

# Nene Valley news

Your local independent community newspaper for East Northamptonshire

Telephone: 01522 692542

We want to hear from you, so please submit your news story or event at [www.nenevalleynews.co.uk](http://www.nenevalleynews.co.uk)

Inside...



## Spotlight on Health and wellbeing

Page 4



## World Mental Health Day at Huxlow Science College

Page 10

## In Brief

### Longhurst Group raises £7,000 for Macmillan Cancer Support

A leading housing group which manages more than 4,000 homes across Northamptonshire has raised thousands of pounds for Macmillan Cancer Support thanks to the generosity of its customers and colleagues.

Longhurst Group has raised more than £7,000 for the cancer charity through its recent World's Biggest Coffee Morning campaign.

The group, which has one of its main offices in Rushden, is one of the leading housing groups in the Midlands and East of England, providing more than 23,000 homes and a wide range of care and support services, with a team of 1,300 colleagues.

Most of the Group's offices held a coffee morning and cake sale, while several of its care and support schemes also held events. At Castle Court in Kettering, they raised a staggering £3,411.08 thanks to two events and an ongoing relationship with Barclays Bank, which saw a further donation of £1,000.

# Higham Ferrers shares its special heritage

From the end of September to the beginning of October, a whole week at Chichele College, Higham Ferrers, was dedicated to visits from Higham Ferrers Junior and Henry Chichele schools. As well as visiting the Chichele Society Exhibition, the children enjoyed the Chichele garden, planting daffodil and tulip bulbs in the new cottage style border and learning about the history of the site.



In the main building, the only surviving one from the time when it was a College inhabited by monks, they learned about the town's Charters and had a go at writing with quill pens and ink as the scribes would have written the Charters hundreds of years ago. In addition, the pupils watched the film made by last year's Year 6 pupils from Higham Ferrers Junior School as part of the Heritage Lottery funded Charter Project. For more details please go to [www.highamferrerscharters.co.uk](http://www.highamferrerscharters.co.uk)

Also on display was Education in Higham Ferrers through the ages from the Chichele College in 1422 to the opening of the Henry Chichele School in 2004. Finally, the children

were shown a special feature on the soldiers of the town from World War One where they learned of the great losses suffered by the people of the town.

This venture, organised by the Chichele Management Group, consisting of a partnership of Higham Ferrers Tourism, the Chichele Society and Higham Ferrers Archaeological Research Society, meant that more than 400 children from the town have engaged in and enjoyed, the rich heritage of the town with the intention that some of the children will return as tour guides bringing their parents and grandparents to visit this special site.

THE CORE AT CORBY CUBE AND NEW OLD FRIENDS PRESENT

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ADAPTED BY FEARGUS WOODS DUNLOP

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# Raunds Community Library Trust – report

**R**aunds Community Library Trust (RCLT) are pleased to announce that the Charity Commission have approved our application to become a charity. We now have charity status and have a 'number'. This will not have much effect in the short term but does demonstrate how serious we are about taking over the operation of Raunds Library. It should also help with some fundraising activities since some grant making bodies only disperse funds to charities. In addition, it should give confidence that we are working in an orderly, controlled manner, are subject to oversight etc.

A team of volunteers is currently staffing the Library all day on Wednesdays and

during late night opening to 7pm on Thursdays. The Library is also open on the first Saturday of each month through the autumn. In October, we launched our SaturdayClub@RaundsLibrary with a range of craft activities for children and there will be craft sessions in both November and December.

Keep an eye out for more details.

Volunteers are needed – get in touch to find out more. We value the feedback of Library users and are always on the lookout for ideas and suggestions. Contact us: [raundslibrary@gmail.com](mailto:raundslibrary@gmail.com). Facebook: The Library at Raunds

## Genealogy jottings

**I**tems are not always where you expect them to be, are they? Have you ever found your keys in a kitchen drawer and the spatula on the shelf where the keys should live? The same happens in Records Offices and Archives. In a busy office it is hardly surprising that things are misplaced. It happens with computer work as well: you go to a website where you remember seeing something important and it is no longer there. If you have retrieved a document in the Records Office, you might become distracted and file it where it shouldn't be. Not just you but others as well, so it is always worthwhile checking back over drawers in case you have skated over it with other things on your mind.

But you might also find that folk are not where you would expect them to be. One branch of my ancestors came from Theberton in Suffolk. Baptisms, marriages and burials were recorded in the Theberton parish registers for the family for generations. (I do love it when a family stays in the same place for years!) However, I could not find the details beyond the 1841 census for the sister of one of my ancestors. Nothing in Theberton – no

**By Jan Pearson**  
*Genealogy Specialists, Tracing Our Past, Discovering Our Genes (TOP DOG)*  
[www.genealogy-specialists.com](http://www.genealogy-specialists.com)

marriage or burial, she just disappeared. Having a lightbulb moment, I checked the marriage Banns and there she was. The Banns were read in the respective parishes of both the bride and groom: Harriett had been baptised in Theberton but the Banns indicated that she had wed her husband in Tonbridge, Kent! Sometimes, thinking outside the box can be of great help. Although Baptisms, Marriages and Burials are the usual things that people check, it is always worth seeing if the Archives has a copy of the Banns.

However, some records do get lost or destroyed and so it is possible that a gap exists for the time in which you are interested. The 1841 census, which would answer so many of my questions, is missing for Smarden, Kent, so it is worth checking to see if the census that you are looking for still exists.

## Want to place an advertisement or submit an article?

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You can also subscribe to Nene Valley News for £39 per annum.

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**Articles to the editor by:** Wednesday 6th November

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## Editor's notes

**F**irst, a reminder that Daylight Saving Time (DST) ends on Sunday 27th October, that's not this Sunday but the next, and you need to put your clocks back one hour, albeit not those devices clever enough to do it for themselves!

It was anticipated that changing the clocks in spring and autumn would end this year under the terms of a 2018 draft directive aimed at permanently scrapping DST in the European Union.

However, member states called for more time to conduct impact assessments before putting an end to DST and the deadline has been pushed two years further ahead to October 2021.

The other seasonal activity which takes place before we next go to print is Halloween, which many see as an import from America.

In fact, Halloween, or

All Hallows Night, has been celebrated in Europe as Saints' Evening for centuries. In the seventh century Pope Boniface IV established All Saints' Day on 13th May and in the following century, perhaps in an effort to supplant the pagan holiday with a Christian observance, it was moved to 1st November.

It's the trick or treat part of the event which came from the USA, around the middle of the last century. Best then to arm your household with some sweet treats for any young visitors on 31st October.

Oundle's Market Place has received a welcome fillip this week – the clocks on the old Town Hall are working again.

They were serviced and repaired and are now back in action. Their ability to show the correct time only twice a day has been a source of irritation for local residents for some time so let's hope they now keep

good time.

There has been another reported sighting of a large cat-like creature in the District. A couple who were walking in Wakerley Wood with their dog earlier this week say it was attacked by a big cat which looked like a panther. The dog suffered what is believed to be a claw injury to the face and was taken to see a vet. The sighting is the latest in a long line of possible big cats seen in Northamptonshire.

In this edition of Nene Valley News, our spotlight is on Health and Wellbeing. From acupuncture, to specialist eye care, we focus on local businesses offering a variety of services to keep residents of our District fit and active.

And there is also a reminder from Northamptonshire County Council and Northamptonshire's Clinical Commissioning Groups to book in for your flu jab in time for the winter.

## Have you been suffering from SPORTS INJURIES OR BACK PAIN? It's time to do something about it and get back to your sport!

Before I went to The Ashgrove Clinic I was unable to do any physical exercise at all. I was struggling to walk more than 100 yards without spasms. I'm now back in training: they fix me when I'm broken!

I Anderton (Boxer)

**BOOK YOUR FREE 20 MINUTE CONSULTATION TODAY**



### Take action now...

**You can get a FREE initial consultation with The Ashgrove Clinic and make the first step to a pain-free life today!**

**Your free consultation with one of our osteopaths, physiotherapists or sports therapists will...**

- Take a full history of the problem
- Listen to you
- Offer bespoke advice

**And we'll get started right away.**

So, if you're in pain, if you're not competing as well as you should be, if an old injury is nagging at you, or if you keep pulling a muscle, make the first step to your recovery today.

At The Ashgrove Clinic we work to find the cause of your discomfort, **treating your injury at the source, not just the symptoms.** To fix your injury we have specialists in sports therapy, osteopathy, massage, gait analysis, ultrasound, kinesio taping, TENS, acupuncture, cupping, rehab exercises and myofascial work.

**Call 01933 328020 now to book your FREE consultation!**

The **Ashgrove** Clinic

[www.ashgrovehealth.co.uk](http://www.ashgrovehealth.co.uk) | 01933 328 020

13 Lancaster Street, Higham Ferrers, Rushden, Northamptonshire, NN10 8HY

# From Nazi to NASA

Recent celebrations to mark the 50th anniversary of the Apollo 11 moon landings were a reminder that while spaceflight nowadays seems almost commonplace, the technology is relatively recent.

On Saturday 2nd November at 2.30pm there will be a talk at Oundle Library on the extraordinary career of aerospace pioneer, Wernher von Braun.

Graham Evans, of Oundle U3A's Military History Group, will look at the life of this German scientist who started out developing weapons for the Nazis in World War II and

ended up being recognised as one of the world's greatest experts on rocketry and space travel.

Von Braun achieved early notoriety as one of the scientists who developed the V2 rocket, which was used to such devastating effect as a weapon by the Nazis. At the end of the war he surrendered to the American Army and went to work in America. There, as part of the US Rocket Programme, he developed ideas for space travel, designing the Saturn V rocket and then leading the Apollo space programme to success, before becoming NASA's Head of Planning.



Tickets for the talk From Nazi to NASA cost £5 and are on sale at Oundle Library. To book your place either visit the library or email [oundlib@firstforwellbeing.co.uk](mailto:oundlib@firstforwellbeing.co.uk). The event is being organised by the Friends of Oundle Library and refreshments will be available.

## The Sensational 60s Experience 10th anniversary tour comes to Wellingborough

The biggest and best 60s show returns with a brand new production for 2019, celebrating its 10th anniversary.

The Sensational 60s Experience brings you a three-hour spectacular of pure nostalgia. The show with the definite feelgood factor will transport you back to that magical decade that was the 1960s. Five legendary names take to the stage to deliver a night never to be forgotten where you'll find it impossible to remain in your seat.

Whether you come to relive your childhood memories or you just simply want to see what your parents have been raving

about for all these years, this is your chance to experience the musical phenomena of the 1960s for yourself. Full of timeless classics, this is the must-see 60s show for 2019.

Starring Mike Pender (Original voice of The Searchers), The Tremes (All former members of The Tremeloes), The Fortunes, The Swinging Blue Jeans and The Dakotas. Hits include Needles and Pins, Silence Is Golden, Storm In A Teacup, Hippy Hippy Shake, Little Children plus many more. Step back in time to when pop music was at its very best. Book early to guarantee your seat.

[www.parkwoodtheatres.co.uk/castle-theatre](http://www.parkwoodtheatres.co.uk/castle-theatre)



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SATURDAY 26TH OCTOBER 4PM  
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SUNDAY 27TH OCTOBER 4PM

TICKETS: £15 (UNDER 19 £10)  
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# Spotlight on Health & wellbeing

## Rushden Chiropractic Clinic

Rushden Chiropractic Clinic is new to the town and opened for business in February 2019.

Dr Mark Horrell is a chiropractor who has been qualified and practising full-time for over 20 years. He is registered with the General Chiropractic Council and a member of the British Chiropractic Association.

Patients with private medical insurance

are welcome including those with BUPA and AXA.

Mark offers comprehensive chiropractic treatment and is a trained practitioner in the use of applied Kinesiology. Conditions commonly treated are those of the back and neck, shoulder, arm, elbow, wrist and hand, hip, knee, leg, foot and ankle. He also treats sports injuries, whiplash related disorders and neck related headaches.

Also available at the clinic are: Sports massage by Deborah Palmer, who has many years' experience and is also a personal trainer and swimming instructor.

Podiatry and chiropody are offered by Luke Planter. Luke works within the NHS and runs his private practice Planter Podiatry from the premises.

[www.rushdenchiropracticclinic.co.uk](http://www.rushdenchiropracticclinic.co.uk)  
01933 358231.

## Wilson Browne Solicitors

You're healthy, active, take care of yourself and have a family to support you... what could possibly go wrong?

What happens if you can't make your own decisions? Who'll make them for you?

People often believe that a family member can access finances or run your affairs if you can't: sadly that's not the case!

If you don't have an additional signatory



## Newly Opened Rushden Chiropractic Clinic

### Free Back Check Available

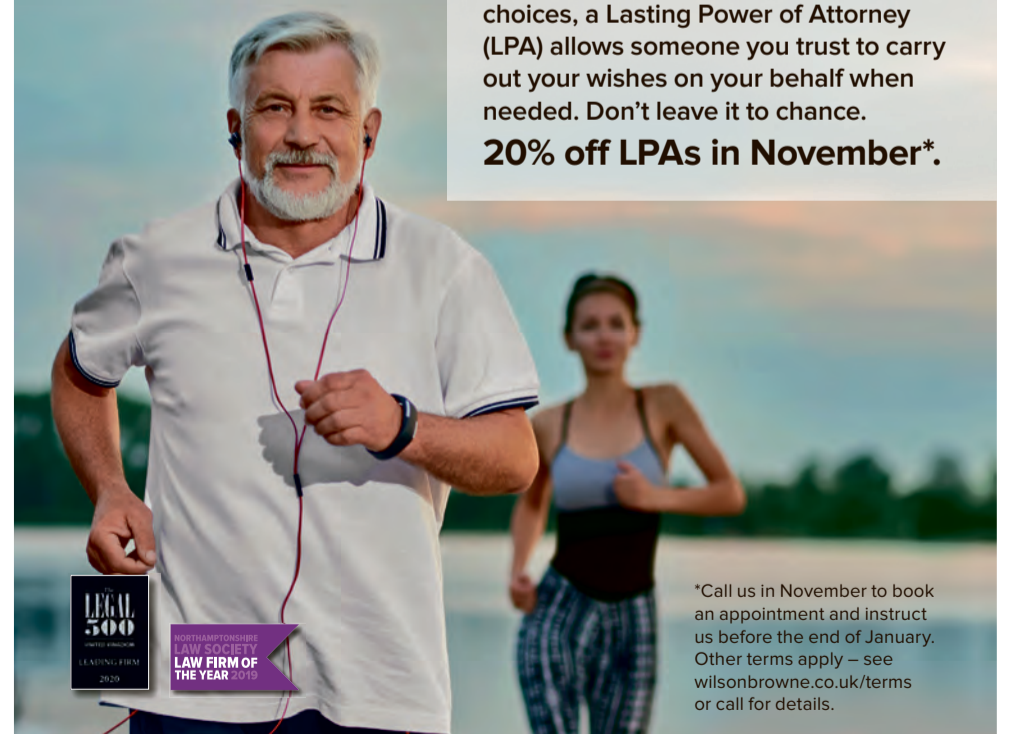
- **Chiropractic** – back and neck pain, head to foot, musculoskeletal pain and dysfunction, including sports injuries, whiplash related problems, neck related headaches
- **Sports Massage**
- **Chiropody/Podiatry**
- **Physiotherapy**

128 Newton Road, Rushden NN10 0HL  
Contact us on 01933 358231  
[www.rushdenchiropracticclinic.co.uk](http://www.rushdenchiropracticclinic.co.uk)  
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If you lose the ability to make your own choices, a Lasting Power of Attorney (LPA) allows someone you trust to carry out your wishes on your behalf when needed. Don't leave it to chance.

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\*Call us in November to book an appointment and instruct us before the end of January. Other terms apply – see [wilsonbrowne.co.uk/terms](http://wilsonbrowne.co.uk/terms) or call for details.

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# Stronger Seniors (OTAGO)



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10:30-11:30am  
£3 donation**

**Thrapston Baptist  
Church  
Wednesdays  
12:00-1:00pm  
£3 donation**

**Barnwell Village Hall  
Wednesdays  
1:30-2:30pm  
£3 donation  
(Starts 30<sup>th</sup> October)**

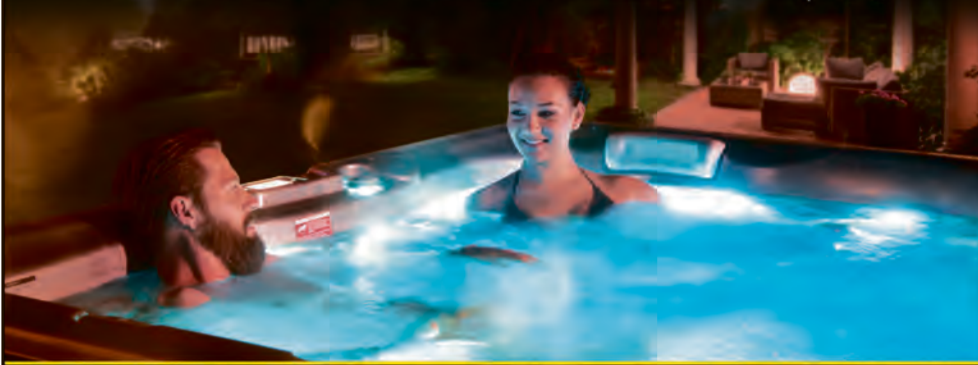
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Bestbuys

such as your spouse/partner on your bank account (or a valid Lasting Power of Attorney in place for property and financial affairs) they will not be able to access your accounts. If you have already lost capacity, things get harder – your family will be unable to draft a LPA, meaning they have to apply for a Deputyship order which is a costly, lengthy and can take a minimum of six months (meaning added stress, cost and uncertainty)

There are two types of LPAs. The Property and Finances LPA allows you to appoint attorneys to access bank accounts, sell property, invest your money and deal with your day to day bills. The Health and Welfare LPA covers medical or residential care and general well being.

Making an LPA is a safeguard: it does not necessarily mean you lose control over your affairs and you can still deal with matters yourself so long as you feel able or willing to do so.

Talk about your decisions with your family whilst you can. Accidents can strike at any time – they say “you never know what’s around the corner” but being prepared can go a long way.

### Bestbuys – The Great Outdoor Store

Our increasingly stressful lives cry out for that little oasis of calm. Bestbuys can help you discover your personal oasis - which could be just across the garden in your very own hot tub!

When broken down, the word “Hydrotherapy” means “water” and “healing”. Being immersed, buoyant or massaged in

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Visit the showroom at Nene Court, Wellingborough to see their range of hot tubs and other garden items including garden furniture, barbecues and garden accessories to help you create your own special garden oasis.

### Ashgrove Clinic

Sports injuries and rehab after surgery can be quite similar, and in Higham Ferrers the Ashgrove Active rehab team specialise in both. Physiotherapist, Pierre Bonnaud says: “Rehab exercises after surgery can be very boring! We try to help people find a way to do their exercises during their normal day, by turning them into something relevant and accessible. Emptying the washing machine, brushing teeth, putting away the washing up,



Ashgrove Clinic

all of these can be turned into serious rehab exercises."

Rhodri Griffiths (the Welshman of the Ashgrove Active team) adds that for more sporty people the aim is to turn training into rehab exercises. "It's all about keeping you motivated to do your exercises, rather than feel they are a chore. If you love horse riding or cycling, we'll try to make your rehab involve a bike or horse!"

With a Strength and Conditioning sports therapist and a massage therapist in the team, Ashgrove have, as they say, got your back. And your knees, your shoulders, elbows, ankles...!

There's a lovely feel to the place – everyone is welcoming and warm. And they offer you a free 20 minute consultation so you can find out whether they can help or not. Call them on 01933 469043 for a free consultation.

#### The Modern Acupuncture Clinic

Acupuncture is often described as complementary

medicine but one patient believes that should change. Having endured decades of suffering in spite of treatment in many disciplines of medicine, this patient experienced immediate relief from back pain after only a single session of acupuncture. Progress was quick and very noticeable and, while the patient needed a considerable amount of further treatment, she was moved to ask the question: "Why is acupuncture not just called 'medicine'?" She also made the following point: "If my doctor had sent me for acupuncture 20 years ago, I could have been pain-free all this time. In fact, for me the 'medicine' has been acupuncture and conventional medicine has been 'complementary'."

This story is far from unique. Patients say on a regular basis that their health and wellbeing were improved only by acupuncture, while everything else they'd tried had failed. Of course, if you have health concerns then you should always consult

your GP – but there are very few conditions that preclude the use of acupuncture. So don't delay. Try acupuncture now.

#### Higham Eye Care

4a Market Square Higham Ferrers has been home to an opticians practice for over 30 years now and we at Higham Eye Care are looking forward to celebrating their second year providing the people of the town with high quality eye examinations, contact lenses and spectacles.

"We are a family business with over 60 years experience between us! When you book an eye examination with us, we allow a full hour so you will never feel rushed or pressured and we're always up for a chat if you're passing!"

"Not all spectacles lenses are the same! We only use industry leading lens manufacturers. Many people who have been put off varifocals after trying inferior lenses have come to us and been amazed at the difference we can make."

"Call in for a chat about solutions we can offer for all your visual needs - reading glasses, varifocals, or the latest advanced lenses that can help with the demands of a modern digital life."

"We have a wide range of specially selected frames like the Great British designs of William Morris Eyewear, the beautifully hand-crafted Italian styles from Vanni Occhiali and also well-known brands such as Ralph Lauren, Emporio Armani and Ted Baker."

"We hope to see you soon."



Higham Eye Care

#### Nene Valley Dentures

Mr Karl Brown Dip CDT RCS (Eng)



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[www.nenevalleydentures.co.uk](http://www.nenevalleydentures.co.uk)

#### the modern acupuncture clinic

for health and wellbeing



[www.modern-acupuncture.co.uk](http://www.modern-acupuncture.co.uk)  
Tel: 01933 779973  
Email: [contact@modern-acupuncture.co.uk](mailto:contact@modern-acupuncture.co.uk)



#### Higham Eye Care

01933 317000



Call now to book an appointment on:

01933 317000

4a Market Square  
Higham Ferrers  
NN10 8BP

[www.highameyecare.co.uk](http://www.highameyecare.co.uk)

Email: [info@highameyecare.co.uk](mailto:info@highameyecare.co.uk)

Hannah & Tricia would like to welcome you to Higham Eye Care, the local independent opticians for Higham Ferrers and surrounding areas.

We offer high quality eye examinations, the latest 3D scanning technology, professional advice, contact lenses, and a large range of spectacles for children and adults.

All in a friendly and welcoming environment.



Pierre Bonnaud, Chartered Physiotherapist doing rehab





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:**

## Brigstock

**19/01427/FUL (02/11/2019) (Info)**

Demolition of redundant brick shed and extension of B1 office unit to provide reception area, two further office units, together with ancillary kitchen and WC facilities at Bullymores Lodge and associated car parking at Bullymores Farm The Parks Grafton Road Brigstock  
**19/01534/FUL (09/11/2019) (LB/CA)**  
Construction of single storey front extension with detached covered carport; Internal alterations and modernisation to mill house at 18 Latham Street Brigstock NN14 3HD

## Deene

**19/01557/LBC (09/11/2019) (LBRegs)**

Convert existing dwelling and outbuilding into 6 dwellings as per schedule of works dated 4th March 2019 at The Sea Horse Deene NN17 3EJ

## Duddington With Fineshade

**19/01561/FUL (09/11/2019) (LB/CA)**

Change of use of the existing annexe to a separate dwelling at Manor Farm High Street Duddington PE9 3QE

## Irthlingborough

**19/01566/FUL (02/11/2019) (Info)**

Construction of 2 No. front facing gables to facilitate loft conversion at 133 Ebbw Vale Road Irthlingborough NN9 5YB

## Islip

**19/01393/LBC (09/11/2019) (LBRegs)**

Add smoking shelter; Add fence surrounding 1970s portion at rear for security; Add fence to decking area for safety; Add fence to rooftop terrace for safety; Add decking areas in garden to level out garden; Add gate in front of building at The Rose and Crown, 1 High Street Islip  
**19/01459/FUL (09/11/2019) (LB/CA)**  
Retrospective – Add smoking shelter; Add fence

surrounding 1970s portion at rear for security; Add fence to decking area for safety; Add fence to rooftop terrace for safety; Add decking areas in garden to level out garden; add gate in front of building at The Rose and Crown 1 High Street

## Oundle

**19/01438/FUL (09/11/2019) (LB/CA)**

Replacement of garden fence with a garden wall of the same dimensions at 90 West Street Oundle PE8 4EF

**19/01442/FUL (09/11/2019) (LB/CA)**

Demolition of existing dwelling and construction of a two and a half storey dwelling with detached single storey outbuilding/garage including revised vehicular access - re-application of 19/00370/FUL at 91 South Road Oundle PE8 4BP

**19/01463/FUL (09/11/2019) (LB/CA)**

Subdivision of a single dwelling into two dwellings, associated modifications including adding roof lights, partial demolition of existing rear extension to create exterior courtyard, demolition of existing rear extension and replacement rear extension at 81 West Street Oundle  
**19/01546/FUL (02/11/2019) (Info)**

Erection of two new dwellings and garaging (resubmission of 19/00946/FUL) at Pexley Court Oundle  
**19/01558/FUL (09/11/2019) (LB/CA)**

Conversion, alteration and extension of buildings to form 5 dwellings at 38 West Street Oundle PE8 4EF  
**19/01578/FUL (09/11/2019) (LB/CA)**

Removal of existing conservatory to allow for a new single storey rear extension at 114 South Road Oundle PE8 4BP  
**19/01594/OUT (09/11/2019) (LB/CA) (Art8)**

Outline: Development of 33 extra care apartments for older people, with associated access, parking, community green space and landscaping (All matters reserved except Access) at Land Rear of Abbott House and 1 - 3 Glaphorn Road Oundle

## Raunds

**19/01449/FUL (02/11/2019) (Info)**

Conversion of garage into living accommodation (Retrospective) at 27 Saddlers Way Raunds NN9 6RS

**19/01551/FUL (02/11/2019) (Info)**

Single storey rear extension and conversion of garage to habitable room at 29 Butts Road Raunds NN9 6JG

## Ringstead

**19/01573/FUL (02/11/2019) (Info)**

Demolition of existing garage/utility room structure and erection of single storey side extension at 18 Newell Road Ringstead NN14 4EP

## Rushden

**19/01423/REM (02/11/2019) (Info)**

Reserved matters: Appearance, Landscaping, Layout, Scale pursuant to 17/01378/OUT: demolition of the existing garage and erection of a one bedroomed dwelling at 27 Bradfield Close Rushden NN10 0EP

**19/01570/FUL (02/11/2019) (Info)**

Front and rear single-storey extensions at 16 Paddocks Road Rushden NN10 6RY

**19/01574/FUL (02/11/2019) (Info)**

Demolition of existing store/workshop buildings, erection of two semi-detached dwellings at 7A Glassbrook Road Rushden NN10 9TG

**19/01581/FUL (02/11/2019) (Info)**

Front entrance extension and replacement of existing conservatory with new extension at 14 Avenue Road Rushden NN10 0SJ

## Stanwick

**19/01429/FUL (02/11/2019) (Info)**

Single storey side and front extension (Re-submission 19/00038/FUL) at Stanwick Rovers Football Club Raunds Road Stanwick NN9 6PP

## Thrapston

**19/01420/FUL (09/11/2019) (LB/CA)**

Retrospective permission for temporary cedar clad portable cabin which houses offices for funeralcare customers at Central England Co-operative Oundle Road Thrapston

## Warmington

**19/01582/FUL (02/11/2019) (Info)**

Two-storey side extension at 4 Bevan Close Warmington PE8 6WJ

## Woodford

**19/01560/FUL (02/11/2019) (Info)**

Two storey side extension at 12 Highfield Woodford NN14 4HD

## Woodnewton

**19/01380/FUL (09/11/2019) (LB/CA)**

Two storey rear extension at 3 Main Street Woodnewton PE8 5EB

**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 19 October 2019**

**Consultation deadlines will differ for each application. Please go to [www.east-northamptonshire.gov.uk/planningapplications](http://www.east-northamptonshire.gov.uk/planningapplications) for details.**

## From the Chairman...

It has been a busy few weeks, and I was delighted to attend the Mayor of Northampton's civic service at All Saints Church in Northampton, it is such a historic church and the music was especially lovely in such a beautiful setting.

Next, there were two anniversaries to celebrate. Ten years ago there were gravel pits on the site of Stanwick Lakes but the building there now provided a great venue for my Chairman's Dinner which was well attended and raised about £1,400 for my chosen charity, Service Six. This charity is celebrating 40 years of considerable service to the young people of this area. Musicians from Manor School in Raunds set the scene with beautiful music to welcome everyone, before the guests took their seats for a splendid three-course meal. Mayors and Chairs from across the county

and beyond enjoyed the 'traditional' game of Heads and Tails and an auction which raised further funds for Service Six. Finally music from So Last Century let us dance the night away.

On the Saturday, the County Scouts had their AGM and it was great to see so many volunteers and young enthusiastic members of this great organisation. We heard from those who attended the Jamboree in America and what an enjoyable experience that was - meeting scouts from across the world including the Chief Scout abseiling into the arena at the opening ceremony. Volunteers are always needed so that the young people on the waiting lists can join and if anyone feels they would like to be part of this fantastic movement, to find out further information please visit the website at [www.northantsscouts.org.uk](http://www.northantsscouts.org.uk)

Thrapston had its Civic

Service which we attended and enjoyed again, in one of the beautiful churches we are fortunate to have in our District.

I also attended the AGM of Service Six which provides much needed and appreciated help to young people in our District including individual counselling, group work and working on our streets meeting individuals.

A quiz night was held at Raunds – our team did better this time but we were still well away from winning. However, it was a fun night which raised a good sum for the Mayor's Charities.

Being Chair of this District is an opportunity to meet people doing such great work in our community and an opportunity to say a big thank you for the work they are doing.

*Chair of ENC,  
Dudley Hughes*

## Marina café scoops prestigious county award

The boathouse at White Mills Marina, Earls Barton has been named Northamptonshire Coffee Shop of the Year at the Business Times SME Awards.

The award which was voted for by members of the public was presented to the owners of White Mills Marina, John and Debbie Skinner at the awards event at the Royal and Derngate Theatre in Northampton last week.

Mr Skinner said: "What makes this award so very special is that the nomination was made by one of our customers and then it was down to a public vote. Fortunately for us we had the most votes! We are all absolutely thrilled, it is a real testament to Carrie Hewitt and her boathouse team's hard work, we could not be more proud."

The boathouse opened on 1st December 2017 initially at

weekends only, and was part funded through the European Agricultural Fund for Rural Development (EAFRD) and the Rural Payments Agency (RPA) under the Rural Development Programme for England (RDPE) 2014 -2020. On 1st May 2018 the boathouse extended its opening hours to six days a week, Wednesday to Monday, 10am–4pm.

Since then the boathouse which also houses showers, toilets and disabled facilities for boaters and campers,

has fast established itself as an essential refreshment pit stop for walkers, cyclists, boaters, kayakers and paddle boarders visiting the River Nene and Nene Valley. This summer White Mills Marina, which is also a Certificated Camping and Caravanning Club site, was awarded four Gold Anchors by The Yacht Harbour Association.

Further information is available from Debbie Skinner, White Mills Marina 07890 917325 or [debbie@whitemillsmarina.co.uk](mailto:debbie@whitemillsmarina.co.uk)



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Sun 17 Nottingham Christmas Market  
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Thu 21 War Horse  
Sat 23 Birmingham Frankfurt Christmas Market  
Sun 24 Bury St Edmunds Christmas Market  
Sun 24 Birmingham International Tattoo  
Wed 27 Canterbury Christmas Market  
Thu 28 Thursford  
Sat 30 Bath Christmas Market  
Sat 30 Cadbury World at Christmas

**DECEMBER**

Sat 7 Oxford Christmas Market  
Sun 8 Windsor or Windsor Castle at Christmas  
Thu 12 Christmas Lunch River Cruise  
Sat 14 Nottingham Christmas Market  
Sun 15 Hyde Park Winter Wonderland

**JANUARY**

Sat 4 Boundary Mills, Grantham  
Sat 11 Behind the scenes at BBC Salford  
Wed 15 Tutankhamun Exhibition  
Wed 15 Lunch & Les Misérables  
Wed 22 Seasonal Mystery Tour  
Thu 23 Langham Glass & Fakenham Market  
Fri 24 Royal Courts of Justice Tour

**FEBRUARY**

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Tue 11 Melton Mowbray  
Sat 15 Jailhouse Tour, Shrewsbury  
Wed 19 Boston Market & Springfield  
Fri 21 Coventry Market Day  
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# World Mental Health Day at Huxlow Science College

**Huxlow Science College report on a special breakfast held to mark World Mental Health Day on Thursday 10th October.**

The breakfast was organised by the 'Time to Change Champions', members of staff who work together to

change the way people think and act about mental health. The theme of the event was 'Ask Twice'. Time to Change are

leading this campaign by encouraging people to 'Ask Twice' if they suspect that someone is struggling with their mental health.

Asking again, with interest can help someone to open up for the first time. It was a great opportunity for staff to spend time talking to each other in a relaxed environment.

Huxlow Science College are focused on changing attitudes around mental health. We signed up to the Time to Change Employer Pledge last year. By signing this pledge, we are demonstrating our commitment to ensuring that all employees feel supported enough to talk about their experiences. We have made a number of adjustments to the workplace, including adding a new 'Wellbeing Area' to the staff room. The area has been designed with peace and tranquillity in mind and is somewhere for staff to go to rest and recharge.

A huge thank you to Andrew, one of our School Governors and Sainsbury's for their donation of mince pies. Their donation was so generous that we were able to share some with our local nursing home, Highmead House for the residents to enjoy.



## Wildlife News

At this time of year our countryside plants are yielding their fruit to hungry mammals and birds, and many of them they will also add their dead and dying leaves to the earth below. But in some cases as the leaves fall they give an unusual glimpse into a hidden world offering an unexpected link between plants and animals; the plants this time offer more than an easy meal, though food is, as always, an important part of the puzzle. We should look for the oddities known as galls, of which the best-known is the oak apple gall, whose little round brown 'balls' appear at this time of the year.

A more imposing example to be seen on a country walk is taller and shows unexpected colour changes as it matures, passing through green to crimson and eventually reddish-brown; it is a hairy-looking mass of fibres, often sticky to touch, on a stem up to four feet high, while the 'flowerhead' (which is not a real flower) looks a little like a dandelion 'clock'. It has a romantic-sounding name which some claim started with the

legendary fairy figure Puck; nor does the title Robin's pincushion have anything whatever to do with our well-known red-breasted garden bird.

These and other unusual objects on otherwise normal plants are not themselves part of the plant. They result from a visit from one of the many species of insects known as gall wasps; the females have to find the 'right' plant because they are all designed to work, and rely, on different plant species. These galls present an ingenious way of providing both shelter and nutrition through the coming winter for the larvae hatching from eggs laid during the summer; hidden inside, the larvae can develop with some degree of safety from passing predators, and they are surrounded by a food supply which the plants has, in some way, been stimulated to produce.

And if any reader is a little apprehensive about the name of the gall wasp, don't be! These are not stingers (actually very few insects are aggressive to us). Along with most insects they already face death as the temperatures drop.

By Roy Burrell

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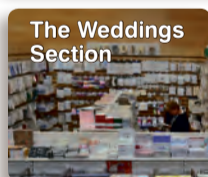
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**Saturday 2nd November is Make 'N' Take Day - FREE EVENT!!** It's your chance to have-a-go! We supply the materials & tuition, you get to make a project to take home . . .

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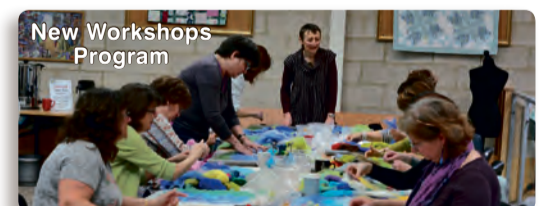


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Our Craft Workshops are great value at £5.00 to £45.00 per session!

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To book, check availability or to request a leaflet detailing the dates and content of our workshops please tel: 01933 355530, ask at any Colemans branch or look online at [www.colemans-online.co.uk](http://www.colemans-online.co.uk)

Open 7 Days **Visit our new Warehouse Office Supplies Shop!** Park Outside

If you are visiting the Craft Warehouse why not pop next door to our new **Warehouse Office Supplies Shop?**

All sessions will run concurrently throughout the day from 10.00am - 4.00pm and will last for approximately 45 minutes. All materials are provided. Places will be allocated on a first come, first served basis and need to be booked on arrival at the Craft Warehouse.

### Monday 21st October

#### Talk by Professor Julian Onions: 'Cold Dark Matter'

Chelveston Village Hall, Caldecott Road Chelveston NN9 6AT 8pm, £3, non-members welcome. Kevin 07731890594. Julian says, 'no previous knowledge is required'.

### Tuesday 22nd October

#### Coffee Morning

Thrapston Baptist Church 10am-12noon. Friendly time for all to meet, chat and share tea, coffee and cake.

### Oundle Cinema Matinee: Singin' In The Rain (U)

Stahl Theatre, West Street, Oundle PE8 4EJ 2pm, £5 incl refreshments Oundle Festival, 4 West Street, Oundle, PE8 4ED. Tel. 01832 274734, [www.oundlecinema.org.uk](http://www.oundlecinema.org.uk), [information@oundlefestival.org.uk](mailto:information@oundlefestival.org.uk). A relaxed screening of the now legendary 1952 American musical-romantic comedy, offering a light-hearted depiction of Hollywood in the late 1920s.

### Thursday 24th October

#### Friends of Refugees – East Northants meeting

Full Gospel Church, 60 High Street South, Rushden 7.30pm. Andrew Presland 01933 316927. Open to anyone who is interested.

### Tiddlers Group for 0 to 3 year olds

Thrapston Baptist Church 9.30am-11am. Friendly and welcoming with lots of toys and play equipment for the little ones to enjoy. £1 per carer – as many toddlers as you like!

### Friday 25th October

#### Fusion for 7 to 11 year olds

Thrapston Baptist Church 6.30pm-8pm. Lively and fun group with games, songs and bible based illustrations.

### Film: Green Book

Ringstead Village Hall, High Street Film starts 7.30pm, £4, 01933 460373. African American musician and his white chauffeur journey through America's South, a true story.

### Saturday 26th October

#### Boobs and Brass Autumn Charity Concert

Plaza Theatre, Thrapston NN14 3PS 7.30pm (doors open 7pm), £10, Margaret Betts on 01832 720401/07833 663448 for tickets. Raffle and refreshments. All proceeds to be shared between Breast Cancer Now and Magpas Air Ambulance.

### The Swivel Club presents A Premiere Motown Celebration with The OJ's Soul Band supported by Disco

Rushden Town Bowls Club, Northampton Road NN10 6AN 7pm till late, tickets £20 from [www.swivelclub.org.uk](http://www.swivelclub.org.uk) or Rushden Graphics Alfred Street, The Barbers Shop Higham Ferrers or call 07738080470. This event is Nathan's choice, celebrating his special birthday, a 10-piece live soul band.

### Calligraphy for Beginners

Oundle Library, Glapthorn Road, Oundle 10am-12noon, admission: £30 for 6 sessions, [oundlib@firstforwellbeing.co.uk](mailto:oundlib@firstforwellbeing.co.uk) or Tel: 0300 126 1000. Learn how to develop your own calligraphy hand over six sessions. Fee includes refreshments and Library fee.

### Sunday 27th October

#### Whitefriars Church, Rushden – Morning Worship with Holy Communion

Whitefriars Church at Whitefriars Primary School, Boughton Drive, Rushden NN10 9HX 10.15am, Chris Youngman 01933 551769. An informal church service open to all.

### All-Age Family Service (with Communion)

Thrapston Baptist Church 10.30am. New All Age series

### Oundle Cinema, Mary Poppins Returns (U)

Stahl Theatre, West Street, Oundle PE8 4EJ 4pm, £6.50 / £3 under 18s, Oundle Festival, 4 West Street, Oundle, PE8 4EA. Tel. 01832 274734, [www.oundlecinema.org.uk](http://www.oundlecinema.org.uk), [information@oundlefestival.org.uk](mailto:information@oundlefestival.org.uk) A what-happened-next sequel in which Emily Blunt gives us a Mary Poppins who sounds just right and takes no nonsense.

### Tuesday 29th October

#### Coffee Morning

Thrapston Baptist Church 10am-12noon. Friendly time for all to meet, chat, and share tea, coffee and cake.

### Meditation Class: What is the Mind?

Fletton House, Oundle PE8 4JA 6.30pm-7.30pm, £6, <https://drolmacentre.org.uk/oundle/> email [info@drolmacentre.org.uk](mailto:info@drolmacentre.org.uk) Learn about the mind – what it is and how it works. With relaxing guided meditations.

### Thursday 31st October

#### Tiddlers Group for 0 to 3 year olds

Thrapston Baptist Church NO Tiddlers this week – half-term.

### Friday 1st November

#### Fusion for 7 to 11 year olds

Thrapston Baptist Church NO Fusion this week – half-term.

### Whitefriars Church Retireds' Group – Zoe Dilleigh and two dogs from Hearing Dogs for the Deaf

The Bridge Community Office at Whitefriars Primary School, Boughton Drive, Rushden NN10 9HX 1.30pm-3pm, free admission' Celia Underwood 01933 676989 A friendly group to which all of retirement age are welcome.

### Saturday 2nd November

#### SOLID Dads

Thrapston Baptist Church 9.30am-11am. A group for dads, granddads and all male carers with their children aged 0-6 yrs. Come and have fun with your children with games, craft and toys.

### Sunday 3rd November

#### Oundle Cinema: Widows (15)

Stahl Theatre, West Street, Oundle PE8 4EJ Admission: £6.50/£3 under 18s 7.30pm, Oundle Festival, 4 West Street, Oundle, PE8 4ED. Tel. 01832 274734 [www.oundlecinema.org.uk](http://www.oundlecinema.org.uk), [information@oundlefestival.org.uk](mailto:information@oundlefestival.org.uk). The Lynda la Plante 1983 TV series Widows, given a sharp and elegant interpretation for the big screen. Widows will remind you of how massively entertaining crime movies can be.

### Whitefriars Church, Rushden – Morning Worship

Whitefriars Church at Whitefriars Primary School, Boughton Drive, Rushden NN10 9HX 10.15am, Chris Youngman 01933 551769 An informal church service open to all.

### Morning Service

Thrapston Baptist Church 10.30am, Preacher: Mat Hussain I'll be back – Mark 13:24-31.

### Higham Ferrers Footpath Group

Saffron Road car park Higham Ferrers for car sharing 9.20am, free, 01933 387991 8-mile walk from Walgrave. Please bring lunch and donation to car park.

### By Appointment

#### Counselling & Listening Service

No 1 St Osyth's Lane, Oundle, Northants PE8 4BG Free service, Marilyn 07936 015965

### Housing, Benefits and Employment Advice

No 1 St Osyth's Lane, Oundle, Northants PE8 4BG 01832 770010/ [office@oundlebaptist.org.uk](mailto:office@oundlebaptist.org.uk)

### Half-Term

#### All-age Touch Typing Club

Mon-Fri, 9.30am-10.30am, learn or refresh skills, £15 course intro with coffee. Diane Gifford 07432 123438

### Every Monday

#### Stanwick Handbell Ringers Group

The Stanwick Village Hall 7pm-9pm, 01933 623855, see website for more details. Everyone welcome, come and have a go.

### Islip Ladies Choir

Thrapston Church Hall 2pm-3.30pm, Barbara 01536 394431

### Yoga Classes

Denford Village Hall 9am-10am, £4 per session Anita Hackney 01832 733274

### Titchmarsh Folk Dance Club

The Club Room, High Street, Titchmarsh NN14 3DF 8pm-10pm, £1 inc tea/coffee, Kev Prigmore 01536 514023/ [titchmarshfdc@gmail.com](mailto:titchmarshfdc@gmail.com)

### Oundle Ladies Running Group

Oundle pool car park 6.45pm, Jane Walker 01832 272898/[janewalkercakes@icloud.com](mailto:janewalkercakes@icloud.com)

### Bounce and Rhyme

Irthlingbrough Library 10am-10.30am, free. A singing session aimed specifically at babies (or toddlers who are not yet walking).

### Every Monday (term time)

#### Praise and Play

St James' Church Thrapston 1.30-2.45pm, refreshments available, Anita 735443

### Engage Open Youth Club for school years 7-13

No.1 St Osyth's Lane, Oundle 7pm-9pm, free of charge. Pool, Xbox, crafts, chat, milkshake.

### 1st Monday of the month Finedon Irthlingborough & District Branch Royal British Legion Branch Meeting

Finedon Bowls Club 7.30pm, Peter Eames 07434 328237

### 1st Monday of the month (except May when 2nd Monday)

Oundle & District Royal British Legion Meeting The Talbot Hotel, Oundle 7pm, Roy Sparkes 07904 463707

### 1st & 3rd Monday of the month Oundle Rotary

The Ship Inn, West Street, Oundle PE8 4EF 6.15pm, Jane Grant 07712 933574. Bring your skills, experience,



enthusiasm, give something back to your community.

### 2nd Monday of the month

#### Thrapston & District Royal British Legion Branch Meeting

Thrapston Town Council Centre, 77 High Street, Thrapston 7.30pm, 07876 716 478, [ibyrnes@britishlegion.org.uk](mailto:ibyrnes@britishlegion.org.uk)

### 50+ Adventure Club

For further information 01536 505548/[www.fiftyplusnorthantsadventureclub.org.uk](http://www.fiftyplusnorthantsadventureclub.org.uk)

### Royal British Legion Rushden Branch Monthly Meeting

Rushden Football & Social Club, Hayden Road, Rushden 7.15pm, annual fee £17, Jake Baker 07525 441267

### 3rd Monday of the month

#### Higham Ladies Group

Adult School, Westfield Terrace Higham Ferrers NN10 8BB 2pm-4pm, 01933 387073. Make some new friends and have fun. Interesting speakers.

### 3rd Monday of the month (not Dec)

#### Oundle Munch Club

Oundle Primary School £4, call 01832 275353 to book. Come for a roast lunch and pudding.

### 2nd & 4th Monday of the month

#### StitChat

No 1 St Osyth's Lane, Oundle 1.30pm-3.30pm, 01832 770010/ [office@oundlebaptist.org.uk](mailto:office@oundlebaptist.org.uk)

### Monday once a month

#### Woodturning Club

Hardwick Village, nr Wellingborough NN9 5AL 7-10pm, Paul Lawman 01933 674260

### Every Monday & Thursday

#### Oundle Bridge Club

Fletton House, Fletton Way, Oundle PE8 4JA 7pm start, 01832 273044

### Every Tuesday

#### Free and Friendly Health Walks – Kings Cliffe

Meet at the Ex-Servicemen's Club, Wood Road 11am, Barry Hurcombe 01780 471070. Explore the local area and make new friends. Open to everyone. Refreshments available afterwards.

### Pensioners Club

Rushden Hall 2pm-4pm, Secretary David Robinson 01933 313729. Speakers, bingo and whist. All welcome.

### Phoenix Gaming Club (Age 12+)

The Rushden Scouts Hall, Brooke Close behind Orbit Tyres (Skinners Lane, Rushden NN10 OXH) 7pm-11pm, membership £5pa, Aron 07739 563657/ [aron.phoenix@virginmedia.com](mailto:aron.phoenix@virginmedia.com)

### Art Classes (10 weeks)

Knuston Hall, Knuston 7pm-9pm, 10 lessons £100, Jamie 07899 676769

### East Northants Classic

#### Motorcycle Club

New Inn Public House, Wymington Meet around 7.30pm

### Sling Walk

11am, first Tuesday of the month there is Sling Library at 10am prior to the walk. Second Tuesday meet at Rushden CC Hayway instead of Higham Ferrers. 01933 410112

### Short Mat Bowls

Saxon Hall, Raunds 1.45pm-4pm, £3, 01933 624545

### Yoga Class

Whitefriars Infant School, Boughton Drive, Rushden 7.15pm-8.15pm, £5 per session, Carole 07873 743256/ [carole.wyatt@virginmedia.com](mailto:carole.wyatt@virginmedia.com)

### Ringstead's Jolly Good Company

Ringstead Shared Church 10am-11am, £4 Music & Movement for over-55s.

### Slimming World

Oundle Rugby Club, Occupation Road 5.30pm and 7.30pm, Nikki 07725 617085. Weekly fee applies. Have fun, make friends and lose weight.

### Squidgelets Baby & Toddler Group

Islip Pavilion, Toll Bar Road, Islip 9am-11am, £2 per child, 50p each additional child. Find us on facebook "Squidgelets" or call 07392 756391. Stay and play session for under 5's and their parent/carers.

### IT Assistance and Advice

Irthlingborough Library 2pm-4.30pm, free service for

anyone wishing to improve their IT skills or seeking support creating CVs/looking for work.

### Every Tuesday (term time)

#### Tuesday Tots

No 1 St Osyth's Lane, Oundle 9.15am-11.30am, free, 01832 770010/[office@oundlebaptist.org.uk](mailto:office@oundlebaptist.org.uk)

### 1st Tuesday of every month

#### Great Companions (singles 55+)

Rushden Bowls Club, Northampton Road 7-9pm, yearly membership £6, Pat Bazeley 07931 964360

### Northamptonshire MS Society Meeting

Barton Seagrave Village Hall, Bertone Road, Barton Seagrave, Kettering NN15 6WF 2pm, Stella Luck 01536 216135/ [northamptonshire@mssociety.org.uk](mailto:northamptonshire@mssociety.org.uk)

### 2nd Tuesday of the month

#### East Northants Land Rover Owners Club Meeting

Aviator Hotel, Sywell Aerodrome, Sywell NN6 0BN 8pm, free admission. Family friendly for anyone with an interest in Land Rovers of all ages. [www.enlroc.co.uk](http://www.enlroc.co.uk)

### Woodford WI Meeting

Woodford Sports and Social Club 7.30pm, Lynn Sortwell 01832 732740

### Higham Ferrers Guided Tour

Groups of 6 minimum. Trained guides. Tea & cakes, optional. 01933 411191

### Nene Valley Ladies

St Peter's Roman Catholic Church Hall, Higham Road, Rushden 2pm-4pm, 01933 355478. Visiting speakers and outings

### 3rd Tuesday of the month

#### Rushden and District Stamp Club

Park Road Baptist Church Hall, Rushden NN10 0RG 7.30pm, Malcolm Whitehead 01933 350646.

### Every Tuesday & Thursday

#### Health Walks Stanwick Lakes

10am-11am, free, car park charges 01933 625522/ [www.stanwicklakes.org.uk](http://www.stanwicklakes.org.uk)

Continued on page 11

*Continued from page 12*

### Ladies Crochet Group

Irthlingborough  
2pm-4pm, £10 per session  
Contact Ros 07722593637

### Every Tuesday, Thursday & Friday Partner Whist Drive

Rowlett Close, Higham Ferrers (Tuesday & Friday), Windmill Club, Rushden (Thursday). 7.30pm, £2, 01933 313714

### Every Tuesday & Saturday Coffee Mornings

St James Church, Thrapston  
10am-12noon, 01832 730019

### Last Tuesday of the month Tea with Friends

St Mary's Church, Ringstead  
2pm-4pm, catch up with old friends and make new ones. Donations to church funds and charities.

### Every Wednesday Pemberton Maid Marions Ladies Archery

The Pemberton Centre,  
H E Bates Way, Rushden  
NN10 9YP  
Diane 01933 314032 or Glenda 01933 225057. Welcomes new and experienced archers.

### Dog Training, Socialisation and Ringcraft

Halefield, Woodnewton, nr Oundle  
Classes from 6.45pm, 01832 293432/oundledogs@aol.com/  
[www.oundledogs.co.uk](http://www.oundledogs.co.uk)

### Rainbow Cafe for Tots

Stanwick Lakes  
10.30am-12noon and 1.30pm (term time only), £2.50 per child – car park charges apply. 01933 625522/  
[www.stanwicklakes.org.uk](http://www.stanwicklakes.org.uk)

### Club Night Apethorpe Tennis Club

From 6pm

### Returners to Work

No.1 St. Osyth's Lane  
10am-12noon, 01832 770011

### Art & Craft Class

Oundle Rural Mind,  
1 Herne Park, East Road,  
Oundle PE8 4BZ  
Irene Issitt 01832 275020

### Cambridge First Certificate in English

The Old Town Hall,  
Market Place, Oundle  
9.30am-12.30pm, £25pw, 01832 776336/info@antlerlanguages.co.uk

### Jelly Babes Toddler Group

Rushden Independent  
Wesleyan Church  
9.15am

### Walk and Chat

Woodford Village, meet at  
Tiggywinkles Tearooms,  
10b Manor House Farm,  
Addington Road, Woodford  
NN14 4ES  
9.30am, free. Joe Bailey 01832 742195 or jebailey@east-northamptonshire.gov.uk

### Homework Club

Irthlingborough Library  
3.30pm-4.30pm. For ages 8-16,  
access the library's resources for  
free and have assistance with  
homework.

### Every Wednesday (term time) Community ICT Classes

Needham Building, Oundle School  
SciTec, Glapthorn Road, Oundle  
2.30pm-4pm, 01832 277267 to  
enrol.

### Tiny Tots

Oundle C of E Primary School,  
Glapthorn Road  
1.45pm

### 660 Club (Age 60+)

Two Acre Club, off Milton Road  
2.15pm-3.45pm. Afternoon tea and  
entertainment by Oundle pupils.

### Every other Wednesday Psychic and Spiritual Awareness

Rushden  
1pm-3pm, 7.30pm-9.30pm,  
£7 per session. 07712 740495

### 1st Wednesday of the month Raunds Coffee Afternoon

Saxon Hall, Raunds  
1.30pm-3pm, £1 entry (includes  
refreshments). Call 01933 622087  
to reserve your seat. Meet new  
friends over tea & entertainment.

### Raunds Ladies Group

The Saxon Hall, Raunds  
8pm-10pm, Visitors £3.50,  
01933 622451

### Home Instead Companionship Café

M&S Café (Rushden Lakes)  
1pm-3pm (times will change during  
school holidays), Marie 01933  
678775. No booking needed.

### 1st & 3rd Wednesday of the month Thrapston Country Dancers

St Johns Ambulance Hall  
2pm-3.30pm, G Hearnden 01933  
622827/ghearnden@tiscali.co.uk

### 2nd Wednesday of the month Coffee Morning

Raunds Methodist Church  
10am-12noon, 01933 383378

### 2nd & 4th Wednesday of the month Northants Model Makers

Main meeting starts 7.30ish. First  
couple free. Bob Humpage 07960  
054405/modelmaker@tiscali.co.uk

### 3rd Wednesday of the month Raunds Film Afternoon

Saxon Hall, Raunds  
2pm, £1 includes refreshments.  
Call 01933 622087 to reserve your  
seat. We show a great film each  
month, watch press for details.

### Higham and Rushden U3A

Pemberton Centre, Rushden  
2pm, visitors welcome (£3 charge)  
[www.highamandrushdenu3a.org.uk](http://www.highamandrushdenu3a.org.uk)

### Raunds & Dist' British Legion

Conservative Club, Raunds  
8pm, 01933 625333 for more  
details. You do NOT have to be  
ex-services.

### 4th Wednesday of the month Rushden Pensioners Forum

St Peters Church Hall,  
Midland Road, Rushden  
2pm-4pm, Mary Morby 01933  
312476 or e.m.m@btinternet.com

### Wednesday & Thursday Free Counselling

No.1 St. Osyth's Lane Oundle  
By appointment 0793 6015965

### Every Thursday Raunds Bridge Club

Saxon Hall  
7pm-10pm, £2.50, 01933 624767

### Health Walk

Irthlingborough Library,  
High Street  
10.30am, irthlib@firstforwellbeing.  
co.uk. Walk lasts an hour and then  
back for refreshments and a  
chance to chat.

### Rushden Folk Dance Club

St Mary's Church Hall, Rushden  
8-10pm, first visit free, £2 thereafter,  
07796 865537

### The Silver Fox Woodturning Club

Dale End Scout Headquarters,  
Croyland Road, Wellingborough  
10am-1pm, £2 all members,  
Debbie 01604 751019

### Move to Health

No 1 St Osyth's Lane, Oundle  
2.15pm-3pm, 01832 770010/  
office@oundlebaptist.org.uk

### Thursday Drop-In

No 1 St Osyth's Lane, Oundle  
10am-1pm, 01832 770010/  
office@oundlebaptist.org.uk

### Little Ducklings Pre-School Stay & Play 'Tea & Tots' Sessions

1.30pm-3pm, £1.50 per family.  
01832 358085

### Olde and Sequence Dancing

Woodford Sports and Social Club  
7.30pm-9.30pm, £2, Dorothy  
01832 732534 or Keith 01832  
731896

### Every Thursday (term time) Music Makers

Titchmarsh Pavilion  
9.30am-10.15am, Joan Strong  
Centre, Oundle, 11.15am-12noon,  
Stanwick Village Hall, 2pm-2.45pm,  
£4 per child, £2 for siblings, Naomi  
Cooper on musicmakers  
northants@gmail.com

### Little Treasures Tots Group

St Laurence's Church, Stanwick  
9.30am-11am, donations to cover  
costs, Nicki 01933 625658

### Community Art Classes

Oundle School Art Department  
7.30pm-8.30pm, free classes for  
people with a disability.

### Coffee/tea and biscuits in the Bede House

St Mary's Church, Higham Ferrers  
10am-12noon, no charge just a  
donation to cover costs.

### Adult & Child Swim Sessions

Oundle School Swimming Pool,  
Milton Road Oundle  
9.15am-9.45am, booked in  
advance as a block (£4.75 per  
lesson) 01832 277208/277195

### Alternate Thursdays Fettleline Afternoon Club

Crow Hill Community CTR,  
Fettleline Road, Irthlingborough  
NN9 5XF  
2pm-4pm, £2 all ages welcome  
for tea, cake, chat and activities.  
Caroline Cross 07527530529

### 1st Thursday of the month Royal British Legion Friends & Companionship Support Group

Athletics Club, Newton Road,  
Rushden  
10am-12noon. Pop in for a chat.

### 2nd Thursday of the month More Natter than Knit

Mrs B's, Newton Hall, Rushden  
10am-12.30pm, see facebook  
page. If you like to knit, crochet or  
would like to learn and natter, come  
and join us.

### 3rd Thursday of the month Ise & Nene Valley Turners

Cranford Village Hall, Grafton  
Road, Cranford NN14 4JE  
7pm, members free, visitors £5,  
Peter Bond 01933 741835/  
peterjbond@btinternet.com

### 1st & 3rd Thursday of the month The Fettleline Afternoon Club

Crow Hill Community Centre,  
Irthlingborough  
2pm-4pm, £2, Caroline Cross  
07527530529. Activities, speakers,  
meals out and more.

### Thursday Market Day No.1 Cafe - Free Drop-In

No.1 St, Osyth's Lane  
10am-2pm, 01832 770011

### Every Friday Over 60s Club Bingo

Working Men's Club, Higham  
Ferrers  
2-4pm, 01933 741286

### Walk and Chat

Rushden Hall Park, under flagpole

10am, Joe Bailey 01832 742195/  
jebailey@east-northamptonshire.  
gov.uk

### Walk and Chat

Meet at The Black Horse Pub,  
Nassington PE8 6QU  
11am, free, Robert Phipps  
01780 782558

### Every Friday (term time) Playheroes: Learning Through Play

Highgate Hall, Elton  
11am-12 midday, £5 a session  
(multiple session discount). 07917  
100690/playheroesinfo@gmail.com.  
Two teachers plan a range of  
interactive activities, linked to a  
weekly theme.

### Sparklers – a 0-5s toddler group

The Bridge Community Office at  
Whitefriars Primary School,  
Rushden NN10 9HX  
9am-11am, £1 per family, Emma  
07957 080074. A safe and friendly  
place for parents/carers and for  
their children to play and make  
friends.

### Friday Once a Month Wildlife Trust Little Bugs Club

Nene Wetlands Visitor Centre,  
Rushden Lakes  
10-11.30am, £3 per child (intro  
rate), booking essential, 01933  
779587/  
viktorija.marta@wildlifebcn.org

### 1st Friday of the month (Check before travelling) Craft Cafe

Stanwick Lakes  
10.30am-1pm, modest charge for  
some materials and car park,  
01933 625522/www.stanwicklakes.  
org.uk

### 3rd Friday of the month Raunds Tea Dance

Saxon Hall, Raunds  
2pm-4.15pm, £4 (50p for raffle)  
Mrs Wicks 01933 312623

### U3A Meeting

The Plaza, Cosy Nook,  
Thrapston NN14 4PS  
10am-12noon, £2 (visitors), free for  
members, includes refreshments.  
Guest speakers each month.

### Former Carers Group

No 1 St Osyth's Lane, Oundle PE8  
4BG  
2pm-3.30pm, free, 01832 770010/  
office@oundlebaptist.org.uk

### 3rd Friday of the month (Check before travelling) Stanwick Stitchers

Stanwick Lakes  
10.30am, free, car park charges.  
01933 625522 or Pauline on 01933  
229817/www.stanwicklakes.org.uk

### Last Saturday of the Month (not Dec) Farmers' Market

Market Square, Higham Ferrers  
9am-1pm  
danielle@highamferrers-tc.gov.uk

### 1st Saturday of the month Coffee Morning

St Mary's Church, Ringstead  
10am-12noon, 01933 624262

### Thrapston Farmers' Market

Thrapston High Street  
9am-1pm, [www.thrapstonfarmersmarket.moonfruit.com](http://www.thrapstonfarmersmarket.moonfruit.com)

### 2nd Saturday of the month Coffee 'n' Cakes

Oundle Methodist Church,  
Drummingwell Lane  
10am-12noon, John Hewitson  
01832 272209

### WE Watch

Stanwick Lakes  
01933 625522/  
wewatchstanwick@hotmail.co.uk

### Oundle Farmers' Market

Market Place, Oundle,  
8am-1.30pm, Oundle Town Council  
01832 272055

### 3rd Saturday of the month Phoenix Group

Stanwick Lakes  
01933 625522/  
wewatchstanwick@hotmail.co.uk

### Messy Church

Rushden Salvation Army,  
Church Street, Rushden  
4pm, George Ellitson 01933  
313106

### Every Saturday & Sunday Coffee & cakes/ Sunday worship

Rushden Independent Wesleyan  
Church (entrance Queen Street)  
Saturday coffee & cakes 10am-  
11.30am, Sunday worship  
10.45am with children's activities.  
Messy Church every 2nd Sunday  
in the month 4pm, all welcome.

### Every Sunday

#### 2 Course Sunday Carvery

Rushden Bowls Club  
12noon, £12 per head.  
07850 864537 to book.

### Sunday Tea

Fotheringhay Village Hall  
3pm-5.30pm, £2.50 for tea & cake.  
Alexandra Mitchell 01832 226440

### Morning Worship

Rushden Mission Church,  
Wellingborough Road  
10.45am, Alan 01933 355302

### Morning Church Service

Heritage Chapel, Park Road,  
Rushden NN10 0RW  
10.30am

### Ringstead Shared Church

Service for all (Communion first  
Sunday each month), 10.30am  
Mike Freeman 01933 389796/  
rbc-rsc@angeladavis.net

### 1st Sunday of the month

#### Priceless – for young children and their families

St Laurence's Church, Stanwick  
9.30am-10.15am

### Every 2nd, 4th & 5th Sunday

#### Pete's Pack (For children 3+)

St Peter's Church, Newton  
Bromswold  
Bible based activities, 10am-11am  
Helen Lines 07917 001924

### 3rd Sunday of the month All Age Worship

St Laurence's Church, Stanwick  
9.30am

### Leisurely, Sociable Strolls

Pub start – if not lunching do not  
use pub car park. 10am for  
10.30am start. Guests £2/join for  
year £8, secretary@  
northamptonshireshamblers.org.uk

### 4th Sunday of the month and Bank Holidays (not Nov-Jan)

#### King's Cliffe Heritage Centre

Bridge Street  
(Hanging sign when we're open).  
Open 2pm-5pm



# It's time to book in your flu jab

**Northamptonshire County Council and Northamptonshire's Clinical Commissioning Groups are once again urging people to get their flu vaccines booked in as winter approaches.**

Flu is a highly infectious viral illness which can lead to complications, hospital admissions and even death. Symptoms of flu include fever, cough, sore throat, runny or stuffy nose, headaches, body aches and tiredness. Those people in 'at risk' groups are also susceptible to further complications.

Flu has a big impact on NHS winter pressures both in terms of the illness itself and its impact on the wider

health and care system due to other complications or staff and carer illness.

The flu vaccine is the most effective way to reduce the occurrence of illness and the unplanned hospital admissions that inevitably follow, particularly in the over 65 age group and those with long-term health conditions.

This winter, the vaccine is free of charge for the following people:

- All children aged between

2 and 10 on or before 31st August 2019

- Those aged between six months and 64 years in clinical risk groups\*
- Pregnant women – women in any trimester of pregnancy
- Those aged 65 years and over
- Those in long-stay residential care homes
- Carers (informal carers who are in receipt of a carer allowance or a main carer of a vulnerable

person)

- Frontline staff in direct patient contact working for primary care, community and acute NHS trusts or social care staff employed by a registered residential care/nursing home/ domiciliary care provider or voluntary managed hospice provider who are directly involved in the care of vulnerable people are also eligible for free flu vaccinations

People belonging to any of these groups should speak to their GP to book a vaccination, or visit a local pharmacy as they may also provide free flu vaccinations. Frontline staff can also contact their occupational health team.

Cabinet Member for Public Health at Northamptonshire County Council, Cllr Ian Morris, said: "In the last

three years, over 11,000 people were hospitalised in Northamptonshire due to flu or flu related complications, with nearly 8,000 of those people aged over 65. Having the flu vaccine can help prevent the spread of seasonal flu and help to prevent those most at risk from becoming ill."

Lucy Wightman, Director of Public Health stated: "The flu vaccination programme

is the best way of protecting you and your family from flu this winter. With an increasing number of people eligible for a free vaccine, we have the potential to protect more people than ever from falling ill this winter, and reduce demand on our NHS and healthcare services."

Anyone in doubt about whether they qualify for a free vaccination should contact their GP.

For more information and myth busting on the flu vaccination, visit [www3.northamptonshire.gov.uk/councilservices/health/Pages/flu.aspx](http://www3.northamptonshire.gov.uk/councilservices/health/Pages/flu.aspx)

\*Listed conditions are: chronic (long-term) respiratory disease; chat stage three, four or five of kidney failure; chronic liver disease; chronic neurological disease, such as Parkinson's disease or multiple sclerosis, or learning disability; diabetes; splenic dysfunction; a weakened immune system due to disease (such as HIV/AIDS) or treatment (such as cancer treatment) or morbidly obese (defined as BMI of 40 and above).

For further information, please contact: Kathryn Hall, Media Relations Specialist, on 01604 368971.

## Oundle Neighbourhood Plan 2011-2031 – Details of forthcoming public hearing, 29th October 2019

Preparation of the Oundle Neighbourhood Plan started in 2013 and since then the Neighbourhood Plan Group and Oundle Town Council have worked together to produce a plan setting out proposals for further growth for the town, including setting out plans for future housing development in Oundle up to 2031.

The Oundle Neighbourhood Plan was submitted to East Northamptonshire Council in May 2019 and a statutory six-week public consultation then took place during July to August 2019.

Following the public consultation an independent examiner has been

appointed to assess the Neighbourhood Plan against a series of 'basic conditions'; and 'tests' that the Plan will need to meet. The examiner, John Parmiter, has determined that the Oundle Neighbourhood Plan should be subject to a public hearing.

The examination public hearing will take place in Oundle at 10am on Tuesday 29th October at the Queen Victoria Hall on West Street, Oundle PE8 4EJ, details of which are available through the Council's website on the Oundle Neighbourhood Plan web page: [www.east-northamptonshire.gov.uk/oundlenp](http://www.east-northamptonshire.gov.uk/oundlenp)

## Your Health – is sleep the new black?

It's the latest trend, isn't it? According to the experts we have to eat right, exercise right, sit right, and now they want us to sleep right too.

So, does it matter? Is it just another fad? The equivalent of juicing, but in the dark? Well, despite my ranting, in this case I'm with the experts.

The obvious things that help sleep are:

- Cool down – temperatures of 16-18C are best for sleep
- Black out – darkness causes melatonin to be released, which is good for sleep
- Get comfy – if you wake in pain every morning there's a chance your mattress needs replacing (or you need treatment!)
- Reject sweetness – reduce alcohol, sugar and caffeine before bed

But, there's more to it than this list! Last year we ran an Osteopathy TV show with Dr Neil Stanley, the UK's top sleep expert. In the next

few weeks I'm going give you some of his tips.

Sleep Tip 1: The body starts waking up 90 minutes before you actually wake. If you set your alarm for the same time every morning your body knows when the 90 minutes of preparation should start, and you wake up ready to go. If you constantly change the alarm time it's harder for the body to prepare, so you may take longer to get going.

Look out for more sleep tips next time. In the meantime, I hope you have cool, black, comfy, sleepy-filled nights this week.

Claire

Claire Short is a Registered Osteopath, and runs The Ashgrove Clinic in Higham Ferrers. Send your questions to [claire@ashgrovehealth.co.uk](mailto:claire@ashgrovehealth.co.uk) or Tweet to @AshgroveClinic

## Rushden's Greenway is on the right track

**Walkers along the Greenway in Rushden will see an exciting new addition to the route as the Out to Water, Into History group has unveiled the latest stage of the project.**

Thirty-three green train track wayfinding markers have been added to the section of the Greenway from Rushden Lakes to Rushden Historical Transport Museum, allowing users of the route to easily find their way from the historic town to the vibrant lakes.

Tracks are designed to lead Greenway users from one end to the other, and read differently depending on the direction travelled. If travelling from Rushden Lakes to the town, the tracks read 'Into History' and those travelling from Rushden town centre to the Lakes will see 'Out to Water'.

The train tracks are the latest stage in the Out to Water, Into History project which aims to connect Rushden's heritage with the area's wildlife, along the green corridor.

Councillor Sarah Peacock, Chair of the Greenway Board

said: "We are delighted to unveil the new train tracks along the Greenway, especially as the design was chosen by users to reflect the history of the Greenway and its connections with the railway.

"As always, we couldn't complete the Out to Water, Into History project without the help of our wonderful partner organisation Nenescape and funding from the Heritage Lottery.

"Also, this stage of the project certainly wouldn't have been on the right track without the assistance of Rushden Town Council, alongside the town's museums and residents."

Councillor Steven North, Leader of East Northamptonshire Council added: "The Greenway is a great asset to East Northamptonshire and the Out to Water, Into History project is continuously working to improve the area.

It is brilliant to see this latest addition to the Greenway, and the project hopes to continue to provide a legacy and develop this wonderful green corridor."

Amanda Johnson, Project Manager at Nenescape agreed: "The train tracks are an excellent addition to the Greenway, really highlight the strong links between Rushden and Rushden Lakes and complements our All Aboard for Rushden app. The team behind the Out to Water, Into History project is certainly working hard to improve the Greenway, and with the new train tracks and mural at the Washbrook Tunnel – the hard work is definitely paying off!"

The project will next see the team of volunteers litter-pick a stretch of the Greenway on Saturday 19th October. More details can be found on the dedicated Out to Water, Into History Facebook page.

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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](http://www.nenevalleynews.co.uk). Pay by credit/debit card or cheque. All major credit/debit cards accepted. For help and information please call 01522 692542 or visit [www.nenevalleynews.co.uk](http://www.nenevalleynews.co.uk)

### Family notices

*Nene Valley News can help you make those important family announcements.*



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**PUBLIC NOTICES**

**NORTHAMPTONSHIRE COUNTY COUNCIL**  
**ROAD TRAFFIC REGULATION ACT 1984 -  
SECTION 14**

**THE NORTHAMPTONSHIRE COUNTY COUNCIL  
(HIGH STREET, DUDDINGTON)**

**(TEMPORARY PROHIBITION OF THROUGH  
TRAFFIC) ORDER 2019**

NOTICE IS HEREBY GIVEN that Northamptonshire County Council  
have made an Order the effect of which is to prohibit traffic from  
proceeding along that length of High Street, Duddington as set out below.

**LENGTH OF ROAD TO WHICH RESTRICTION APPLIES:** That  
length of High Street, Duddington from outside plot 1, 2 and 3.

**REASONS FOR RESTRICTION:** The restriction is required for safety  
during installation of new water connection.

**PERIOD OF CLOSURE:** The proposed Order will come into effect on  
19th October 2019 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 2016.

**EXPECTED DURATION:** It is expected that the road will be restricted  
for up to three days.

**ALTERNATIVE ROUTES:** use Stamford Road, A47 and A43.

Dated this 19th day of October 2019  
DEBBIE CARTER-HUGHES  
Executive Director LGSS Law Ltd  
PKG/T19/402

If you require any further information please contact Gary Thorp ref:-19-  
20-N218 on 01604 883400.

**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. 17) ORDER 2019**

NOTICE IS HEREBY GIVEN that Northamptonshire County Council  
intends to make an Order under Sections 1 to 5, 32, 35 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 Rushden,  
Irthlingborough, Thrapston and Oundle Libraries during normal opening  
times or at the offices of Northamptonshire Highways, Brixworth Depot,  
Old Harborough Road, Brixworth, NN6 9BX during normal working  
hours.

**OBJECTIONS** to the proposed Order, stating the grounds on which they  
are made should be sent in writing to the Traffic Orders Section,  
Northamptonshire Highways, Highways Depot, Harborough Road,  
Brixworth, Northampton, NN6 9BX or by email to: [parkingenquiries@kierwsp.co.uk](mailto:parkingenquiries@kierwsp.co.uk) no later than 11th November 2019.

Dated this 19th day of October 2019

DEBBIE CARTER-HUGHES,  
Executive Director LGSS Law Ltd  
PKG / 1814

**SCHEDULE**  
**PROPOSED NO WAITING AT ANYTIME RESTRICTIONS  
(DOUBLE YELLOW LINES)**

South Park, Rushden – both sides, from the junction with Wymington  
Road to a point outside No.1 on the southern side and a point outside No.  
23 in the north side; Wymington Road, Rushden – west side, at the junction  
with South Park, northwards for 10 metres and southwards for 15 metres;  
Bedford Road, Rushden – southwest side, outside No. 2, opposite the  
junction of Manning Street; High Street, Brigstock – northeast, extension  
of existing double yellow lines by 6 metres outside No. 28; Wellington  
Road, Irthlingborough – southeast side, extension of the existing double  
yellow lines at the junction/roundabout of Ebbw Vale Road southwest and  
northeast; Midland Road, Thrapston – west side, from a point outside No.  
2 to a point outside No. 8; Market Road & Halford Street, Thrapston –  
whole junction for 6.5 metres; Market Road & Grove Road, Thrapston –  
whole junction for 6.5 metres; Market Road, Thrapston – north side, from  
the junction with Grove Road up to a point outside No. 29; St Peters Way,  
Irthlingborough – both sides, from the existing double yellow lines down  
to the junction of Oak Way; Cotterstock Road, Oundle – west side, from  
the existing double yellow lines outside No.1 Ray Close southwards to the  
bus stop opposite the junction of Lime Avenue; Cotterstock Road, Oundle  
– west side, from the existing double yellow lines near Ray Close,  
extending up to the zig-zag markings of the pedestrian crossing.

**PROPOSED NO STOPPING ON ENTRANCE MARKINGS**  
'MON – FRI 8.30 – 9.30AM & 3 – 4PM' (SCHOOL KEEP CLEAR)  
Scarborough Street, Irthlingborough – southeast side, from the junction up  
to the Junior School gates.

**PROPOSED DISABLED PARKING BAYS 'MON – FRI 8AM – 6PM**  
**3 HOURS NO RETURN WITHIN 1 HOUR'**  
School Lane, Higham Ferrers – northwest side, in the layby outside Henry  
Chichele School.

**NORTHAMPTONSHIRE COUNTY COUNCIL**  
**ROAD TRAFFIC REGULATION ACT 1984 -  
SECTION 14**

**THE NORTHAMPTONSHIRE COUNTY COUNCIL  
(LATHAM STREET, BRIGSTOCK)**

**(TEMPORARY PROHIBITION OF THROUGH  
TRAFFIC) ORDER 2019**

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 that length of Latham Street, Brigstock as set out  
below.

**LENGTH OF ROAD TO WHICH RESTRICTION APPLIES:** That  
length of Latham Street, Brigstock from High Street to outside number  
1b Latham Street.

**REASONS FOR RESTRICTION:** The restriction is required for  
safety during gas service works.

**PERIOD OF CLOSURE:** The proposed Order will come into effect  
on 11th November 2019 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 2016.

**EXPECTED DURATION:** It is expected that the road will be  
restricted until 15th November 2019.

**ALTERNATIVE ROUTES:** use High Street, Hall Hill and Mill Lane.

Dated this 19th day of October 2019  
DEBBIE CARTER-HUGHES  
Executive Director LGSS Law Ltd  
PKG/T19/428

If you require any further information please contact Gary Thorp ref:-19-  
20-N241 on 01604 883400.

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and traditions. Russia, through Western eyes, is unpredictable and irrational, when in fact its leaders from the czars to Putin almost always act in their own very predictable and rational ways. For Western leaders to try to engage with Russia without attempting to understand how Russians look at the world is a recipe for repeated disappointment and frequent crises.

Keir Giles describes how Russian leaders have used consistent doctrinal and strategic approaches to the rest of the world. These approaches may seem deeply alien in the West but understanding them is essential for successful engagement with Moscow. Giles argues that understanding how Moscow’s leaders think – not just Vladimir Putin but his predecessors and eventual successors – will help their counterparts in the West develop a less crisis-prone and more productive relationship with Russia.

Praise for Moscow Rules:

‘My only regret is that I did not have this book 35 years ago’

– Former President of Estonia, Toomas Ilves

‘A compelling, well-documented argument for honest acceptance of differences between the West and Russia – and for a policy of firm deterrence’ – Evelyn N. Farkas, Senior Fellow, Atlantic Council

‘Keir Giles has explained with clarity, concision, and deep knowledge why Russia cannot be understood by Western criteria alone. His book is a much-needed antidote to simplistic judgements. It should be required reading for all who deal with Western policy towards Russia.’

– Sir Roderic Lyne, UK

Ambassador to Moscow 2000–04

Keir Giles’s work has appeared in a wide range of academic

and military publications across Europe and in North America, and he is a regular contributor and commentator on Russian affairs for international print and broadcast media. He is a Senior Consulting Fellow at the Royal Institute of International Affairs (Chatham House), as well as a regular contributor to research projects on Russian security issues in both the UK and Europe.

Giles is also the Director of the Conflict Studies Research Centre (CSRC), a group of deep subject matter experts on Eurasian security formerly attached to the United Kingdom (UK) Ministry of Defence. Now operating in the private sector, CSRC provides in-depth analysis on a wide range of security issues affecting Russia and its relations with overseas partners.



Tickets £8 (£6), £1 off early bird tickets bought before 1st November, available from the Oundle Box Office, 4 New Street, Oundle. Open hours: 10am-4pm Mon to Fri: Tel 01832 274734, online at [www.oundlefestival.org.uk](http://www.oundlefestival.org.uk). Any queries email [oundlelitfestival@hotmail.co.uk](mailto:oundlelitfestival@hotmail.co.uk)

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