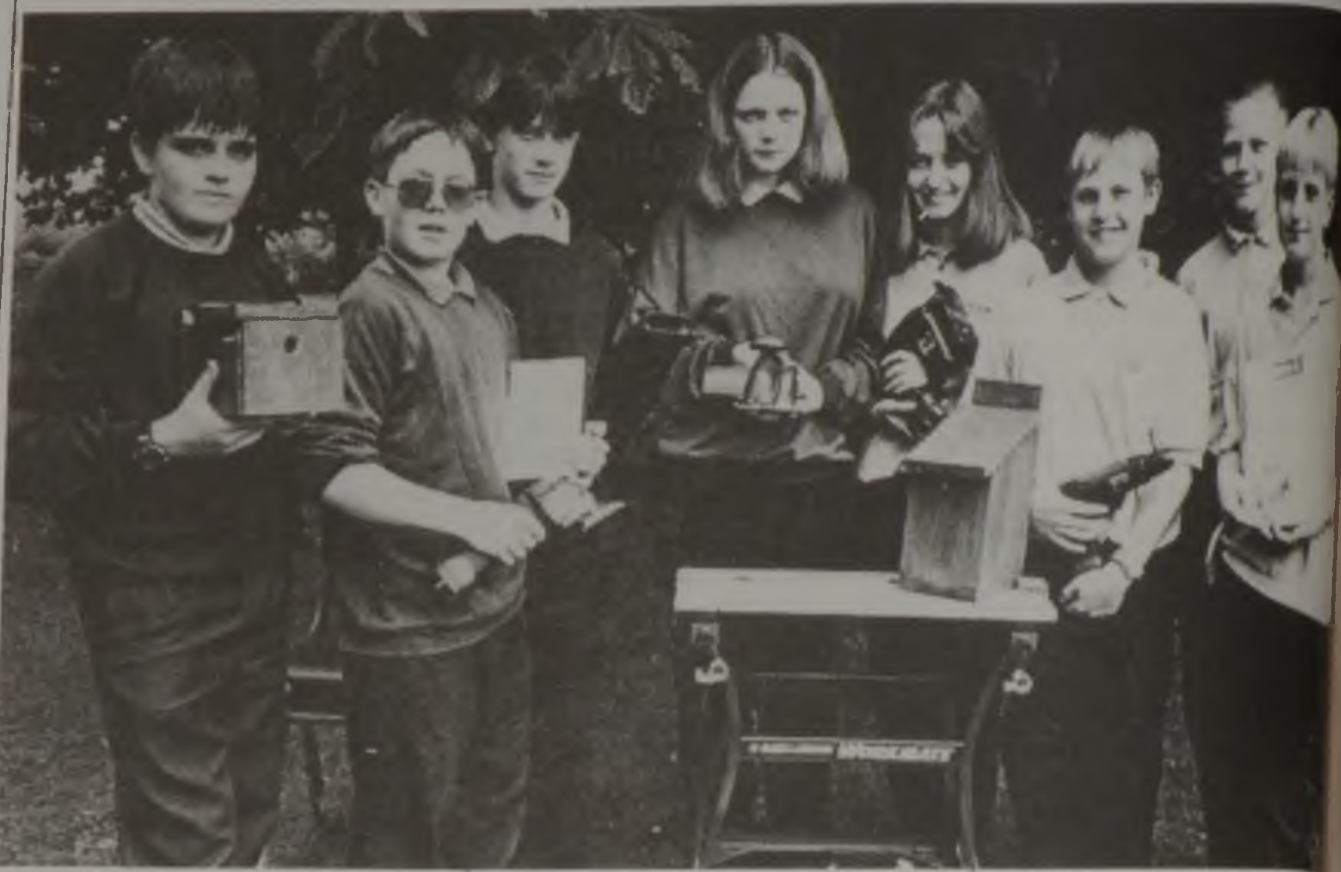
Roof that slopes

Mr T. Fletcher has been given planning approval by Teesdale Council to construct a pitched roof in place of a flat one over the kitchen, bathroom and lobby at Folly View in Butterknowle.

Warrant issued

Teesdale magistrates issued an arrest warrant on Wednesday for Mark Russell, 21, of Centenary Avenue, South Shields. He was convicted of driving without insurance or an MOT but failed to attend court for sentence. He is now due to appear on 13th August.

Pupils win a challenge prize with their own special bird box leaflet



A team of pupils from Staindrop Comprehensive School won a first prize in a technology challenge for wildlife at Sunnydale School in Shildon.

Nicholas Holmes, Ellen Black, Nicola Dent and Clare Parkin had to produce a bird box and then promote it. A leaflet they designed was judged to be the best out of all the schools and each of the

students took home £5 for their creative efforts.

Nicholas, Ellen and Nicola are pictured with Simon Bulmer, Stuart Jackson, Daniel Bailey-Withers, Greg Robinson

Defer deliveries

Keep your mail safe while you on are holiday is the latest message to Teesdale people from the Royal Mail.

Letters piling up behind the door is an obvious sign that a house is empty but a new service, Keepsafe, is on offer to stop that happening. Domestic customers can ask Royal Mail to keep hold of letters and packets for up to two months while they are away. Postmen will deliver all the items when holidaymakers return. A charge of £5 keeps mail safe for the average holiday of two weeks, rising to a maximum of £15 for two months.

Keepsafe leaflets are available from post offices or by calling customer services on 0345 740 740.

Driving offences

Michael Joseph Corrie, 42, of Surtees Street, Darlington, admitted driving while disqualified and without insurance when he appeared at Teesdale Court on Wednesday.

Magistrates were told that police stopped his Ford Escort on the A66 near Bowes. They adjourned his case until 6th August for reports and gave him unconditional bail.

and Richard Harris who formed another team in the competition. Clare Parkin was in a winning team but was not present for the photograph.

The event was sponsored by Black & Decker and each participating group took home a set of work tools and a workbench for their school. They heard a talk on manufacturing and wildlife and got a brief design and make a box for a bird species of their choice.

The Staindrop pupils decided to build one for blue tits and sparrows. They named the sparrow sanctuary. They also produced a leaflet and video to promote their project.

They told the Mercury they enjoyed their day at Sunnydale and were delighted to have a chance to take part. They extended their thanks to Mr Malcolm Bowman of Black & Decker, the RSPB and their teacher, Mrs Alyson Carr.

The students were not the only ones to impress the judges. Greg's father, William Robinson, was second in crafts challenge for parents.

Right man for small firms

Mr John Clark has taken a position as business banker to small businesses at Barclays Bank in Barnard Castle. He joined Barclays eight years ago and says he is looking forward to meeting present customers and to attracting new business.

Church resounds to violins and organ

A series of summer concerts at St Mary's Church, Gainford, continued with a performance by Richard Aylwin, principal violinist with the BBC Symphony Orchestra, and his wife Ruth Hudson, also a member of the orchestra. The organist, whose father lives in Ingleton, was Ian Clethero.

The concert opened with Handel's sonata in Bb Opus 2 no 4 in which the well-known last movement danced along. Ian Clethero next played Franz Lizt's transcription of the Pilgrim's Chorus by Wagner which made exciting listening on the church's Brindley organ. Vivaldi's concerto in A Minor completed an entertaining first half.

Purcell's Golden Sonata began the second half, followed by a thrilling transcription of Finlandia by Sibelius, played again by Ian Clethero. The programme ended with Bach's double concerto, followed by an encore of Bach-Gounod Ave Maria. The concert was in aid of the Voices Foundation's Primary School Music Education programme in County Durham.

A minor error

Andrew Lee Powell, 22, of Hetton-le-Hole, had his case adjourned by Teesdale magistrates on Wednesday because of a minor error in police records. He is charged with driving without a licence or insurance and is now due to appear on 6th August.

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