

Nene Valley

NEWS

Your local independent community newspaper for East Northamptonshire

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so please submit your
news story or event at
www.nenevalleynews.co.uk

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In Brief

Together for Cransley

Raunds Ukulele Orchestra and A Different Direction Choir are proud to announce their first joint concert in aid of Cransley Hospice. The two Raunds based groups will be performing under the direction of Chris Gammon at the Saxon Hall on Saturday 12th March at 7pm. The focus of the evening is to raise as much money as possible for Cransley Hospice. Tickets are £7 each and on sale from late January. Tickets are available from Raunds Post Office, from either of the groups, or by phoning 01933 626113.

More than one-quarter of smoke alarms fail in Northants house fires

Northamptonshire Fire and Rescue Service are urging people to remember to regularly test their smoke alarms as figures show a large number of failures.

In the financial year 2014-2015, more than one quarter of smoke alarms failed to operate in Northamptonshire house fires.

There were a total of 419 house fires, in which 253 alarms were fitted, but 68 of these failed to work.

These figures emphasise the need to remind people about the importance of testing smoke alarms regularly.

This reminder coincides with the launch of a national, Fire Kills advertising campaign, launched by the Department for Communities and Local Government (DCLG).

This advertising campaign will run for one month, at a time of year when there is normally an increase in fire-related emergencies and deaths, compared to the rest of the year.

Nationally, there were more than

160 deaths from accidental fires in the home last year. By simply testing smoke alarms, many more lives could be saved.

The adverts will feature friendly smoke alarms, which will tell the public to make time for their home's 'unsung heroes' by testing their alarms once a month.

A working smoke alarm can buy you valuable time to get out, stay out and call 999. But only half of all householders who own a smoke alarm say that they test if it is working on a regular basis.

Area manager Mark Ainge, of the Northamptonshire Fire and Rescue Service and Northamptonshire Police Prevention and Community Protection Department, said: "The chances of surviving a house fire are greatly increased when a working smoke alarm is present.

"Unfortunately, so many people either fail to install smoke alarms or neglect to test the battery life in the alarms. It takes seconds to test a smoke alarm and, if it is working properly, it can give you valuable minutes to escape your property before a fire becomes too widespread. Families and individuals should make sure they make testing their

smoke alarms part of their household routines."

Make sure your smoke alarm is working in three easy steps:

- 1 Test your alarm by pressing the button once a month.
- 2 Change the batteries once a year if your alarm has removable batteries.
- 3 Clean the alarm's casing twice a year to ensure dust isn't blocking the sensor.

Remember:

- Whatever happens, never remove the batteries in your smoke alarm unless you are replacing them.
- Make sure that everyone in your home knows what to do in a fire and knows your escape route.
- For more information, visit the Fire Kills campaign's Facebook page at www.facebook.com/firekills
- Smoke alarms can be installed for people by Northamptonshire Fire and Rescue Service as part of Home Fire Safety Checks, which are carried out at the homes of people who are less able to help themselves or who are seen as at risk. An assessment form can be filled out by visiting www.northamptonshire.gov.uk/en/councilservices/fire/fireandrescue and clicking on the Home Fire Safety section. Those without internet access can call 0300 126 1000 (option 5) and speak to someone at the Customer Contact Centre who will fill in the form over the phone.



Village Hall Teas return

King's Cliffe Village Hall Teas are back for the New Year, starting on Sunday 17th January and running every month on the third Sunday until 17th July. The hall will be open from 2pm with 'last orders' at 4.30pm.

Whether you come with friends and family or on your own there's time for a chat with others who come. The Book Corner will be open again and a good selection of homemade preserves will be on sale. Access to the Village Hall on foot is via Eagle Lane off West Street (beside the 'Kingscliffe Local' shop); or by car via Orchard Lane.



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Kick-start your year with a National Trust winter walk in Northamptonshire

Burn those Christmas calories by getting out and about on a winter walk at National Trust places across Northamptonshire.

There are miles of pathways to enjoy offering people the chance to get out and about in the fresh air and take in the beautiful surroundings.

The excitement of Christmas may be over but now is the perfect time to try out those new walking boots or a new camera and capture family moments or stunning landscapes on an invigorating winter walk.

Andy Beer, Director for the National Trust in the Midlands said: "Whether you want to get fit, spend time with family, or just admire the beautiful countryside; welcome in the New Year with a visit to your local National Trust place.

"Why not mull over this year's resolutions while rambling along wooded paths or through country gardens; or get the children planning which '50 things to do before you're 11 ¾' activities they're going to complete in 2016.

"Even if it's grey outside, just wrap up warm, pull on your wellies and plan your adventure."

The special places the National Trust looks after are packed full of walking trails and great views that look even better with a dusting of frost.

Lyveden is one of the best places to walk in Northamptonshire to put a spring in your step during the cold winter months.

The Lyveden Way is a true taste of Northamptonshire, including sheltered woodland, open fields, attractive wildlife and pretty villages. It begins at the Fermyn Woods Country Park, home to fallow deer and even a few rare red kites. On its journey, the route passes through Lyveden, an intriguing Elizabethan lodge and moated garden. The

Cottage Tearoom is an excellent location for a welcome break and some refreshments before setting off once again towards the village of Wadenhoe.

Visit www.nationaltrust.org.uk/midlands to find a winter landscape to explore.



Winter walk
©National Trust
Images/Chris Lacey

Editor's notes

Another year begins and doubtless New Year's resolutions are already being put to the test! Like so many other traditions, the New Year's resolution is rooted in religious beliefs; the Babylonians made promises to their gods at the start of each year that they would return borrowed objects and pay their debts and the Romans began each year by making promises to the god Janus, for whom the month of January is named. In Medieval times, knights took the "Peacock Vow" at the end of the Christmas season each year to re-affirm their commitment to chivalry. Apparently, the most common cause of failure to observe resolutions is setting the bar too high, aiming to achieve something particularly difficult if not impossible. After a season of good cheer for most of us, it should be relatively easy to cut back on the eating and drinking options so long as you don't seek to achieve your goals too quickly or set those improbable targets. On the subject of drinking, you'll have seen that the government has issued new guidelines about the maximum quantities we should be consuming. It seems

that the old unit guidelines had not been reviewed since 1995 and the UK Chief Medical Officers have recently found that there is significant new evidence on effects of alcohol that was not available at that time. The alcohol limit for men has been lowered to be the same as that for women and the Chief Medical Officer's common guideline is that you are safest not to drink regularly more than 14 units per week but if you do drink as many as 14 units per week it's best to spread this evenly across the week (but what about having at least three dry days?). The national press latched onto a statement that the only safe option is not to drink at all and the additional confusion about whether small amounts of wine can combat certain types of illness. Personally, I find it difficult to imagine not having a social drink or two; but then when I was younger I found it difficult to imagine life without playing football and then later running. Of course other things compensate for the absence of these seemingly so important activities. Now what are you going to volunteer for in 2016? Perhaps the article on page 3 will appeal.

Genealogy jottings

Ascites, Phthisis, Senectus, Vulnus Sclopeticum. No, not a spell from Harry Potter, but causes of death that you might find on your ancestors' death certificates. Not only do we have Latin to contend with but ancient terms were also used. I have an article on my forum that explains what some of them were but a dictionary of old medical terms would not go amiss.

Remember, if you find that a clutch of your ancestors died all around the same time, then it is worth looking at the local social history to see what was happening then. It could be that there was an epidemic. For example, the 1918-1920 influenza pandemic killed up to 100 million people worldwide. On a more local scale, 1801 saw a scarlet fever epidemic hit Northamptonshire, whereas diphtheria killed two of my Great Grandmother's sisters in Kent within two months of each other.

It was not until 1929 that Alexander Fleming discovered penicillin, and antibiotics did not start to become widely used until as late as the 1940s. What would kill someone back 100 years ago would probably have much less of

an impact nowadays – if treated swiftly. Also, although infirmaries were becoming more widespread, many people would not visit them as they were run by the Parish Unions and so were part of the Workhouse complex. The old infirmary for Oundle Workhouse is Fletton House. If you visit the Hub for a cup of coffee – or any of the other rooms to take part in the activities there – think back to how imposing that building would have been. Many times only the really desperate would have attended.

Oh yes – before I forget: Ascites was an abnormal fluid collection in the abdomen. This was often caused by liver disease, especially secondary cancer, but could result from heart or kidney failure; Phthisis was another name for Pulmonary Tuberculosis (TB of the lungs); Senectus was Old Age and Vulnus Sclopeticum was gunshot wound!

By Jan Pearson
Genealogy Specialists, Tracing Our Past, Discovering Our Genes (TOP DOG)
www.genealogy-specialists.com

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ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14
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BARNWELL)
(TEMPORARY PROHIBITION OF THROUGH
TRAFFIC) ORDER 2016**

NOTICE IS HEREBY GIVEN that Northamptonshire County Council intend, not less than seven days from the date of this Notice, to make an Order the effect of which will be to prohibit traffic from proceeding along those lengths of Mill Road, Oundle and Barnwell Road, Barnwell as set out below.

LENGTHS OF ROADS TO WHICH RESTRICTION APPLIES: Those lengths of Mill Road, Oundle and Barnwell Road, Barnwell from South Road for a distance of 380 metres southwards.

REASONS FOR RESTRICTION: The restriction is required for installation of a new main, sluice valves and associated works.

PERIOD OF CLOSURE: The proposed Order will come into effect on 9th February 2016 and will continue in force for a period of eighteen months. An application may be made for the approval of the Secretary of State for Transport for the Order to be extended if this proves necessary. However, the restriction specified will have effect only at such times and to such an extent as is indicated by the display of signs prescribed by the Traffic Signs Regulations and General Directions 2002.

EXPECTED DURATION: It is expected that the roads will be restricted until 8th March 2016.

ALTERNATIVE ROUTES: use West Street, Market Place, North Street, Station Road and A605.

Dated this 16th day of January 2016
QUENTIN BAKER, Director of LGSS Law
PKG/T16/027
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Make a New Year's resolution to sign up as an emergency response volunteer

Emergency response organisations in Northamptonshire are asking people to consider making a New Year's resolution to play a vital role in their area.

The Northamptonshire Emergency Response Corps (NERC) is a community organisation that brings together the various agencies involved in emergency response in the county, and volunteers play a vital role.

NERC's members include the Northamptonshire 4X4 Response Team, Northampton Emergency Aid Team and Northants Search and Rescue, which are all staffed by volunteers.

One of these volunteers is Vicky Davey, who joined the NERC a year ago after reading a local newspaper article about its work.

She said: "I pictured the numerous times our county has flooded and the many families stranded with no help in sight. I wanted to step up and help but I didn't know how, so I went along to a volunteers evening and it all went from there."

"Becoming an NERC

volunteer is incredibly rewarding and I am honoured to tell people that I am always there in time of need. There is no experience needed, all training is free and the managers and leaders are there to support you."

Volunteers like Vicky take part in training exercises to test emergency plans and will be called upon in times of a real emergency situation such as flooding or large-scale evacuation. Their roles could include staffing reception centres, delivering supplies to those involved in a recovery effort or answering calls on a helpline.

Cllr André González de Savage, county council cabinet member for strategic infrastructure, economic growth and public protection, said: "The development of The Northamptonshire Emergency Response Corps should provide reassurance to people across the county that we are continually testing and

improving our emergency response plans should the worst happen.

"The recent floods in Cumbria are a reminder to us

all of the importance of working together to help those in need when disaster strikes and we can all play a part.

People can be prepared by planning an escape route from their home in the event of an emergency, and having a grab bag packed and ready.

"We're also looking for

volunteers to join the NERC and play a greater role in making sure

Northamptonshire is better prepared for a major incident."

Volunteers don't need to commit a minimum amount of time a month, they just need to be on-call when they can.

They will also receive regular

training, information and support to maintain their skills and knowledge.

Further details about the Northamptonshire Emergency Response Corps and the volunteer roles available can be found at www.northamptonshire.gov.uk/getinvolved.

Hefty fly tip fine for Rushden resident

An East Northamptonshire resident has been fined over £1,000 for a fly tipping offence in Rushden.

In May 2015, officers from the waste team at East Northamptonshire Council (ENC) were called to attend a fly tip found at Ditchford Lakes. Officers found 12 sacks of household waste containing food and dirty nappies.

The waste was traced back to Courtney Upshall of Rushden, who was then given several opportunities to explain how the sacks got there.

Unfortunately, Ms Upshall refused to give information about this environmental offence and did not return any of the documents or reply to ENC.

On 5th December 2015, Ms Upshall

pleaded guilty in court to failing to comply with a notice served under the Environment Act and was fined a total of £1,115.

Charlotte Tompkins, Waste Manager at East Northamptonshire Council, said: "If you receive any letters from ENC requesting information relating to an offence of fly tipping, it's important to reply as failure to respond is also an offence under the Environment Act. ENC has a zero tolerance policy on any matters of environmental crime and residents and businesses may be liable for a conviction and fine if they do not respond."

You can help. If you see somebody fly tipping, please report it at www.east-northamptonshire.gov.uk/flytipping or by calling 01832 742026. The more information you

can give, the better chance ENC has of prosecuting so, if you can, please include:

- The time and date of the incident
- The location of the incident
- A description of the person/s involved (e.g. sex, height, age, build)
- A description of the vehicle used (registration number, make and model, colour)
- A description of the waste being fly tipped (quantity and type of waste)



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GREAT NEWS for all our readers looking for something fun to do over the next few months! Our current class is full but we are now taking enquiries for our next part-time Art Class, which starts soon. This is a new 14 week part-time art class (once a week for 3 hours).

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and secrets needed to create beautiful pieces of art.

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By the end of the course, students have created a minimum of 8 pieces of their very own original art they can enjoy forever, from simple still life and flower studies to beautiful countryside landscape scenes.

Young at Heart

This course is a brilliant way to learn new skills you will be able to enjoy forever. It is also a great way of meeting new friends and to have a fun experience you will always remember and cherish! It is open to adults of all ages.

Meet New Friends, Learn New Skills

This part time course is over 3 months, so will give you plenty of time to master your new hobby.

Limited Places

To maintain a high standard to our classes and the tuition you will receive, classes are kept to small numbers - so places available are limited! We recommend that if you are interested you call us now for details.

FOR INFORMATION ON DATES, COURSE FEES AND BOOKINGS, CALL NOW ON 01832 273 749

SA0257-15

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Brian Conley
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Spotlight on Rushden

Dantas Photography

How will you remember 2016? Will it be the year you change your career? Pop the question? Tie the knot? Start a family? Whatever 2016 has in store for you, it's so important that you capture those events.

Time moves quickly and memories fade, but photographs can keep those precious moments fresh for a lifetime.

Pedro and Isabel Dantas have been together for 19 years and their shared love of photography has been a part of their story since they met. They now find great joy in sharing the happiest times of their clients, photographing engagements, weddings, 'bumps' and babies. They opened their studio and shop, Dantas Photography, in Rushden High Street in June 2014 and really love being part of the heart of Rushden. "The community spirit in Rushden is really impressive," says Isabel. "People here are so friendly and there is a genuine warmth."

"2016 is full of opportunity," says Pedro. "We are looking forward to challenges and celebrations and getting some great pictures!"

New shoes for spring and summer arriving daily at DB Shoes

DB Shoes Ltd has not one, but two shoe shops that are open to the public and located next to the company's headquarters at 19-21 Irchester Road, Rushden, and at this time of year new spring and summer styles for ladies, men and children are arriving every day.

"The shop offers the most comprehensive range of men's and ladies' shoes in the area, including shoes, sandals, boots and slippers – all in a wide variety of colours and styles", said MD Charles Denton.

Factory store opening hours are 10am to 5pm, Monday through Saturday and from 10am until 4pm each Sunday.

If you have wide or swollen feet, then you may want to visit the DB specialist fitting centre and shop, downstairs and right next door, which stocks a huge range of styles in many colours and sizes. At this store, DB Shoes focuses on accurately measuring your feet and finding the 'perfect fit for wider feet', to ensure maximum comfort whichever shoe you choose.

"We know how difficult it can be for people with wider feet to find the correct fitting shoes in high street stores," commented Charles, "so we have our own centre, allowing them to try several styles in comfort and providing them with expert help in finding exactly the right size and fit."

The company offers width fittings of EE, 4E, Variable fit, 6E and 8E. All styles have padded ankle support, a lightweight sole, smooth internal seams, and a deep toe box for extra comfort.

Fitting centre opening hours are from 10am to 4pm, Monday through Saturday.

Nene Valley News readers can claim 10% off any purchase in either store, by quoting code NN2614. For further information please call 01933 410305.

There's still time to switch, save and smile with new scheme

Homeowners and tenants have until 1st February to save money on their energy bills with the latest collective switching scheme.

East Northamptonshire Council (ENC) has teamed up with leading collective switching expert, iChoosr, to take part in the Big Community Switch in a bid to help you get a better deal on your gas and electricity.

ENC's free scheme, known as 'Switch Save Smile,' invites you to join forces and pay less for your gas and electricity. The more people who register, the greater the chance of getting a competitive energy deal.

In February, energy suppliers will be invited to take part in the auction to bid against each other to offer the best deal.

The cheapest tariff offered will win, and everyone registered for the scheme will then be sent details of how much money they could save, together with a no-obligation offer to switch. An average of £300 was saved per household in iChoosr's last auction.

The process is very simple:

1. Register – Anyone who pays a household energy bill can register for the scheme, even if you don't live in East Northamptonshire. The quickest and easiest way to register is online. You need your annual energy statement (or any other gas/electricity bill) for information about your existing tariff and consumption. Registration must be completed by 1st February.
2. Consider the offer – The supplier who puts

forward the cheapest tariffs gets to offer you a new contract. You will receive a personal offer, tailored to your household, which will show you how much money you might save.

3. Make a decision – You have plenty of time to decide whether you want to switch or not. You do not have to accept the offer. If you do accept, iChoosr will take care of the entire switching process.

ENC Leader, Steven North, said: "The Big Community Switch is a hassle-free way of making sure you're getting a good deal from your energy supplier. Lots of people haven't got time to compare tariffs or find the whole process quite daunting. But with iChoosr all you need to do is register, which takes less than 10 minutes, and then let them do all the hard work for you."

Karen Pell, Interim Environmental Protection Manager at ENC, added: "130 households have registered so far and I'd like to see even more people making the most of this opportunity. The greater the sign up, the greater the savings could be. I've registered and I'm excited to find out just how much we could all save!"

For more information and/or to register, please visit www.east-northamptonshire.gov.uk/smile or call 01832 742121.

Sign up sessions will be held in Thrapston, Oundle and Irthlingborough for people who would like face-to-face help. Anyone can drop in to register at:

- Thrapston Library, 19th January, 10am–12noon

- Oundle Library, 20th January, 10am–12noon
- Irthlingborough Library, 20th January, 1–3pm

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market town centre and the River Nene, perfect for a lunchtime stroll.

If you're interested in this great opportunity

and would like more information, please contact David Bennett on 01832 742134 or dbennett@east-northamptonshire.gov.uk



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East
Northamptonshire
Council

Notice of planning applications received

Notice is given that the following applications have been received together with the last date for making representations:

- Aldwinckle**
15/02202/FUL (30/01/2016) (Info) Conversion and extension of garage to create detached dwelling with integral double garage at 110 Main Street Aldwinckle NN14 3EP
- Ashton**
15/02165/LBC (06/02/2016) (Art8) (LBRegs) (LB/CA) Removal of vegetation from the bridge associated with the mill. Removal of gravel/concrete over the two bridge arches, creation of a concrete saddle to strengthen the arches, and resurfacing. Dismantling and rebuilding of the spandrel wall if required (condition to be assessed following devegetation) at Ashton Mill Oundle Road Ashton PE8 5LB
- Fotheringhay**
15/02217/VAR (06/02/2016) (LB/CA) Variation of condition 3 - provide additional pair of garage doors to south elevation and alter driveway to provide access in accordance with drawing 1007-09A pursuant to planning permission 14/00744/FUL dated 24.7.14. Proposed garages, workshop and annexe extension to dwelling including change of use to residential curtilage at Woodlands Main Street Fotheringhay
- Glaphthorn**
15/01981/FUL (30/01/2016) (Info) Proposed removal of existing buildings and erection of proposed miscanthus storage building at Buildings At Manor Farm Cotterstock Road Glaphthorn
- Harringworth**
15/02027/FUL (30/01/2016) (Info) Convert existing barn and outbuildings to single dwelling with associated access and detached garage at The Bungalows Wakerley Road Harringworth
- Higham Ferrers**
15/01867/FUL (30/01/2016) (Info) First floor extension to create storage area, office and spray booth with flue at 37 York Road Higham Ferrers NN10 8HZ
15/02203/FUL (30/01/2016) (Info) Single storey extension to house at 16 Celtic Close Higham Ferrers NN10 8NX
- Irthlingborough**
15/02198/OUT (06/02/2016) (Art8) Outline: Demolition of existing football stadium and associated infrastructure and erection of new retail and leisure development including retail (A1), foodstore (A1), cinema (D2), hotel (C1), restaurants (A3/A5) and new community football facility along with access and parking (All matters reserved except access) (Re-submission of 14/02310/OUT) (see also 15/02199/OUT) (application accompanied by Environmental Statement - EIA) at
- Nene Park Station Road Irthlingborough**
15/02199/OUT (30/01/2016) (Info) Outline: Redevelopment to create car parking spaces in conjunction with the wider mixed use proposal on the surrounding site (all matters reserved except access) (see also 15/02198/OUT) at Five A Side Pitch Diamond Way Irthlingborough
- 15/02238/FUL (06/02/2016) (LBRegs) Change of use and internal fit out to form dental surgery at Studio 4 Diamond Business Centre Attley Way Irthlingborough NN9 5QF
- 15/02246/FUL (30/01/2016) (Info) Conversion of former factory to 6no flats with amenity space at 88 Finedon Road Irthlingborough NN9 5TZ
- 15/02240/LBC (06/02/2016) (LB/CA) (LBRegs) Change of use and internal fit out to form dental surgery at Studio 4 Diamond Business Centre Attley Way Irthlingborough NN9 5QF
- 15/02246/FUL (30/01/2016) (Info) Conversion of former factory to 6no flats with amenity space at 88 Finedon Road Irthlingborough NN9 5TZ
- Kings Cliffe**
15/02275/FUL (06/02/2016) (LB/CA) Proposed construction of new dwelling at Land Adjacent 45 West Street Kings Cliffe
- Nassington**
15/02153/LBC (06/02/2016) (LBRegs) Side extension to replace lean to and reconstruction of garage at 61 Station Road Nassington PE8 6QB
- Oundle**
15/02174/OUT (06/02/2016) (Art8) Outline: Up to thirteen dwellings and associated infrastructure (all matters reserved except for access) at land rear of Abbott House and 1 - 3 Glaphthorn Road Oundle
- 15/02189/LBC (06/02/2016) (LBRegs) Interior alterations to include new bathroom and kitchen facilities, new services, new staircase and general upgrade of an inhabitable dwelling including sound and thermal insulation at 5 Mill Road Oundle PE8 4BW
- 15/02228/FUL (06/02/2016) (LB/CA) Single storey rear extension at School Yard House 5 Auction Mews Oundle PE8
- 15/02251/FUL (30/01/2016) (Info) Proposed front and rear single storey extension and internal alterations to existing bungalow at 6 Rockingham Hills Oundle PE8 4QA
- 15/02261/FUL (30/01/2016) (Info) Single storey front extension to link garage to dwelling at 7 Rockingham Hills Oundle PE8 4QA
- 15/02269/FUL (06/02/2016) (LB/CA) Extension and internal alterations at 18 Market Place Oundle PE8 4BQ
- 15/02270/LBC (06/02/2016) (LBRegs) Extension and internal alterations at 18 Market Place Oundle PE8 4BQ
- Raunds**
15/02132/FUL (30/01/2016) (Info) Proposed first floor/ground floor side extension and conversion of garage to
- double playroom at Jackdaw 11 Streather Court Raunds NN9 6DR
- 15/02187/FUL (30/01/2016) (Info) New highway access and detached double garage at The Willows House Brooks Road Raunds NN9 6NS
- 15/02194/FUL (30/01/2016) (Info) Proposed two storey side extension and single storey rear and porch extension at 6 Derling Drive Raunds NN9 6LF
- 15/02253/FUL (30/01/2016) (Info) Two storey side extension at 7 Windmill Avenue Raunds NN9
- 15/02268/VAR (06/02/2016) (Art8) Variation of condition 18 - approved plans altered to remove bin store in front of plots 25 and 26 pursuant to application 14/01854/FUL - 'Unused brownfield site being redeveloped for 29 dwellings including access and parking' dated 10.07.2015 at Avenue Agricultural Enterprise Road
- Ringstead**
15/02168/FUL (30/01/2016) (Info) Four bedroom detached dwelling with detached garage/store building at North Farm Land adjacent to 43 Back Lane Ringstead
- 15/02227/FUL (30/01/2016) (Info) Demolition of existing garages and construction of new detached dwelling at Garage Adj 13 Carlow Street Ringstead
- Rushden**
15/02152/FUL (06/02/2016) (LB/CA) Remove existing timber windows and replace with Upvc (Rosewood colour) windows at 8 Hamblin Court Rushden NN10 0RU
- 15/02211/FUL (30/01/2016) (Info) Loft conversion and insertion of dormer windows at 2 The Moorlands Hayway Rushden NN10 6EU
- 15/02220/FUL (30/01/2016) (Info) Demolition of garage, creation of parking area to front of dwelling, single storey rear extension and two storey rear and side extension at 54 Blackfriars Rushden NN10 9PF
- 15/02249/FUL (06/02/2016) (Art8) Rushden Lakes: Erection of a leisure building to include a cinema, restaurant and retail units and other leisure uses and erection of a cycle hire facility together with proposals for access, parking and servicing space, hard and soft landscaping and other associated works at land adjacent Skew Bridge Ski Slope Northampton Road Rushden
- 15/02274/FUL (30/01/2016) (Info) Erection of a single storey extension to create WC to ground floor at 3 Holly Road Rushden NN10 6AT
- 15/02188/OUT (30/01/2016) (Info) Outline: Residential development of 2no two bedroom dwellings (some matters reserved) at land rear of 42 Little Street Rushden
- Stanwick**
15/02190/OUT (30/01/2016) (Info) Single detached dwelling at Land Adjacent 51 West Street Stanwick NN9 6QY
- 15/02235/OUT (06/02/2016) (Art8) Outline planning application for up to 198 residential units with all
- matters reserved except means of access at land north of West Street Stanwick NN9 6QY
- Thrapston**
15/02183/FUL (30/01/2016) (Info) Demolition of existing garage and associated outbuildings and construction of seven residential properties and associated external works and access at 162 Oundle Road Thrapston NN14 4PQ
- 15/02212/FUL (30/01/2016) (Info) Change garage into habitable room (Retrospective) at 34 Tyler Way Thrapston NN14 4UE
- 15/02248/FUL (30/01/2016) (Info) Single storey front extension at 22 Scotney Way Thrapston NN14 4SA
- Titchmarsh**
15/02167/VAR (06/02/2016) (LB/CA)(Art8) Variation of conditions 11,15 and 22 of planning permission 14/01350/FUL (Erection of five market value and six affordable dwellings and bungalows) - alterations to parking provision/layout, minor elevational changes to plots 1 and 2 and altered window design to rear elevation of all plots at land north of New Brook Farm Islington Titchmarsh
- Significant applications**
All "significant" applications are highlighted in green. These are defined in the 2006 Statement of Community Involvement as those for:
- 100 dwellings and over
 - residential development of 3ha or over if number of dwellings not known
 - 1000 square metres of floor space or over
 - commercial/industrial development of 1ha or over if floor area not known
 - would, in the council's opinion, alter the overall character of the locality by means of scale, use or visual appearance
 - would, in the council's opinion, be sensitive due to substantial demolition in a conservation area
 - would, in the council's opinion, be sensitive due to development next to a listed building
- For more information on "significant" planning applications, visit www.east-northamptonshire.gov.uk/dcnotification
- The reason for applications being advertised is as follows:
- Part3 - Town and Country Planning (General Development Procedure) Order 2015.
Part16 - Town and Country Planning (General Development Procedure) Order 2015.
Info - Non-statutory - included for information only.
LB/CA - Planning (Listed Buildings and Conservation Areas Act 1990).
LBRegs - Planning (Listed Buildings and Conservation Areas) Regulations 1990.
Paul Bland, Head Of Planning Services
Dated 16 January 2016

Consultation deadlines will differ for each application. Please go to www.east-northamptonshire.gov.uk/planningapplications for details.

Oundle School ski adventure

In mid-December, 17 First-Third (Years 7-9) formers from Oundle School enjoyed a skiing holiday in Courmayeur.



Charlotte Jones (12) commented: "Our hotel was a short walk from the gondola up to the main ski area. Unfortunately there wasn't much snow on the resort where we were staying in Courmayeur, so for the first four days we skied at another resort called Pila, an hour down the valley, where there was enough snow to have a good time skiing and do exercises and tricks."

In addition to skiing pupils enjoyed ice skating, a pizza night, and shopping at a Christmas Market.

On Friday there was a presentation where instructors graded the pupils on how well they had done during the week.

Charlotte added: "Everybody improved really well, especially the beginners who were able to

do red runs by the end of the week. The instructors were called Anna, Freddie and Peter. The Interski instructors were very friendly. On behalf of all the pupils I would like to thank Dr and Mrs Holmstrom for taking us on this amazing trip."

Trip organiser and Biology teacher, Walter Holmstrom commented: "This was such an enjoyable trip despite the poor snow conditions. The pupils were enormous fun to be with both on and off the snow and worked very hard at improving their skills - so much so that more than half of them were awarded the highest Interski grade at the end of the trip. This was the final ski trip for Margaret and me before we retire and really brought home why we have enjoyed taking school trips throughout our time at Oundle."

Waitrose customers in Oundle support Volunteer Action



It was definitely the season of good will in Oundle as Waitrose customers kindly supported their local charity Volunteer Action. In total £266 was raised to support the service.

Manager of Volunteer

Action Carol Underwood said: "This money will go towards supporting local people to help them get to their medical appointments and maintain community links. It will also provide support for our befriending service that ensures

isolated individuals see a friendly face and can share a cup of tea and chat with a local volunteer. This time of year can be difficult for people who are on their own so I'm sure the extra support will be much appreciated."

Local cadets look forward

TS Collingwood Raunds went from strength to strength in 2015. The group has been accepted as a Registered Charity (1164775) as TS Collingwood Northamptonshire Independent Cadets. It took months of form filling and emailing back and forth, but we finally managed it, not an easy process. It should help us enormously when it comes to applying for funding. Any uniformed organisation who wishes to

find out more should contact us at co.collingwood@virginmedia.com.

Other activities included the Remembrance Day Parade and Armed Forces Day in Rushden. The cadets also enjoyed a trip to HMS Belfast, and Cadbury World (not very military, but who doesn't like chocolate!). This was managed with the help of a grant from Spire Homes.

TS Collingwood now has access to its own sailing boat, obtained with the help

of the Northamptonshire Community Foundation, and will soon be on the water, initially at Pitsford Reservoir.

Lots of things are planned for 2016 and we are looking forward to another successful year. We meet at Windmill Primary School Raunds on Wednesdays 6-8pm and we accept boys and girls aged 7-17. Maybe some of you will come along to see what we are about. Hope you all have a great 2016.

Weight Watchers arrives at Fletton House!

Over the years, I have tried every diet under the sun: Atkins, the Egg Diet, calorie counting – you name it, I have tried them all. But to no avail. In the summer of 2014, my weight had ballooned after I had been comfort eating following the early death of my Labrador. I was so unfit that, upon adopting a dog from the Labrador Rescue Trust, there was no way that I could keep up with him! A friend suggested that I join Weight Watchers and so I went along to the meeting in Thrapston, not expecting much. Well, 18 months later, I have dropped five dress sizes and feel fitter than I have in years!

I am so chuffed with this that I wanted to show people that it CAN be done – and

how to do it! So, I have become a Weight Watchers Leader and have taken over the meeting in Thrapston on a Thursday morning – along with Fletton House meetings in Oundle from 9:30am to 10:30am every Friday and Saturday.

Not only are there membership offers at the moment, but your GP or Practice Nurse can also refer you if your excess weight is holding your health back.

If you lose 10lb in your first eight weeks of membership, you even get your money back!

I look forward to meeting you.

Jan Pearson

JPearson@weight-watchers.co.uk

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Swivel Club prize winner announced

The Swivel Club Charity ran a Grand Holiday Raffle beginning last summer. By purchasing a £1 ticket entrants had the opportunity to win £2,000 worth of holiday gift vouchers, to be used to go to wherever and whenever they wanted, on a holiday of their choice. The Swivel Club volunteer Committee members braved the extremes of weather at numerous events, to be able to maximise the possibility of the wider community having the chance to win this one-off prize.

The draw took place at Rushden Bowls Club on Monday 28th December, where the Swivel Club held a fantastic night of entertainment with ABBA Revival and Back Beat with supporting disco. The event attracted over 450 supporters. Debbie Garner, the lucky winner, was in the audience when the draw took place. Debbie regularly attends Swivel Club events and purchased her winning ticket at the Counterfeit Quo

event in October. Further photos can be viewed on Swivel Club website.

Colin Wright said: "Thanks to all, for the support of our local community. Swivel Club sold £4,000 worth of Dream Holiday tickets, therefore this was a great opportunity for one of our supporters – a 'Dream Come True' holiday for the price of £1."

Debbie Garner who lives and works in Rushden said: "The family are taking their time in deciding what to do with this fantastic prize, but rest assured we will enjoy looking through lots of brochures to find a great holiday that suits us all."

The excess money made from this raffle has already been earmarked for a local person to enjoy more freedom with their mobility problems, as part of the group's aim of 'Turning Lives Around'.

Everyone is invited to go along to the Swivel Club's upcoming events throughout 2016.

Go head over heels to Oundle!



This February, why not go wild and enjoy a Blind Date with a Book? From 6th February (National Libraries Day) until 14th February (St Valentine's Day) participating shops in Oundle will be giving away free 'mystery' books for you to take home and enjoy. The books will be plain-wrapped with only a small clue about what's inside – so you might pick up a book on gardening, philosophy, or the First World War; or maybe a gripping detective novel or a literary classic. There will be books for adults, teenagers and children, and while you can choose the genre that interests you, that's all you'll know until you've unwrapped your parcel at home.

The Blind Date with a Book scheme is being organised by the Friends of Oundle Library, and of course mystery book parcels will be available from the library too. The aim is to encourage people to try new authors and books they might otherwise not normally read.

"We wanted to celebrate National Libraries Day this year by taking something of our library into the town centre," said Friends' Chair, Ann Guy. "We've wrapped books that would otherwise be going into our spring book sale, and we hope people will join in the



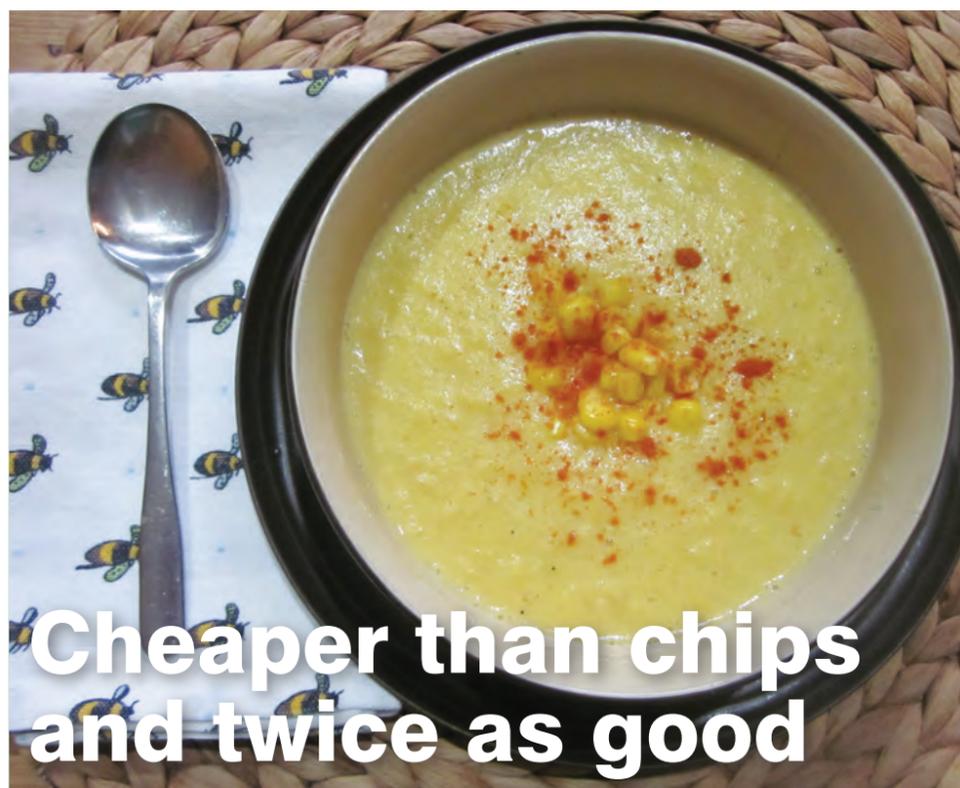
fun and take pot-luck with a parcel!"

As an added bonus 10 books will contain special Prize Tickets, offering a free one-month membership to the Friends' Film Club. Lucky winners will be able to borrow as many DVDs as they like (one at a time) from the Friends' Film Collection at Oundle Library, which has hundreds of DVDs ranging from cinema blockbusters to foreign language films and classic movies.

The Friends' Film Collection is the archive of films shown at Oundle Cinema and village cinema screenings over the last few years. The DVDs were generously donated to the Friends by Oundle Cinema and are available to borrow from the library. To view the catalogue visit www.friendsofoundlelibrary.org.uk

Participating shops in Oundle include:

- Asha's Inspired Living
- Cotton's Shoe Shop
- The Barn Garden Centre
- Judith Day Opticians
- Brew Babu
- Milestone's Florists
- Cafe Bar at No. 4
- The Oundle Candy Company
- The Coffee Tavern
- Oundle House Dental Practice



Cheaper than chips and twice as good

Spicy sweetcorn soup

Now that the festive season has been consigned well and truly to the recycling bin, we're left with the dark days of winter to count the pounds we've gained and the pounds we've spent.

Comfort food is just the thing – this warming soup is cheaper than chips* with a bit more nourishment to get you through to spring: onion, garlic and chilli help ward off coughs and colds; whole milk (not skimmed) helps maximise vitamin and calcium absorption; insoluble fibre and liquid wake up a sluggish digestive system!

Serves 3 to 4.

Ingredients

- 250g frozen sweetcorn 30p
- 1 onion 8p
- 1 medium potato 2p

- Knob of butter 2p
- 1 clove garlic 3p
- 250ml whole milk 22p
- 1 chicken stock cube 8p
- 1 teaspoon Harissa paste 9p
- Seasoning
- *Generous portion of soup 28p, small portion of burger chain fries 89p

Dice the onion then cook in butter until soft and golden. Add the garlic and Harissa (or chilli flakes)



By Catherine Burbage

and cook for a minute longer. Peel and dice the potato into small cubes; add this with the stock cube and 250ml of boiling water to the pan. Simmer for 5 to 10 minutes until the potato is soft. Add the sweetcorn and milk and bring to a gentle simmer. Adjust seasoning to taste. Liquidise the soup (or leave as it is if you prefer) and serve.

If you'd like a particular ingredient or dish featured in this article, please email me: nenevalleyfood@btinternet.com

The drivers' numbers game

Driving tips supplied by your local Advanced Motorists Group.

A safe and happy New Year to everyone.

- 70 A new year means a fresh round of birthdays. If you attain 70 years of age your driving licence entitlement will expire. If you want to continue driving this entitlement will need to be renewed and every three years thereafter.
- 20 You MUST be able to read a vehicle number plate in good daylight from a distance of 20 metres (or 20.5 metres where the old style number plate is used) If you need glasses (or contact lenses) to do this you must wear them at all times when you are driving.
- 80 The alcohol level for drivers, in 100 millilitres of blood, in England and

Wales. As of 5th December 2014 Scotland has reduced this level to 50 to be in alignment with other countries.

Up to 23rd December 2015 69 people in Northamptonshire were arrested for exceeding this limit. This compares unfavourably with last year's figure of 58.

To be safe and not above the limit DO NOT DRINK AND DRIVE.

For more information visit www.corby-advancedmotorists.org, Facebook: [corbyadvancedmotorists](https://www.facebook.com/corbyadvancedmotorists) or on Twitter: [@corbyadvanced](https://twitter.com/corbyadvanced)

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February
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Mon 15 Behind the Scenes at the BBC
Tue 16 Liverpool
Tue 16 Liverpool FC Tour
Wed 17 Leamington Spa & Guide Dogs
Thu 18 London Museums
Thu 18 Shrek's Adventure
Fri 19 STEAM
Fri 19 McArthur Glen
Sat 20 National Railway Museum
Sat 20 York
Tue 23 Winter Mystery Tour
Thu 25 Ely Market

March
Tue 1 Spalding
Tue 1 Springfields
Wed 2 St Albans Market
Fri 4 Orchid Festival - Kew
Sat 5 Knit & Stitch Show
Fri 11 Letchworth
Thu 17 Banbury
Fri 18 John Massey's Garden
Wed 23 Winter Mystery
Fri 25 Vulcan Experience
Sat 26 London Museums/Free time
Sun 27 Easter Chocolate & Sealife Ctr

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Sat 28 May - *Sound of Music (B'ham)*

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For non – golfers

- Join as a social member. Free membership gives you a calm clubhouse to enjoy a lunch time get together with friends. Our special lunchtime 2 for £10 menu is available daily.

For more information please contact
Ellie Williams on 01933 418511 option 1

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www.rushdengolfclub.org

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Tuesday 8th to Saturday 12th March 2016

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Prices: Tues, Wed & Sat Matinee £14.50
Thurs and Fri £16.50
Saturday evening £17.50

December onwards:
Group of 10 at full price – 11th free!
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Weds 9th March Performance 'signed' for the hard of Hearing.

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Saturday 16th January Morning Walk Ramblers
Kettering Area
Welford, meet by church
10am start
Free
Josie 01536 524194
7 mile walk.

Saturday 16th–Saturday 30th January Old Oundelian Talent
Yarrow Gallery
Free
Old Oundelians will show their current work which highlights their breadth of talent.

Sunday 17th January Morning Walk Ramblers
Wellingborough/Kettering
Melchbourne, meet near pub
Start 10am
Free
Colin 01933 355565
8miles via Yelden, Shelton and Upper Dean.

Higham Ferrers Footpath Group
Saffron Road car park Higham Ferrers for car sharing
9.25am
Free
01536 483687
6 mile walk from Mawsley.

Whitefriars Church – Morning Service with activities for children and young people
Whitefriars Church at Whitefriars Junior School, Boughton Drive, Rushden NN10 9HX
10.15am
Chris Youngman 01933 551769
An informal church service open to anyone of any age.

New Year Walk
Irthlingborough Lakes and Meadows Nature Reserve
11am–1pm
Admission: £2
Louise 01604 774043, louise.tuffin@wildlifebcn.org
Join us on a stroll to explore the wonderful winter wetland wildlife of the reserve.

Monday 18th January Nene Valley Astronomical Society Fascinating Facts about Solar Eclipses talk by Sheridan Williams
Chelveston Village Hall
8pm
Visitors and Members welcome. £3 per person including tea/coffee and biscuits.
Steve Williams 01933 650331 or email: chilternastro@yahoo.co.uk or Mrs Peta Jellis 01933 356914 or email: pej@petaj26.me.uk
How often do solar eclipses occur? When is the next one in the UK?

Next meeting of Higham Ferrers WI
The Adult School, Westfield Terrace, Higham Ferrers
2.15pm
Olga Earl 01933 412848
We will be having a relaxing afternoon with tea if you fancy coming along to see what we have planned for 2016.

Thursday 21st January Discovery Walks: Kingscliffe & Fineshade
Meet in Wood Lane, Kingscliffe
2pm
£1.50
Contact: 01780 782747
4 mile walk

Quingo General Knowledge Quiz with a twist
Rushden Bowls Club
7.30pm for 8pm start
£12 for table of up to 4 people
Contact Susan superduch5@gmail.com or 0777 396 2347 for booking, essential.

Lunchtime Concert – Performance by Upper Sixth Form cohort
St Peter's Church, Oundle
1.15pm
Admission: Free / Lunch can be purchased
Concerts in this beautiful church setting in Oundle. Lunch is provided for £3.50.

RSPB Mid-Nene Local Group
Saxon Hall Raunds
7.30pm
Penny 01933 350404
Meeting is open to everyone, admission £3. Children free. Illustrated talk on Fighting for Birds by Mark Avery.

Friday 22nd January Wind Concert
Great Hall, Oundle School
7.45pm
Free
Please join Oundle School's finest wind players for an evening concert of vibrant music-making.

AFC Rushden and Diamonds Beetle Drive
Rushden Bowls Club, Northampton Road, Rushden NN10 6AN
7.30pm
Admission: £2
All Beetle Drive players are welcome.
For further details please contact Glenis on 07870 332606.

Rushden & District History Society
South End Junior School, Wymington Road, Rushden NN10 9JU
7.30pm

Members £1.50, non-members £2.50
Tel 01933 350038 for more information
David Fowler "The Rise, Fall, and Rise again of the Cardington Airships".

Saturday 23rd January Baby and Kids Nearly New Sale
10am–12noon
Entrance £1, kids free
Lots of stalls to browse! Refreshments available. Lots of preloved items (Toys, Clothes etc) at a fraction of the high street cost! To book a stall please call 07577701161 or email karen_aves@hotmail.co.uk

New Year Jumble Sale
King's Cliffe Memorial Hall
2pm
Admission: 20p
Sheila 07535 417687
Rummage through the Jumble and enjoy tea, coffee and cake. Proceeds to church funds.

Morning Walk Ramblers Kettering
Lampport meet near church
Start 10am
Free
Robert 07775 485618
7 mile walk

Sunday 24th January Morning Walk Ramblers Kettering
Barrowden meet by pond
Start 10am
Free
Tommy 01536 205260
7 mile walk via Shotley.

Sunday 24th–Sunday 31st January Hepburn Music Competition
Oundle School
11.30am–9.30pm
Admission free
Full programme available on www.oundleschool.org.uk/The-Arts-Music

Whitefriars Church – Holy Communion Service with activities for children and young people
Whitefriars Church at Whitefriars Junior School, Boughton Drive, Rushden NN10 9HX
10.15am
Chris Youngman 01933 551769
An informal church service open to anyone of any age.

Tuesday 26th January Pitsford School: Junior School Working Open Morning
9.30am
www.pitsfordschool.com
Tel: 01604 880306 to book your place.

Thursday 28th January Lunchtime Concert – Strings – Directed by Head of Strings Angus Gibbon
St Peter's Church, Oundle
1.15pm
Free / Lunch can be purchased
Concerts in this beautiful church setting in Oundle. Lunch is provided for £3.50.

Thursday 28th January Germinate training
Rushden Full Gospel Church, High Street South, Rushden
7.30pm–9.30pm
Matt Croxon 01933 411393

after 5.30pm
Start of a six-session course on setting up your own business or social enterprise.

Thursday 28th–Saturday 30th January Jack & The Beanstalk
Queen Victoria Hall, Oundle
7.30pm (Thurs/Fri), 3pm & 7pm (Saturday)
Admission fee: £8/£10
Oundle Box office 01832 274734
Traditional family pantomime featuring popular local actors, a live band, and a dancing cow.

Friday 29th January Friday Night with the Jazz Bands
St Peter's Church, Oundle
7.45pm
Admission: £15 for a table seat, £10 for a side seat.
Sue Thomas 01832 275438
Jazz, wine and cheese are part of the line-up of this superb and popular evening.

Film: Passport to Pimlico
Ringstead Village Social Club
Doors open 7.30pm film starts 7.45pm
Tickets £4
Tel: 01933 460373
Hilarious events when Pimlico declares independence. A nostalgic Ealing comedy.

Saturday 30th January Discipleship in Action Day
Corby Business Academy, Gretton Road, Corby, NN17 5EB
10am–4pm
Andrew Presland 01933 316927
How church members can serve their local community – three talks and a choice from 20 workshops.

Sunday 31st January Whitefriars Church – Morning Service with activities for children and young people
Whitefriars Church at Whitefriars Junior School, Boughton Drive, Rushden NN10 9HX
10.15am
Chris Youngman 01933 551769
An informal church service open to anyone of any age.

Higham Ferrers Footpath Group
Saffron Road car park Higham Ferrers for car sharing
9.45am
Tel: 01933 386839
6.5 mile walk from Rushden.

Every Monday Headway East Northants Craft Club
The Baptist Chapel, Meeting Lane, Irthlingborough
1.30pm–3.30pm
£1 admission
Claire Phillips 01933 652311, claire.phillips@headwayeastnorthants.org.uk
Informal, friendly group making small items for fundraising purposes (knitting/crochet/cards). Materials can be provided.

Titchmarsh Folk Dance Club
The Club Room, High Street, Titchmarsh NN14 3DF
8pm–10pm
£1 inc tea/coffee
Julie Bubbles 01536 726858 or email bubbles.folksinger@

hotmail.com
Country dancing from the 1600s to the modern, sociable and fun. No partner needed.

Oundle Ladies Running Group
Oundle pool car park
6.45pm
Jane Walker 01832 272898, janewalkercakes@icloud.com
All levels welcome. Come and give us a try, it's free.

Wesley Centre Art Class
Irthlingborough Methodist Church
2pm–4pm Monday
01933 650195
Experienced teacher, all abilities welcome.

First Monday of the month Oundle Wives
Methodist Church, Oundle
7.45pm
01832 272178
£3 for refreshments and raffle. New members very welcome. Friendly, social group.

Second Monday of the month Royal British Legion
Rushden Branch Monthly Meeting
Rushden Football & Social Club, Hayden Road, Rushden
7.15pm
Annual Fee £15
Jake Baker 07525 441267
Not necessary to have served in the Armed Forces to be a member.

Once a month on a Monday evening Woodturning Club
Hardwick Village, Nr Wellingborough NN9 5AL
7pm–10pm
Paul Lawman 01933 674260
Friendly woodturning club, established in 2000 to promote and develop wood turning skills in Wellingborough, Kettering and surrounding areas.

Every Monday and Thursday Oundle Bridge Club
Fletton House, Fletton Way, Oundle PE8 4JA
7pm Start
Tel: 01832 273044

Every Tuesday Coffee Stop
Rushden Mission Church, Wellingborough Road NN10 9TA
10am–12.30pm
Alan Richardson 01933 355302
A warm welcome awaits all, for a drink, snack and chat.

East Northants Classic Motorcycle Club
The Crown public house, Wellingborough
Meet around 7.30pm
No fee, just an interest in classic motorcycles. A warm welcome awaits.

Sling Walk
11am
Tel: 01933 410112
First Tuesday of the month there will be Sling Library at 10am prior to the walk. Second Tuesday meet at Rushden CC Hayway instead of Higham Ferrers)
One-hour walk with our kids in carriers. Bumps, buggies and walking siblings welcome, tea and coffee after the walk.

Every other Tuesday Hidden History: Talk, Coach Trip & Walks
Start from Raunds Library at 11am
Pick-up at Stanwick and Higham from 11.45am
Free coach, small charge for exclusive maps.
Return to Raunds by 2.15pm.
Booking Advised.
Susan 01933 461480
Suitable for all ages.

Second Tuesday of the month Tea Dance
Pemberton Centre, Rushden
Dancing to 'Music Box'
2pm–4pm
£3 per person including Tea/Coffee & Cake

Higham Ferrers Guided Tour
Groups of 6–24 people.
Trained guides
Tea and cakes an optional extra
01933 411191
Irene Hawkins – Tourism
Book a guided tour of this historic town.

Wildlife Trust Little Bugs Club
10am–11.30am
£1 per child (adults are free)
Louise Tuffin 01604 774043
louise.tuffin@wildlifebcn.org
A fun monthly session for under 5s and their parents to discover local wildlife.

50+ Adventure Club
Tel: 01536 505548 for further information or visit: www.fiftyplusnorthantsadventureclub.org.uk
Adventures and activities for the over fifties who want more from life. Informal pub evenings to find out what we do.

Second and fourth Tuesday of the month Social group for widows and widowers in their 50s and 60s
Rushden Bowls Club, Northampton Road, Rushden
7.30pm–9.30pm
£1 per meeting
Jayne 01933 315030 / Rose 01933 315756
Social group for widows/widowers in their 50s and 60s. Meals out, day trips etc.

Every Tuesday and Thursday Health Walks Stanwick Lakes
10am–11am
Free – normal car park charges apply.
01933 625522
www.stanwicklakes.org.uk
Regular walking can help improve your health. Join us in our regular walks.

Every Wednesday Dog Training and Socialisation and Ringcraft
Halefield, Woodnewton, near Oundle
Classes from 6.45pm
01832 293432, oundledogs@aol.com or www.oundledogs.co.uk
Dog training classes following the KC Good Citizen Scheme and Ringcraft. New members always welcome.

Continued on page 11



Continued from page 10

Rainbow Cafe for Tots

(aimed at up to age 5 and their adults)
Stanwick Lakes
10.30am–12noon
£2 per child – normal car park charges apply.
01933 625522
www.stanwicklakes.org.uk
Make new and exciting crafts then join Lisa from Music and Movement to play, sing and dance.

Club Night

Apethorpe Tennis Club
From 6pm
All standards welcomed.

Job Club

No.1 St Osyth's Lane, Oundle
We can help with CV writing, Application forms, Mock Interviews, Career change. Call in or by appointment 01832 770011.

Every Wednesday

(Term Time Only)

Community ICT Classes

Needham Building, Oundle School SciTec, Glapthorn Road, Oundle
2.30pm–4pm
Free computer classes for everyone.

Every Wednesday (except school holidays)

Allegra Singers –

Three-part ladies choir

Music room at King John School, Thrapston
7.30pm–9.30pm
£3 per session
Veronica 01832 732611 or 07753 472225
If you enjoy singing, come and join us in singing modern/show songs.
New members welcome.

First Wednesday of the month

Raunds Ladies Group

The Saxon Hall, Raunds
8pm–10pm.
Visitors £3.50
Guest speaker, refreshments.

First and third Wednesdays

Thrapston Country Dancers

St Johns Ambulance Hall
2pm–3.30pm
ghearnden@tiscali.co.uk
G Hearnden 01933 622827
All are welcome including beginners. All dances are walked through and a partner is not required. Further details please contact 01933 622827.

Second Wednesday of the month

Coffee Morning

Raunds Methodist Church
10am–12noon
01933 383378
A warm welcome to all for a drink, cake and friendly chat. Proceeds to church projects.

Second and fourth Wednesdays of the month

Northants Model Makers

Windmill Primary School, Raunds NN9 6LA
Main meeting starts 7.30ish
First couple of meetings free
Bob Humpage 07960 054405
modelmaker@tiscali.co.uk
Social based model building club open to all ages and levels of experience.

Third Wednesday of the month

Wellingborough Flower Arrangement Society

St Mary's Church Hall, Knox Road, Wellingborough NN8 1HU
7.30pm
£5
Chairman 01933 222326 or Secretary 01604 870275
Car park available.

Higham and Rushden U3A

Pemberton Centre, Rushden
2pm–4pm
£2 for visitors
Membership Secretary 01933 314425
Monthly speaker followed by beverages and mixing for social chat.

Wednesdays and Thursdays

Free Counselling

No.1 St. Osyth's Lane Oundle
By appointment
01832 770011
No.1 is able to provide professional counselling and a listening service to those in need.

Every Thursday

Rushden Folk Dance Club

St Mary's Church Hall, Rushden
8pm–10pm
First visit free, £2 per night thereafter
Val 01933 387327
Everyone will be made welcome, singles or couples.

The Silverfox Turners Club

Dale End Scout Headquarters, Croyland Road, Wellingborough
10am–1pm
£2 all members
Secretary Trevor Rhodes 01933 382790
Newly formed wood turning club. Open to all levels of wood turners. Warm welcome guaranteed.

Free guided walk around Oundle

Oundle
11am
Admission free
oundlib@northamptonshire.gov.uk or call 0300 126 1000
Explore Oundle on foot. Walks last 60–90 minutes. Booking essential.

Move for Health

No. 1 St Osyth's Lane, Oundle
2.25pm–3pm
Free
01832 770011 mornings.
Gentle movement group for those with aches and pains run by chartered experienced physiotherapist.

Market Drop-in

No. 1 St Osyth's Lane, Oundle
10am–2pm
Free
01832 770011
All welcome to come and have a free cuppa and cake in a friendly atmosphere.

Community Art Classes (Term Time Only)

Oundle School Art Department
7.30pm–8.30pm
Free Art Classes for people with a physical or learning disability.

Every Thursday during school term time

Music Makers

Titchmarsh Pavilion
9.30am–10.15am
£4 per child and £2 per sibling.
Naomi Cooper on musicmakersnorthants@gmail.com

gmail.com
Funky music and movement group for 0–5 years with parachute, puppets, balls, bubbles and more.

Music Makers

Joan Strong Centre, Oundle
11.15am–12noon
£4 per child and £2 per sibling.
Naomi Cooper on musicmakersnorthants@gmail.com
Funky music and movement group for 0–5 years with parachute, puppets, balls, bubbles and more.

Little Treasures Tots Group

St Laurence's Church, Stanwick
9.30am–11am
Donations to cover costs
Nicki 01933 625658
For pre-schoolchildren and their adult carer – Bible story, song, craft and fun.
All welcome.

Music Makers

Stanwick Village Hall
2pm–2.45pm
£4 per child and £2 per sibling
Naomi Cooper on musicmakersnorthants@gmail.com
Funky music and movement group for 0–5 years with parachute, balls, bubbles and more. FREE taster sessions up for grabs.

Move for Health

No.1 St Osyth's Lane
2.15pm–3pm
Struggling with aches and pain? Our Chartered Physiotherapist knows the exercise to get you moving.
Free. Tel: 01832 770011.

Market Day Café, Oundle

No.1 St Osyth's Lane
Free 10am–2pm
Friendly atmosphere, enjoy free drinks and cake.

First Thursday of the month

Raunds & District History Society

Saxon Hall, Raunds
7.30pm–9.30pm
£3 per visitor, includes refreshments
Secretary 01933 461480
raundshistory@btinternet.com
A variety of speakers.

Third Thursday of the month

Painting Class with Nick Baldwin

St John Ambulance Hall, Raunds
10am–4pm
£15 per session
Kathy Gyngell 01933 389936
Friendly class seeks new members to learn painting with mixed media. All abilities welcome.

Every third Thursday of the month

Ise & Nene Valley Turners

Hertford Rd Community Centre, Hertford Road, Kettering NN15 6LG
7pm
Admission fee: free for members £5 visitors
Peter Bond 01933 741835, peterjamesbond@tiscali.co.uk
A friendly club promoting woodturning within the community. We have something for everyone.

Every Friday

'Tea + Tots' Little Ducklings Pre-School

Barnwell
1.30pm–3pm
£1.50 per family
01832 358085
Come and enjoy a nice relaxing cup of tea whilst watching your children play.

Walk and Chat

Rushden Hall Park, Under Flag Pole
10am
Sue Mckay 07739 327022 / sue.mckay@groundwotr.org.uk
Join us at Hall Park for a 45-minute walk and chat then refreshments in the Hall – suitable for all abilities... a FREE Healthy Walk.

First Friday of the month (recommend checking before travelling)

Craft Cafe

Stanwick Lakes
10.30am–1pm
Modest charges for some materials – normal car park charges apply.
01933 625522
www.stanwicklakes.org.uk
Learn new craft skills, share your experience and meet up with crafty friends.

Third Friday of the month

Raunds Tea Dance

Saxon Hall, Raunds
2pm–4.15pm
£3 (plus 50p for Raffle)
Mrs Wicks 01933 312623
Tea dance and raffle.

U3A Branch Meeting

The Plaza, Cosy Nook, Thrapston NN14 4PS
10am–12noon
Cover charge: £2 (Visitors) £1 (Members) includes refreshments
The U3A offers over 30 interest groups and social events to members. Visitors always welcome.

Third Friday of the month (recommend checking before travelling)

Stanwick Stitchers

Stanwick Lakes
10.30am
Free entry – normal car park charges apply.
01933 625522 or Pauline on 01933 229817
www.stanwicklakes.org.uk
Come and join this informal friendly group of stitchers to chat, stitch and eat cake!

First Saturday of the month

Coffee Morning

St Mary's Church, Ringstead
10am–12noon
01933 624262 for details
A warm welcome to all, proceeds to church projects and charities.

Thrapston Farmers' Market

Thrapston High Street
9am–1pm
Free
www.thrapstonfarmersmarket.moonfruit.com
Every first Saturday of the month. Local meat, beer, cider, cheese, eggs, deli, preserves etc.

Second Saturday of the month (Same Saturday as Oundle Farmers' Market)

Coffee 'n' Cakes

Oundle Methodist Church, Drummingwell Lane (behind the Talbot Hotel)
10am–12noon



John Hewitson 01832 272209
Filter coffee, tea, squash (free refills) homemade cakes.
Warm welcome. Proceeds to various charities.

Second Saturday of the month

WE Watch and Phoenix Group

Stanwick Lakes
For more information email wewatchstanwick@hotmail.co.uk
01933 625522
Two clubs for keen young nature lovers. WE Watch for ages 8–13 and Phoenix for ages 13–18.
Supported by RSPB and Wildlife Trust.

Oundle Farmers' Market

Market Place, Oundle
8am–1.30pm
Oundle Town Council 01832 272055
30 stalls selling fresh produce ranging from vegetables to fish to cup cakes.

Every third Saturday of the month

Messy Church

Rushden Salvation Army, Church Street, Rushden
4pm
Further details from Gill Valentine on 01933 353528
Messy Church – fun for all the family.

Last Saturday of the month except December

Farmers' Market

Market Square, Higham Ferrers
9am–1pm
danielle@highamferrers-tc.gov.uk
Aberdeen Angus beef, organic eggs, vegetables, Italian peppers, organic pork and lamb, free range poultry, beer, pork in all its forms in addition to pickles, pies, herbs, fresh fish, fruit and honey, preserves, traditional bread, plants & cheese.

Every Sunday

Morning Worship

Rushden Mission Church

Wellingborough Road
10.45am
Alan 01933 355302
All age family service with the Music Group and children's activities.

Morning Church Service

Rushden Heritage Chapel Hall, Park Rd, Rushden NN10 0RG
10.30am
Church service followed by refreshments and fellowship.

Church Service

The Heritage Chapel and Halls, Park Rd, Rushden NN10 0RW
10.30am

Cheryl 07969 603958 or cheze49@gmail.com
Church service in the Chapel followed by refreshments and fellowship in the main hall, all welcome.

First Sunday of the month

Priceless – for young children and their families

St Laurence's Church, Stanwick
9.30am–10.15am
Join Tanya and Nicki for 45 minutes of fun, craft and prayer.

Third Sunday of the month

All Age Worship

St Laurence's Church, Stanwick
9.30am
Join us for our All Age Worship designed for people of all ages. Teas/coffees served after the service.

Leisurely, Sociable Strolls

Pub start – if not lunching please do not use pub car park
10am for 10.30am prompt start.
Guests £2 or join for year £8
secretary@northamptonshireshamblers.org.uk
Circular walks enjoying our beautiful countryside. A week's notice to secretary please if wanting lunch.

Last Sunday of the month (recommend checking before travelling)

Local Producers' and Farmers' Market

Stanwick Lakes
10am–2pm
Free entry to market – normal car park charges apply.
01933 625522
www.stanwicklakes.org.uk
Browse through tempting treats and gifts made and farmed by local businesses.

Ongoing Drawing and Painting Classes

Ecton Village Hall, Chelveston Village Hall, Warkton Village Hall, Kingsthorpe Community Centre
Various (see my website)
dgartweb.sharepoint.com
£65 per term
Derek Geater 01933 381848
Drawing and painting, mainly working in watercolour with some soft pastels.

To submit your event please contact us via our website in the following format: Date, event, place, time, admission fee (if applicable), contact information, 15 word description.

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Personal Training 10.30 - 11.30am
Milton Keynes 12.45 - 1.45pm starts 11th Jan
Finedon 6.30 - 7.30pm starts 22nd Feb
Islip 8 - 9pm starts 25th Jan

Tuesday

Rushden 10.30 - 11.30am starts 26th Jan
Rushden 1.30 - 2.30pm starts 26th Jan
Barton Seagrave 6.30 - 7.30pm starts 9th Feb
Barton Seagrave 7.45 - 8.45pm starts 9th Feb

Wednesday

Personal Training 10.30 - 11.30am
Yelden 6 - 7pm starts 2nd Mar
Raunds 7.30 - 8.30pm starts 24th Feb

Thursday

Oundle 9.30 - 10.30am starts 4th Feb
Rushden 6.15 - 7.15pm starts 3rd Mar
Rushden 7.30 - 8.30pm starts 3rd Mar

Friday

Personal Training 10.30 - 11.30am

07833 373622

info@perfectbalancepilates.com

www.perfectbalancepilates.com

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Classifieds

Deadlines for all classifications: 5pm Monday prior to issue date. A complete version of our Terms and Conditions can be found online at www.nenevalleynews.co.uk. Pay by credit/debit card or cheque. All major credit/debit cards accepted.



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enquiries@northantssportsmassage.co.uk



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5 Feb	Folkestone	4	Grand Burstin	France Day Trip	£119
15 Feb	Eastbourne	5	Alexandra		£170
19 Feb	Paignton	4	Queens		£145
29 Feb	Hemsby	5	Seacroft	Lunches	£190
4 Mar	Torquay	4	Howden Court		£145
7 Mar	Bournemouth	5	Suncliff	Lunches. Free Bar	£225

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Application packs can be downloaded from our website www.eastongarford.org or are available via the school office.

Visits to the school are warmly welcomed.

Closing date for applications is Friday 22nd January 16.

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Closing date for all roles:
Thursday 28 January 2016

More information and application forms at:
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Email: hr@huxlow.northants.sch.uk

Huxlow Science College is committed to safeguarding & promoting the welfare of children & young people and expects all staff & volunteers to share this commitment.
DBS, Reference, Identity, Criminal Record and Medical checks are essential for all posts at the College.

Huxlow are an Equal Opportunities employer and welcome applications from all members of the community.

PUBLIC NOTICES

East Northamptonshire Council

EAST NORTHAMPTONSHIRE COUNCIL CONSULTATION

East Northamptonshire Council (ENC) is now consulting on its draft Equality Objectives for the period 2016-2020 and would value residents' and local organisations' views on the objectives. Please consider participating.

The survey can be accessed by:

- visiting the homepage of ENC's website
- directly accessing www.east-northamptonshire.gov.uk/equality

If you are unable to access the electronic version of this survey, paper copies are available at ENC's customer contact centres or by contacting 01832 742099.

The consultation will be open between 15 January 2016 and 19 February 2016.

NORTHAMPTONSHIRE COUNTY COUNCIL
ROAD TRAFFIC REGULATION ACT 1984
THE NORTHAMPTONSHIRE COUNTY COUNCIL (EAST NORTHAMPTONSHIRE DISTRICT) (WAITING AND LOADING RESTRICTIONS AND ON-STREET PARKING PLACES) (CONSOLIDATION) ORDER 2009 (AMENDMENT No. 10) ORDER 2016

NOTICE IS HEREBY GIVEN that Northamptonshire County Council intends to make an Order under Sections 1, 2, 3, 4, 5, 32, 35 to 39 and 45 to 55 and Schedule 9 of the Road Traffic Regulation Act 1984 ("the Act") to amend "The Northamptonshire County Council (East Northamptonshire District) (Waiting and Loading Restrictions and On-Street Parking Places) (Consolidation) Order 2009" as specified in the schedule below.

A COPY of the proposed draft Order, together with plans showing the exact lengths of roads to which it relates and a statement of the Council's reasons for proposing to make the Order, may be inspected at Oundle, Thrapston, Irthlingborough and Rushden libraries during their normal opening times or at Riverside House, Riverside Way, Bedford Road, Northampton during normal office hours.

OBJECTIONS to the proposed Orders, stating the grounds on which they are made should be sent in writing to the Traffic Orders Section, Riverside House, Riverside Way, Bedford Road, Northampton, NN1 5NX by 6th February 2016.

Dated this 16th day of January 2016
QUENTIN BAKER, Director of Legal Services
DSW / 1541

SCHEDULE
PROPOSED NO WAITING AT ANY TIME

RUSHDEN
Quorn Road - both sides - from Washbrook Road for 10 metres; Washbrook Road - north side - outside property number 73; Washbrook Road - north side - 10 metres each side of Woodland Road; Cromwell Road / Hayden Road - whole junction (except south side); Cromwell Road / Pratt Road - whole junction (except east side); Cromwell Road / Robinson Road - whole junction (except east side); Cromwell Road / Nippendale - whole junction (except west side); Cromwell Road - west side - opposite property numbers 63 and 67 at the entrance to the parking area; Cromwell Road / Blinco Road - whole junction (except west side); Cromwell Road / Allen Road - whole junction (except west side); Higham Road / Prospect Avenue - whole junction (except west side) - including outside property numbers 108, 110 and 112; Northampton Road / Wellingborough Road roundabout - whole roundabout including approx. 75 metres on both sides of all approaches to the roundabout.

HIGHAM FERRERS
Hind Stile - east side - outside the rear of property number 4 (Market Square).

STANWICK
Church Street - south side - outside property numbers 23 to 27.

THRAPSTON
Chancery Lane / The Bullring - whole of both junctions; The Bullring - both sides - entire length (except the east side and the north side outside The Manor House); Oundle Road / De Vere Road - whole junction.

BRIGSTOCK
High Street - north-east side - between the boundary of property numbers 22 / 24 and a point outside property number 28; High Street - south-west side - outside the entrance to the supermarket car park opposite Benefield Road; High Street - south-west side - from and including its junction with Latham Street to the southern boundary of property number 9.

IRTHLINGBOROUGH
Fermoor Drive / Finedon Road - whole junction (except south side); Ebbw Vale Road - both sides - between Wellingborough Road and the bus stop.

OUNDE
Glaphorn Road - west side - 5 metres extension of existing double yellow lines each side of the access to Abbott House; Glaphorn Road - east side - 10 metres extension of existing double yellow lines each side of its junction with New Road; Fletton Way - both sides - entire length (except in front of the off-street parking bays).

PROPOSED WAITING LIMITED TO 2 HOURS, MON-SAT, 8AM-6PM (NO RETURN WITHIN 1 HOUR)
The Bullring, Thrapston - north side - outside The Manor House.

EXISTING LIMITED WAITING BAY TO BE CHANGED TO DISABLED PARKING BAY
High Street, Rushden - west side - from the boundary of property numbers 47 / 49 for 18 metres northwards.

EXISTING LIMITED WAITING BAY TO BE CHANGED TO DOUBLE YELLOW LINES
New Street, Oundle - east side - across the access adjacent to property number 12 and also a 5 metres section of the northern end of the bay opposite Great Hall; West Street, Oundle - north side - existing parking bay outside property number 35 to be reduced in length by 3 metres at each end.

EXISTING DISABLED PARKING BAY TO BE CHANGED TO 30 MINUTES LIMITED WAITING BAY, MON-SAT, 9AM-6PM
High Street, Rushden - west side - from the southern boundary of property number 43 for 15 metres northwards.

EXISTING DOUBLE YELLOW LINES TO BE REMOVED
High Street, Brigstock - north-east side - outside property number 42; Jubilee Street, Irthlingborough - both sides - at its junction with Victoria Street.

Diamonds diary



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Did you miss us?

We took a break over the Christmas period as our youth teams do the same but last weekend they were back and so am I.

So the first weekend back how did we fare?

Our under 8s ended up head to toe in mud whilst our under 9s and 10s continued their Futsal adventure, and plenty of our other teams got their seasons back under way.

Results we can bring you from the weekend of the 9th/10th:

AFC U16 Cosmos 5 – 4 Uppingham Colts

Vicarage Farm 3 – 2 AFC U16 Galaxy

AFC U13 Whites 7 – 1 AFC U13 Blues

AFC U12 7 – 2 Ringstead Rovers

AFC U12 Girls 6 – 1 Grammarians Yth

U10

In their Futsal adventure there was lots of exploring for the Dragons, not so much for the Magic U7/8. We enter two teams in both these age groups and as usual after the winter break they play each other... Rebels and Fury coming out on top.

Having personally taken in the Under 10s, 12s girls and dual watching of the U13s and U16s it's safe to say the weekend was full of footy.

I saw some awesome stuff from our under 10s, looking like the Christmas break served them well. Dragons scored 11 without reply in the three Futsal matches they played over in Corby and some of the combination play was exceptional.

I know I have mentioned it before, but having the new girls' teams is a huge buzz for us, we now have over 50 girls turning out each week... but we want more!

Please get in touch if you know someone who wants to play. Kev on 07926 903221.

See you next time.

Mark Cullen

AFC Rushden & Diamonds Youth

Diamond Days:

Senior team action from the last two weeks:

03/10/2015

League action after a postponement and an

abandoned match.

**221 people watched Diamonds draw 2-2
League Position: 2nd**

A 10-man AFC Rushden & Diamonds team came from behind to draw 2-2 with Northwood at Chestnut Avenue on Saturday afternoon.

Diamonds manager Andy Peaks gave a debut to Connor Kennedy to replace Sam Brown, and Jack Ashton was able to take a place on the bench alongside the Diamonds other incoming left-back, Luke Hipwell.

The Northwood Park playing surface had stood up well to recent poor weather, with the main problem areas being in the central strip of the pitch. It was the Diamonds who gained early control of the game. Their best chance during this early domination fell to Delroy Gordon who headed a Bunting free kick just wide. Tom Lorraine also had an early chance which he could not convert, whilst the Diamonds forwards were also being caught out by the Reds offside trap.

The reward for the early dominance came after 15 minutes when Ollie Wilkinson was able to get forward to support Shawn Richards, feeding a quick pass to the Diamonds winger whose first-time cross eluded a group of players at the near post, with Brad Harris stealing in at the far post to head home his first goal of the season.

The Diamonds continued to dominate with Claudiu Hoban seeing a low shot saved after good work by Tommy Berwick. This forced the first of a series of six corners that were won in a five-minute period before Berwick and Lorraine linked to squeeze past a static defence, but the resultant awkward chance for Lorraine left him with little chance to get any power in his header.

Half-Time: Northwood 1 AFC Rushden & Diamonds 1

Just after the hour mark the hosts were forced into their second change of the game as player-manager Mark Burgess replaced his brother James, and five minutes later they made a third change which produced



immediate results as a cross from the right by Rob Hastings was headed home by the tall Bayley Brown.

The game quickly stagnated at this point, with the hosts trying to slow things down, and heavy rain disrupting the action, but after 78 minutes the Diamonds drew level. They won a free kick in the right channel taken by Shawn Richards, and Tom Lorraine was able to win the ball in the air, despite being faced by several opponents who were a couple of inches taller. His looping header went over the head of the keeper and in off the underside of the bar.

It was then the Diamonds' turn to slow the game down, and although Shawn Richards had a fine chance late on from a narrow angle, it looked like the game was meandering towards a draw, before Northwood substitute Nicholas was shown a straight red card for a poor challenge on

Luke Hipwell in the fourth minute of added time.

It is always satisfying to get something out of a game on the road when playing with ten men for over half the game, but with more clinical finishing this was a game from which the Diamonds could have taken all three points back to Northamptonshire.

The Diamonds have now faced all of their opponents in the Southern League Division One Central, and will be very pleased with their position at this stage of their first season at this level.

Match report: Shawn Richards

Upcoming Fixtures

Home

Saturday 16th January v North Greenford Utd 3pm Kick off (League)

Tuesday 2nd February v Brackley Town 7:45pm Kick off Hiller cup

Local art goes on show



Pictured are some of the students of The Seasons Art Class at their recent exhibition at Yarwell Village Hall. They have just completed a 14 week art course covering drawing, oil pastels,

watercolours and acrylics. The course ended with an exhibition for them to proudly show off their work to friends and family. Courses run throughout the year. For details call 01832 273749.

Plan for your future in 2016 with Pension Wise

Central and East Northants Citizens Advice (Cencab) is encouraging people over 50, with a defined contribution pension, to come in and learn about their pension options at any one of the local venues they support: Kettering, Corby, Wellingborough, Bedford, Northampton, Towcester or Daventry.

The new pension freedoms introduced in April last year mean that for the first time, people over 55 have the option to access their pension pot and take it as a lump sum, buy an annuity or a mixture of both.

Pension Wise is a free government service that helps people approaching retirement to go through their options so they can make

informed decisions about their pension pot.

Cencab delivers face to face Pension Wise sessions which are available to book now. The 45 minute appointments are tailored to the individual, taking into account the value of their pension pot and their plans for retirement.

Martin Lord, Chief Executive at Citizens Advice

said: "The world of pensions can be confusing. People can be put off by the numbers, the terminology, and the calculations involved.

"Pension Wise is a free service which is here to help people make sense of their options. We offer face to face appointments in Northamptonshire and Bedford, which are tailored to each individual depending on their wants and needs for retirement.

"We're looking forward to meeting more people in 2016 and helping prepare them for retirement."

To book a Pension Wise appointment, you can visit a local Citizens Advice office or call 0300 323 9940.

Rushden swimmers end 2015 in style

Rushden Swimming Club A and B teams recently finished competing in the Leicester Autumn League which takes place from October to December, over three rounds.

This is the first year the club has been able to put two teams into the Autumn League, with both producing fantastic results. Round 1 saw the A team win their gala with the B teams being cancelled due to a fire alarm at their venue, resulting in points from a virtual gala. Round 2 and the A team again won their gala, which this time was drawn against the B team who put in a fantastic

performance to finish in 5th place.

Round 3 on 12th December saw the A Team competing in the Leicester League final at Braunstone and the B team at Loughborough Leisure Centre. The B Team had an extremely difficult gala with only a small part of the team able to attend, but, despite this they finished the gala in 5th putting in an amazing performance. RSC A had to put in everything

they could in a very tough, but exciting final. It was very close all the way through, with much support from both swimmers and spectators. The final result was Rushden finishing in a very close 2nd, 1 league point behind Nuneaton and ahead of Daventry.

All Rushden swimmers showed an outstanding performance over the rounds and have proved that their hard work since the summer has paid off.



Chess Corner

Rushden Chess Club played its annual Krimbo Blitz competition during the holiday period. This proved to be a huge success with more members than ever before taking part. It was also the first time that a Junior competition was organised. There were many sumptuous chocolate prizes on offer and the lucky winners were as follows:

Junior Krimbo Blitz

1st: Oscar Childs
Runner-up: Lily Boulton

Senior Krimbo Blitz

Overall Winner: Hugh Murphy
Best Lady: Barbara Gray
Best Junior: Lily Boulton
Best Placed Non- A-Team Player: Bob Ellam
Best Non- A- or B-Team Player: Peter Hann
Best Ungraded Player: Nigel Wren
Wheels of Chess Fire Award: James Wicks

Rushden B played Rushden A in their first league match of 2016. The captain's game was the first to conclude, with A team captain Alan Lewis showing no mercy to his opposite number Bob Ellam. Bob obviously had goose for Christmas as it was well and truly cooked when he went a piece down after 18 moves, this was too much for Bob to stomach and he resigned shortly afterwards.

Next to face the butcher's slab was Tom Murts who had James Wicks well and truly on the rack! James had other ideas and managed to escape from Tom's stranglehold in a manner that would have done Harry Houdini proud. Tom was left wondering what might have been when he resigned just prior to being checkmated.

In the meantime James Gardner was jousting against Richard Ellis. Richard weakened his position after he exposed his Queen to James' Bishop. This was unfortunate but having captured four of his opponent's pieces he was still only two points behind. James managed to take full advantage of the situation and forced Richard to resign after 32 moves. The game between Nik Puryer and Hugh



By Derrick Sims

Murphy was tightly contested, finally being decided by Hugh's pawn advantage. Nik was unable to counter this and the game was over when Hugh won the race to promote his pawn. This left Rushden B facing the prospect of a whitewash with only Jeff Owen and Saj Ganger left to conclude their game. Jeff lived up to his Drawmeister nickname and managed to salvage half a point for the B team.

Northants SKL Division I Match

Mon 4th Jan, Rushden B

½ – 4 ½ **Rushden A**
Bd1: Nik Puryer (144) 0-1
Hugh Murphy (197)
Bd2: Richard Ellis (U) 0-1
James Gardner (153)
Bd3: Bob Ellam (108) 0-1
Alan Lewis (130)
Bd4: Jeff Owen (101) ½
Sajan Ganger (128)
Bd5: Tom Murts (61) 0-1
James Wicks (64)

Xmas Chess Puzzle solution

1. Qxf7+ Rxf7 2. Re8#

Chess is a game for people of all abilities, disabilities, and lifestyles. Rushden Chess Club loves welcoming new members, so do come along to a meeting if you're interested in playing chess in a very friendly environment. The club opens most Mondays from 6pm for Junior players – for details please call the Club Secretary on 01933 625767, or visit the club website <http://rushdenchessclub.com> and for the NCA (County Association) it's <http://www.norchess.loydbunday.co.uk>.

Cycle star's physio can Fixx you!

The wind may have been chilly on a bright December Sunday in Irthlingborough, but there was a very warm welcome for cycle star Alex Dowsett who was in town to open a new state-of-the-art physiotherapy and health clinic. The new clinic is run by Bob Grainger, sports physiotherapist who used to be lead physiotherapist for the Sky Pro Cycling team and Great British cycling team, having treated many of the world's best cyclists including the likes of Alex, Sir Bradley Wiggins, Chris Froome, Mark Cavendish and Lizzie Armitstead.

Professional cyclist Alex Dowsett, who has won several National Time Trial Championships, a stage of the prestigious Giro d'Italia and is former world recorder holder of the Hour Distance Race, was full of praise for how Bob has kept him in tip top shape over the last five years.

"As professional cyclists, it's so important that we have the likes of Bob treating us to keep us on the road. It's great that he has this new clinic so that more cyclists and athletes can recover from their injuries," he said.

It's not just physiotherapy on offer at the clinic, Bob has assembled a highly talented team who provide sports massage, Pilates, podiatry, strength and conditioning and weight management advice all under the same roof. There is even a fully equipped rehabilitation gym on site.

Dowsett was impressed with what he saw and added: "PhysioFixx is a great set-up, the range of equipment on offer in the rehabilitation gym, to state-of-the-art bike fitting, running analysis and foot pressure sensor equipment is staggering to see."

Bob, aged 35, has brought his pedal power to

Northamptonshire to support cyclists, athletes or anyone with an injury who needs specialist attention.

"I have continued to treat semi-pro and pro riders since I left Team Sky and many other athletes from football, rugby, tennis, ice hockey and golf to name but a few of the sports I'm involved with," he explained.

Cycling is not the only area of expertise for Bob, who has a Masters Degree in Advanced Physiotherapy Sports and Performance. He said: "It's great to get athletes back into action after an injury. We are not only here for sporting injuries but also anyone who has an injury or is suffering from aches and pains."

"We are proud to bring our expertise, friendly staff and top equipment to Irthlingborough and we have worked tirelessly over the last few months to get the new clinic up and running."

Singin' In The Rain

Wellingborough Amateur Operatic & Dramatic Society is thrilled to be presenting Singin' In The Rain at The Castle, Wellingborough from 8th to 12th March 2016.

Maurice Kachuk, playing the lead role of Don Lockwood (portrayed by Gene Kelly in the 1952 film), also directs and choreographs the show.

Maurice has been dancing professionally for over 30 years, performing all over the world.

Phil Watts takes the Donald O'Connor role of Cosmo Brown, with Susie Pack as Kathy Seldon (Debbie Reynolds in the film) and Johanna Beech as Lina Lamont.

Don Lockwood really will be Singin' In The Rain on the Castle stage! – but the audience won't need umbrellas.

The wonderful songs from the show include: 'Make 'Em Laugh' 'Beautiful Girl', 'You Were Meant For Me', 'Broadway Melody', the title song 'Singin' In The Rain', and many more.

Tickets are on sale at the Castle Box Office (tel: 01933 270007) or online at www.thecastle.org.uk. Prices start from £14.50. The performance on Wednesday 9th March will be 'signed' for the hard of hearing.

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