

Nene Valley

news

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NEWSPAPER FOR EAST NORTHAMPTONSHIRE

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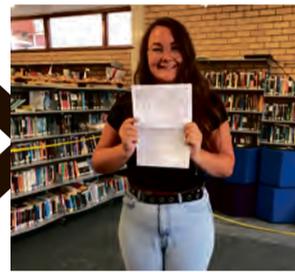
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NEWS IN BRIEF

Age UK reopens four more shops

Four Age UK Northamptonshire charity shops have now reopened, adding to the three Northamptonshire shops already successfully reopened in July.

The charity has ensured good practice and lessons learned have been implemented in the newly reopened Brackley, Rothwell, Thrapston and Burton Latimer stores.

The four stores have opened with reduced hours initially, to enable time to replenish stock and thoroughly clean at the start and end of each day.

The opening hours will be 9:30am to 3:30pm Monday to Friday and 9:30am to 2:30pm on Saturdays. Brackley will be open with the same hours from Tuesday to Saturday.

With the shops back in business, donations of good quality clothes, books and homeware are welcome. Customers are encouraged to ring their preferred shop before arriving with a donation to arrange safe drop off. Donations and returns are put into quarantine for 48 hours before going out on the shop floor.

To find out more information about Age UK Northamptonshire's services, visit www.ageuk.org.uk/northamptonshire or call 01604 611200.

Unique Belvoir Blue summerhouse steals the show at retail village

A Northamptonshire timber product manufacturer has created a special Belvoir Blue summerhouse for the Duchess of Rutland who is acting as an agent for the company.

Scotts of Thrapston created the bespoke Burghley summerhouse in the historic colour, which features heavily throughout Belvoir Castle. The summerhouse, along with two other models, are on display at The Engine Yard retail village in Leicestershire.



Duchess of Rutland

Scotts of Thrapston is celebrating its centenary this year and is delighted to have a presence in such an historic location. Restored from Victorian buildings, The Engine Yard provides a distinctive selection of shops.

The three summerhouse models on display are a 3.9m Sun Ray Garden Room, a 2.2m Newhaven Corner Summerhouse and the 2.4m Burghley.

The Duchess of Rutland first approached Scotts during the RHS Chelsea Flower Show. The company has exhibited at the world-famous horticultural event since the 1960s.

Scotts recently filmed the Duchess talking about the summerhouses and what they bring to The Engine Yard retail experience. She said: "The thing I love is how beautifully the Scotts summerhouses fit into this location. Everything at The Engine Yard is about outdoor space and there is nothing else on the market that touches the quality, design and style of these amazing buildings."

"Having these summerhouses on display in this natural setting, with various colour and interior options, helps visitors visualise how they may look in their own gardens."

"We worked very closely with Scotts to create the Belvoir Blue for the Burghley summerhouse and it really is a showstopper. The family has been here since 1066 and the family flag features this extraordinary blue. It is part of our signage and branding – blue is our colour!"

During your visit, you can view a wide selection of summerhouses from 10am to 3pm each day. Strict social distancing will be observed and viewing is by appointment only. Please call Kathryn Morris on 01832 732366 or email: gazebos@scottsofthrapston.co.uk to arrange a viewing.

Scotts of Thrapston Managing Director, James Scott said: "When the Duchess of Rutland approached us, there was only one answer we could give. It is an absolute privilege to be chosen to be part of The Engine Yard and the amazing heritage that comes with it."

Scotts of Thrapston is now a prominent part of The Engine Yard community hub where locals and tourists can shop, seven days a week, for quality plants, clothing, accessories, gifts, and food, focusing on the best of British produce.

To watch the video in full, visit: www.scottsofthrapston.co.uk/news/engine-yard/

Open Days put the spotlight on stylish summerhouses

On selected weekends during August and September, Scotts of Thrapston is delighted to invite you to join one of its special open days. You will be able to discover for yourself these quintessentially English summerhouses, which are a great investment as they can be used all year round.

The summerhouse open days are due to take place this weekend 21st–22nd August and on 25th–27th September and will be particularly special as Scotts celebrates its centenary year.

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STAIRLIFTS: FULLY GUARANTEED, FREE HOME SURVEY

Ensuring animal welfare during lockdown

The RSPCA's frontline officers, animal carers and vets have continued to rescue, treat and care for animals in need since the country went into lockdown in March.

During lockdown (24th March–5th August), the RSPCA has answered 442,344 calls and dealt with 106,676 incidents – that's an average of 790 incidents a day. In Northamptonshire, officers have responded to 1,358 incidents – an average of 10 a day.

RSPCA animal rescuers were designated key workers by the Government at the beginning of lockdown but the global pandemic has had a huge impact on the charity's finances. Vital funding is needed to help the organisation continue its work rescuing animals and caring for the 6,381

animals in its care across England and Wales.

As well as operating an emergency service, rescuing animals in need, RSPCA officers have also been collecting animals from the homes of people who have been admitted to hospital with Covid-19, who may not have anyone else to care for them while their owners are being treated.

Dermot Murphy, Chief Inspectorate Officer, said: "We've had to quickly and drastically change the way we work during these unprecedented times, from the way we rehome animals to the PPE we wear when responding to calls.

"But the priority for us during lockdown has been to continue to be there for those animals who need us – while also helping people who have been hit hard by the pandemic."

GENEALOGY JOTTINGS

WORDS BY
JAN PEARSON

Have you ever got a bit too carried away when researching your family? I have. I once ended up researching a whole village as they all seemed to intermarry. It was rather like trying to knit fog as I was trying to work out who was married to whom and then trying to get to grips with the numerous Elizabeth Cowlings and John Webbs – various spellings for each!

It was in that village that I found that the brother of my two times great grandfather had two sons, 20 years apart. The eldest then had a son who married a girl by the name of Elizabeth and the youngest married her sister Fanny. This made sorting out

relationships rather complicated to say the least!

Then there is the danger of going off at such a tangent that you end up researching your great grandmother's sister's first husband's brother-in-law, as you have discovered by accident that he had an interesting career in the Army and was involved in the relief of Mafeking.

I am not saying that this is wrong – far from it – but think about what you will be doing with the information. Will it add to your story – or have you just tapped into a research topic that you had not realised interested you?

By the way, if you hit brick walls and grow tired of

researching your own family, you could always help other people with theirs. I know that there are groups out there (mainly on the internet) who pick someone at random from a census and then try to discover as much as they can about that person. They just love the research. Or, you could always join a forum such as the one mentioned at the bottom of this column. There are always folk out there who need help in tracking down that elusive ancestor. It is said that a change is as good as a rest and, you never know, helping search for something completely unrelated to your tree could ignite the spark for delving back into your family's history.

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EDITOR'S NOTES

Welcome to this issue of Nene Valley News. What difficult times these are and especially now for our young people still in education.

We are pleased to include reports from several local schools marking the exam achievements of their students. The tussle over the grading system has certainly taken some of the shine off their sense of overcoming the challenging year and their work being recognised and rewarded. GCSE students have experienced a similar impact and there is a cohort of students who will be due to take their A levels and GCSEs next year who



will be affected.

I hope when the dust settles that they will be able to move on to the next stage of their education with positivity and optimism. We are all learning to cope with the effects of the pandemic as it continues to affect our lives and for those going into

further or higher education, their student experience will have many new aspects, including online learning and social distancing.

Whatever your next stage, well done, good luck and you will continue to learn and optimise your potential throughout your life.



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New appointment builds on Higher Education provision

Moulton College's new Dean of Higher Education will spearhead future growth in the department by placing a renewed focus on the student experience.

Joining the College this summer, Cleeve Jenkins' appointment marks an exciting time for Moulton, as the Higher Education (HE) provision strengthens. Building on an already established degree offer with subjects including animal management, construction and sport. Cleeve will play an instrumental role in growing the provision, and improving the student experience.

Cleeve said: "Moulton is uniquely placed to offer a first class experience for all its students. I'm eager to work with our teaching staff, student support teams and careers advisors to ensure all of our HE students experience the very best we have to offer."

Cleeve has been working in Higher Education for 20 years, and has built his portfolio working with colleges and universities across the UK. Cleeve's most recent role was as Head of Higher Education at New College Swindon where he oversaw the College's own degree provision.

He added: "My extensive experience made it easy to identify Moulton College as a fantastic opportunity to become one of the best HE institutions. It was clear to see from the moment I arrived at Moulton how fantastic the degree provision already is, yet there are always improvements that can be made."

"I'm honoured to have the opportunity to strengthen the existing team, and excited to begin working together to secure many more outstanding careers for our graduates."



To find out more about Moulton College's university courses visit www.moulton.ac.uk

COUNCIL SERVICES REOPEN IN RUSHDEN TOWN CENTRE

East Northamptonshire Council (ENC) has reopened its doors at The Rushden Centre following the coronavirus pandemic. Customer service representatives returned on Monday 17th August, with visitors requiring a face-to-face meeting being asked to make an appointment via a booking system.

Anyone requesting a face-to-face service will be asked a series of questions to identify how staff can best help with their request, and minimise visits to The Rushden Centre where possible. If residents require an appointment, officers will book this for a convenient date and time and advise of the process

for visiting the office.

With public health at the forefront of the changes to service provision, this interim process is designed to ensure maximum safety of both the public and frontline staff at ENC. Customers will be asked to adhere to safety measures in line with Government guidance and must wear a mask when visiting any East Northamptonshire Council location, including The Rushden Centre.

Cllr Steven North, Leader of East Northamptonshire Council said: "Following the successful reopening of our Cedar Drive offices, its great news to see that The Rushden Centre will be

open again for the residents and businesses of the local area.

"The project team set up to ensure ENC's offices are as COVID-19 safe as they can be, have worked incredibly hard to get The Rushden Centre open as quickly as possible and on behalf of the residents and business in the town, I'd like to thank them."

Council services at Fletton House in Oundle will remain closed for the time being and ENC will let

everyone know when they have a definite reopening date.

Customers are encouraged to contact the council using one of the following options to access services while staying in the safety and comfort of their home:

- Go online at www.east-northamptonshire.gov.uk
- Email customerservices@east-northamptonshire.gov.uk
- Telephone 01832 742000

Customers who require a face-to-face appointment should visit www.east-northamptonshire.gov.uk/reopen or call 01832 742000 for further details and guidance on what is expected of them when visiting the offices.

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Local people encouraged to take first step in weight loss journey

Public Health England has launched a national 'Better Health' campaign to support individuals to lose weight, while also providing advice and support for quitting smoking, drinking less and looking after their mental health.

Covid-19 has affected the whole country. For almost everyone, life has had to fundamentally change. But it has also prompted many people to reflect and think more seriously about their health. What's more, extra weight causes fat to build up around vital organs, making it harder for the body to fight against diseases like cancer, heart disease and now Covid-19.

Losing weight can seem an impossible task for some and so, locally, Public Health Northamptonshire is offering support through its Weight Management Service. The service provides tools to help people manage their weight loss – from checking their BMI, to getting access to free support tools, including the NHS 12-week weight loss plan, and details of local

weight loss support groups.

For anyone struggling to achieve a healthy weight, Public Health Northamptonshire will also fund a 12-week course to support them in reaching their weight-loss goals, offering referrals via WW – previously known as Weight Watchers – and Slimming World.

Nearly two thirds (63%) of adults in the UK are overweight or living with obesity. Gaining weight is often a gradual process that takes place over a number of months or years. The 'Better Health' campaign and Weight Management Service provides people with the support and opportunity to lose weight and get fitter, thereby reducing the risks associated with Covid-19.

CLlr Ian Morris, cabinet

member for Adult Social Care and Public Health at Northamptonshire County Council, said: "For many of us, the national lockdown caused by Covid-19 has led us to re-evaluate our health and make better decisions for our overall wellbeing. The national campaign from Public Health England is calling for a 'national reset moment' and we want to do our bit in the local community to help those in Northamptonshire achieve their goals.

"Our Weight Management Service is designed to do exactly that, and offers a wide range of tools and resources to get people started. Often, we just need to make small, simple changes to what and how much we are eating, drinking and moving to see a real difference in our overall health and wellbeing."

Keeping regularly active alongside a healthy diet can also help to encourage weight loss. Northamptonshire Sport has been supporting local families

over the summer holidays by making it easier to browse and find a wide range of local activities near them.

The 'Find a Club' function acts as a directory that

includes all and any activities that have a positive impact on health, wellbeing and social interaction, making it easier for parents to consider every option, all in one place.

EXERCISE AND LAPTOP INJURIES IN HIGHAM

Higham's pain relief providers are busy bees right now!

Georgia Brawn, one of the Osteopaths at The Ashgrove Clinic says: "Many local people have had huge physical changes in their lives recently, and we're seeing the consequences. Our bodies aren't designed to make massive and sudden adjustments over short periods of time, and adapting to these changes can cause all sorts of problems.

"For example, many people have been working from home on the sofa, or dining room table, instead of at their office desk, and this has caused new aches

and pains as the months have gone on. The stress of the past few months has probably aggravated the pains too."

The flipside to this is that a lot of people took up new exercise during lockdown.

"We love the recent increase in activity and the increase in enthusiasm," says Sports Therapist, Jay Sheridan. "Unfortunately, there's also been an increase in injuries! Mostly this is due to poor technique, or because people have started doing HIIT/yoga or exercise sessions without a warm-up.

"The great thing is that these injuries are recent, so they're not too complicated to fix. We know that some

treatment and rehab advice will allow you to get back to enjoying your new activity!"

The team at Ashgrove aim to get you back to sport or normal activities as soon as possible. Whether you need pre- or post-surgery physiotherapy, exercise advice, or help with pain, they want you fixed and moving again!

The Osteopaths, Physiotherapists and Rehab Specialists at Ashgrove offer a 20-minute free consultation so you can find out whether they can help you. They also offer telehealth video consultations for people who are in quarantine or are self-isolating.



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HIGHAM EYE CARE

Being a small independent practice, Higham Eye Care has been able to make changes to ensure your visit is as safe and relaxed as possible, including limiting the number of people in the practice and allowing up to an hour for each consultation.

Optometrist Tricia explains: "We have become quite used to our PPE now with extra cleaning of the practice between each consultation. All frames are sterilised with our new UVC sanitiser. You'll even see us walking around Higham most evenings hand delivering glasses, contact lenses and accessories."

Tricia's sister and fellow Optometrist, Hannah, worked all through lockdown seeing patients

with urgent problems. She said: "Having the OCT has been invaluable in giving us both an in-depth health assessment of the eye and allowing us to reduce the time in close proximity to patients as per guidelines."

Among the products Higham Eye Care has introduced in recent weeks are anti-fog lens wipes and

an anti-viral eye lid spray.

With so many people working from home and screen time increasing, "digital eye strain" has become common so to help combat this the practice offers a range of advanced single vision lenses as well as its award-winning varifocals and specialist coatings.

Please call Higham Eye Care on 01933 317000 or email info@highameyecare.co.uk for more information or to arrange an appointment.

Green business scheme announces record carbon savings

Each year the iiE team measures the impact its members have achieved, by converting resource measurements into carbon equivalents and comparing the information against the previous year's audits. Through the amazing work of iiE members, audited between April 2019 and April 2020, an estimated total of 7,436 tonnes CO₂e was saved.

"To put this into perspective, this is equivalent to powering 2,267 UK houses or taking 3,467 cars off the road for a year," explains iiE's Environmental Consultant, David Knight. "This is a fantastic achievement for our members – we want to thank everyone who was involved in making these reductions. The results are really great."

In the previous year, audited iiE members achieved savings of 5,856 tonnes of CO₂e, meaning there has been a 21% improvement.

As part of their audit, organisations provide up-to-date resource measurements, which are compared against the previous year to demonstrate improvements made through the implementation and management of their environmental management

Investors in the Environment (iiE) is a national sustainability certification scheme for organisations. It is designed to help businesses reduce their environmental impact by recording their resource use, receiving an annual audit, and being awarded a certification level of either Bronze, Silver, or Green, to reflect their eco progress.



Green Energy East region audited members in 2019

system (EMS). The reporting includes electricity, gas, alternative fuels, petrol and diesel, mileage of vehicles, total waste, and paper use.

"Individuals and organisations at a local and global level must become more aware of the challenges that we face collectively," said David. "We need to become smarter, more efficient and considered with the resources and materials we use. iiE is working with organisations nationally to support their efforts in making these changes

and reducing their resource consumption."

To achieve the Government's target of net zero by 2050, the UK needs to reduce all unnecessary carbon emissions, and balance the remaining emissions by investing in carbon removals that will remove the same amount of carbon that is emitted each year.

As carbon levels rise, so will the planet's temperature, causing the polar ice to melt and sea levels to rise. More than that, this rise in global temperature

has knock-on effects such as disruption of eco-systems and an increase in the frequency and intensity of extreme weather events. It is vital, therefore, that everyone starts reducing their own carbon footprint to

contribute towards the net zero target.

iiE members are supported in working towards achieving their certification on both a one-to-one basis through help from their support officer, and one-to-many

through webinars and member events. For any business looking to make an impactful change, they can find out more about becoming a greener organisation and also sign up to become an iiE member at www.iiE.uk.com

Wildlife NEWS

WORDS BY
ROY BURRELL

Summer days bring their own taste of lazy, quiet warmth wherever we find ourselves. Not much bird song to pierce the silence in paths and woods; the leaf cover is a barrier to reduce traffic intruding into nature's sheltered spots, and poets find phrases like 'God's in his heaven, all's right with the world'.

But it is not really all blissful and peaceful; there is plenty of action out there as the natural population fits into the essential pattern of life and death in our surroundings. For many walkers the insects seemed to fill almost every breath they took. This overcrowding provides each creature (from the large down to the ones we cannot see without magnification) with their food, but they still have to be chased and caught, and that is where the 'darker' side of nature takes over, as creatures become prey or predator, or in some cases both.

One impressive group of insects finds

our local nature reserves very much to their liking with the mix of water and land surface provided by the river and the worked-out islands: dragonflies and damselflies. The overall appearance is similar; a thin body with two pairs of clear (usually) pairs of wings darting around over the vegetation. Some of them sound as if they are gentle actors in the scene ('damsels') while the 'dragons' are bullies, but they are all fierce hunters able to capture their food in mid-air, showing remarkable flying skills. The first part of their lives is spent underwater as larvae, and even down there they show the aggression they need to become airborne killers. This year they seemed to be in short supply, but as July brought better weather and more insects particularly in the shade provided by trees and shrubs around the lakes, there were plenty of chances to see their powerful flight – essential skills for them ('dragons' or 'damsels') to behave as one of nature's birth control methods along our valley, keeping some check on the billions of insects now around us.

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Notice of planning APPLICATIONS RECEIVED

Notice is given that the following applications have been received:

> RINGSTEAD

20/00884/FUL

(15 September 2020) (CA)

Demolition of the Old Factory (workshop/warehouse) and construction of three dwellings

1 Spencer Street Ringstead

Applicant: Spencer Street Developments - Mr Benham

> ISLIP

20/00894/FUL

(15 September 2020) (CA)

Single storey rear orangery extension; internal alterations and addition of two window openings to first floor south elevation

Islip Grange 31 High Street Islip

Applicant: Matthew Sinclair

> OUNDLE

20/00895/FUL

(15 September 2020) (CA)

New link extension and access gates 43 South Road Oundle

Applicant: Mr Martin Dickens

20/00846/LBC

(15 September 2020) (LB)

Internal Structural Alterations to extant planning and listed building consent 96 West Street Oundle

Applicant: Mr And Mrs A White

> DUDDINGTON WITH FINESHADE

20/00896/FUL

(15 September 2020) (CA) (ART 15)

Conversion of the existing Coach House to a single dwelling

Garages Stables Premises And Paddock

High Street Duddington

Applicant: Mr M Constant

20/00801/FUL

(15 September 2020) (CA)

Two storey extension and new carport/store; replacement windows and roof and door alterations to existing dwelling Todds Hill Cottage Todds Hill Duddington

Applicant: Mrs L Gilman

20/00769/FUL

(15 September 2020) (CA)

Erection of a wooden Summerhouse Todds Barn Church Lane Duddington

Applicant: Mr Peter Kerr

> THRAPSTON

20/00722/FUL

(15 September 2020) (CA)

Change of use from Hairdressers to a Tattoo Studio

36A High Street Thrapston

Applicant: Max Kemp

20/00877/FUL

(15 September 2020) (CA)

Single storey rear extension

68 Market Road Thrapston

Applicant: Mr And Mrs M Bettison

> WARMINGTON

20/00890/FUL

(15 September 2020) (ART15)

Change of use from an unrestricted class A1 shop and retail outlet to a class B1(a) office.

Warmington Mill Eaglethorpe Warmington

Applicant: Mrs Alexandra Proby

20/00885/VAR

(15 September 2020) (CA)

Variation of condition 3 - Substitution of revised plans for approved plans pursuant to planning permission 19/01495/FUL dated 2.3.20 - Erection of single storey dwelling (re submission of 19/00597/FUL)

57 Church Street Warmington

Applicant: OCS Developments - Mrs S Bateman

> EASTON-ON-THE-HILL

20/00900/FUL

(15 September 2020) (CA)

Erection of rear extension linking existing outbuilding and house Barn Cottage New Road Easton On The Hill

Applicant: Dr And Mrs Pool

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).

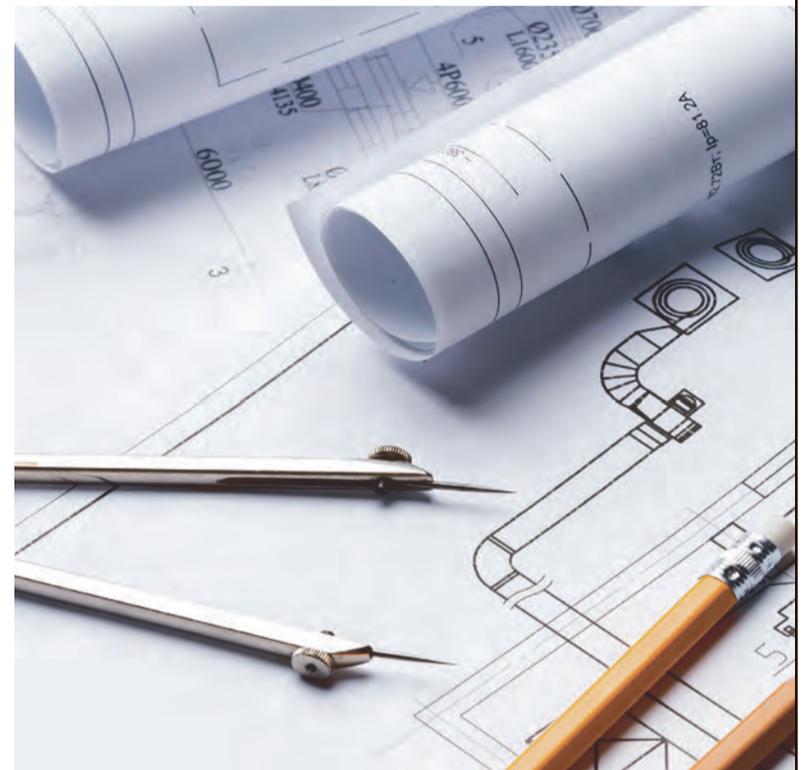
Only applications required by legislation to be published in a local paper are listed above. You can view the full weekly list of applications received along with application documents, plans and environmental statements on our website. Copies

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, 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 22 August 2020



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

From the CHAIRMAN

A few weeks ago I called into The Axe and Compass in Ringstead on my way back from a meeting for a bite to eat, just on the off chance and wasn't disappointed...

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

The new owners, Margo and Aga, along with their chef Callum, have only just taken over the premises and the hospitality was so welcoming. The food was delicious and as we visited on a

Wednesday, we were able to utilise the Government's Eat Out to Help Out scheme.

The arrangements for social distancing were fully compliant which made it a more relaxing experience too. I would like to wish them and all the businesses across the district the very best in these trying times.

For the time being, we must continue to follow official guidance and you can find all the latest

coronavirus information on East Northants Council's website and social media channels.

But, as lockdown measures start to be relaxed, I am looking forward to the future and later this month will be launching some very special awards, so please do keep an eye out and you can also follow me on social media, just search for EN Chairman on Twitter and Facebook.

Stay safe.

Chairman Cllr Helen Howell



River Nene marina announces two autumn open weekends

White Mills Marina on the River Nene at Earls Barton in Northamptonshire has rescheduled its 2020 open days.

White Mills had originally planned two open days in May and July this year, however due to the pandemic both were unfortunately cancelled. Now the marina, which was awarded four Gold Anchors by The Yacht Harbour Association last year, will

be hosting its open weekends on 5th and 6th September and 26th and 27th September.

"We have had numerous phone calls from boaters who were either due to visit us at Crick Boat Show or at one of our open days, asking if we were rearranging our dates and



so rather than leaving it until next year we have decided to host two open weekends in September,"

said Marina Operations Manager, Gary Butcher.

"Both of the open weekends

will be by appointment only which will enable us to give each visitor our undivided attention whilst adhering to all the safety guidelines."

The 141-berth marina opened in 2016 and has established itself as an essential stopping-off point for visitors venturing onto the River Nene. Since lockdown restrictions on the waterways were lifted, the marina has been handing out free face coverings and gloves to visiting boaters.



For further information or to make an appointment call 01604 812057 or 07802 890874 or email: info@whitemillsmarina.co.uk



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Thu 10 Kew Palace and Gardens
Sat 12 Ludlow
Mon 14 James Herriott Museum, Thirsk
Wed 16 Sheringham & The North Norfolk Railway
Thu 17 Nottingham Cruise & Lunch
Fri 18 Southwold
Sat 19 Scarborough
Tue 22 Moreton & Bourton
Thu 24 Manchester open top bus
Thu 24 Manchester
Fri 25 Stratford Upon Avon
Sat 26 Bakewell Farmers Market
Tue 29 Royal Airforce Museum

OCTOBER
Thur 1 Cotswold Tour
Sat 3 Bletchley Park Code Breakers
Sat 3 Milton Keynes Shopper
Wed 7 Shrewsbury Cruise & Iron Works
Sat 10 Knitting and Stitching Show
Tue 13 Cambridge
Sat 17 Blackpool Illuminations
Tue 20 Dinosaur Adventure Park
Thu 22 Black Country Museum
Thu 22 Dudley Zoo
Sat 24 Westonbirt Colours of Autumn
Wed 28 Cotswold Wildlife Park
Fri 30 London Museums or free time
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PRINCE WILLIAM SCHOOL CELEBRATES OUTSTANDING RESULTS

Students at Prince William School, Oundle have achieved an outstanding set of A level results, despite the disruption to their studies caused by Covid-19.

Of all the grades awarded, 26% were A* or A and 79% were A* to C.

The highest attaining students were: Timothy Brazier, Laura Hannah and

Sydney Thomas, all with 3 A*s. They have all been offered places to study at Cambridge University.

Because students were unable to

sit exams this summer, the results they received were calculated grades.

These are grades based on what teachers submitted as the ones they

considered the students would have been most likely to have achieved had exams gone ahead, which were then moderated by exam boards using a statistical algorithm.

Year 13 students have not been in lessons since March when schools were closed by the Government, but were able to return to Prince William School to collect their results at a specified time slot.

Headteacher, Elizabeth Dormor said: "I'm pleased we were able to give students the opportunity to come into school today to receive support from staff as they collected their results.

"This has been one of the most challenging academic years imaginable, but I'm delighted that our Year 13 students have a set of results they can be very proud of and that

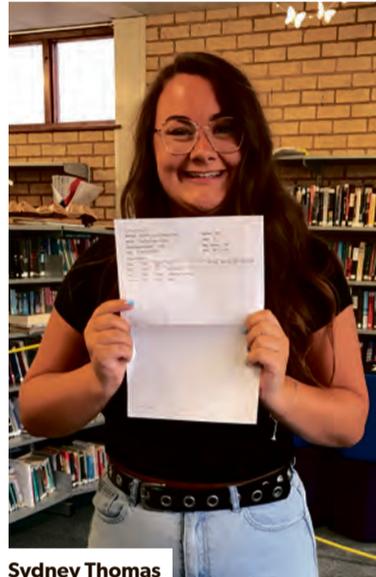


the vast majority are able to go on the post-18 pathway of their choice.

"The grades they've received today are a reflection of the learning they've done throughout Years 12 and 13 and demonstrate their hard work and dedication to their studies during their time in the sixth form here at Prince William School."



Timothy Brazier



Sydney Thomas

There are still Year 12 places available at Prince William School for September. To find out more, visit the website www.pws.emat.uk or call the school on 01832 272881.

Oundle School 2020 A Level results report

Whilst results nationwide this year have clearly been subject to more scrutiny and contention than ever, we are pleased to confirm that the examination boards have affirmed our faith in our pupils. Our 2020 leavers were a strong and able year group and the results generated this year rightly place the cohort as one of the strongest in recent

times. We sincerely regret that these bright young people were not able to have the satisfaction of crowning their time at Oundle with top-level performance in formal examinations.

Twenty-two percent of grades awarded were at A* or equivalent, with 53% A*A and 81% A*-B. Twenty Cambridge and Oxford candidates have so far secured their places,

alongside the large majority of pupils who have been able to confirm their places at their Firm or Insurance-choice universities. We look forward to hearing further good news regarding the confirmation of university places in the next few days.

Whilst the overall picture is most encouraging, it is each individual pupil that the school is now focused

on celebrating and supporting as necessary. The difficult process of external moderation of centre-assessed grades has highlighted some situations that will bear further scrutiny. The circumstances this year have clearly been different and difficult, with an ever-shifting landscape, but we remain confident of being able to respond positively to developments

and clarifications that will come this week and beyond.

Sarah Kerr-Dineen, Head of Oundle School, commented: "This group of pupils more than any deserved to have their hard work and abilities recognised fairly after a term of disruption and disappointment that was not of their making. I congratulate them all."

Manor School Sixth Form goes from strength to strength

Manor School is exceptionally proud of its students, who continue to make strong progress in a growing Sixth Form. Of equal grades show excellent outcomes and progress. The investment in facilities, resources, leadership and curriculum is paying dividends. Of the awarded grades, 26% of grades were A*/A. All students who applied for a university course have been offered their first or second choice course and university.

Jay Davenport, Principal, said: "In spite of the turbulent circumstances this year, we would like to congratulate all our students for their individual successes. Although students did not have the opportunity to showcase their knowledge and understanding in

final examinations, the significant evidence used to determine their grades... are testament to their hard work and tremendous effort over their seven-year journey in secondary education. We acknowledge the continued support from parents and carers and the dedication and commitment from all of our staff."

Many students achieved excellent grades and have been successful in their next destination. Amongst these, stand out performances worthy of recognition include:

- Karsa Ambikaibakan, who has been offered a place to read medicine at the University of

Cambridge.

- Thomas Stanier, who is going to read media journalism and publishing at Oxford Brookes University.
 - Rebekah Elliot, who is going to study English language at the University of Warwick.
 - Evie Elliot, who will be completing an apprenticeship at a large multinational food manufacturer.
 - Louis Exall, who will be studying Acoustics and Music at the University of Southampton.
- Chris Hill, CEO of the Nene Education Trust, commented: "The progress and achievements of this

cohort of students is testament to the investment that Manor School and Nene Education Trust are making in

post-16 education. The Sixth Form at Manor School is an exciting place to be."



L-R: Karsa Ambikaibakan, Louis Exall, Oliver Warner and Thomas Stanier

Prospective applicants to the Sixth Form can still get in touch by contacting the school by emailing Mr Carter (dcarter@manor.school) at any time, or phoning the school on 01933 623921 from Tuesday 1st September onwards.

360 Play Rushden Lakes welcomes families back for safe fun

All the team at 360 Play Rushden Lakes are delighted to be welcoming local families back after reopening their doors a couple of weeks ago. While some things in the centre look a little different to how they did pre-lockdown, the same great fun is guaranteed.

Visitors to the centre have enjoyed being able to return and have praised the centre's recent changes. One local mum said: "I visited with my little boy and felt totally comfortable. The manager met us at the door and we were temp checked, and sanitised our hands. The play frame is closed but the rest of the areas are open. The dodgems and carousel were cleaned prior to us getting on and any equipment touched such as spades and buckets was too.

"The staff are of course in PPE and as it's a family venue this did not dampen the team spirit. The morning session ran 9.30-11.30 and we really can't fault the

precautions put in place."

"I was delighted to take my granddaughter to 360 Play and we're pleased to see how well they have responded to coronavirus and their excellent cleaning regime," tweeted Cllr Helen Howell from East Northamptonshire Council. "We both thoroughly enjoyed the experience."

As expected, a few changes have had to be made to allow for social distancing so while the soft play frame remains closed for now, there is still plenty going on to help keep the kids entertained during the summer holiday.

The messy play team have shown their creativity by setting up activities that can be enjoyed individually and the same applies to the 360 Street role play area. Each family are given a bag of props so they can make the most of Luigi's Pizzeria and the other units.

The staff have been working hard behind the scenes to

bring a new interactive feature to the attraction where you can scan QR codes to take part in fun quizzes and more. And no visit to 360 Play would be the same without a go on the rides! Kids big and small can enjoy unlimited turns on the dodgem track or a gentle ride on the musical carousel.

360 Play Centre Manager, Lauren Jenkins said: "Lockdown has been very hard on many of our staff and so we are really pleased to be able to get back to doing what we love here at 360 Play and hopefully put some smiles back on our customers' faces in this first phase of opening. We have some new measures in place: you will now need to pre-book your visit, our team will check your temperature as you arrive and sanitise your hands. We're hopeful that we will be able to open the play frame again soon."

360 Play in Rushden Lakes is one of the groups three sites

that have been able to open in this first phase, along with 360 Play Milton Keynes and 360 Play Basildon. These other locations also offer outdoor play, indoor amusement rides and a cafe

serving barista style hot drinks and family favourite meals. Visit Monday to Wednesday during August to take advantage of the Eat Out to Help Out campaign. There is whole active world of

fun to enjoy at 360 Play and the whole team are excited to be open and be able to offer some fun family experiences again. Visit 360play.co.uk to book your play session now.

Nene Valley News - EVENTS

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Or drop a note through the door
Anyone can now borrow a bag of books from Oundle Library through their extended 'Select and Collect' service.

> LOCAL ARTIST WITH INTERNATIONAL PROFILE

Northamptonshire artist John Frederick Black continues to attract international acclaim for his paintings. John, whose studio is in Rushden, will have his work featured again in the International Artist Publication which has a worldwide distribution. His most recent collection of paintings, produced since the pandemic, can be viewed by appointment only. To arrange a viewing please telephone 01933 392679.

To submit your event please contact us via our website www.nenevalleynews.co.uk or call 01522 692542. Please supply in the following format: Date, event, place, time, admission fee (if applicable), contact information, 15 word description.

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Heart Research UK Healthy Heart Tips

**WORDS BY
DR HELEN FLAHERTY, HEAD
OF HEALTH PROMOTION AT
HEART RESEARCH UK**

Healthier Takeaways

The number of takeaway food outlets has risen in recent years and this may have contributed to the rise in rates of obesity in the UK. Takeaway food is often cheap, convenient and tasty, but it also tends to be high in fat, salt and sugar.

Regularly consuming takeaways can have a negative impact on your heart health as well as your waistline. Swapping your usual takeaway for a healthier option may be a good way to cut down on fat, salt and

sugar. We have some tips to guide you on choosing healthier takeaways.

Choose a food outlet that has healthy options on the menu

Compare the menus for takeaway food outlets and try to choose one that provides some healthier options. Some takeaway food outlets list calories on their menus and this can help you to make a healthier choice.

Choose wisely from the menu

Try to avoid foods that are deep fried, such as fish in batter, chips and fried chicken. Swap large

deep-pan pizzas and pizzas with stuffed crusts for smaller pizzas. Select lower fat pizza toppings, such as mushrooms, peppers, sweetcorn, chicken and ham, rather than pepperoni or extra cheese which are both high in fat.

Keep an eye on portion size

Be careful not to buy too much food when ordering your takeaway. Instead of ordering starters, mains, sides and desserts, why not just have a main course and finish off with some fruit and yoghurt? You could share a dish or freeze a portion of your takeaway for another time to avoid eating too much.

Make your own 'Fakeaway' at home

Try making healthier versions of your favourite takeaway dishes at home by finding healthy recipes online. If you can't live without your favourite takeaway dish, you could try swapping side dishes, such as chips, garlic bread, fried rice or naan bread for brown rice or wholemeal pitta bread that you prepare at home.

Think about what you drink

Rather than buying sugary

drinks with your takeaway, try drinking tap water or low calorie drinks instead. If you usually have alcoholic drinks with your

takeaway, try to reduce the amount you consume by having a glass of water in between each alcoholic drink and try to choose

drinks that have a lower alcohol content. Not only will this reduce your calorie intake, but it may also reduce the cost.



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

Your Health – Broccoli in the lawnmower

**WORDS BY
CLAIRE SHORT**

How did you manage in the heat? Did you melt or lap it up? Most importantly did you eat and drink the right things to keep your body well?

As you know, my experience is that no matter what you put in your lawnmower it won't work, but let's assume you're like Mike the Mower and can make these hideous machines function. If you put broccoli in the lawnmower and pull the string nothing happens. If you put beetroot in, you get a similar result, only slightly redder. It will only work if you give it the right food (and if you know how to pull the string without snapping it).

Similarly, if you don't put the right fuel into your own body it won't work properly. But in times of stress we are less likely to do the right thing, and the past few months probably count as prolonged stress for most of us. So, when the heat hits, or you've had a hard day, remember to get some of the right fuel into you so that your body can recover, repair and provide you with energy. This should include water and some rainbow-coloured meals with lots of bright



coloured vegetables.

It's not always easy to make the right choices, but try to make good ones most of the time and you'll help your body keep going.

Top tip: Don't actually try putting broccoli in the lawnmower – it would be such a waste of broccoli.

Have a rainbow week of good food!

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

Recipe: Welsh Lamb shoulder with a chunky tomato and fennel salad



This month marks the period when fresh, new season Welsh Lamb is at its most plentiful and a new campaign is helping people have confidence to cook the versatile meat from the comfort of their own homes as uncertainty continues within the restaurant industry.

To inspire people to try Welsh Lamb at home, and show why it's suited to such a wide range of cuisines and cooking methods, a series of leading figures from the food world are lending a hand over the coming months to create delicious recipes and simple how-to guides so people can find out for themselves just why it's so highly regarded.

Among these is Dean Edwards, who has been a regular chef on ITV's Lorraine over the past decade and John Gregory-Smith, who is a chef, presenter and best-selling author who specialises in Middle Eastern and North African cuisine.

Also working on the campaign is Michelin-starred chef Hywel Griffith of the Beach House restaurant in Oxwich, who will be helping people make the most of the summer BBQ season.

Hywel Griffith's Welsh Lamb shoulder with a chunky tomato and fennel salad

Serves: 6 | Prep time: 20 mins |

Cooking Time: 4-5 hrs

Recipe video: https://youtu.be/g8Q7K8_e3Q8

Ingredients:

- 1 PGI Welsh Lamb shoulder joint
- 5 garlic cloves, boiled in water for 10 minutes
- Handful of fresh basil leaves (about 15 leaves)
- Salt

For the salad:

- 5 spring onions, roughly sliced
- 1 head of fennel, roughly chopped
- 5 ripe plum tomatoes, roughly diced
- Salt
- 50ml olive oil
- 50ml balsamic vinegar
- 2 aubergines
- 150g rocket
- 1 ciabatta loaf

Method:

- Preheat the smoker. It will be ready when the

coals are just dying down and the temperature has reached 120°C.

- To prepare the lamb, make five randomly spaced incisions on the skin side of the shoulder.
- Push one blanched garlic clove and basil leaf into each of the incisions. (Blanching the garlic beforehand gives a more mellow flavour.)
- Sprinkle plenty of salt over the lamb, ensuring it gets into the incisions – this helps to season while it cooks.
- Place the lamb (with the incisions facing up) onto the grill in the smoker. It will need to cook for 4-5 hours.
- Meanwhile prepare the salad. Add the spring onions, fennel, tomatoes, a good pinch of salt, the olive oil and the balsamic vinegar to a large mixing bowl. Mix well. Cover the salad with cling film and leave to marinate in the fridge. The acidity of the vinegar will marry all the flavours together.
- After the lamb has been cooking for about 1 hour, place the aubergines on the grill next to the lamb.
- Take the aubergines after 1-2 hours. They should have a smoky appearance and have reduced in size a little.
- Cut the aubergines in half lengthways then scrape the flesh out onto a chopping board. Add a pinch of salt to the aubergine flesh, chop it and place onto a large serving platter. Set aside.
- Take the salad out of the fridge and add the rocket. Roughly chop the remaining basil leaves and add to the salad. Mix well and season to taste.
- The lamb should be ready after 4-5 hours of cooking. If possible, check the temperature with a probe – for well done, slow cooked lamb that will easily come off the bone, the recommended core temperature for the meat is around 68°C and 72°C.
- Carefully take the lamb out of the smoker – it should have reduced in size, be a little and crispy on the corners and the meat should easily fall away from the bone. Place onto the serving platter with the bread, salad and chopped aubergine. Sprinkle a little more salt on top of the lamb if you like.

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PUBLIC NOTICES

Town and Country Planning (Development Management Procedure) (England) Order 2015 NOTICE OF APPEAL UNDER ARTICLES 13 AND 36

Proposed development at GLEBE FARM, MOREHAY LANE, KING'S CLIFFE, PE8 6XN

I give notice that M C and J Day having applied to the East Northamptonshire Council for Demolition of Redundant Farm Building and Proposed Erection of Agricultural Worker's Dwelling Is appealing to the Secretary of State against the refusal of the Council to grant planning permission for the proposed development. This appeal is additional to an extant appeal at the same site, advertised on 27 June 2020.

Any owner of the land or tenant who wishes to make representations about this appeal should write to
The Planning Inspectorate
Temple Quay House
2 The Square
Bristol
BS1 6PN

By 12th September, 2020

If you decide to make representations you should make it clear that you are an owner of the appeal site or tenant of an agricultural holding on the site and you should give the site address.

Mr M Flood, Insight Town Planning Ltd, on behalf of M C and J Day
22nd August, 2020

(Statement of owners' rights: The grant of planning permission does not affect owners' rights to retain or dispose of their property, unless there is some provision to the contrary in an agreement or lease. Statement of agricultural tenants' rights: The grant of planning permission for non-agricultural development may affect agricultural tenants' security of tenure. 'Owner' means a person having a freehold interest or a leasehold interest the unexpired term of which is not less than seven years. 'Tenant' means a tenant of an agricultural holding any part of which is comprised in the land.)

NORTHAMPTONSHIRE COUNTY COUNCIL ROAD TRAFFIC REGULATION ACT 1984

THE NORTHAMPTONSHIRE COUNTY COUNCIL (RINGSTEAD/KINGS CLIFFE/ACHURCH) (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 or 40 mph or 50 mph along those lengths of roads as specified in the Schedule 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 12th September 2020.

Dated this 22nd day of August 2020

DEBBIE CARTER HUGHES
Executive Director LGSS Law Ltd
PKG/1846

SCHEDULE 1 (30 mph Speed Limit)

1. Station Road, Ringstead - which extends from a point 44 meters west of the centre of its junction with Kinwell Close for a distance of 85 meters in a westerly direction.
2. Blatherwycke Road, Kingscliffe - which extends from a point 52 metres west of its junction with Wood Lane for a distance of 77 metres in a westerly direction.

SCHEDULE 2 (40 mph Speed Limit)

1. Lilford Road, Achurch - which extends from a point 660 meters south west from its junction with Pilton Road for a distance of 496 meters in a south westerly direction.
2. Church Lane, Achurch - for its entire length.

SCHEDULE 3 (50 mph Speed Limit)

1. Denford Road, Ringstead - which extends from a point 248 metres north-east of its junction with Back Lane to its junction with Ringstead Road, Denford.
2. Ringstead Road, Denford - from its junction with Denford Road to a point 172 metres south of School Lane.

NORTHAMPTONSHIRE COUNTY COUNCIL ROAD TRAFFIC REGULATION ACT 1984

THE NORTHAMPTONSHIRE COUNTY COUNCIL (EAST NORTHAMPTONSHIRE DISTRICT) (WAITING AND LOADING RESTRICTIONS AND ON-STREET PARKING PLACES) (CONSOLIDATION) ORDER 2009 (AMENDMENT No. 19) ORDER 2020

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

A COPY of the proposed 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 Orders, 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 12th September 2020.

Dated this 22nd day of August 2020

DEBBIE CARTER-HUGHES
Executive Director LGSS Law Ltd
PKG/1847

SCHEDULE

PROPOSED NO WAITING AT ANYTIME RESTRICTIONS (DOUBLE YELLOW LINES)

Holdenby Drive, Raunds (North of junction with Brick Kiln Drive) - From the uncontrolled crossing at the junction with Brick Kiln Drive for a distance of 18.9 metres on the Western side and 16.2 metres on the Eastern side.

NORTHAMPTONSHIRE COUNTY COUNCIL ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14

THE NORTHAMPTONSHIRE COUNTY COUNCIL (THE SYKE, BRIGSTOCK) (TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2020

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

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of The Syke, Brigstock from Hall Hill to Stable Hill.

FOR RESTRICTION: The restriction is required for safety during tree trimming works.

PERIOD OF CLOSURE: The proposed Order will come into effect on 2nd September 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 road will be restricted for one day.

ALTERNATIVE ROUTES: use Stable Road, Hall Hill and Church Street.

Dated this 22nd day of August 2020
DEBBIE CARTER-HUGHES
Executive Director LGSS Law Ltd
PKG/T20/276

If you require any further information please contact Gary Thorp ref: 20/21 - N188 on 01604 883400.

NORTHAMPTONSHIRE COUNTY COUNCIL ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14

THE NORTHAMPTONSHIRE COUNTY COUNCIL (SLIPTON LANE, SUDBOROUGH) (TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2020

NOTICE IS HEREBY GIVEN that Northamptonshire County Council intend, not less than seven days from the date of this Notice, to make an Order the effect of which will be to prohibit traffic from proceeding along that length of Slipton Lane, Sudborough set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Slipton Lane, Sudborough from outside Harebank Lodge.

FOR RESTRICTION: The restriction is required for a new water connection.

PERIOD OF CLOSURE: The proposed Order will come into effect on 7th September 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 road will be restricted for three days.

ALTERNATIVE ROUTES: use Sudborough Road, A6116, Kettering Road, Islip Road and Sudborough Road.

Dated this 22nd day of August 2020
DEBBIE CARTER-HUGHES
Executive Director LGSS Law Ltd
PKG/T20/283

If you require any further information please contact Gary Thorp ref: 20/21 - N202 on 01604 883400.

Explore East Northamptonshire on two wheels

With the Government launching a new initiative to combat obesity in England, East Northamptonshire Council is encouraging everyone to explore the countryside, cycle paths and Nene Valley on two wheels whilst getting fit and healthy at the same time.

For those who want to get out and about in East Northamptonshire but are not sure where to start, Destination Nene Valley has plenty of resources on its website nenevalley.net including cycling routes, hints and tips for beginner cyclists and details of bike hire companies in and around the district.

Cllr Steven North, Leader of East Northamptonshire Council said: "As a council, we have a very strong commitment to improve the health and wellbeing of residents and are also very fortunate to have

some beautiful countryside on our doorsteps.

"So whether you are trying to lose some weight or just want to see some more of your local area, we urge you to go into your garages or sheds and dig out your bike."

Across the district, there are many opportunities for residents to get out and about including the East Northamptonshire Council funded Greenway, which provides safe routes for cyclists and walkers

alike. Throughout the coronavirus pandemic, the Greenway has proved popular with residents of all ages using the routes for their daily exercise and it is hoped that this will continue as lockdown and current guidance is eased.

For more information about cycling in East Northamptonshire, visit nenevalley.net/see-and-do/discover/cycling/ where you can find more information, including maps and routes of the local area.

More details about the Greenway can be found at www.east-northamptonshire.gov.uk/greenway



RESIDENTIAL & COMMERCIAL WASTE COLLECTION

WASTE COLLECTION:

Whether you have a fridge, sofa, several small items or garden waste to dispose of! Give us a call –

We remove all rubbish!

- Garage
- Loft
- Office
- House
- Garden Waste
- Appliances (WEEE Waste)
- Probate Clearance
- Declutter Service

HOUSE CLEARANCE:

Has a tenant left your premises in a mess or do you need a house cleaning? Our specialist team can remove and dispose of all unwanted goods!

OTHER SERVICES:

- Litter Picking
- End of Tenancy Clear & Clean
- Window Cleaning
- Grounds Maintenance
- Bus Shelter Maintenance
- Graffiti Removal

OFFER NORTHAMPTONSHIRE RESIDENTIAL BIN CLEANING OFFER:

- 1 BIN - One off clean - £5.00
- 1 BIN - 13 cleans - £45.50
- 2 BINS - 13 cleans - £78.00
- 3 BINS - 13 cleans - £97.50



Call us today!

01933 315872

Brindley Close, Rushden,
Northamptonshire NN10 6EN

For more information visit:
www.intercountyltd.co.uk