

Nene Valley NEWS

Your local independent community newspaper for East Northamptonshire

Telephone: 01522 692542

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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

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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JOIN US FOR A FESTIVE FAMILY ISLAND ESCAPE THIS DECEMBER

Raunds Community Library Trust – report

Raunds 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. Facebook: The Library at Raunds

Genealogy jottings

Items 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

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.

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Editor's notes

First, 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



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

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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, Werner 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. 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 Trens (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



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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
01933 358231.

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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



Rushden Chiropractic Clinic



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(Starts 30th October)

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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

water can help enhance your ability to relax and relieve the body in a variety of different ways, including: Relief from pain, swelling and stiffness; Joint mobilisation; Cardiovascular fitness; Muscle strengthening, maintenance and restoration and Improved circulation.

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Relax in the knowledge that with over 800 hot tubs installed locally by award-winning engineers and over 17 years of experience servicing them, Bestbuys provide expert after sales service / advice and can help answer any questions you may have.

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

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."

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



Higham Eye Care

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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.



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) (LBRRegs)

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) (LBRRegs)

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.

LBRRegs - 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 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.northantscouts.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 Dergate 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



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TAURUS Holidays

Warner - Alveston Hall Hotel, Cheshire, departs: 22nd November 2019, 4 Days, £355 per person

Enjoy a tribute to the music of Michael Bublé. Located in the splendid Cheshire countryside Alveston Hall Hotel is a grand country property, a half-timbered country house, Grade II listed Victorian building, ideally situated as a base to relax or for exploring the local area. This excellent hotel will provide a memorable experience, including its wonderful gardens, interesting historical features and only 5 minutes away lies the charming riverside town of Nantwich.

A Taste of Christmas, departs: 2nd December 2019, 5 days, £425 per person

Enjoy a pre-Christmas Festive getaway with yuletide entertainment and traditional Christmas food and drink in the Clifton Park Hotel which is fast becoming a hotel renowned for its superior quality and exemplary service. It is located centrally in the traditional seaside town of St. Anne's on Sea, a destination offering a haven of tranquillity. A Taste of Christmas offers a full entertainment programme and full board with delicious seasonal food.

Date for your diary OPEN DAY
 We will be launching our new 2020 holiday brochure at Pytchley Village Hall on Sunday 20th October, 2pm-5pm. Come and see us.

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 Sat 26 Westonbirt Colours of Autumn
 Wed 30 West Midlands Safari Park

NOVEMBER
 Fri 1 London Museums or free time
 Fri 1 Body Worlds Exhibition
 Sat 9 Exeter
 Fri 15 Chatsworth at Christmas
 Sat 16 Harrogate Christmas Market
 Sun 17 Nottingham Christmas Market
 Sun 17 Blenheim at Christmas, Living Crafts
 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 Miserables
 Wed 22 Seasonal Mystery Tour
 Thu 23 Langham Glass & Fakenham Market
 Fri 24 Royal Courts of Justice Tour

FEBRUARY
 Sat 8 Warwick & Leamington Spa
 Tue 11 Melton Mowbray
 Sat 15 Jailhouse Tour, Shrewsbury
 Wed 19 Boston Market & Springfield
 Fri 21 Coventry Market Day
 Fri 21 Coventry Transport Museums
 Sat 22 Houses of Parliament
 Sat 22 London Museums or Free Time
 Sat 22 London Dungeons
 Wed 26 Seasonal Mystery Tour
 Thu 27 Ely

Call us to book or request a brochure
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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 though 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

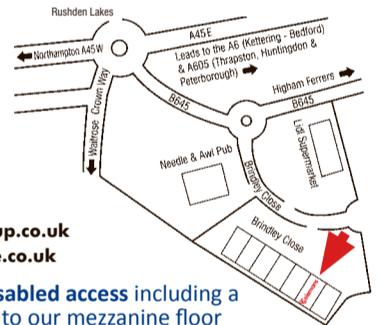
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Open 7 Days **Visit our new Warehouse Office Supplies Shop!** Park Outside

At Rushden, Northants our 6,500 sq. foot warehouse has 1000's of craft, haberdashery & hobby supplies - all at great prices! Also, we now OPEN 7 DAYS A WEEK.

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 . . .

Make 'N' Take

FAIRY OR SANTA PEG DOLL

Make a peg doll Santa or Fairy with Georgina Wise

CHRISTMAS GIFT BOX

FREE EVENT

Assemble & decorate a Christmas gift box with Kara Talbot

HANGING PLAQUE

Create a beautiful hanging plaque with Margaret Cassidy

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.

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

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, 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 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 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, 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 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, 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

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

Oundle Ladies Running Group

Oundle pool car park 6.45pm, Jane Walker 01832 272898/janewalkercakes@icloud.com

Bounce and Rhyme

Irthlingborough 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

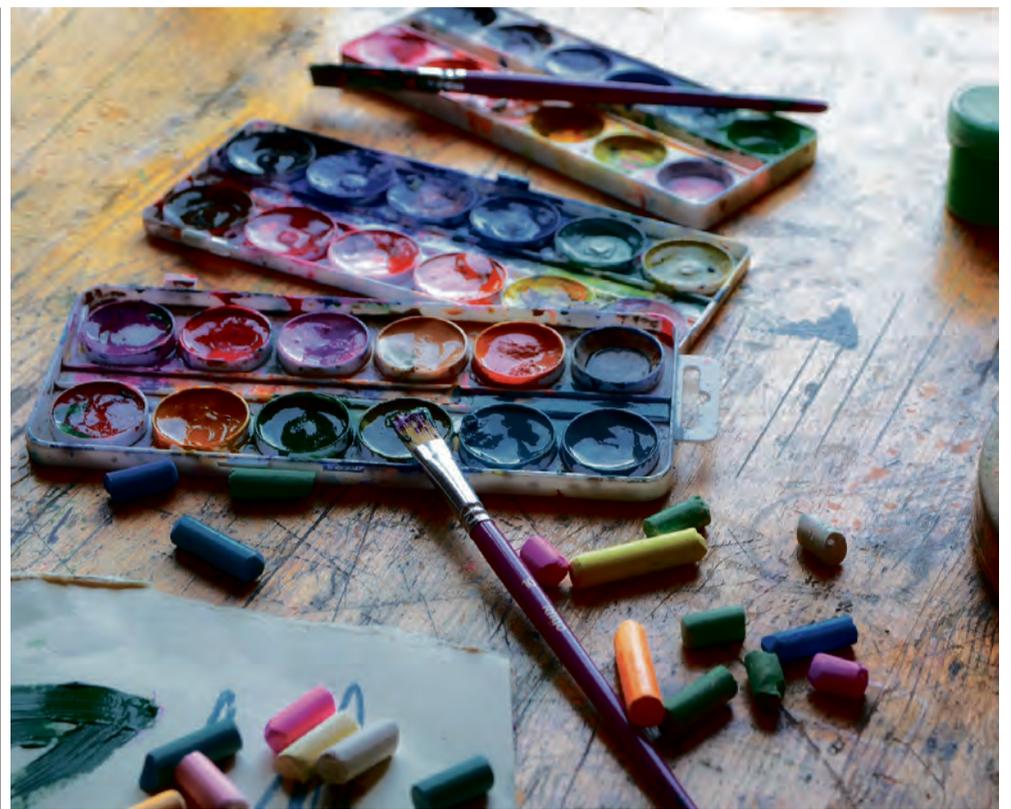
Finedon Bowls Club 7.30pm, Peter Eames 07434 328237

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

50+ Adventure Club

For further information 01536 505548/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

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

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

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

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

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

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

Continued from page 12

Ladies Crochet Group
Irthingborough
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

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

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
Tiggyswinkles 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
Irthingborough 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

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
Irthingborough 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
Fettledine Afternoon Club
Crow Hill Community CTR,
Fettledine Road, Irthingborough
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 Fettledine Afternoon Club
Crow Hill Community Centre,
Irthingborough
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

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

*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

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 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.

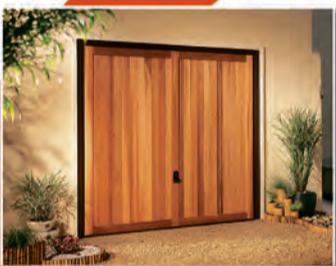
It is brilliant to see this latest addition to the Greenway, and the project hopes to continue to provide a legacy and develop this wonderful green corridor."

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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21 Feb	Bournemouth	4	Suncliff	All Inc / Free Bar	175
2 Mar	Paignton	5	Queens	Cosy Break	245
16 Mar	Torquay	5	Howden Court	1940's revisited	250
23 Mar	Eastbourne	5	Alexandra		235
30 Mar	Hayling Island	5	Mill Rythe	Tribute to Stars / ½ price bar	215

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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 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; Wellingborough 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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Keir Giles – Moscow Rules: What Drives Russia to Confront the West

Oundle Festival of Literature – Friday 8th November at 7.45pm, The Oundle Suite, Fletton House, Glaphorn Road, Oundle PE8 4JA

This book is for anyone that cannot understand why Russia and its leaders behave as they do.

From Moscow, the world looks different. It is through understanding how Russia sees the world – and its place in it – that the West can best meet the Russian challenge.

Russia and the West are like neighbours who never seem able to understand each other. A major reason, this book argues, is that Western leaders tend to think that Russia should act as a “rational” Western nation – even though Russian leaders for centuries have thought and acted based on their country’s much different history

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. Any queries email oundlelitfestival@hotmail.co.uk

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