

Nene Valley news

YOUR LOCAL INDEPENDENT COMMUNITY NEWSPAPER FOR EAST NORTHAMPTONSHIRE

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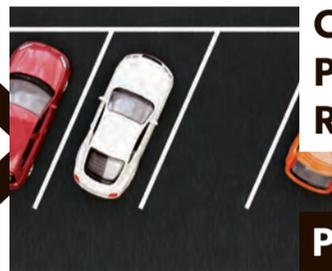
We want to hear from you, so please submit your news story or event at www.nenevalleynews.co.uk

INSIDE this issue



CARE LEAVERS FROM NORTHANTS CHILDREN'S SERVICE COMMENDED

PAGE 05



CHANGES TO PARKING IN RESIDENTIAL AREAS

PAGE 07

NEWS IN BRIEF

New 'green' energy contracts

Northamptonshire County Council has secured two new 'green' energy contracts with the buying group, Laser. The contracts will cover all council buildings and street lighting, and will cost £12m over the next four years.

The new contracts fall in line with the council's target to make Northamptonshire climate neutral by 2030, and means the council will have zero carbon emissions from its property and street lighting.

Measures are currently underway to reduce transport emissions, including the Smart Move Northamptonshire initiative which helps raise awareness of, and support for, greener modes of travel. This includes promoting active travel and e-bikes and introducing on-street charging points for Ultra Low Emission Vehicles (ULEVs).

The council has also sought approval to extend the scope of the green energy contract to include other public sector bodies and trusts within the county, including health care providers, Police, leisure trusts and care homes, as well as local district and borough councils.

Northants sight loss support group launches with **telephone meeting**

A new support group which aims to help increase the confidence and independence of people affected by sight loss living in and around Northamptonshire launches with a telephone meeting this month.

The Northants Macular Society Support Group, which has been organised by leading sight loss charity the Macular Society, will hold its first meeting at 11am on Monday 27th July. As the group will not be able to meet face-to-

face due to the coronavirus outbreak, the first meeting will be held by conference call.

The group will then hold telephone meetings at the same time on the last Monday of each month, until social

distancing measures have been lifted and it is safe for it to meet face-to-face.

Macular disease is the biggest cause of sight loss in the UK. Nearly 1.5 million people are currently affected and many more are at risk. The disease can have a devastating effect on people's lives, leaving them unable to drive, read or see faces. Many people affected describe losing their sight as being similar to bereavement. There is still no cure and most types of the disease are not treatable. Age-related macular degeneration (AMD) is the most common form of macular disease, affecting more than 600,000 people, usually over the age of 50.

Paul Holden, Macular Society Regional Manager, said: "We're delighted to be launching this new group. Although our face-to-face services have had to be suspended for the time being, it's absolutely vital that the people who need our support continue to receive it.

"This group is here for anybody affected by sight loss and we want to encourage as many people as possible to call in to our meetings. Friends and family are also very welcome too.

"It's good to be able to learn from each other's experiences and get tips. The peer support can be so helpful. Our groups can really help people increase in confidence and become more independent."

If you would like to take part in the group's first telephone meeting, please contact Paul on 07769 494 087 or email paul.holden@macularsociety.org

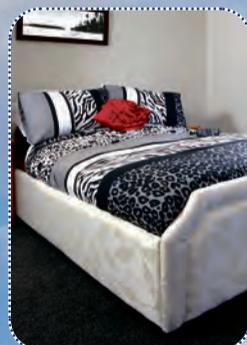
For information on other services currently available from the Macular Society, please call the charity's Advice and Information Service on 0300 3030 111 or email help@macularsociety.org



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Are you REGISTERED TO VOTE?

Residents across East Northamptonshire are being warned not to lose their voice on decisions that affect them by making sure their electoral registration details are correct.

The annual canvass ensures that East Northamptonshire Council (ENC) can keep the electoral register up to date, identifying any residents who are not registered to vote and encouraging them to register, so they can have their say in future elections.

Having been postponed due to the coronavirus pandemic, elections for the new North Northamptonshire Council, Police, Crime and Fire Commissioner and local town/parish elections, will now take place in May 2021.

Cllr Steven North, Leader of East

Northamptonshire Council said: "It's important that residents keep an eye out for messages from East Northamptonshire Council, so we can make sure we have the right details on the electoral register for you and your household.

"We are required by law to complete the annual canvass, regardless of the wider situation, and ask that the public help us by providing the necessary information when it is needed. This will avoid the need for a canvasser to visit your home, which will be more difficult given the current circumstances.

"If you're not currently registered, your name will not appear in the messages we send and you may be unable to vote in any upcoming elections. If you want to register, the easiest way is online at www.gov.uk/register-to-vote."

Any residents who have any questions about the annual canvass can contact ENC's Elections team by emailing elections@east-northamptonshire.gov.uk or by visiting www.east-northamptonshire.gov.uk/elections

GENEALOGY JOTTINGS

WORDS BY JAN PEARSON

Last time, I mentioned that I had more than my fair share of Ag Labs and, apart from one who ended up in prison as a result of his involvement in a strike, nothing much happened to them. The same can be said if you have nothing but generation upon generation of coal miners, factory workers or servants for instance. However, there might be a nugget of interest to your readers amongst them.

I recently discovered that the mother of a coal miner who was killed in an accident in the pit, took the pit owners to court – and won! This was no mean feat for a widow in the 19th century from a poor community in Scotland. It did take her two years, but she

persevered and her tenacity paid off. An ancestor to be proud of.

But then again, you might find an ancestor who did have a colourful – or dark – existence. One of mine, through marriage, was convicted of manslaughter. Three years after my great aunt had died, her widower was seeing someone else and, with alcohol and fiery tempers involved, he ended up strangling the woman and stuffing her in a wardrobe... How do you break news like that to your family – especially as the event took place within living memory?

It may be that you find that some of your ancestors were itinerant – travellers living on the

road. What would their lives have been like? Or maybe you have ancestors who were in the Workhouse. These were not pleasant places at all in the early to mid 19th century, but life had improved within them by the time that the 20th century came along. However, the stigma of having been in one still existed.

If you want to find out more about Workhouses, there is a terrific website about their history, researched by Peter Higginbotham, which can be found at: www.workhouses.org.uk. Complete with pictures and plans, you can seek out specific places to see where your ancestors might have stayed.

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

EDITOR'S NOTES



Hello and welcome to our latest issue – our second in print post-lockdown.

It has been good to be back in contact with so many of our advertisers and readers. We know many of you are still shielding and being cautious about making tentative steps towards going out beyond your home.

One of the things I would ask you to consider is

supporting one (or more) of your local eateries as part of the Eat Out to Help Out scheme during August. The hospitality sector has been one of the hardest hit by the pandemic closures and they are re-opening with all the safety and distancing measures in place to ensure that customers can be confident about entering their premises and enjoying warm hospitality.

Whether you enjoy afternoon tea, a good pub meal or a more sophisticated restaurant experience there is a wide choice of establishments signing up to take part in August. Your support will be the boost they need going forward and you can even take part by going out for a cup of coffee in one of the businesses taking part. Bon appétit!



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EMAT to launch special provision for pupils at risk of school exclusion

East Midlands Academy Trust is to introduce a new alternative education department for pupils at risk of permanent exclusion from school.

The department will be based at Northampton International Academy and will provide up to 40 places for pupils who are struggling in their current setting.

Specialist staff will use bespoke behaviour intervention programmes

for pupils, including those with special educational needs, with the ultimate aim of supporting them back into mainstream education.

This will be either a return to their original school or to a suitable alternative school place, therefore reducing the number of pupils in Northamptonshire not in a mainstream school setting.

The introduction of the new alternative education department

follows a special conference hosted by East Midlands Academy Trust last year and attended by school staff from across Northamptonshire to look at the issue of exclusions and the growing number of pupils being excluded from school.

Joshua Coleman, Chief Executive Officer for East Midlands Academy Trust, said: "When we hosted the conference last year, we recognised that the number of children being

excluded from school was showing a worrying increase and we wanted to do something proactive to address the issue.

"The new alternative education provision is our way of supporting those pupils at risk of being excluded from mainstream education. We will bring them into the unit and our staff will work with them on any behavioural or emotional issues with a view to getting them back into mainstream

school.

"As a Trust, we are incredibly passionate about making sure every pupil has an opportunity to be the best they can be. I'm confident that this new department will make a real difference to those students who might otherwise be failed by the current system."

The new alternative education department will open in September and will open to pupils from schools across the county.

CHARITY LAUNCHES Parent Talk advice service

- New Action for Children research shows East Midlands parents are on the edge as the coronavirus pandemic causes mental health issues for them and their children.
- More than one in three admit to feeling overwhelmed or 'out of their depth' when it comes to supporting their children.
- Parents say children have felt isolated, suffered from night terrors and displayed aggressive behaviour during lockdown.
- Anxiety stretches into an uncertain future as

parents worry about children adjusting to a new normal.

- Charity launches 'Parent Talk' – a new online service connecting mums and dads with parenting coaches.
- One mum: "My daughter's behaviour has deteriorated to a worrying level – major temper tantrums and night terrors almost every night... we are so worried for her." Even with restrictions easing, parents are fearful about the weeks and months of uncertainty ahead.

Over three in ten (36%) say they are worried their children will struggle to socialise and want to remain at home. Mums and dads' experiences included their children 'bedwetting', becoming 'clingy and unsure' and 'not wanting to go outside'. Others reported 'disordered eating', that their child had become 'weepy', 'frustrated' or 'scared of people' outside their home.

With ongoing uncertainty, Action for Children is warning that things are likely to get worse as the long-term impacts of the pandemic become

clearer. After seeing a surge in demand of 415% for parenting advice in the three months of lockdown, compared with the same time last year, the charity is launching Parent Talk – a new national online service which connects mums and dads with trained parenting coaches. Its confidential one-to-one online chat service gives parents somewhere to turn for free, practical advice and emotional support.

Anyone who needs a bit of support in these tough times can go to parent-talk.org.uk.



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Northamptonshire Health Charity thanks you for making a difference

Northamptonshire Health Charity has received an overwhelming amount of support from the local community since the Covid-19 outbreak. It is thanks to the many kind and generous people like you that has enabled the charity to support our local NHS staff and patients throughout this difficult time. Here are just some of the ways you've helped make a difference so far.

> KINDNESS BOXES AND POP-UP STATIONS

Snacks, drinks and treats were delivered to wards at Northampton General Hospital and via weekly pop-up stations in the community hospitals over the last three months, where staff could grab food and drink on the go.

> CALM SPACE AND GREEN SPACES

Donations enabled the charity to fund a calming area for staff at Northampton General Hospital that is accessible 24/7, somewhere to relax and access support. Similar outdoor green spaces are being developed across the general hospital and the community and mental health hospitals that

will benefit patients as well as staff.

> TABLETS, RADIOS AND ACTIVITIES

An incredible 54 tablets were donated and others funded allowing patients to have video calls with loved ones.

"To be able to see my dad's face on a screen, it was the closest thing we're going to get! My family and I are eternally grateful for the opportunity you've given us!"

The tablets have also been used for providing calming hypnosis therapies to intensive care patients and to facilitate virtual group activities for mental health patients. Donations of portable radios, puzzle, colouring

books, playing cards and a host of other activity items also provided entertainment for patients in hospital and those receiving care in the community, together with rehab packs for Covid-19 patients who are in hospital for many weeks.

> STAFF ACCOMMODATION

Furnishings and practical supplies for frontline staff unable to return home due to working in Covid-19 areas or longer shifts. This includes 'starter packs' for those first going into this accommodation.

> COMMUNITY MATERNITY HUB

The charity part-funded the hub at The Saints rugby ground

for the community midwifery services to resume and will be funding its expansion.

> BOOKS FOR CHILDREN

Books illustrated by Axel Scheffler of The Gruffalo fame, helping to make sense of the pandemic for children in hospital, those staying at short break centres and for others receiving care services across the county.

> SENSORY ROOM AT BERRYWOOD HOSPITAL

Creation of a multi-sensory room on Cove ward providing a diverse tranquil space able to offer numerous benefits for service users and staff.

> NEW VOLUNTEERS' HUB FOR THE HOSPITAL

The hospital volunteers work incredibly hard but have stepped up even more throughout the pandemic to ensure an array of services are



supported (including helping patients make their video calls home). The team have no actual base but the charity can now fund a brand new space for them to store personal belongings, conduct training sessions and coordinate their numerous services.

> ONLINE MINDFULNESS PROGRAMME

A non-contact mindfulness programme for the most

vulnerable mental health patients to address the significant negative impact of Covid-19 measures such as increased anxiety, stress and depression.

> BIRTHDAY PACKS

'Birthday packs' for patients spending their birthday in hospital. They contain cards, stickers, banners, confetti and balloons etc. Patients often get serenaded by staff on the day too.

These projects and initiatives (with many more to follow) are happening all thanks to you! There's still time to get involved via <https://www.justgiving.com/campaign/COVID-19NHCF> Contact the charity team on 01604 626927 or email greenheart@nhcf.co.uk, www.nhcfgreenheart.co.uk

Your Health – Setting goals



WORDS BY
CLAIRE SHORT

With all of us at different stages of lockdown, release, childcare, work, furlough and uncertainty I wanted to draw your attention back to goal setting. No, I don't mean that you need to send yourself crazy with goals, I mean that now is a good time to reassess them, and to get help sticking to them.

We've noticed a big drop in people doing their rehab exercises for example. I suspect this is because of the emotional conundrums around the coronavirus. It might also be that four months down the line, the commitment to doing any form of exercise is waning.

So what can you do to get back on track?

- Whether your goals are physical, emotional, food-related or something else entirely, make sure they are realistic.
- Be clear with people around you. Tell them what your goals are. If you need some quiet time to do yoga, learn a new recipe, walk the dog, do your rehab or go for a run, tell the family and get everyone's support that this time is your own.
- Get excited about your improvements and enjoy achieving your goal. If it's not making

you feel better, perhaps it's time to consider a different goal?

- If you're in pain, especially if it's chronic pain, plan your goals more flexibly. You know that chronic pain doesn't follow a linear path, but overall you should be improving. If you're not, see a professional for advice – it might be that your goals need to be changed.

My own goal is to get back to my knee rehab. One particular activity seems to aggravate my knee injury: yes, you've guessed it – pushing the wretched lawnmower!

Have a week of good goals!

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

LEADING ON SCHOOL PLACE PROVISION

Data published by the Department for Education (DfE) recently showed Northamptonshire is ranking above the national average with regard to providing new school places.

The DfE scorecards provide a snapshot of the progress each local authority is making towards ensuring sufficient, good quality school places are being provided.

Northamptonshire was ranked joint first across the country for the percentage of school places added between 2017/18 and 2018/19 in Ofsted 'Outstanding/Good' primary and secondary schools. Northamptonshire achieved 100% compared to a national average of 88% for secondary and 91% for primary.

Northamptonshire was also ranked first for the percentage of school places created in schools with a high Progress 8 score, a new rating for English secondary schools which shows how well students have progressed academically

during their time there. Again the county achieved 100%, compared to a 45% national average.

Primary school numbers in Northamptonshire have increased 23% since 2009/10, compared to a 19% average growth nationally. This has seen 98.6% of pupils receiving the primary school of their choice in September 2019, compared to a 97.5% national average.

Average growth in secondary school numbers since 2009/10 was 30%, compared to an 18% national average. Despite growth in secondary school numbers in Northamptonshire being 66% higher than the average national increase, the number of pupils that received a secondary school of their choice was 93.9%, compared to national average 93%.

Northamptonshire County Council Cabinet Member for Children, Families and Education, Councillor Fiona Baker said: "I am very pleased to see that the scorecards recently published by the Department for Education show that Northamptonshire ranks highly compared to the national average in many areas.

"This demonstrates how the ongoing efforts to create additional good quality school places to meet demand in Northamptonshire is proving successful. And this challenge is ongoing – our growing county means that work to provide more school places in the future needs to continue, so we will keep working to make sure children have a bright future, living and learning in our county."

Care leavers from Northants children's service **commended**

Young care leavers from Northamptonshire County Council's Leaving Care Service are being recognised for their heroic efforts working on the front line during the current pandemic.

Thirty-five care leavers, aged up to 25, have adopted or retained key worker roles since the national lockdown began, putting their skills and determination to good use in the fight against Covid-19.

To recognise their achievements, the Chief Executive of Northamptonshire County Council, Theresa Grant,

will be sending each young key worker a personal letter of thanks, as well as a gift voucher to spend as they please.

Theresa said: "It goes without saying that our care leaver key workers are doing an amazing job, putting themselves on the front line at a time when the community needs it most.

"Finding your feet in the world

of work isn't easy at the best of times, but our care leavers have thrown themselves in at the deep end to give what they can in the fight against coronavirus.

"They should all be immensely proud of themselves, just as we are here at the Council."

Working as health care assistants, warehouse packers, food deliverers, shop assistants and more, the youngsters have been going above and beyond the call of duty to ensure that key services continue to be provided for those who need them most.

One care leaver, Charlie Burge (20), works as a Sterile Technician at Northampton General Hospital and is exposed on a daily basis to the unprecedented challenges and tragedies faced by NHS staff and patients.

She said of her experience: "Work has been manic and being on Hospital Street can be scary, but we have been supporting each other as a team to do what we can to help."

Her fellow care leaver, Amy Doyle (20), is currently a clinical volunteer at the hospital and has

been providing patients with iPads and tablets so they can speak to their loved ones.

She said: "I'm so proud of how the service is developing and nothing compares to seeing the patients' reactions when showing them their loved ones on the screen."

Siobhan Petts (21), who is also working on the front line as a dental nurse, added: "Working during the pandemic has been stressful, manic but rewarding. I have managed to adapt well considering the circumstances. During every shift, I have made colleagues, patients and my own safety a priority.

"Maintaining a stable job during this time, where so many others are not as lucky is a massive weight off my shoulders."

The Children in Care and Leaving Care Service provides help and support for children and young people who

have been looked after by Northamptonshire social services and are leaving care.

Professionals from education,

care and health work together to ensure that each care leaver is supported and encouraged to achieve their full potential.

Charlie at work



Amy at work



Wildlife **NEWS**

WORDS BY ROY BURRELL

Only a matter of weeks has passed since the new visitors came from tropical areas of the world to spend summer with us because over the years our valley has changed after the gravel and iron ore diggers left the scars of their work; now the efforts of naturalists over many years brings more and more creatures to realise that this is a good spot for part of their life cycle.

The other side of the coin, of course, is that from now on autumn will show its colours as the nights start to draw in, but there are quite a few weeks yet before we become too gloomy, and we have (hopefully!) plenty of joys of summer still to come, even if some of those animals which came in spring are already 'going home'.

One group now showing its brighter, more colourful side is the butterflies and moths showing up during countryside walks or joining our barbecue parties (please don't start jumping around, they won't hurt you). Holidaymakers

may find the size and brilliance of our insects not quite as startling or attractive as in more tropical countries, but that is a little unfair to our natives, and it's worth a few minutes of (holiday) time just looking past the less dowdy browns (of which admittedly there a quite a few) to find butterflies like the red admiral, or the impressively powerful and large hawk moths. Many are nearing the end of their lives looking for suitable spots to place the eggs for next spring's insects.

As they crawl out of their now-dead skins, they are the end product of a cycle like the changes when a tadpole becomes a frog/toad – except that this time an even greater change leads from breathing underwater to air-breathing. Yet it does lead to a more colourful scene; here is something to watch out for: How fast do you think these rather fragile-looking insects fly? They rarely fly in a straight line, but try watching over short distances in the garden – the result may surprise you. And if you are not too late, you can always add sightings to the Butterfly Count (see internet for details).



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East
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Council

Notice of planning APPLICATIONS RECEIVED

Notice is given that the following applications have been received:

> BRIGSTOCK 20/00734/FUL

(18 August 2020) (CA)

Siting of temporary single storey side extension to dwelling for 3-5 years
19 Bridge Street Brigstock
Applicant: Mr Mark Wilkinson

20/00709/FUL (18 August 2020) (CA)

Replacement of 6 windows (mixture of wooden UPVC and single/double glazed) with new double-glazed wooden windows (Re-submission of 19/01387/FUL)
22 Bridge Street Brigstock
Applicant: Miss Claire Gilbert

> COLLYWESTON

20/00739/FUL and 20/00740/LBC
(18 August 2020) (CA)(LB)

Replacement of existing boundary fencing with new stone boundary walls
12 Back Lane Collyweston
Applicant: A and S Designs - Mr A Craig

> DUDDINGTON WITH FINESHADE

20/00719/FUL
(18 August 2020) (ART15)

Installation of a Klargester Biodisc BE to serve cottages 10-16
10 Top Lodge Fineshade
Applicant: Shenagh Hackett - Top Lodge Environmental

> KINGS CLIFFE

20/00762/FUL(18 August 2020) (ART15)

Demolition of redundant farm building and proposed creation of agricultural

worker's dwelling - Re-submission of 19/01613/FUL Land OP0069 TL0096
Morehay Lane Kings Cliffe
Applicant: M C And J Day

> TANSOR

20/00752/OUT
(18 August 2020) (ART15)

Outline: Erection of a single dwelling and garage (All matters reserved except access) The Fieldings Main Street Tansor
Applicant: Mr Duncan Foster

The reason for applications being advertised is as follows:

Art 15 – Publicity for planning application under Article 15 of the Town and Country Planning (Development Management Procedure) (England) Order 2015 (as amended);

EIA – Publicity for planning application accompanied by an Environmental Statement under Article 15 of the Town and Country Planning (Development Management Procedure) (England) Order 2015 (as amended);

LB – Publicity for listed building consent/planning application affecting the setting of a listed building under regulation 5/5a of the Listed Buildings and Conservation Area Regulations 1990 (as amended);
CA – Publicity for planning application which may affect the character and appearance of a Conservation Area under regulation 5a of the Listed Buildings and Conservation Area Regulations 1990 (as amended).

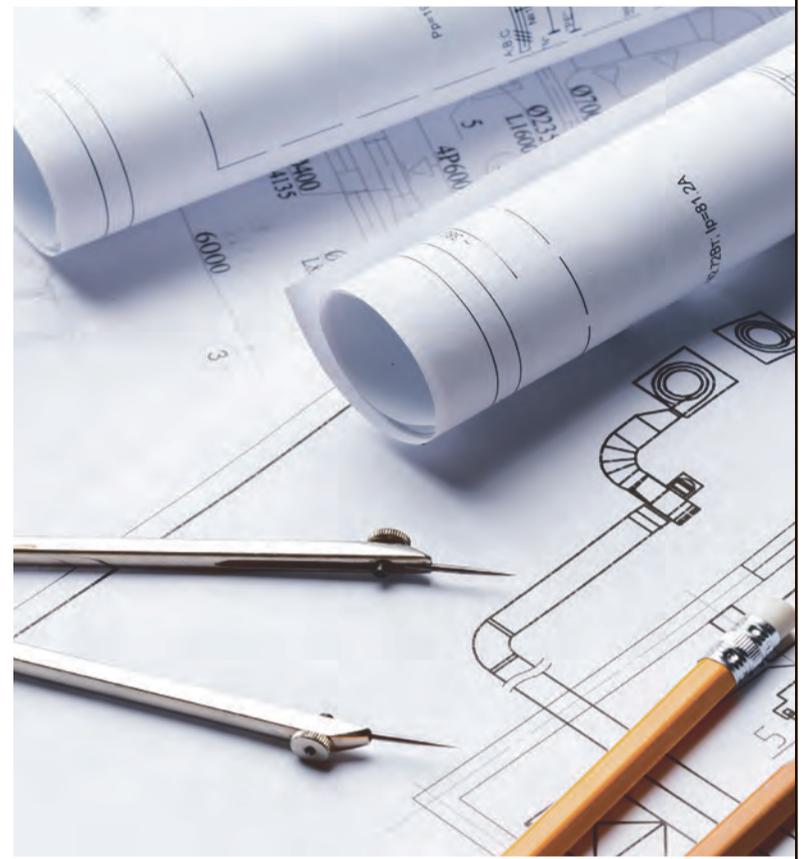
GPDO – Publicity for prior notification application in accordance with the Town and Country Planning (General Permitted Development) (England) Order 2015 (as amended).

Only applications required by legislation to be published in a local paper are listed above. You can view the full weekly list of applications received along with application documents, plans and environmental statements on our website. Copies of environmental statements may be purchased from the Council (whilst stocks last) at a cost of £1.51 plus 15p per page.

Comments on applications should be submitted in writing (by the date shown in brackets for each application) via the website, by email to planning@east-northamptonshire.gov.uk, or by letter to: Planning Services, Council Offices, Cedar House, Cedar Drive, Thrapston, Northamptonshire, NN14 4LZ.

Please note: In the case of a householder or minor commercial application, in the event of an appeal proceeding by way of the expedited procedure, any representations made about the application will be passed to the Secretary of State and there will be no opportunity to make further representations.

**Paul Bland, Head of Planning Services
Dated 25 July 2020**



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

From the CHAIRMAN

With the ever changing announcements from Government regarding movement, things are starting to get going and families are now being able to meet loved ones – even if they cannot give them that desperately waited for hug!

**WORDS BY
CLLR HELEN HOWELL
CHAIRMAN OF EAST
NORTHAMPTONSHIRE
COUNCIL**

Businesses have opened their doors to the public, but it is a totally different experience to the one we have known before. It isn't a quick nip to the shops now, as restrictions on numbers and queues are normal. However, it is good to be getting out again as long as we remain alert.

East Northamptonshire Council (ENC) has re-opened its doors to

the residents and businesses of the District. Visitors who require a face-to-face appointment at ENC's Thrapston offices will be asked to book via an appointment system. They will be asked a series of questions to identify how staff can best help with their request, and minimise visits to Council offices where possible. If residents require an appointment, officers will book this for a convenient date and time and advise of the process for the visit.

I have started to try and arrange some charity events for later this year and into the next but we will have

to wait and see what restrictions we have to follow before confirming them. I certainly hope that I will be given the chance to raise funds for East Northants First Responders and visit the towns and villages throughout the District to support their community projects.

Please get in touch with ENC offices if you require me to attend an event by emailing chairman@east-northamptonshire.gov.uk. I would be delighted to come along and support you. In the meantime take care of each other while out and about.

Chairman Cllr Helen Howell



PHOTOGRAPHY: PETER RONDEL

CHANGES TO PARKING IN RESIDENTIAL AREAS

Relaxed parking enforcement introduced during the Covid-19 lockdown is set to revert to normal from Monday 3rd August 2020.

Parking enforcement in both resident permit zones and high density residential areas across Northamptonshire was relaxed during the lockdown due to the Government's advice to work from home where possible, resulting in more residents needing to park.

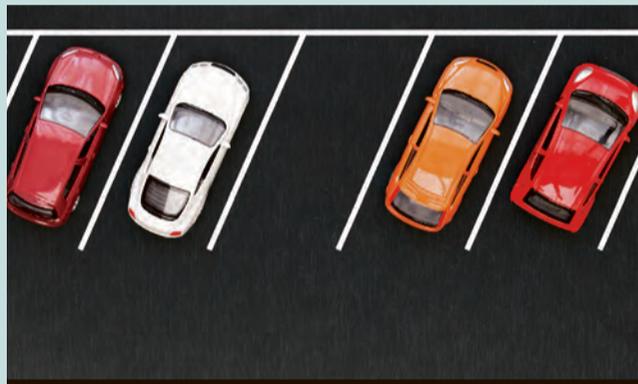
As more people return to work and even more businesses re-open, parking in these areas on single yellow lines or without a time limit in time-limited bays will no longer be permitted from 3rd August and normal enforcement will resume. Permit holders and residents will therefore need to park in accordance with the restrictions in place, as indicated on the signs and lines.

Northamptonshire County Council Cabinet

Member for Environment and Place, Councillor Jason Smithers said: "During the Covid-19 lockdown, parking enforcement was focused on supporting keyworkers to carry out their essential duties, as well as helping people to follow the government guidance to stay at home.

"As more people have

returned to their place of work residential areas have returned to normal capacity and so it's no longer necessary to relax these restrictions. Therefore we will be reverting to the normal enforcement from Monday 3rd August, to keep the county moving, maintain traffic flow and ensure safe routes for all road users."



More information about parking enforcement is available at www.northamptonshire.gov.uk/parking

Northamptonshire Healthcare shortlisted for prestigious awards

Northamptonshire Healthcare Foundation Trust (NHFT) has been shortlisted for two awards in the Health Service Journal (HSJ) Patient Safety Awards, the annual national awards which celebrate safety excellence in the NHS.

The Mental Health Initiative of the Year submission relates to the work the Trust has undertaken to improve quality and patient safety outcomes in a female psychiatric inpatient setting. This focused on a dedicated programme to reduce the numbers of self-harm incidents on Sandpiper ward, a 16-bedded open female general adult psychiatric inpatient unit that serves north Northamptonshire. This programme included using co-produced safety plans, environmental changes (including the introduction of a sensory modulation room) and enhanced joint working with the community. Together, these changes made a positive difference for service users in the unit.

The Changing Culture nomination highlights the co-produced Trust-wide strategy to improve employee and service user safety. Keen to continuously improve, NHFT renewed its commitment to safety in 2019 by embarking on a priority programme – Keep Everyone Safe.

To launch the programme, NHFT delivered a Keep Everyone Safe Week and held conferences for all staff across the county. A variety of industry specialists held discussions to share best practice across the healthcare system, including Baroness Dido Harding and Dr David Naylor. This programme has raised the profile of safety in the organisation, and supported the development of safety culture by encouraging staff to consider the many different

elements and how to improve. Chief Executive, Angela Hillery, said: "At NHFT we are dedicated to being a leading provider of outstanding, compassionate care, with quality and safety at the foundation of everything we do.

"We are delighted to have received two award nominations in the prestigious HSJ Patient Safety Awards. Both submissions highlight our staff's commitment to safety and providing outstanding compassionate care. Congratulations to the other shortlisted Trusts across the country, and we look forward to the awards ceremony later this year."

The winner of each category will be announced live at the HSJ Patient Safety Awards later in 2020.

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AUGUST

- Sat 1 Southend
- Sun 2 Hunstanton
- Sun 2 Weymouth
- Fri 7 Chester
- Sat 8 Great Yarmouth
- Sun 9 Sheringham
- Sun 9 Skegness
- Mon 10 Chesterfield Market
- Tue 11 Windsor
- Thu 13 Cromer
- Fri 14 Butterfly Farm & Stratford Upon Avon
- Sat 15 Broadstairs
- Sat 15 Margate
- Sun 16 Eastbourne
- Mon 17 Norfolk Broads River Trip
- Wed 19 London Museums or Free Time
- Wed 19 Sealife Centre London
- Thu 20 Wye Valley Tour River trip & Lunch
- Fri 21 Canterbury
- Fri 21 Whitstable
- Sat 22 Hunstanton
- Sun 23 Great Yarmouth
- Mon 24 Beth Chatto Gardens & Cream Tea
- Thu 27 Smugglers & Strawberry Jam
- Fri 28 Clacton
- Mon 31 Skegness
- Mon 31 Weston Super Mare

SEPTEMBER

- Wed 2 Oxford to Abingdon River Cruise
- Sun 6 Skegness
- Tue 8 Spalding
- Tue 8 Springfields Outlet
- Thu 10 Kew Palace & Gardens
- Sat 12 Ludlow
- Mon 14 James Herriot Museum & Thirsk
- Wed 16 Sheringham & North Norfolk Railway
- Thu 17 Nottingham Cruise & Lunch
- Fri 18 Southwold
- Sat 19 Scarborough
- Tue 22 Moreton & Bourton
- Thu 24 Manchester
- Thu 24 Manchester Open Top Bus
- Fri 25 Stratford Upon Avon
- Sat 26 Bakewell Farmers Market
- Tue 29 Royal Airforce Museum
- Wed 30 Derbyshire River Cruise & Lunch

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Serenity & Speed in Surrey, departs: 10th September, 2020, 5 days, £489 per person

Working in the heart of Surrey, offers visitors a wide range of things to do, excellent shopping and dining facilities. Working marked Her Majesty the Queen's 60-year reign by designing a brand new public space called 'Jubilee Square'. Visitors can now enjoy high quality restaurants and outdoor seating, new paving and landscaping, plus enhanced retail outlets in the town centre and the refurbished shopping centres nearby. Your tour includes Denbies Wine Estate, Brooklands Museum and Painshill & river cruise.

Dublin & Wicklow 'River & Rail', departs: 27th September, 2020, 5 days, £549 per person

Bray is the longest established seaside town in the country. It has a safe beach fronted by a spacious esplanade. In County Wicklow Bray has a rich and varied history. Due to tourism development, Bray was known as the Brighton of Ireland and retains some of the reminders of the medieval past and much of its out-standing Georgian and Victorian architecture. Your tour includes boat ride on the River Liffey and a ride on the Dart railway.

The Wonders of the Peak District, departs: 1st October, 5 days, £439 per person

A world of contrasting natural beauty, with moors and dales, rivers, springs and caverns are at the heart of it all. Breath-taking views, bustling market towns and pretty villages, historic houses, famous attractions and hundreds of traditional events, such as the unique Derbyshire custom of Well Dressing. Your tour will include entry to Chatsworth House & Gardens and to the Crich Tramway Museum.

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Four simple ways to makeover your conservatory

Homeowners looking to spruce up conservatories can do so without getting a brand new one with these four refurbishment methods suggested by home improvement experts.

In the midst of uncertainty, Britons are opting to stay put and improve rather than move, so it's important to understand that there are plenty of options for refurbishing homes.

As a prime living space that can be enjoyed all year round, conservatories are always worth investing in if an upgrade is needed, as many older styles of conservatories don't benefit from modern materials and construction techniques meaning they suffer problems with temperature control, leaking gutters and roofs and damp.

From roof replacements, to upgrading windows, doors and tiles, there are plenty of ways to inject a new lease of life into a conservatory, without having to knock it down entirely to build a new one.

Here are the four ways to makeover your conservatory:

1. Window replacement

Simple window replacement will help to improve the overall look of an old conservatory, and modern materials, new colours and new stylings can be used to ensure that your conservatory matches with the home as an extension of it. Sculptured, chamfered and flush sash profiles are popular window choices for conservatory refurbishments that can be easily designed and implemented.

2. Replace with high performance glass

Using high performance glass such as SMARTGLASS® Ultra 86 – a high-performance solar control glass with insulating warm edge technology

is advisable if you wish to combine a low-maintenance, self-cleaning solar control glass with insulating warm edge technology with classic conservatory stylings that can be enjoyed all year round.

3. Door replacement

As a main feature of a conservatory, the look and function of a door is a focal point. Whether it's a classic door style with simple practicality such as French doors – available in UPVC, timber or

aluminium, or an extremely popular and versatile option for letting light in such as bi-fold doors, there are an array of options for door replacements to give conservatories a necessary upgrade.

4. Roof replacement

If the roof of a conservatory is tired and leaking, there are many roof replacement options to modernise and upgrade your conservatory. Livinroof conservatory roof

replacements bridge the gap between glazed and solid conservatory roofing with outstanding flexibility via aluminium or insulated composite external panelling. Livinroof allows glass sections to be added anywhere in the roof to give a unique, modern feel to the room – bringing the outdoors in.

The WARMroof intelligently incorporates features of the main house, achieving the look of a traditional extension without any of the hassle. As part of this solid roof replacement, a range of tiles and high-quality finishes are available with a 25-40 year warranty.

To meet the latest building control

standards, the Guardian Warm Roof provides a cost-effective solution that retains warmth in the winter, staying cool in the summer months. Both roof options have heightened security and reduced exterior noise due to their fully plastered ceilings. They also eliminate the glare associated with old glazed and polycarbonate roof.

Usually, roof replacements and refurbishments don't need planning permission, but there are certain regulations that need to be adhered to. For local planning rules, details of AONBs (Areas of Outstanding Natural Beauty), conservation areas and listed buildings, look online or consult your local planning department.



Sophie Allport's new design

Northamptonshire based homewares designer Sophie Allport launched a new Dragonfly collection inspired by the dragonflies in her garden earlier this year. This striking range features the delicate slender body and narrow pairs of delicate wings contrasting beautifully against the contemporary midnight blue background on this stylish design.

There are over 65 products in the collection, including Sophie Allport's classic fine bone china mugs and jugs, and kitchen textiles. This new design has also been used on a lovely range of utility items,

picnicware, oilcloth bags and accessories. New products include a printed scarf, dimpled porcelain jug and serving bowls, a picnic rucksack and a range of faux leather bags and accessories that include

a jewellery case, passport holder and tote handbag.

Retail prices in the range start at £6 for a melamine beaker, up to £67.50 for a picnic rucksack.



Thousands of antiquities unearthed by public in Northamptonshire

The British Museum has announced that its Portable Antiquities Scheme has hit a milestone 1.5 million archaeological objects, including 23,108 found by members of the public in Northamptonshire.

Northamptonshire County Council's Archives and Heritage Service hosts the Portable Antiquities Scheme for the county on behalf of the British Museum, and

holds regular Finds Events at Kettering and Daventry Museums for the public to identify and record items.

Among the historic finds is an Iron Age gold stater, dating to the period c. 25 BC-AD 10 and belonging to the Catuvellauni – an Iron Age tribe whose region ran along the south and east border of Northamptonshire. The tribe is linked to the resistance against the Roman conquests of AD 43 and AD 54.

Also included in the collection is a papal bulla – a type of seal attached to official documents, issued by the Pope via silk or hemp threads – from Pope Alexander III, whose papacy ran from AD

1159-1181, and a silver Half Groat of the Commonwealth of England (1649-1660), with reverse depicting the conjoined shields of St George and Ireland.

County Council Deputy Leader Lizzy Bowen said: "1.5 million finds is a fantastic milestone and I am thrilled that our Archives and Heritage Service has been able to work alongside the British Museum.

"These finds have helped transform our understanding of the history and archaeology of Northamptonshire, and of Britain generally, and we encourage everyone who makes a find to continue to come forward.

"We are excited to see

how many more objects are recorded – who knows what fascinating discoveries are yet to be found."

The British Museum's Portable Antiquities Scheme was first set up in 1997 so

that archaeological objects found by the public could be recorded and used to help advance our knowledge of the past. Recorded items include arrowheads, axes, beads, brooches, buckles, coins, combs, finger-rings, gaming pieces, knives, pottery, sculpture, spindle whorls, tokens and vervels. A number of discoveries are

so important to the history of the life in Britain that they have been acquired or displayed by museums for the public to enjoy, including museums in Kettering, Daventry and Northampton.

For more information please contact flo@northamptonshire.gov.uk.



Iron Age gold Stater



Papal Bulla from Pope Alexander III

IN STEPS OF SUNDEW



Fermynwoods Contemporary Art's gallery space at The Arches at Fineshade Wood is reopening after lockdown with a brand new exhibition of beautiful artwork exploring the push and pull between nature and human presence and the effect that extracting resources from the landscape has upon those living within it.

The 'In Steps of Sundew' exhibition takes its name from Sundew, once the largest walking dragline excavator in the world, used in mining operations in Rutland and Northamptonshire between 1957 and 1980.

The exhibition is endorsed by Visit England's We're Good To Go Industry Standard consumer mark to reassure visitors that the space is adhering to current and

ongoing Government and public health guidance.

A one-way system with a hand sanitising station and social distancing signposts is in operation. Advance booking is not necessary and visitor numbers will be monitored electronically.

Also open on site is Grounds Cafe and the Fineshade woodland trails.

The Arches, Fineshade Wood, Nr Corby, Northants NN17 3BB.

Open 10am–4pm Saturday 25th July, Sunday 26th July, Saturday 1st August and Sunday 2nd August, then daily from Monday 3rd August. For more information visit fermynwoods.org

HELP FUND A FILM

Olivia Weaver, a 21-year-old from near Oundle, is part of a collective supported by The Set Ready Course with the National Youth Film Academy. This short film production course for young aspiring filmmakers (16-25) places them into groups of 10-12 people from all over the UK.

Currently their meetings and webinars are held online

via Zoom. This gives them chance to engage with people who work in the film industry, such as producers, actors, and screenwriters.

Olivia applied as a screenwriter and has been working on the script for their short film which is called Hell or High Water.

The collective are raising funds to finance the production on a Crowdfunder page. If you



would like to lend your support visit: <https://www.crowdfunder.co.uk/hellorhighwaternyfa>

Refill Revolution has reopened!

The whole idea behind Refill Revolution is to encourage everyone to consider making simple, easy swaps to more sustainable shopping choices. Making sustainable shopping mainstream! It's a friendly and non-judgemental environment. They love to have a chat about how everyone can reduce waste and live more sustainable lives.

"We are based at Oundle Wharf and are currently open Fridays and Saturdays 9am–4pm but are hoping to open at least one more day per week from August. We stock a wide range of dried foods such as several different pastas,

rices and nuts. We also stock dried fruits, sugar, tea, coffee beans, muesli, granolas, couscous, herbs, spices... this list is endless!

"In addition to the dried goods we have a full range of household liquids for you to refill your empty containers with. Including rinse aid, washing up liquid, hand soap, fabric conditioner and laundry liquid to name a few.

"Where possible we source locally and organic, all our liquids are cruelty-free and free from harsh chemicals and dyes. So come on down, have a chat, find out more and support a small local business in your community."



NEW ART EXHIBITION

The Arches
Fineshade Wood, Nr Corby,
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Open 10am - 4pm
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Get cycling this summer



Regular physical activity will help you to maintain a healthy weight and keep your heart healthy. Cycling is a fun way to improve your overall health and wellbeing as well as enabling you to get out and explore your local area. We have some tips to get you started with cycling this summer.

> IF YOU CURRENTLY DON'T OWN A BIKE...

You can check whether your employer offers a Cycle to Work scheme as this can make buying a bike more affordable. Travelling around by bike may help you to make savings on travel costs. If you don't have access to a Cycle to Work scheme, you could check out the deals available from your local bike shop or look out for a cheap second hand bike. You can get advice online or at your local bike shop about which bike is most suitable for you and what extra equipment you might need. If you are unsure whether cycling is for you, why not find out whether you can hire a bike in your local area to try it out first.

> START OFF SMALL

Don't try to do too much too soon. If you try to cycle for too long the first time you go out, you may get fatigued or injured and this may put you off continuing. Build up gradually, starting with a short cycle on fairly flat ground, building up to longer and more challenging cycles slowly. Make sure you allow yourself adequate recovery time in between cycles.

> FUEL AND FLUID

As you build up to longer rides as you get fitter, you should always remember to take food and a drink on your bike rides. A snack, such as a banana or a cereal bar, and a bottle of water strapped to your bike frame will help to keep you going for longer.

You can find plenty more healthy tips and recipes at heartresearch.org.uk

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PUBLIC NOTICES

NORTHAMPTONSHIRE COUNTY COUNCIL

ROAD TRAFFIC REGULATION ACT 1984

THE NORTHAMPTONSHIRE COUNTY COUNCIL (VARIOUS ROADS, DENFORD, THRAPSTON, WARMINGTON, NEWTON BROMSWOLD & A6 IRTHLINGBOROUGH) (30 MPH, 40 MPH & 50 MPH SPEED LIMITS) ORDER 2020

NOTICE IS HEREBY GIVEN that Northamptonshire County Council propose to make an Order under Sections 82, 83, 84 and Schedule 9 of the Road Traffic Regulation Act 1984 to prohibit any motor vehicle from travelling at a speed exceeding 30 mph, 40 mph along or 50 mph those lengths of roads as specified in the Schedules 1, 2 and 3 below.

A COPY of the proposed Order, together with a plan showing the exact length of road to which it relates and a statement of the Council's reasons for proposing to make the Order, may be inspected on the County Council's website at www.northamptonshire.gov.uk and may also be inspected at Northamptonshire Highways, Brixworth Depot, Old Harborough Road, Brixworth, Northants, NN6 9BX at a time and date specified by appointment only by calling 01604 883445.

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, Old Harborough Road, Brixworth, NN6 9BX or by email: parkingenquiries@kierwsp.co.uk by 15th August 2020.

Dated this 25th day of July 2020

DEBBIE CARTER-HUGHES,
Executive Director LGSS Law Ltd
PKG/P1805

SCHEDULE 1 (30 mph Speed Limit)

Peterborough Road, Warmington	From the junction with Dexter Way for a distance of 240 metres in and north easterly direction.
Buntings Lane, Warmington	For its entire length.

SCHEDULE 2 (40 mph Speed Limit)

Rushden Road/Church Lane, Newton Bromswold	From a point 778 metres south west of its junction with Higham Road to a point 97 metres south east of that junction.
Higham Road, Newton Bromswold	From its junction with Rushden Road for a distance of 42 metres north west of that junction.
A6, Irtlingborough	From a point 532 metres south east of its junction with Finedon Road continuing eastwards to a point 63 metres north west of its junction with Station Road (service road).

SCHEDULE 3 (50 mph Speed Limit)

Thrapston Road/ Midland Road/ Denford Road – between Denford & Thrapston	From a point 62 metres north east of Freemans Lane, Denford to a point 81 metres south of Station Road, Thrapston.
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'Find a Club' for your family during the summer holidays

Northamptonshire Sport is supporting local families over the summer holidays by making it easier to browse and find a wide range of local clubs and activities near them.

The 'Find a Club' function on the Northamptonshire Sport website acts as a directory of local activities, clubs, and team sports that the user can browse according to their location, making it easier for

parents to consider every option, all in one place.

In addition, local clubs, schools and organisations can sign up to the website for free and use the 'Find a Club' function to publicise any activities they are hosting over the coming months, whether that be sports, crafts, drama, or any other activity for youngsters to take part in.

The directory includes all and any activities that have a positive impact on health, wellbeing and social interaction, thereby supporting children in keeping active during the summer, while also helping to promote local teams, clubs and businesses.

Chris Holmes, Director of Northamptonshire Sport, said: "Now more than ever – after three months of lockdown and many weeks off school for the majority of youngsters – it's of paramount importance that children get the opportunity to interact with one another regularly and take part in something they really enjoy.

"Likewise, local clubs and organisations need help getting back on their feet now that lockdown is starting to lift. Provided that they're able to carry out summer activities while following central Government guidelines, we're more than happy to give them a platform that helps promote what they have to offer.

"We hope the function provides benefits on both sides, for families looking for summer activities, and for organisations that need some support after what has been a very difficult time for the country."

One of 43 Active Partnerships across England, Northamptonshire Sport is a partnership of local and national organisations, working together to get people in Northamptonshire 'More Active, More Often'.

The Northamptonshire Sport Core Team is hosted by Northamptonshire County Council and its activities are funded through a Sport England Lottery grant and by local and national partners.



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