

Nene Valley

news

YOUR LOCAL INDEPENDENT COMMUNITY NEWSPAPER FOR EAST NORTHAMPTONSHIRE

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news story or event at
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SPOTLIGHT ON
HEALTH & BEAUTY

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£1.8 MILLION
AWARDED TO
COMMUNITY
PROJECTS

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NEWS IN BRIEF

Funds to support local food banks and charities

Small charities and food banks in Northamptonshire can now apply for funds from the 'Local Authority Emergency Assistance Grant for Food and Essential Supplies' funded through DEFRA.

This grant is for eligible projects that help and support people struggling to afford food and other essentials due to Covid-19 in Northamptonshire and fall into one or more of the following categories of support:

- food banks
- food clubs
- cooking clubs
- advice groups, where this relates to food
- soup kitchens
- household essentials, e.g. washing up liquid and washing powder, pet food, special dietary requirements, hygiene products and toiletries
- food shopping and delivery.

To apply please email (with 'DEFRA grant' as the subject):
North of the county – Daylight Centre - rachel.mallows@daylightcf.org
West of the county – Hope Centre - robin@northamptonhopecentre.org.uk

DOWNLOADABLE RESOURCES FOR HALF TERM ACTIVITIES

Are you looking for free educational, inspiring, and fun activities for your family this autumn? The environmental charity Peterborough Environment City Trust (PECT) has expanded its range of learning resources in time for the October half term, to help enhance children's understanding of the world around them.



The charity's autumn-themed Nature's School resources aim to bring families together and enable them to discover more about the environment. The resource activities include everything from guides to making a Leaf Lantern or Mini Beast Hotel, to Pumpkin Decorating, Tree Seed I-Spy and many more.

"Many areas of the country are currently in lockdown, nationwide restrictions are in place, and everyone is looking for alternative ways to entertain and educate their children," explains PECT's Environmental Education Lead Heidi Latronico-Ferris.

"Here at PECT we are doing our

bit to help children and their families try to make sense of it all.

"Our local environment is sometimes an unexplored natural resource, often overlooked for its wealth of possibilities, and not always appreciated or looked after as it should be. Take this time to turn that around and discover natural wonders, learn from Nature's School, and in return protect it for future generations."

Nature's School is not just for families – schools, charities and other organisations can also benefit from this resource and use it to create new ways of delivering the curriculum and learning objectives.

To access the resources, simply visit <https://www.pect.org.uk/projects/natures-school-in-autumn/> or find PECT on Facebook @SustainablePECT.

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WILDLIFE NEWS

WORDS BY
ROY BURRELL

Most of us have a favourite plant or animal we like to see if we are out and about. It may be common or rare, perhaps an easily recognised species so that we are not too ignorant when answering questions!

The reasons may be in the colour, or maybe the song (normally only for part of the year, though a few considerate creatures add their touches at different times, like the robin's occasional song brightening dull autumn days). But a few make their mark as 'something to be avoided'. For example, it is good practice to avoid picking up a snake because one of them (the adder) has a poisonous bite. And unless you are certain of your ground, do not eat fungi (mushrooms), which appear in quiet spots in undisturbed areas, because some are poisonous when eaten.

The most widespread examples are the (tens of thousands of) spiders. For some reason, this year seems to have been a time of 'hide-away', for the larger kinds anyway; was it more difficult to find their (insect) prey, or were the insects so numerous that

they were easier to find? Records might show no problems with numbers, with plenty of insects to spare. This is good news for gardeners (spiders are very important in keeping down pest numbers), but perhaps not too comforting for the considerable number of people who find these 'creepy-crawlies' a little worrying, especially the larger kinds.

No British spiders are classified as 'dangerous', however scary they look (reassuring when we think that the world's heaviest can weigh almost a quarter of a pound, and the eight legs can spread up to 10 inches). Spiders are land-based, but some venture underwater by trapping air on their bodies to 'breathe' while they are hunting.

What makes spiders 'scary'? It's not just size, because the worry can involve the tiny species as well as the larger ones which fall into a bath. All spiders are theoretically poisonous but our species cannot penetrate human skin. Whatever the reason we should feel just a little sorry for them – they feed on insects, and as temperatures drop spiders could find meals hard to catch in coming months.

GENEALOGY JOTTINGS

WORDS BY
JAN PEARSON

Recently, my research has taken me into the realms of farming. I have been finding not just Tenant Farmers but also Yeoman Farmers. Many folk in the 18th and 19th centuries might have farmed a piece of land on behalf of another. One example I came across was John Brunning.

In the 1851 census, he is recorded as living at Rushton Hall and working as a Land Agent for William Hope (he of the Hope Diamond fame). Not only was John responsible for managing the maintenance of the estate through the employment of carpenters, masons and painters, but he also employed 52 'Outdoor Labourers' to look after the land. There were 544 acres to keep an eye on. Ten years later he was farming his own patch of land of 100 acres but did he own it? A trip to the Land Registry or Northamptonshire Archives could provide the answer.

A Yeoman Farmer on the other hand not only farmed his land but owned it as well. I stumbled across a newspaper cutting for one whose son had

decided to sell up after inheriting his father's estate following his death. There was not just a farmhouse, outbuildings and fields but also half a dozen cottages in which his farm workers were living. Those cottages also had substantial gardens where vegetables were grown to feed the families.

Newspapers can provide a wealth of information. The dog licence was introduced in Ireland in 1865 and there are court records for prosecutions for not holding one. In 1871, the Dogs Act was introduced in the UK and it required that the owner be brought before a Magistrates' court if they received a complaint that a dog was dangerous. Reports of such appeared – and still appear – in the newspapers and will give some background to your farming ancestors if they were involved, either with their own dogs or their livestock.

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EDITOR'S NOTES

Welcome to our October printed edition of Nene Valley News.

We are producing our editions each fortnight in digital format and we know that many of you are accessing the newspaper this way. The hard copy is still the one we receive the most enquiries about and our teams are delivering door to door but please contact us if you would prefer to pay for a monthly subscription and receive your copy by Royal Mail. The cost is the postage rate of £1.50 per copy and we can take a card payment for however many issues you would like to receive.

As we approach the colder

winter months and the government has made the announcement of a new tier system of Covid restrictions, I fear we will all be spending far more time indoors and seeing less of our friends and family in person. Living on Facetime, Teams or Zoom is one way of keeping in touch but it is no match for a real life meet-up and actual human contact. I listened to a radio discussion on the value of hugs and how much people are missing these demonstrations of affection. Masked, hand sanitised, and even through insulating curtains of plastic there is still the need for the comfort of another human when

many of us are feeling so vulnerable and anxious. There is still a great deal of support within local communities for those struggling with their mental health as well as support to supply food and resources for those under financial pressure. We include information in most of our editions which will update you and signpost you to where you can begin to access help.

We also have several health professionals advertising in this issue who can also help you to keep fit and healthy in the months ahead. Their advice could be invaluable to keep your spirits and outlook positive.



Want to place an advertisement or submit an article?

If you wish to contribute or have any comments please email news@nenevalleynews.co.uk or call 01522 692542. To advertise, call 01522 692542. Alternatively you can email advertising@nenevalleynews.co.uk

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WHITE MILLS MARINA WINS TOP NATIONAL AWARD

White Mills Marina has been named as the Towergate Inland Marina of the Year 2020.

The accolade comes four years after the family run marina on the River Nene in Earls Barton opened for business and it is the first time the marina was eligible to enter the annual national awards.

Hosted virtually because of Covid-19 restrictions, presenter Jon White from The Yacht Harbour Association said: "White Mills Marina is a very popular location on the River Nene; customers commented that it has a very friendly team and is a well maintained, clean site which supports its local community as well as the boating community."

Clearly overjoyed with the marina's new title of Inland

Marina of the Year, owner Debbie Skinner said: "We knew we were on the shortlist but never dreamt we would actually win. Ever since we first opened, we have aspired to be an award-winning marina and now we are! It is absolutely brilliant news and we are all thrilled."

"As with all these things it's not about individuals but about having a team of fantastic individuals on board, which we know we have. And of course, we must thank all our lovely supporters who made the effort to vote for us – after all, without the votes we would never have come out on top. We are so pleased and incredibly proud."

White Mills Marina is a

141 berth marina and last year it was awarded four Gold Anchors from The Yacht Harbour Association. In addition, the marina's boathouse café, which has become hugely popular with walkers and cyclists, was voted Northamptonshire Coffee Shop of the Year.

Committed to providing first class facilities and services combined with a personal approach, White Mills has established itself as an essential stopping-off point for boaters and campers visiting the River Nene. The marina works closely with the Friends of the River Nene as well as the local community to help promote the River Nene and surrounding Nene Valley.

Your local council is here for you when you need it most

East Northamptonshire Council is reminding all residents, businesses and communities that just as it has supported them during the height of the health pandemic, it will continue to do so with all services remaining open to those who need them.



"We've worked with our many partners and the always committed local voluntary sector to ensure that those who live, work and spend time in East Northants get support of all kinds from finance to health and wellbeing."

"We've monitored the impact we're having on making people's lives a bit easier during this crisis and I think the numbers here speak for themselves. We've learned a lot and learned fast about what our communities need to get through this and I'd like to reassure them that this help will continue. So if you're in need of our help, get in touch."

Steven North, Leader of ENC, explains: "This has been an incredibly stressful time for many in our district and our staff and councillors have stepped up to continue providing essential services as well as many extras to help the vulnerable when they need us most."

There's a wealth of information on the website www.east-northamptonshire.gov.uk/ COVID19 and the customer service centre remains open. Call 01832 742000 to speak to a customer adviser.

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Spotlight on > HEALTH & BEAUTY

> BESTBUYS – THE GREAT OUTDOOR STORE

Discover your personal oasis of calm – which could be in your very own hot tub!

When broken down, the word 'hydrotherapy' means 'water' and 'healing'. Being immersed, buoyant or massaged in water can help enhance your ability to relax and relieve the body in a variety of different ways.

Bestbuys' range of hot tubs will help leave you feeling relaxed and revitalised, with jet formations to target each muscle group and features such as LED chromotherapy lighting, water fountains and bluetooth sound systems.

Relax in the knowledge that with over 800 hot tubs installed locally by their award-winning engineers and over 18 years of experience servicing them, the Bestbuys team provide expert after sales service/advice and can help answer any questions you may have.

Bestbuys also offer a range of indoor Infrared Saunas which generate heat from carbon panels to



Enjoy your hot tub year round

emit the infrared portion of the light spectrum. Rather than heating up the room with stifling hot steam, infrared heat penetrates the body, allowing you to experience the benefits of heat therapy in a more bearable sauna environment.

Visit the showroom in Wellingborough to see Bestbuys' range of hot tubs, saunas and garden furniture to help you create your own garden or home oasis.

> DONATE A GIFT FOR A PATIENT IN HOSPITAL THIS CHRISTMAS

Northamptonshire Health Charity is looking for gifts again this year to give to people in hospital on Christmas day. The charity works all year round providing for all departments and wards at Northampton General Hospital and the community and mental health hospitals in the county, above and beyond what the NHS provides.

They would like to ensure every patient in hospital on the day receives a present. There are many patients, mostly elderly, that have nobody – meaning no visitors and no gift. This year, with the pandemic affecting us and visiting restrictions that might still be in place, receiving a gift on Christmas day will make even more of a difference to every patient.

It's understandable Christmas shopping will be affected by Covid-19, so shopping locally where possible is always good but if you'd prefer to shop online, an Amazon Wish List has been set up: www.amazon.co.uk/hz/wishlist/ls/31PEFL8LFNRT3. Alternatively, you can make a monetary donation and a gift will be purchased for you.

If you'd like to take part in the appeal, you can donate items by dropping them in at the charity office at Springfield, Cliftonville, Northampton NN1 5BE, Monday to Friday 9-4pm or donate via the Amazon Wish List, or make a monetary donation.

For more information please contact the Northamptonshire Health Charity team on 01604 626927 or email greenheart@nhcf.co.uk

> YOUR HEALTH – THE LAST MOW

So have you done the last lawn mow of the year? Have you put the nasty lawn-mowing machine away for the winter and silently thanked that stupid bit of string that starts it, for not snapping one last time?

And have you started to do the same with your body? Have you slowed down with your exercise routine and started to get snugly for winter? Or have you started to gear up for Christmas? Not that any of us knows whether we can spend Christmas with another human being this year.

Wherever you are up to with your exercise programme remember to keep doing the rehab exercises you've been given. These are the exercises you need to do to keep an old injury in check, to stay strong where weakness has left you a bit vulnerable and to ensure that your body functions to the best of its ability.

Why do I suggest you do this? Because exercise doesn't just help with your muscles and joints, it also helps with your mental health. As the evenings get darker, socialising becomes even more difficult for us and the lawn doesn't need mowing any more, make sure you move! Walk on the spot, go for a run, roll

your shoulders. Just keep moving somehow to help you keep smiling!

Have a happy week, Claire.

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

> NICE GUIDELINE FOR CHRONIC PAIN: PAINKILLERS OUT, ACUPUNCTURE IN

The Modern Acupuncture Clinic is delighted to learn that acupuncture is one of only four treatments to be recommended for chronic pain by the National Institute for Health and Care Excellence (NICE). From now on, painkillers and all other drugs apart from anti-depressants will be off the menu.

Around a third of the population may be affected by chronic pain – many also have a diagnosis of depression, and two-thirds are unable to go out to work. The new recommendations cover conditions like fibromyalgia and chronic neck, muscular or pelvic pain. Traditional acupuncture can provide benefits across the whole spectrum of health issues: emotional support as well as pain relief.

Spod Dutton says: "Acupuncture is one of the best options for painful conditions – it is also very safe when given by well-trained practitioners. As a British Acupuncture Council (BAcC) member you can be confident about the stringent standards that we have to follow. The BAcC is registered with the Professional Standards Authority (PSA), allowing GPs to refer their patients to our members for acupuncture, as long as NHS funding allows.

Christmas Gifts for Patients

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Suffering from chronic pain?

The NHS are dropping pain killers from their approach to chronic pain and adding in acupuncture as an option.

'I cannot remember the last time I woke up in the morning with no pain until now',
JJ, Finedon

CONTACT US FOR MORE INFORMATION: -

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Spod Dutton

"This NICE guideline was open for consultation until 14 September and is due for publication on 20 January 2021, at which point, we are confident that acupuncture will become part of the GP's healthcare toolkit."

> IMPROVE STRENGTH AND CONDITIONING IN HIGHAM

Did you know that there's a sports rehab and post-surgery rehab team in Higham? The Ashgrove Clinic is best known for its osteopaths, but there are rehab specialists on the team too!

Osteopath Ollie, a footballer and gym fanatic, says: "It doesn't matter whether you've sprained a joint running or falling down the stairs, rehab is personal and individual. Many people look online these days and end up in worse pain. This is frustrating for us as it can prolong the pain and recovery. At Ashgrove you get a personal rehab programme that might involve walking the dog, running or lifting weights. No two programmes are the same, just as no two injuries are the same and no two patients are the same!"

Over the years the sports rehab team have worked with some impressive athletes too – from members of the England Women's Football team, the Northampton Saints (and some of their babies!) and Worcester Rugby Club to UK triathletes, horse riders and ultra marathon runners.

Jay Sheridan, the strength and conditioning therapist, says: "Working with ultra runners is fascinating; their drive for perfection in movement and precision in muscular balance gives me the chance to use the very latest research in rehab, and to watch them improve and win!"

The Ashgrove Rehab Team clearly love what they do and throughout the Covid-19 problems have been safely helping patients to get out of pain. They even entertain you in the clinic with the occasional puppy-print PPE! If you're not sure whether they can help with your pain, use one of their free 20-minute consultations and go in for a chat.



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Book a FREE 20 minute consultation if you're not sure whether we can help.

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Can you find Badger the Dog's biscuit?

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East
Northamptonshire
Council

Notice of planning APPLICATIONS RECEIVED

Notice is given that the following applications have been received:

Significant applications

All "significant" applications are highlighted in green. These are defined in the 2006 Statement of Community Involvement as those for:

- 100 dwellings and over
- residential development of 3ha or over if number of dwellings not known
- 1000 square metres of floor space or over
- commercial/industrial development of 1ha or over if floor area not known
- would, in the council's opinion, alter the overall character of the locality by means of scale, use or visual appearance
- would, in the council's opinion, be sensitive due to substantial demolition in a conservation area
- would, in the council's opinion, be sensitive due to development next to a listed building

For more information on "significant" planning applications, visit www.east-northamptonshire.gov.uk/dcnofication

>RUSHDEN
20/01174/FUL (10 November 2020)
(ART15) Erection of new rugby club house with four playing pitches and provision of new access road from existing roundabout, including creation of new pedestrian crossing and 3m wide shared footway and cycleway on adjacent highway (Resubmission of 19/01974/FUL) Land East Of A6 And Roundabout At Bedford Road Rushden
Applicant: Rushden Town Council

>ALDWINCLE
20/01046/LBC (10 November 2020)
(LB) Internal alterations to dwelling (Reconfigure the entrance hall and landing; re-position the stairs; enlarge the entrance into the sitting room; reform the step into the dining room; remove the wall between the kitchen and dining room to form a family room)

4 Fuller Close Aldwincle
Applicant: Mr And Mrs Paul Williams

>THURNING
20/01184/LBC (10 November 2020)
(LB) Change of use of barn to residential together with associated alterations and repairs; demolition of garden store (Resubmission of 20/00547/LBC) The Old Rectory Winwick Road Thurning
Applicant: Mr Leslie Edwards

>THURNING
20/01183/FUL (10 November 2020)
(CA) Change of use of barn to residential; demolition of garden store and erection of new detached garage (Resubmission of 20/00546/FUL) The Old Rectory Winwick Road Thurning
Applicant: Mr Leslie Edwards

>TITCHMARSH
20/01079/FUL (10 November 2020)
(CA) Addition of first floor to single storey dwelling
16 Polopit Titchmarsh
Applicant: MS J Jackson

>TITCHMARSH
20/01139/FUL (10 November 2020)
(CA) Relocation of boiler to comply with gas safety regulations. Move the existing boiler from the ground floor utility to a first floor bedroom cupboard. The flue will move from elevation D to elevation B on the site plan
17 Chapel Street Titchmarsh
Applicant: Amy Young

>IRTHLINGBOROUGH
20/01181/FUL (10 November 2020)
(CA) Erection of block of 6 flats with associated vehicular access, parking and landscaping
Land Between Louisa Lilley Almshouses And St Peters Way Irtlingborough
Applicant: RESHAM PLC

>EASTON-ON-THE-HILL
20/01159/FUL (10 November 2020)
(CA) Alterations to and conversion of existing stone barn into a residential annexe; re-roofing of a 'folly'
26 High Street Easton On The Hill
Applicant: Ms L Young

>TWYWELL
20/01154/FUL (10 November 2020)
(CA) Conversion of Grade II Listed farm building and attached cottage to create a single dwelling (Class C3); demolition of a modern extension to the barn and an outbuilding; and construction of a combined garage and carport
Home Farm Cottages Lower Street Twywell
Applicant: Tata Steel (UK) Ltd

>TWYWELL
20/01155/LBC (10 November 2020)
(LB) External and internal alterations to Grade II listed buildings to allow for their conversion into residential dwelling; demolition of modern extension and a curtilage listed building; and construction of a combined garage and carport
Home Farm Cottages Lower Street Twywell
Applicant: Tata Steel (UK) Ltd

>DEENE
20/01158/FUL (10 November 2020)
(ART15) Erection of maintenance unit, wash bay and further ancillary items for vehicle storage and refurbishment, including resurfacing works and the provision of car and HGV parking.
Rockingham Motor Speedway Mitchell Road Corby
Applicant: Wright

>TITCHMARSH
20/00976/LBC (10 November 2020)
(LB) Relocation of boiler to comply with gas safety regulations
17 Chapel Street Titchmarsh
Applicant: Amy Young

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 17 October 2020



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

From the CHAIRMAN...

As the weather starts to get colder and we enter the autumn months we start to think about what is in store for us over the Christmas period. Covid-19 cases are increasing again in our area and we don't know if we will be able to spend the quality time we all need with our families. We all need to remain vigilant and try to keep the numbers down so that the prospects of being able to see our loved ones are increased.

WORDS BY
CLLR HELEN HOWELL
CHAIRMAN OF EAST
NORTHAMPTONSHIRE
COUNCIL

I have started to plan for an event in January 2021. The event, if able to go ahead will be "A Burns Night

Celebration". This event will be in conjunction with Cllr Sylvia Hughes, Mayor of Raunds and we will be holding the event to raise funds for our respective chosen charities.

More details will be available later this year. We do hope that we will be able to hold this event, as it may well be the only one we are allowed to do,

so fingers crossed!

Don't forget to send in your nominations for my Chairman's Champions by the closing date of Thursday 31st December 2020. For more information go to our website at: www.east-northamptonshire.gov.uk/ENChampions

Take care and continue to stay safe.



Cllr Helen Howell

£1.8 million awarded to community projects across Northamptonshire

Since April, Northamptonshire Community Foundation has awarded almost £1.8 million in grant awards on behalf of its donors to groups, organisations and community projects across the county.



Example projects include those providing food aid, counselling services, medical supplies and health and wellbeing activities to particularly vulnerable individuals and families during the current public health crisis.

The Foundation is the leading, independent grant-making charity in the county, working with a network of fund holders and donors to ensure projects make a sustainable impact on local need.

This year has seen the launch of several new funds forged from established relationships both locally and nationwide. The Coronavirus Response and Recovery Fund was launched in March with support from the National Emergencies Trust and has awarded £675,518 to 221 projects to date.

The Foundation worked with Anglian Water to create the Anglian Water Positive Difference Fund, which

provides grants to support projects that have a positive impact on the people and communities they serve. The SEGRO Centenary Fund was established in April to support members of the community who are particularly vulnerable to the impacts of the coronavirus pandemic. In the longer term, this fund will focus on community projects which help young and disadvantaged people break into employment.

Local fundraising efforts have also contributed to the hugely successful year for the Foundation so far. Northamptonshire resident Shevonne Blair set herself the incredible challenge of walking 1,000,000 miles in August to raise funds for the organisation.

Tommy Gardner, another local resident, brought together 27 local musicians and artists to

create the two-disc 'One Voice Northampton' album. Next month, these artists will come together to host a concert in Northampton's Deco Theatre, with performances happening across the day and into the evening.

Speaking of the project, Tommy Gardner said: "One Voice brings together a large variety of Northamptonshire artists to create a lasting memory through music of our experiences through the Covid-19 lockdown period. During this time, I noticed that local music was more alive than ever before with live-streamed performances from home and new song releases from so many amazing artists. I wanted to capture a selection of those performances on this album to create a truly amazing musical time piece."

For more information on the work of Northamptonshire Community Foundation, visit www.ncf.uk.com

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 Sat 24 Westonbirt Colours of Autumn
 Wed 28 Cotswold Wildlife Park
 Fri 30 London Museums or free time
 Fri 30 London Transport Museum

NOVEMBER
 Sat 7 Silverstone Experience
 Sat 14 Harrogate Shopper
 Sun 15 Nottingham Christmas Market
 Sat 21 Birmingham Shopper
 Wed 25 Cheltenham Shopper
 Sat 28 Cadbury World at Christmas
 Sun 29 Melton Mowbray Shopper

DECEMBER
 Fri 4 Worcester Shopper
 Sat 5 Oxford Shopper
 Sun 6 Windsor
 Thu 10 Christmas Lunch River Cruise
 Fri 11 Stratford Upon Avon Shopper
 Sat 12 Nottingham Christmas Market
 Sun 13 London Shopper

JANUARY
 Sat 9 Boundary Mills, Grantham
 Wed 20 Seasonal Mystery
 Thu 28 Royal Courts of Justice

FEBRUARY
 Tue 9 Batsford Arboretum Snow Drops
 Wed 10 St Albans
 Tue 16 King Richard 3rd Visitor Centre
 Tue 16 Leicester or Space Centre
 Thu 18 Imperial War Museum
 Thu 18 London Museums or free time
 Fri 19 Aylesbury Market Day
 Tue 23 Melton Mowbray
 Wed 24 Seasonal Mystery Tour
 Thu 25 Ely Market Day
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East Northamptonshire Council formally objects to MCHLG planning system changes

During a recent meeting of the Planning Policy Committee, ENC councillors discussed their response to central government's 'Changes to the current planning system' consultation paper and agreed to object to most of the suggestions made in the report.

On 6th August, the government published an open consultation on changes to the current planning system, proposing a number of changes to planning policy and regulations.

The consultation covers four main areas of the planning system:

- A standard method for assessing housing
- Delivering 'First homes'
- Proposals to temporarily raise the threshold below which developers do not need to contribute to affordable housing
- Proposals to increase the threshold for Permission in Principle

In the meeting, councillors agreed to object to most of the 35 questions being asked by the Ministry of Housing, Communities and Local Government (MCHLG) and approved ENC's official response to the paper.

Cllr David Brackenbury, Chairman of the Planning Policy Committee said: "This was a difficult decision for councillors to make, but a necessary and correct one given the topics being discussed in this report. The committee had concerns about the long term impact that these changes would have on East Northamptonshire

and the added pressure on the district.

"For example, if the new standard method for assessing housing was implemented as proposed, it would lead to a near doubling of ENC's housing requirements from 420 dwellings per year to 821 dwellings per year.

"There is a general agreement by councillors that the focus on housing delivery should be directed towards the housebuilders, rather than local authorities."

Cllr Steven North, Leader of East Northamptonshire Council added: "With East Northamptonshire Council ceasing to exist at the end of March 2021, it is vital that we do everything we can to protect the district for years to come."

"As a council, we have a duty to ensure development across the district is suitable for its surroundings and this is why the Planning Policy committee has voted to formally object to most of the areas being discussed in this consultation by central government."

Planning Policy committee members will next meet 19th October to discuss the government's 'Planning for the Future White Paper'.

Cathedral Highlights Tours start again

After a gap of seven months, Peterborough Cathedral has started up its guided tours again.

The Highlights Tours take visitors around the Cathedral in the company of a knowledgeable guide who can share some of the wonderful stories from its many centuries of history.

Peterborough Cathedral, which was an Abbey until 1541, has long been at the centre of national and international events. It was an important medieval monastery and is a royal burial place; it has survived Civil War destruction, and then been through a time of restoration and rediscovery of its Anglo-Saxon roots in the 19th century.

The tours have been carefully planned to ensure that they comply with current Covid-19 guidelines. To maintain social distancing there is a limit of just six people on each tour, so it is advisable to arrive in plenty of time. The tour times will usually be 11am and 2pm on Fridays and Saturdays and 1pm on Sundays. The plan is that the tours continue to run at these times on Fridays, Saturdays and Sundays in the coming months.

For many of the team of volunteer guides it has been a long wait for the tours to start up again. Stephen Dodding, who will be leading one of the first tours back, said: "I can't wait to get started again. We're certainly living in a different world now but it will still be marvellous to meet people from Peterborough and farther afield once again through these socially distanced tours. With its wealth of history there can be no better place to put

the world's current woes into perspective and to demonstrate that all things pass. I look forward to giving everyone a very warm welcome back."

Places on the Highlights Tour are £5 per person, payable by contactless card on arrival. It is not necessary to book but anyone wishing to make sure of a place is invited to email tours@peterborough-cathedral.org.uk two days in advance of the date they plan to attend. Given enough notice, it is also possible to book a private tour at a different date and time (minimum charge applies).

It is hoped that the ever-popular Tower Tours will be running daily during October half term.



For full details please visit the Cathedral website at www.peterborough-cathedral.org.uk/143/section.aspx/142/highlights_tours or call 01733 355315 during office hours.

GIVE YOUR VIEWS ON PROPOSED CHANGES TO LOCAL COUNCIL TAX SUPPORT SCHEMES IN NORTH NORTHAMPTONSHIRE

People in Corby, Kettering, East Northants and Wellingborough are being invited to have their say on proposed changes to the Local Council Tax Support Schemes (LCTSS).

The schemes, also known as Council Tax Reduction Schemes, provide a reduction for working-age people and households on low incomes, to help them pay their Council Tax bill. There are individual schemes in place for Corby, Kettering, East Northamptonshire and Wellingborough, which are administered by the councils in each area.

Each council currently offers a different level of support through their LCTSS scheme, but on 1st April 2021 there will be one new council for North Northamptonshire, replacing Northamptonshire County Council, Corby Borough Council, East Northamptonshire Council, Kettering Borough Council and the Borough Council of Wellingborough.

The formation of this new unitary council means that the existing four schemes need to be brought together into one consistent scheme effective from April 2021, which offers the same level of Council Tax support, regardless of where in North Northamptonshire a resident lives.

Currently, the minimum Council Tax contribution that working age people must pay ranges from 8.5% to 45% across the four councils. One proposal to bring the schemes together is for the minimum contribution to be set at 25% (therefore a maximum discount of 75%). There are also another six

proposals outlined in the consultation document.

Views are sought on the proposed changes during an eight-week consultation period, which began on Monday 5th October.

Councillor Ian Jelley, Portfolio Holder for Finance, Revenues and Benefits for North Northamptonshire Shadow Authority, said: "From April 2021, the new North Northamptonshire Council must offer one fair and consistent scheme to all our residents, regardless of where they live.

"It is essential that the new council continues to support as many people as possible who need help to pay their Council Tax, but we have to ensure that the scheme is affordable.

"We have looked at the current schemes in place across the councils and have proposed some changes for the new scheme that harmonises what is already in place.

"I would encourage anyone who is likely to be affected by the proposed changes to take part in the consultation. Responses will be analysed before a final scheme is presented to the Shadow Executive in the New Year."

Those of pensionable age are protected by the prescribed regulations set out by central government therefore will not be affected by the changes proposed to the LCTSS in North Northamptonshire, and will continue to receive the same level of support that they have been used to getting from their current council.

Full details about the scheme, how the proposals were developed and the other options considered, along with the online consultation questionnaire, are available online: <https://futurenorthants.citizenspace.com/lctss-north/2021-22>

The consultation runs from 5th October until 30th November 2020 and the final scheme will be agreed by the North Shadow Executive Committee on 28th January 2021. All responses are anonymous and participants are not required to submit their name or address.

HAVE YOUR SAY ON RUSHDEN PLANNING PROPOSALS

Following consultation on the East Northamptonshire Local Plan earlier this year, East Northamptonshire Council (ENC) is asking residents to have their say on two proposed housing sites in Rushden.

Land to the west of Rushden Lakes has already been discussed by councillors and officers are currently working with Natural England to address concerns about the nearby Upper Nene Valley Gravel Pits Special Protection Area. Meanwhile, the council is also proposing land to the south east of Rushden as a potential alternative site for housing. This is on the Bedford Road, east of the A6 bypass and west of the John White Golf Club. ENC is looking to develop an additional 450 houses in Rushden to fulfil the district's housing requirements up to 2031.

The public consultation will take place over six weeks, closing on 16th November 2020. To have your say, go to www.east-northamptonshire.gov.uk/consultation and select 'Current consultations' and 'Local Plan Part 2'.

ENC is also proposing to align the draft Rushden East Masterplan with the Local Plan, defining the site boundaries and setting out a policy for its delivery, making it clear and easy for all to understand. The draft masterplan for Rushden East was initially consulted on in February and March 2020 and

sets out a large mixed use extension to the east of Rushden which includes around 2,700 homes, employment, schools and a local centre. Details can be found at www.east-northamptonshire.gov.uk/RushdenSUEDraftMasterplan To have your say on the Masterplan and the Local Plan, please go to www.east-northamptonshire.gov.uk/consultation and select 'Current consultations' and 'Local Plan Part 2'.

Cllr Steven North, Leader of East Northamptonshire Council said: "As a council, we value the opinions of our residents on a variety of matters, including development across the district. We actively support involvement from all communities to make sure they take up every opportunity to express their thoughts and concerns on development in their area.

"As such, we would encourage everyone to have their say on both of these proposals. We will then collate all of the responses and a report will go to the Planning Policy Committee for further discussion by councillors."

Please email your questions about the consultations to planningpolicy@east-northamptonshire.gov.uk or call 01832 742010.

MY HEALTH AND CARE DIRECTORY APP LAUNCHES IN NORTHAMPTONSHIRE

People across Northamptonshire can now benefit from quick and easy access to the latest information about local health and care services – thanks to the launch of a brand new smartphone app.

My Health and Care Directory, available now to download for free, lists more than 3,000 NHS, social care and community services across Northamptonshire, from late-night pharmacies, dental surgeries and urgent care facilities to mental health services, support for people with long-term conditions and wellbeing services run by the voluntary sector.

All you need to use the directory is a Northamptonshire postcode and there's no requirement to log in or register. Simply select the local service you require to access a range of useful information at a glance, including opening hours, contact information, a summary of the services provided and details of how to access them.

My Health and Care Directory is the first online directory to bring together comprehensive details of local health and care services in one place. And because all data is kept verified and up to date, it's also the most reliable source of information to access services in Northamptonshire – including those which are currently accessed differently due to the coronavirus pandemic. A desktop version of the online directory is already well used by local health and care professionals, but the launch of the new smartphone app means it's now accessible to everyone.

Dr Joanne Watt, GP Chair for NHS Northamptonshire Clinical Commissioning Group, said: "The launch of the new My Health and Care Directory app is another positive step forward in our quest to harness digital technology to improve

access to health and care services for people in Northamptonshire.

"There's no other public resource available anywhere that brings together detailed listings for local health, wellbeing and social care services – and it offers the added assurance of knowing all data is verified and up to date.

"We'd urge you to add the new My Health and Care Directory smartphone app to your first aid kit, so you have quick and easy access to Northamptonshire's health and care services at your fingertips."

To download My Health and Care Directory or access the desktop version of the directory, visit myhealthandcare.directory. Alternatively, search 'My Health and Care Directory' on the Apple App Store or Google Play Store.

Northamptonshire Health and Care Partnership (NHCP), formerly known as the Northamptonshire STP, consists of key health and care organisations in the county.

NHCP is not a new organisation but a new way of working in partnership to improve health and care for people living in Northamptonshire.

All Partnership organisations remain as separate organisations with their own local responsibilities for the services they provide, but are committed to working together towards the shared NHCP vision for a positive lifetime of health, wellbeing and care in our community.

Further information about NHCP is available at www.northamptonshirehcp.co.uk. NHCP is also on social media as @ourNHCP (Twitter) and ourNHCP (Facebook).

NENE VALLEY NEWS - EVENTS

> EVENTS THROUGHOUT OCTOBER

Whitefriars Church, Rushden: activities include:

Morning Worship at Whitefriars Primary School - Boughton Drive NN10 9HZX, 10.15 for 10.30am each Sunday (for less than an hour). Places need reserving by 9am the previous Friday (office@whitefriarschurch.org.uk or 01933 312270)

Online worship - Continues each week too: the web-link is available each week from office@whitefriarschurch.org.uk or 01933 312270

Children's and youth activities - Taking place both in person (in the Bridge Community office) and online: details from Emma@whitefriarschurch.org.uk

The Well missional community - Based on the northern side of Rushden - is also active online and in person: details are available at www.wearthewell.co.uk and on 01933 737001.

Pastoral support for all ages - Plus monthly activities such as book club and countryside walks. Details from office@whitefriarschurch.org.uk

whitefriarschurch.org.uk, 01933 312270 or www.whitefriarschurch.org.uk

Some other online church events, open to all: **Rushden & Higham Ferrers Churches Together in Prayer and Praise** - 8pm, Sunday 18th October - online using Zoom. An informal time of prayer and praise: Zoom link will be available on request from Andrew Presland (01933 316927)

Links to over 60 other Church of England services - Taking place online within Peterborough Diocese are available at www.peterborough-diocese.org.uk/coronavirus/online-church-services-across-the-diocese-of-peterborough.

Friends of Oundle Library 2021 Calendar 'Scenes Around Oundle'

Oundle Library, Colemans and Oundle Book Shop, free, caw@first4biz.co.uk. The FOOL 2021 Calendar is now available from Oundle Library on Mon, Wed, Fri from 10-4 and Sat 10-2, also Colemans and the Oundle Book Shop. The calendar is packed with wonderful images of Oundle and its surrounds taken by local photographers. It is priced at £6.

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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County community and mental health NHS provider welcomes new Medical Director

Northamptonshire Healthcare NHS Foundation Trust – the community and mental health provider for Northamptonshire – has welcomed a new Medical Director.

Dr Itai Matumbike is a Consultant Forensic Psychiatrist, and joins the CQC-rated Outstanding Trust from his role as Associate Medical Director and Deputy Responsible Officer at Nottinghamshire Healthcare NHS Foundation Trust. Dr Matumbike has recently spent a six-month period acting in the role of Executive Medical Director at Nottinghamshire Healthcare NHS Foundation Trust, operating as a voting member on the Board of one of the country's largest integrated mental health and community providers.

Dr Matumbike said: "I am deeply humbled and honoured to have been appointed to this important role. NHFT has a fantastic reputation for compassionate patient centred care, which chimes with my own values. I look forward to continuing to improve the experience of the service users, staff and local community in keeping with the outstanding culture in the organisation."

Angela Hillery, Chief Executive of NHFT, said: "I am delighted to share with you that, after a comprehensive recruitment process, Dr Itai

Matumbike has been appointed as Medical Director of NHFT.

"Dr Matumbike brings a wealth of senior leadership experience at a similar integrated community and mental health Trust. His experience and dedication are the very attributes and values we look for at NHFT to help us maintain our vision of providing outstanding, compassionate care to the people of Northamptonshire. Myself and the executive team are very much looking forward to working with Dr Matumbike alongside the rest of team NHFT."

Dr Itai Matumbike succeeds Professor Alex O'Neill-Kerr, who is retiring from his post as NHFT's Medical Director later this month.



REVAMPED CAMPAIGN ENCOURAGES SHOPPERS TO REFILL AND RE-USE

Plastic pollution campaigning organisation City to Sea have revamped the award-winning Refill campaign to help more people to eat, drink and shop packaging-free.

Thanks to #RefillEastNorthants, part of the Oundle Waste Less project, people in East Northamptonshire can now use the free Refill app to find places to buy food and drink using their own cups, bottles and containers, as well as local zero waste shops to buy refills of groceries, cleaning products and toiletries.

The app also shows where free water bottle refills are available and highlights discounts offered by different outlets, thus helping consumers to shun single-use plastic and be rewarded in the process.

The launch of the expanded Refill campaign comes at a critical time for our planet following a tidal wave of single-

use plastic in the wake of the global pandemic and paves the way for much needed action on single-use receptacles in the hospitality and retail sectors.

In 2019 research revealed that 75% of the British public bought their lunch on-the-go each day generating a mind-blowing 11 billion items of packaging waste a year.

Packaging from take-away food and drinks is a leading villain in the fight against plastic pollution and items like food wrappers, drinks bottles, coffee cups and take-away containers are consistently in the top 10 items found on beaches around the world.

The pandemic saw many cafes and retailers temporarily stop the use of reusables and increase the use of single-use plastic, but thankfully research

by over 100 health experts has proved that reusables are perfectly safe to use, meaning that reusables are back on the menu.

Rebecca Burgess, CEO of City to Sea said: "The expansion of Refill marks a significant step in tackling the mountains of avoidable single-use waste created every day. Refill has already proven that buying habits can change. Last year the bottled water industry reported their first decline in sales (£34.2 million loss) after significant growth for the previous five years. We're advocating this trend to expand beyond water to other reuse options. We now need business and the general public to truly build back better and work together to make pointless packaging a thing of the past."

Businesses can sign up to #RefillEastNorthants by emailing owl@transitionundle.org.uk or registering for free on the Refill app.

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PUBLIC NOTICES

NORTHAMPTONSHIRE COUNTY COUNCIL

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14

THE NORTHAMPTONSHIRE COUNTY COUNCIL (CHAPEL LANE, DENFORD)

(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 Chapel Lane, Denford as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Chapel Lane, Denford from Pegs Lane to Spinney Rise.

REASON FOR RESTRICTION: The restriction is required for safety during repairs to service.

PERIOD OF CLOSURE: The proposed Order will come into effect on 20th October 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 until 22nd October 2020.

ALTERNATIVE ROUTES: use Freemans Lane, High Street and Pegs Lane.

Dated this 17th day of October 2020
DEBBIE CARTER-HUGHES
Executive Director LGSS Law Ltd
PKG/T20/254

If you require any further information please contact Gary Thorp ref:- 20/21 - N154 on 01604 883400.

NORTHAMPTONSHIRE COUNTY COUNCIL

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14

THE NORTHAMPTONSHIRE COUNTY COUNCIL (WAKERLEY ROAD, HARRINGWORTH)

(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 Wakerley Road, Harringworth as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Wakerley Road, Harringworth from the junction of Deene Road to Shotley.

REASON FOR RESTRICTION: The restriction is required for safety during a new connection.

PERIOD OF CLOSURE: The proposed Order will come into effect on 19th October 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 Wakerley Road, Main Street, Seaton Road, B672 and Seaton Road.

Dated this 17th day of October 2020
DEBBIE CARTER-HUGHES
Executive Director LGSS Law Ltd
PKG/T20/334

If you require any further information please contact Gary Thorp ref:- 20/21 - N282 on 01604 883400.

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NORTHAMPTON CLUB WINS TOP PRIZE IN HOUSEBUILDER'S £1M GIVEAWAY

A Northampton club has scooped £100,000 as part of a leading housebuilder's hugely successful funding campaign supporting under-18s across the nation.

Northampton Swimming Club won one of the top prizes in the Persimmon Homes Building Futures campaign, which encouraged applications in three categories: Education & Arts, Health, and Sport.

The club provides opportunities for competitive and non-competitive swimmers and aims to create an environment in which swimmers can reach their full potential. The club represented Persimmon Homes Midlands and came out top in the Sport category.

Jacque Marshall from Northampton Swimming Club, said: "By actively encouraging people to swim, promoting social, physiological and mental well-being benefits, NSC makes a positive contribution to the local community by offering opportunities to all including people with disabilities and from BAME communities.

"Winning £100,000 will make a tremendous difference, and we aim to subsidise lessons, offer free sessions

and camps to increase participation. We want to get more children and youths involved in a team, especially those members of the community who would otherwise be unable to participate due to limited income."

Persimmon Homes has handed out more than £1 million in cash prizes to organisations across England, Scotland and Wales as part of the campaign. The first, second and third prize winners in each category were decided by a public vote with around 400,000 votes cast.

Three finalists were each awarded the top prize of £100,000, three the second prize of £50,000 and three the third prize of £20,000. The remaining finalists were handed £5,000 each.

The winners were announced during a virtual event, presented by Dame Katherine Grainger DBE, chair of UK Sport and Great Britain's most decorated female Olympian, alongside Persimmon Homes Group CEO Dean Finch. The final was

watched live online by around 1,500 people.

The £100,000 prize winner in the Education & Arts category was Ringsfield Hall Eco Activity Centre, while The Children's Hospital Charity secured the award for Health. The second prize of £50,000 went to KD Gymnastics (Sport), North Music Trust (Education & Arts) and Little Hearts Matter (Health). Afan Lido Ladies & Girls' FC scooped £20,000 for Sport in third place, Refugee Action won the Education & Arts award and Derian House Children's Hospice was handed the Health award.











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