

Nene Valley news

YOUR LOCAL INDEPENDENT COMMUNITY NEWSPAPER FOR EAST NORTHAMPTONSHIRE

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NEWS IN BRIEF

You Are
Not Alone



A new public awareness
raising campaign highlights
that if anyone is at risk of,
or experiencing domestic
abuse, help is still available.

The campaign, under the
hashtag #YouAreNotAlone,
aims to reassure those
affected by domestic abuse
that support services remain
available during this difficult
time.

It will encourage members
of the general public to show
their solidarity and support for
those who may be suffering,
by sharing government digital
content or a photo of a heart
on their palm, and asking
others to do the same, to
show victims that they are
not alone and to convey to
perpetrators that domestic
abuse is unacceptable in any
circumstances.

Support is available on the
freephone 24-hour National
Domestic Abuse Helpline
number – 0808 2000 247
– run by Refuge, and www.
nationaldahelpline.org.uk.

Oundle comes together

Local community groups, volunteers, shops, farmers, councils and churches have all joined forces in support of those in need in the area during the coronavirus crisis.

According to town councillor Ian Clark, a teacher at Oundle School, much of the "heavy lifting" has been picked up by informal networks of neighbours and family friends.

"Much support has been based around the excellent newly formed Oundle Care and Share Facebook group,

whose volunteers dropped help cards through most doors in Oundle early in the lockdown period, with pre-existing groups such as Volunteer Action (which works closely with the local health centre), as well as Oundle School's Community Action Programme."

Ian says that all have come together to

co-ordinate help where it is most needed, including shopping trips, prescription pick-ups, travel to important medical appointments, as well as the continuation of Volunteer Action's befriender scheme over the phone.

The army of volunteers, including around 100 from Volunteer Action and 60 from Oundle School, together with town residents and businesses, teamed up to help support a number of community initiatives.

"St Peter's Church and Oundle Baptist Church have set up similar groups, and there are links to the town, district and county councils and Red Cross volunteers too. Local shops, traders and farmers are doing all they can to help keep all residents, whether vulnerable or not, supplied with food, and to keep the local economy ticking over where possible. A community effort is also gathering spare laptop/tablets and other devices to help with Oundle Primary home schooling."

Ian says that most work has been done through pre-existing relationships, but word has also spread far and wide through local social media and the electronic noticeboards in the town.

"We all missed a trick by not having a pre-lockdown "delivered" solution to each

home in Oundle, but that is a lesson to learn for next time. Social media has been excellent for picking up people who may have slipped through the net, with people from as far away as Germany asking for help for relations in Oundle via Facebook."

One of the most impressive features of Oundle's response has been James Anderson's 3D face shield printing.

"James started with his own machines and some Facebook posts, and has since gathered thousands of pounds donated via a webpage. He now has 10 printers on the go with volunteers helping craft simple elastic bands and people supplying him with food.

"There are now more than 800 of his face shields in use in NHS facilities, as far away as London, including 488 which went to Peterborough."

As well as donating all of its PPE kit to local NHS providers, Oundle School lent James its main 3D printer and electric guillotine to help his efforts.

"These are all examples of the whole community working together, with one person being the amazing catalyst," said Ian. "It proves how lucky we are to be quarantined in such a connected time, and how supportive the local community can be to local heroes."



James Anderson

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~~WORKING~~
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Tips on **maintaining a car** if parked for a long time

With the UK government advice to stay at home and only venture out for specific, essential reasons in light of the coronavirus, Lexus has produced some tips on how to maintain a car if it is parked for a long period of time with very little use.

> CHECK THE TYRE PRESSURE

Check the tyres are fully inflated to the recommended level.

> STORING THE CAR

Clean the car thoroughly inside and out and if you are storing it in a garage, make sure it is completely dry before you put it away.

> DISENGAGE THE PARK BRAKE

It can be beneficial to leave the vehicle with

the parking brake disengaged to prevent the brakes from binding, but only do this if you are certain the car is on level terrain and isn't going to move.

> PUT THE CAR KEYS AWAY

If you aren't planning to drive your car for a long time, put the smart key in a safe place and don't carry it around with you in your pocket.

> STARTING THE CAR REGULARLY

Regular start-up of the vehicle on conventional petrol and diesel engines needs approximately 20 minutes of running to put back into the battery what you remove on start up, so to maintain this battery, running the engine for a period of time at least once a week is advised.

GENEALOGY JOTTINGS

WORDS BY
JAN PEARSON

It is said that antique dealers can almost 'hear' a valuable piece singing out to them, asking them to buy it and that police officers have a nose for rooting out trouble. Do you have an inner voice that tells you to check something out?

It might be that you stumble across a completely unconnected name or piece of information in your travels back through history when searching for your family but something tells you that it might be important. You make a note – just in case – and that joins the pile of papers. However, sometimes following a hunch can be productive.

I have an ancestor, Agnes Hills, who was born in Kent and worked for most of her life in London. She was a housemaid in the home of a sculptor and met a woman named Janet Snedden, with whom she remained friends all her life. However, there was nowhere that I could find a possible death record for Agnes without ordering a pile of certificates, as there were a number of likely candidates.

Fast forward a number of years: I was in Yorkshire and by chance met a chap at a Family History Fair who, it turned out, was the grandson of Janet. You know what it's like – you get

chatting and before you know it... Anyway, on my way home I stopped off to see the house in Yorkshire where Janet had lived and saw that the graveyard was just down the road. I popped in to find Janet's grave and there was Agnes' name on the gravestone as well! She had been staying with Janet when she died and was buried in the same grave as Janet and her husband.

What made me stop and check out that graveyard? Was it a hunch or was it my great aunt telling me to take a look, seeing as I was in the area? Never ignore those inner voices!

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

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EDITOR'S NOTES

Watching the government coronavirus briefing the other evening the phrase, 'the darkest hour is just before the dawn' could not have resonated more. The loss of life continued to climb and reach shocking levels. Every community across the UK has been impacted. There cannot have been more evidence needed that all the restrictions and isolation that people are being asked to endure is necessary to not over burden the NHS and save lives.

But there is a glimmer of hope that these measures are having a positive impact. There has been a more recent trend in the statistics we see every day that the curve is flattening or even heading downwards. That gives hope that within a few more weeks we might have seen the worst this virus can throw at us but also raises thoughts of what will the new dawn be like? It is rare that we have the chance to re-set our lives but there will be those opportunities shortly. The news headlines have been dominated by bad news but there are plenty of

human stories and the galvanising of support groups within communities who are making sure that the most vulnerable and isolated have someone to call upon to help them through these difficult times. Our lead story is how the people of Oundle have risen to the challenge in their town.

Staying as well as possible during lockdown means finding ways to boost your mental and physical health; we have been trying to include tips and recipes in Nene Valley News to help you achieve this but Nicole Sumner, from Higham Ferrers, has teamed up with Rushden MIND and is posting weekly videos on YouTube to help people maintain a positive outlook during the pandemic. Nicole's story is on page 8.

There are some practical tips too if you have not driven your car for a while of how to make sure it is 'moth-balled' safely and ready for you to venture out once more when restrictions begin to be lifted. Meanwhile, stay safe and well.



Have you been suffering from **BACK OR NECK PAIN?** Is it affecting your day-to-day life?

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Having treatment with The Ashgrove Clinic has been brilliant. I can actually bend and stretch and move about and do the normal things in life again. The treatment has changed my life completely.

Mr Peers, Northampton

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Assistance dog helps calm Ty



LIFE CHANGING DEVOTION

Selena had suspected that her son Ty had autism for a few years but when he started nursery it became more apparent.

Ty, who has an identical twin brother called Jude, struggled to play with the other children and he'd often choose to be alone.

Selena, who lives in Rushden, with her partner Paul and four sons – Ty, Jude (both 9), Ethan (15) and Jacob (13), was already

familiar with autism because Jacob also has the condition.

While Jacob got angry and had outbursts, Ty would run away and hide when he was distressed.

Ty (9), was diagnosed with autism in 2017 when he was seven and by that time

family life had become quite challenging.

Selena said: "At first I thought it was just me reading into things too much.

"But at nursery/pre-school he just didn't fit in with people, he was struggling with social interaction."

His twin brother Jude doesn't have autism and he would often act as Ty's interpreter and tell their parents what Ty wanted when he became upset.

Selena said: "Ty liked to play the same games over and over again and he'd hide himself into little gaps, boxes, any small space he could find.

"Eventually he had his own little box at school with a blanket over it, it was somewhere he could go when he wasn't feeling happy.

"It was great that he had his own safe place but it was hard to get him out again!"

Family outings became more difficult because Ty would run away and hide. They lost Ty at Legoland once and had to ask staff to help find him and another time he disappeared when they were near some large lakes.

Selena said: "It was causing a lot of distress when we were out and about because we never knew when he was going to go.

"He would just run off and

I'd be in a panic but trying not to show it because I didn't want to alarm the other children."

Selena heard about Dogs for Good assistance dogs when she carried out some research about how to help children with autism.

Because they had owned dogs before and Ty loves animals, she thought it could work well for them and put her name on a waiting list for a dog.

Dogs for Good spends a lot of time making sure that it gets the right match between a dog and family and in July 2018 Ty was matched with a handsome yellow Labrador called Denby.

Since then life has drastically improved for the whole family as Ty no longer runs away because he stays at Denby's side when they are out. He's also less frightened of things because he focuses on Denby instead of everything that scares him and he enjoys regular cuddles and head rests with the dog which keeps him calm.

Selena said: "There's so much less stress on the whole family, now I'm not on edge all the time when we are out wondering if Ty's going to run away because now he's at Denby's side.

"It means we can access things so much easier and you're not trapped at home.

"Now when Ty starts to get upset, wherever they are, he sits down with Denby and has a cuddle and gets dog kisses, which he calls 'getting a bit of dog moisture!'

"Since getting Denby we've been able to do so much more including a five-week camping holiday last year in North Yorkshire and then Wales.

"We had a great time and it's something that would have just been too stressful before.

Selena added: "Without Denby I'd still be spending a lot of time panicking with a child who's run off.



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Spotlight on > Health & Wellbeing

HEART RESEARCH UK Healthy Heart Tips

WORDS BY
DR HELEN FLAHERTY,
HEAD OF HEALTH
PROMOTION AT HEART
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> HEALTHY COOKING WITH CHILDREN

Getting children involved in cooking from an early age can help them to develop the skills they need to plan and cook healthy meals throughout their lives as well as overcoming picky eating. With most children being schooled at home during the coronavirus pandemic, now could be a good opportunity to teach them some healthy cooking skills. With fast food outlet



closures, it may also be a great time to get your child to ditch the junk food and start enjoying some nutritious home-cooked meals. Below are some tips for



involving kids in cooking some simple and healthy meals at home. It is important that children are supervised by an adult, particularly when using sharp equipment or heat.



> DEVELOP YOUR CHILD'S TECHNICAL SKILLS IN THE KITCHEN

Younger children can safely learn how to use basic equipment in the kitchen, such as stirring food in a bowl with a wooden spoon or pouring ingredients into a bowl. Older children can be supervised when weighing out ingredients, breaking eggs, chopping up fruit and vegetables and using the hob/oven.



a range of different foods in a relaxed and fun environment can help overcome picky eating. Making a simple fruit salad with your child, using fresh, frozen and/or tinned fruit can provide the opportunity for your child to taste small amounts of a wide range of different fruits. For older children, this activity can also develop their skills in peeling and cutting fruit as well as opening tins.

> MEAL PLANNING

Try to involve the kids in planning meals by looking through the cupboards, fridge and freezer together to plan a healthy main course and a dessert. Use recipe books or find recipes online to get some inspiration. Encourage your child to include a good source of protein (e.g. eggs, fish, lean meat, lentils, beans or yoghurt), plenty of fruit and vegetables and a portion of carbohydrate (e.g. rice, pasta, bread or potatoes).

> ENCOURAGE YOUR CHILD TO TASTE A RANGE OF FOODS

Encouraging children to taste



You can find lots more healthy tips, advice and recipes at heartresearch.org.uk

Calling all mental health professionals and adult community nurses

Northamptonshire Healthcare NHS Foundation Trust is recruiting for key services including the county's first Mental Health Integrated Response Hub.

Northamptonshire Healthcare NHS Foundation Trust (NHFT) is looking for people who want to make a difference across Northamptonshire's mental health and community landscapes to change lives for the better.

"Ensuring we have the right staff to support our community during some of their most difficult times is a priority for us," says Sandra Mellors, Deputy Chief

Executive. "The roles available include roles in mental and physical health, they are crucial to the support we can give and will enable us to continue to provide the outstanding community and mental health care that we strive for."

NHFT delivers a comprehensive range of physical and mental health services that are tailored to meet the needs of the people of Northamptonshire and beyond. Our services are delivered in our service users' own homes, through GP practices, clinics, schools,

prisons and in residential and hospital environments.

Over 4,500 dedicated individuals are part of team NHFT making it one of the county's largest employers. The CQC has rated the Trust outstanding twice and the Trust has won awards for its inclusive, supportive culture.

Roles available: Integrated Response Hub Lead Practitioner (band 6), Integrated Response Hub Mental Health Practitioner (band 5), Community Healthcare Nurse (band 5), Senior Community Healthcare Nurse (band 6).

For more information visit <http://jobs.nhft.nhs.uk/>

EXTRA BEDS SECURED FOR PEOPLE LEAVING HOSPITAL

Almost 140 new social care beds have been secured in the county with more in the pipeline.

Northamptonshire County Council has been working to identify more beds to deliver additional residential adult care capacity for people being discharged from hospital, therefore freeing up vital capacity in the county's hospitals.

The extra beds have been secured at both council and privately run care facilities. This has entailed carrying out adaptations and functional improvements necessary for care provision as well as negotiating appropriate licences to use the beds.

They have also been secured at St Andrew's Healthcare, with 43 rooms at Foster Ward, Daniel Rambaut Ward and Althorp Ward being made available.

Work is also underway to deliver additional mortuary capacity for the county with three possible locations currently being considered.

Council leader Cllr Matt Golby said: "Increasing the number of beds available for people to use when they leave hospital is an absolutely vital part of the council's ongoing work to deal with the current Covid-19 crisis.

"The team has achieved a great deal in a short amount of time, mobilising numerous contractors for urgent refurbishment work as well as carrying out negotiations with care homes and ensuring the right licences are in place to make this work.

"We are continuing to work to do everything we can to secure more beds and further increase this capacity."

Katie Fisher, St Andrew's Healthcare CEO said: "As a charity with roots in Northampton we're very happy to help in any way we can. Providing these extra care beds allows us to give something back to the community in Northamptonshire as well as easing the pressure on both the NHS and the council during this pandemic."

Your Health – BALANCE

WORDS BY
CLAIRE SHORT

How are you dealing with the weirdness of our current situation? Are you coping okay? Are you sick of Zoom calls, webinars, Skype and WhatsApp?

There's lots of advice flying around about how to deal with our current situation, but here's the trick: you need to find a balance.

- Here are some top tips:
- Concentrate on your breathing for a while if you feel your anxiety levels rising.
 - Step away from the news. Stay informed, but don't wallow in it.
 - Eat well. We all know we should eat healthily, but when you're stuck inside it can be tempting to eat pizza and crisps.
 - Get into a routine. And stick to it!
 - Bored? Volunteer! Phone a company you like, or a friend who runs their own business, and ask if there's anything you can do to



help. If you're furloughed you're allowed to volunteer for another company or contact: <https://www.goodsamapp.org/NHS> and help the NHS.

• Exercise. Choose an online routine that suits your level of exercise and don't spend the rest of the day sitting on the sofa. Join us on the Ashgrove Clinic Facebook page for a very short Jump Around part way through the day if you want to keep

moving.

- Don't overdo the exercise. Now is not a good time to get injured. Be sensible when you're exercising. Top Tip: Mow the lawn or Hoover! This will be the only time I suggest such a drastic course of action, but pushing those two horrid machines around ticks every box in the list above!

Have a balanced and healthy week – hang in there and ask for help if you need it.

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

A taste of SUMMER

We may not be able to get out and enjoy the sunny weather as much as we'd like but that's no reason not to enjoy the varied and delicious tastes of summer. And what better way to celebrate the season than a plate of fresh, crisp, healthy salad?

To give any salad an extra kick of flavour, be sure to include a substantial handful of watercress. Watercress is in season in the UK from May until October and the lush, green leaf adds a feisty punch of pepper to your plate.

It is one of the healthiest vegetables available, and to maximise its benefits is best eaten raw – the action of chewing activates the antioxidants with which watercress is packed full. These protect against cell damage (the precursor to chronic disease and ageing) and are associated with the prevention of diabetes, cancer and cardiovascular disease. One of these bio actives, Phenethyl isothiocyanate (PEITC), which gives watercress its distinctive peppery taste, is being shown through current research to be associated with improved outcomes in some types of cancers.

> WATERCRESS, SWEET POTATO AND FETA SALAD WITH DRIED CRANBERRIES AND HONEY VINAIGRETTE (VEGETARIAN)

Serves 4 as a starter or 2 as a main meal

Prep time: 15 minutes

Cooking time: 30 minutes

Ingredients:

- 85g watercress
- 2 x sweet potatoes, washed
- 50g dried cranberries
- 50g walnut halves
- 75g feta cheese
- Olive oil
- Salt and pepper

For the vinaigrette:

- 3 tbsp extra virgin olive oil
- 1.5 tbsp lemon juice
- 1/2 tbsp good quality honey
- Salt and pepper

Method:

- 1 Pre-heat the oven to 180°C.
- 2 Cut the sweet potatoes into wedges, leaving the skin on. Place wedges in a baking tray, drizzle with olive oil and season with salt and pepper. Roast for 30 minutes or until cooked through and soft.
- 3 Place the walnuts in another baking tray. Toast in the oven for five minutes.
- 4 Make the vinaigrette. Whisk together the



lemon juice and honey with a pinch of salt and pepper. Then add the olive oil a drop at a time, whisking continuously. Taste to check seasoning.

- 5 Once the sweet potato is cooked, assemble the salad. Toss the watercress, sweet potato, cranberries, walnuts and crumbled feta in a bowl with the dressing. Serve immediately.

It's a worrying time at the moment isn't it?

We can't do many of the things that we're used to. During these challenging times, we want to reassure you that even if you can't get to a Wilson Browne office we're still here for you and are all the help you need.

If you need advice on a personal level, we can help. We know you can't simply press 'pause'. You may want guidance on family law matters, putting your affairs in order, employment advice or even moving house.

We're hosting a coronavirus hub on our website where we try and cover anything and everything we think you'll find helpful. This is updated daily with helpful information for businesses. Visit www.wilsonbrowne.co.uk/thehub

If you do need to call us, the majority of our staff are working safely from home but are still available to take your calls and emails for any queries you may have. Most work can be carried out from home without the need to come to an office.

Stay safe and if you need us, we're here for you.

Wildlife NEWS

WORDS BY
ROY BURRELL

We can safely say that the season's signs are now in place, including the hundreds of thousands of birds either on their way or already here. These summer workers (no time for them to relax) have come to chase the millions of insects which, if not checked, would provide typical signs of an epidemic other than the one we humans have had to cope with recently. Time will show what effects may spill over into our wildlife, but advice to get into the open air and exercise is always good (even if an hour is rather optimistic for some of us!).

Birds are often the main actors in the spring scene, but that is unfair not only to the masses of flies, bees and others but also to the colourful contributions of moths (often at night) and butterflies appearing at different times through the summer months. Timing will depend on their lifestyle: some will emerge from clumps of eggs hidden away through the colder times, while others will change into adults protected

by their chrysalis forms (early 'armour-plating'?). And there are those which have adopted the classic hibernation method, and which are the species we expect to see first.

The two most likely garden visitors in that last group are the peacock and brimstone butterflies. The yellow wings of the brimstone (an old word for sulphur) make it easy to spot, even at a distance, so it is a good 'marker' that the seasons are changing; the caterpillars need buckthorn in their diet, but the strong flight of the adult means that it can travel longer distances. This year, though, my first sighting was the peacock (darker). It seems unfair to even suggest that it is less colourful than the paler brimstone, but the startling eye-spots on the corners of the wings, which give it its name, are not easily noticed from a long way off. Closer examination shows clearly the intricate and detailed patterns to frighten any marauding birds, backed up by a scraping noise from shaking its wings.

As a final feature for gardeners, the caterpillars love eating their way into the fresh leaves of stinging nettles!



Where to find help and support in RUSHDEN

As this issue of Nene Valley News is uploaded we have received an update on the measures Rushden Town Council has put in place to support residents and businesses during the Covid-19 Lockdown. Michelle Lewis, Communications and Economic Development Officer gives more details:

> A THANK YOU TO RUSHDEN'S CARE WORKERS

Councillors and staff at Rushden Town Council designed and produced Easter Cards. These have been delivered to staff and residents of every care home in Rushden and we hope they will bring some Easter joy to all. We felt it was an opportunity to thank all care workers, who are working selflessly and tirelessly to support the elderly and vulnerable in our community. We recognise the important part they are playing in fighting Covid-19 and sincerely hope they stay safe and well during the next few difficult months.

> DIRECTORY OF RUSHDEN SHOPS AND SERVICES THAT ARE OPEN FOR BUSINESS DURING THE COVID-19 LOCKDOWN

We have compiled a helpful list of Rushden

shops and services that are open for business during the Covid-19 Lockdown.

We are urging businesses to send us information to let us know what services they are providing, as we will be updating the list daily.

You'll find the Directory at the bottom of our Covid-19 Community Advice Page: <https://www.rushdentowncouncil.gov.uk/covid-19-community-advice-page.html>

> COVID-19 COMMUNITY ADVICE

We have setup a page on our website, in order to help signpost the local community to local and national help/advice in response to Covid-19. We update this page regularly, as and when new information comes in.

We have included local community support groups and services such as Helping Out Higham and Rushden - a 500 strong, volunteer group set up as a response to the Coronavirus, Links for local businesses to signpost them to help & advice from SEMLEP Growth Hub, helpful groups for parents, along with the County Council, NHS and Government advice. <https://www.rushdentowncouncil.gov.uk/covid-19-community-advice-page.html>



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:

> ALDWINCLE

20/00387/ADV (02/05/2020) (Info)
Installation of 2 no. Entrance Signs, 1 no. 3-panel Admission Sign, and 3 no. Finger Pointer Signs at Lyveden Manor Harley Way Oundle PE8 5AT

> BRIGSTOCK

20/00386/FUL (09/05/2020) (LB/CA)
Proposed two storey Side Extension to Mill house at 18 Latham Street Brigstock NN14 3HD

20/00396/FUL (09/05/2020) (LB/CA)
Proposed works Terracing and patio area at 7 Braybrooks Brigstock NN14 3HX

> COLLYWESTON

20/00409/FUL (09/05/2020) (LB/CA)
Erection of Dwelling and Garage at Land Adjacent West Farm Main Road Collyweston PE9 3PQ

> COTTERSTOCK

20/00377/FUL (09/05/2020) (LB/CA)
New single storey rear extension at The Old Stables Church Farm Main Street Cotterstock PE8 5HD

20/00378/LBC (09/05/2020)

(LBRegs) Single storey rear extension of curtilage listed building at The Old Stables Church Farm Main Street Cotterstock PE8 5HD

> DEENE

20/00400/FUL (09/05/2020) (Art8)
The erection of a maintenance building, for the purposes of automotive logistics, and the resurfacing of loose gravel hardstanding to tarmac at Car Park And Land Rockingham Motor Speedway Mitchell Road Corby

> EASTON-ON-THE-HILL

20/00184/FUL (09/05/2020) (LB/CA)
Demolition of existing derelict workshop and erection of a single storey annexe at 5 The Lane Easton On The Hill PE9 3LP

20/00362/FUL (09/05/2020) (LB/CA)

Recess the entrance into the arch and infill the above level with glass; Ground floor extension to existing dwelling at 46 Church Street Easton On The Hill PE9 3LL

> HARGRAVE

20/00278/FUL (02/05/2020) (Info)
Detached workshop and storage outbuilding to the rear of the site at Land Adj 4 Moor Cottages Nags Head Lane Hargrave

> IRTHLINGBOROUGH

20/00370/FUL (09/05/2020) (LB/CA)
Demolition of boundary wall and existing small outbuilding to enable off road parking at 116 High Street Irthlingborough NN9 5PX

20/00375/FUL (02/05/2020) (Info)

Proposed new external canopy to rear elevation at 28 Middle Grass Irthlingborough NN9 5TW

> KINGS CLIFFE

20/00357/FUL (09/05/2020) (LB/CA)
Replace existing pantile roof on annexe with a reclaimed slate; Replace the ground floor french doors with an identical looking composite door; Replace the first floor french window with standard window matching visually the remaining windows at Old Rectory 21 West Street Kings Cliffe PE8 6XB

> OUNDLE

20/00327/FUL (02/05/2020) (Info)
New infill porch and changes to fenestration on rear elevations at 10 Victoria Road Oundle PE8 4AY

20/00365/FUL (09/05/2020) (LB/CA)
Renovate collapsing Dairy Barn to make

usable at 43 South Road Oundle PE8 4BP
20/00388/FUL (02/05/2020) (Info)
Ground floor (part) and first floor gable extension at 5 Herons Wood Close Oundle PE8 4HW

20/00391/FUL (09/05/2020) (LB/CA)

New windows and doors (rear); Doors opening (rear); Installation of external staircase; General associated works to Oundle Osteopaths and its integrated flat as per the Design and Access statement at 10 Stoke Hill Oundle PE8 4BH

20/00392/LBC (09/05/2020)

(LBRegs) New windows and doors (rear); Doors opening (rear); Removal of internal C20 staircase replaced with external staircase; Internal alterations and general associated works to Oundle Osteopaths and its integrated flat as per the Design and Access statement at 10 Stoke Hill Oundle PE8 4BH

> RAUNDS

20/00346/REM (02/05/2020) (Info)
Reserved matters for Appearance, Landscaping, Layout, Scale, pursuant to applicant no 18/01510/OUT Outline Demolition of existing building and residential development consisting of 5 No 4-bedroom dwellings with amended access, associated parking and amenity space (all matters reserved except access) at 46 Cartrill Street Raunds NN9 6ER

20/00367/FUL (02/05/2020) (Info)

Erection of gates (electric remote controlled) and front boundary walling on existing vehicular access/highway crossing at Madison Chelveston Road Raunds

> RUSHDEN

20/00319/FUL (02/05/2020) (Info)
Erection of a single storey rear extension for storage usage at 148 Irchester Road Rushden NN10 9QU

20/00374/FUL (02/05/2020) (Info)

Proposed Single storey Front Extension at 29 Chestnut Close Rushden NN10

20/00381/FUL (02/05/2020) (Info)

New garage, drive and boundary wall at 68 Avenue Road Rushden NN10 0SJ

20/00408/FUL (02/05/2020) (Info)

Change of use from gym to showroom for kitchens and bathrooms (Part retrospective) at 5 Parkham Industrial Estate Wellingborough Road Rushden NN10 6AY

> SOUTHWICK

20/00348/FUL (02/05/2020) (Info)

Change of use of land from a paddock to all-weather menage / equestrian area with landscaping works at The Grange Woodnewton Road Southwick PE8 5BW

> STANWICK

20/00399/FUL (09/05/2020) (Art8)

Erection of a covered manure store at Hollywell Farm Chelveston Road Stanwick NN9 6TZ

20/00411/FUL (09/05/2020) (Info)

Single storey rear extension (Retrospective) at 34 East Street Stanwick NN9 6PX

> TITCHMARSH

20/00393/FUL (02/05/2020) (Info)

1.5 storey front extension to provide entrance porch and additional bedroom. Part single/part 1.5 storey rear extension comprising kitchen/breakfast room and extension to existing bedroom over at 8 St Andrews Lane Titchmarsh NN14 3DN

> WOODFORD

20/00390/FUL (02/05/2020) (Info)

Change of use from C3 Dwellinghouse to B1 Commercial at Annexe Woodford Grange Farmhouse Woodford Grange Road Woodford

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 18 April 2020**



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

From the CHAIRMAN

This is the last time I write a column as Chair of ENC as the AGM has been brought forward to 15th April when I will be handing over to the next Chair and I am grateful for the great team at ENC who have supported me this year.



WORDS BY CLLR DUDLEY HUGHES

I have raised over £2,000 for my chosen charity Service Six but also I hope I have made more people aware of this important organisation that does so much for some of our troubled young people.

Without this and similar organisations more young people would find themselves in serious trouble both personally and with the law. A big thank you to all who supported the events I held during the year – it was a pity that the 'Pirates Evening' had to be cancelled, due to the

current situation.

We have enjoyed the time before the shut down immensely, meeting colleagues from other parts of the county and beyond but just as important has been going to a number of local organisations who support residents of the District. One of the highlights was opening the Nene Valley Festival which celebrated the great area where we all live. I was fortunate I was able to hold my Civic Service and able to highlight all those who volunteer with young people in so many ways. We have seen the tremendous support for our neighbours during this time of difficulty and I would urge all those who have been volunteering to help others to continue as there will be a great need to support all sorts

of activities for all members of the community once normality returns.

Meanwhile we continue to have virtual meetings and just as important social 'gatherings' via Zoom. Our local church, St John's Chelveston as with others across the diocese, has virtual services and of course all are welcome to join in at stmarysstjohnunited.co.uk. It is good to think of folk being part of a joint activity when we are not able to be with our family and friends.

I have been proud and honoured to represent all of you in East Northamptonshire and I hope and pray you will stay safe so that we can all enjoy the great countryside and many activities in East Northamptonshire again in the not too distant future.

Businesses reminded of their role in fight against coronavirus

Businesses across Northamptonshire are being reminded of their role in helping to prevent the spread of coronavirus in our communities.

Government regulations to tackle the virus came into force on 23rd March, limiting activities or closing premises where prolonged social contact occurs, particularly with members of the public.

The measures closed all businesses where food or drink is sold for consumption on the premises, such as cafes, restaurants and pubs, as well as a range of other businesses in the leisure, hospitality and retail sectors.

Those which can remain open, including supermarkets, pharmacies, petrol stations, post offices, banks and takeaways, are expected to help staff and customers to adhere to the rules on social distancing. Businesses are asked to ensure that social distancing measures are in

place to protect staff and customers, both inside and outside the building, and to ensure that any queues outside are also carefully managed to ensure they do not become crowded.

Environmental Health and Licensing teams at district and borough councils across the county are working with Northamptonshire Police to ask businesses to join the fight on coronavirus by taking appropriate actions to ensure the safety of staff and customers.

Business owners are also being offered guidance and advice to help them understand how the regulations apply to them, and this can be found on their local District or Borough Council website, or by contacting their local Environmental Health and Licensing team directly.

Environmental Health and Licensing officers from across Northamptonshire are carrying out monitoring visits, with advice given in the first instance if businesses are found to be in breach of the regulations. However, businesses are being reminded that officers have the power to take further action relating to premises that fail to comply.

A full list of business premises which should be closed, together with information on the measures businesses which are still open should follow, can be found at <https://www.gov.uk/government/publications/further-businesses-and-premises-to-close/further-businesses-and-premises-to-close-guidance#businesses-and-venues-that-must-remain-closed>.

ENC RECEIVES GOVERNMENT FUNDING TO SUPPORT BUSINESSES DURING PANDEMIC

East Northamptonshire Council (ENC) has been allocated funds to provide financial grants to those companies in need during the coronavirus pandemic.

This money has been received by the Council from central Government and will be distributed to companies over the coming weeks to provide vital support for organisations across the district.

The Business Rates team from ENC is now working hard to identify further businesses that are eligible for the Small Business Grant Fund and the Retail, Hospitality and Leisure Grant and as part of this work, the Council is urging business owners to come forward. The grants are in addition to the £12m Expanded Retail Relief that

ENC has already awarded to businesses across East Northants.

If a business in the district hasn't already been contacted by ENC, then they are advised to contact customerservices@east-northamptonshire.gov.uk for further details and assistance.

CLr Steven North, Leader

of East Northamptonshire Council, said: "As a council, we have a duty to help support residents and businesses during difficult times and we urge those who are struggling to come forward and contact a member of the team, who will be able to advise and assist."

"We would also like to take this opportunity to thank those businesses who continue to provide vital services to the community including food stores and distributors, during the pandemic."

Business owners can keep up to date with the Government guidance at www.businesssupport.gov.uk/coronavirus-business-support/ and further advice can be found through SEMLEP's website www.semlep.com/coronavirus-advice/ or by calling SEMLEP's Growth Hub on 01604 212 696.

The Government also has a dedicated Business Support Helpline at <https://www.gov.uk/business-support-helpline> or on 0300 456 3565 or 01604 212 696.

CLASSIFIEDS

Deadlines for all classifications: 5pm Monday prior to issue date. A complete version of our Terms and Conditions can be found online at www.nenevalleynews.co.uk. Pay by credit/debit card or cheque. All major credit/debit cards accepted. For help and information please call 01522 692542 or visit www.nenevalleynews.co.uk

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PUBLIC NOTICES

NORTHAMPTONSHIRE COUNTY COUNCIL ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14

THE NORTHAMPTONSHIRE COUNTY COUNCIL (A6 STATION ROAD & STATION ROAD, IRTHLINGBOROUGH & HIGHAM FERRERS)

(TEMPORARY PROHIBITION OF THROUGH TRAFFIC, TEMPORARY NO RIGHT TURN & TEMPORARY NO LEFT TURN) ORDER 2020

NOTICE IS HEREBY GIVEN that Northamptonshire County Council have made an Order the effect of which is to prohibit traffic from proceeding and turning right or left along those lengths of the A6 Station Road and Station Road, Irthlingborough and Higham Ferrers as specified in the Schedule below.

REASONS FOR RESTRICTION: The restriction is required for safety during Chown's Mill roundabout major scheme.

PERIOD OF CLOSURE: The proposed Order will come into effect on 20th April 2020 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 roads will be restricted until February 2022

ALTERNATIVE ROUTES: use next roundabout to change direction.

Dated this 18th day of April 2020
DEBBIE CARTER-HUGHES
Executive Director LGSS Law Ltd
PKG/T20/163

If you require any further information please contact Gary Thorp ref: 19-20-N546 on 01604 883400.

SCHEDULE	
Temporary Prohibition of Motor Vehicles	
Road Name	Termination Points
Station Road, Irthlingborough/Higham Ferrers	50m either side of bridge structure over River Nene
Temporary Prohibition of Left Turn	
Road Name	Termination Points
A6 Station Road, Higham Ferrers	Onto Station Road
Station Road, Irthlingborough	Onto A6
Temporary Prohibition of Right Turn	
Road Name	Termination Points
A6 Station Road, Irthlingborough	Onto Station Road
Station Road, Higham Ferrers	Onto A6

Voucher scheme for SCHOOL MEALS

Children across Corby & East Northamptonshire who are eligible for free school meals will benefit from a national voucher scheme allowing them to continue to access meals whilst they stay at home.

Schools can now provide every eligible child with a weekly shopping voucher worth £15 to spend at supermarkets while schools are closed due to coronavirus.

Schools can continue to provide meals for collection or delivery

themselves, but where this is not possible, the scheme will allow schools to provide vouchers to families electronically, or as a gift card for those without internet access.

The vouchers can be spent on food at a range of shops including Sainsbury's, Tesco, Asda, Morrisons, Waitrose and M&S, with the Department of Education working to get more shops to join the scheme as soon as possible.

Tom Pursglove, the MP for Corby

& East Northamptonshire, said: "This is welcome and very reassuring news for a number of families across Corby & East Northamptonshire and will help to ensure these children get healthy, nutritious meals whilst out of school. The scheme provides helpful flexibility for parents to go to their supermarket of choice and will help to cover the costs associated with children being off school and at home.

"This is a welcome announcement

and another part of the comprehensive package of support put in place by the Government delivered."

Parents will receive the voucher through their child's school, which can then be redeemed online via a code, or sent to their house as a gift card and used at supermarkets across the country.

Schools will be emailed by the Department for Education's chosen supplier, Edenred. Schools will then

either be able to:

- 1 Order vouchers individually online and have a code sent via email to each family. The family can then show the code on their phone at the supermarket; or
- 2 Arrange a bulk order of multiple codes and receive an spreadsheet to help schools organise sending on to a family, or create an eGift card for a preferred supermarket to be posted to a family if parents cannot get online.

Videos help people stay positive during pandemic

Nicole Sumner (25) from Higham Ferrers has decided to start up a YouTube channel and create daily videos to show her viewers how to stay positive during lockdown.

"I chose to do this because I believe it's important to keep distracted and stay away from the negativity during these uncertain times," said Nicole. "Although the majority of people are finding this pandemic a struggle, I want to try and put smiles on people's faces and cheer them up as much as possible."

Nicole is also collaborating with Rushden Mind. She is creating weekly videos for their Online Social Connection Diary and her content will be shared with their service users, and will be on social media and Rushden Mind's website in case anyone wants to watch them or contact her. Her weekly video for Mind

will be posted on a Wednesday morning.

Nicole wants to support as many people as possible to get them through these difficult circumstances, so if you would like to view her content, either visit 'NickysLife' on YouTube or visit Rushden Mind's social media pages/website to connect with her videos.



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