

Nene Valley

news

YOUR LOCAL INDEPENDENT COMMUNITY
NEWSPAPER FOR EAST NORTHAMPTONSHIRE

Telephone:
01522 692542

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

INSIDE
this issue



THE OWL
TALKS

PAGE 03



AGE UK
HAS MOVED

PAGE 08

NEWS IN BRIEF

Whitefriars Church update

Please note that Whitefriars Church has now decided not to hold church services at Whitefriars Primary School for at least the next four weeks. Although such services are permitted in law, the church leadership has agreed that it would be safer and wiser to not meet.

Friends of Refugees East Northants will be meeting on Zoom from 7.30pm on Thursday 21st January. All are welcome to take part. Andrew Presland has details at andrew.presland.harborough58@gmail.com.

The monthly Whitefriars Church Countryside Walks are currently cancelled.

Community cash for local causes

Persimmon Homes Midlands has made awards to Rothwell-based FC Aztec, 1st Wellingborough Girls Brigade and Rushden's SERVE charity.

Persimmon's donation of £500 to FZ Aztec will fund match kit to enable the team to compete against other local clubs.

A donation of £438 to SERVE will make sure their planned seated and standing yoga classes to support health and mobility in 2021 will go ahead. The charity had already raised most of the £4,438 needed.

ROCKINGHAM FOREST TRUST RECEIVES GRANT FROM GREEN RECOVERY CHALLENGE FUND

68 projects have been awarded grants between £62k and £3.8 million to kick-start a pipeline of nature-based projects while creating and retaining jobs. The Natureworks project at Stanwick Lakes has received £128,000.

Rockingham Forest Trust is one of the first environmental projects awarded a grant from the government's £80 million Green Recovery Challenge Fund.

Defra recently announced grants between £62,000 and £3.8 million to help create and retain thousands of green jobs. The projects, spread across England, will see trees planted – 800,000 in total – and protected landscapes and damaged habitats such as moorlands, wetlands and forests restored, alongside wider

conservation work. The projects will also support environmental education and connecting people with green spaces.

RFT's Natureworks project celebrates and supports nature, bringing it centre stage at Stanwick Lakes. Over the next year the Trust will be boosting the site's flora and fauna, from water voles to wading birds and reedbeds to river banks, through a combination of habitat improvements, natural resilience works, and landscape enhancements.

There will be lots of opportunities for local people to get involved, helping with mammal surveys, or taking part in family-friendly activities and events.

Alyson Allfree, Trust Director says: "We are absolutely delighted that our Natureworks project has been chosen for support through the Green Recovery Challenge Fund.

"In a year where nature has been so vital to us all, it feels particularly important to be able to invest the time and money to

Continued on page 2



SHOWROOMS: 69-71 WASHBROOK RD • RUSHDEN • NORTHANTS NN10 6UR action2mobility.co.uk



Wet rooms
and easy access
bathrooms
supplied
and fitted

Action²Mobility
THE REGION'S LEADING MOBILITY AID CENTRE

Phone us for
delivery if you're
shielding*

Simply make your choice and
phone through your order to
0800 698 2588

*Limited to 25 miles radius from our
showrooms in Rushden

CALL FREE: 0800 698 2588

MON-FRI 8am-4.30pm

FREE PARKING

Stockist of Cosyfeet and Sandpiper shoes

STAIRLIFTS: FULLY GUARANTEED, FREE HOME SURVEY

Continued from page 1

ensure that our special habitats at Stanwick Lakes continue to be cared for and enhanced."

The Green Recovery Challenge Fund is a key part of the Prime Minister's Ten Point Plan to kick-start nature recovery and tackle climate change. The fund is being delivered by the National Lottery Heritage Fund in partnership with Natural England and the Environment Agency.

Environment Minister, Rebecca Pow, said: "These projects will drive forward work across England to restore and transform our landscapes, boost nature and create green jobs, and will be a vital part of helping us to build back greener from coronavirus."

"I look forward to working with environmental organisations as these projects help address the twin challenges of biodiversity loss and climate change, while creating and retaining jobs as part of the green recovery."

Ros Kerslake, Chief Executive, National Lottery Heritage Fund, said: "Supporting our natural environment is one of the most valuable things we can do right now. All these projects are of huge benefit to our beautiful countryside and wildlife, but will also support jobs, health and wellbeing, which are vitally important as we begin to emerge from the coronavirus crisis."

The government's forthcoming Environment Bill puts the environment at the centre of policy making to ensure that we have a cleaner, greener and more resilient country for the next generation.

The fund is supporting a range of nature conservation and recovery and nature-based solutions projects, which will contribute towards the government's wider 25 Year Environment Plan commitments, including commitments to increase tree-planting across the UK to 30,000 hectares per year by 2025.

WILDLIFE NEWS

WORDS BY
ROY BURRELL

Have you booked this year's holiday yet? Not very likely; there are too many other problems facing us, and last year's travel problems have not helped us to look forward. Many (but not all) of the problems came from the year's major event: the coronavirus.

We have all experienced some effects, though we may not know for years in the future just what the permanent results could be; for example, if some of our wildlife species were wiped out there may be several others which would suffer – eventually.

But plants and animals do not follow our calendar, as often noted in this column, and our weather over the whole year could have changed growth. A couple of examples showed up recently in our garden, a bird and a mammal; both had the same aim in mind, often from similar menus – the need to stay alive during shortages, and build the body ready for the stresses of family-raising in two or three months' time.

The blackbird (actually a pair turned up, even this early in the season) had been

missing for two or three months, yet they came close enough, even without any early winter storms, to remind us that whatever the weather has in store for us there would still be a countryside (unless we destroy it!).

Strangely, the other major natural tragedy of the year could be even more damaging, but visible, as clouds from the disastrous fires in various parts of the world made their frightening impact.

The other example from our garden was not in direct competition with the birds: a newly-installed camera soon showed its worth as a (long-tailed) field mouse showed how it copes without light in battling against visible weather or invisible disease; the 'give-away' is the rather prominent pair of ears which give this quiet and harmless little mammal some protection against danger.

There are suggestions that the damage caused by the pandemic could have been tackled quicker and more effectively with more lives saved; in the natural world protection is old, built into the design – until another one comes along!

NEW NATIONAL LOCKDOWN

Residents in Northamptonshire are officially told to 'Stay at Home, Protect the NHS and Save Lives'.

Last Monday's Government decision to place England in lockdown, level 5 on the Covid-19 alert system, is based on the latest available coronavirus data, the rapid rise in case rates due to the new mutant strain of the virus and is in line with the measures set out in the Government's Covid-19 Winter Plan.

This means that all residents in Northamptonshire and across England are officially being told to 'Stay at Home, Protect the NHS and Save Lives.'

With each level of the alert system comes tighter local restrictions and guidance. The national lockdown restrictions are now in place until further review.

Under the national lockdown restrictions, the Government is ordering everyone to stay at home. You may only leave the house for limited reasons permitted in law, such as:

- To shop for essentials
- To work, if you absolutely cannot work from home
- To exercise once a day
- To seek medical assistance, for example to get a Covid-19 test
- Or to escape domestic abuse

For the full guidance see www.gov.uk/guidance/national-lockdown-stay-at-home.

Lucy Wightman, Director of Public Health Northamptonshire said: "I know this is exceptionally difficult news for residents and I can only reassure you that, given the concerning data and the current pressure on our NHS services, the Government's action is absolutely essential. Positive case rates are on an upward trend, hospital services are already at capacity and need to be protected urgently. We are now in a situation of exponential growth which undoubtedly, if left unchecked, will lead to our NHS services being overwhelmed."

"We must all play our part and stay at home. If we do venture out, for reasons permitted, then we must continue to wash our hands, cover our face and keep our distance."

"Residents have shown remarkable resilience in combating this virus to date but as a country we are now faced with a new challenge. The virus has mutated to be up to 70 per cent more contagious. This means continued adherence to the guidelines, however restrictive, is absolutely vital if we are to protect ourselves, our loved ones and beat the virus."

Nene Valley Dentures
Mr Karl Brown Dip CDT RCS (Eng)



Bespoke Dentures

Registered Denturist
Private clinic located in Islip
Repairs, relining, and new dentures
provided by appointment only.

Telephone or email for information:

T: 07597 358516

E: nenevalleydentures@gmail.com
www.nenevalleydentures.co.uk

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

If you are not receiving your copy of Nene Valley News, please email distribution@km-media.co.uk or telephone 01522 692542.

If you would like to receive this publication as a download, Nene Valley News is available online as a pdf at nenevalleynews.co.uk.

You can also subscribe to Nene Valley News for £1.50 per issue.

Nene Valley News is produced by KM Media & Marketing, County House, 9 Checkpoint Court, Sadler Road, Lincoln LN6 3PW.

Copy dates for Nene Valley News

Publication date: Saturday 23rd January
Articles to the editor by: Wednesday 13th January

Publication date: Saturday 6th February
Articles to the editor by: Wednesday 27th January

km
KM Media & Marketing
Your partner in publishing

km
KM Media & Marketing
NEWSPAPERS | MAGAZINES | WEBSITES

To advertise in
Nene Valley News call
01522 692542

Quality Repairs To Windows & Doors

THRAPSTON GLAZING
Est 85 **WINDOW & DOOR REPAIRS**

FREE QUOTES FREE GENUINE ADVICE

QUALITY REPAIRS TO ALL MAKES OF WINDOWS, DOORS AND CONSERVATORIES SUPPLIED AND FITTED BY ANY COMPANY.

REPLACEMENT GLASS UNITS, NEW LOCKS, NEW HINGES, NEW LETTERBOXES, NEW HANDLES ETC... WITH COMPLETE FITTING SERVICE

WE ALSO SERVICE WINDOWS, DOORS AND PATIO DOORS ADJUSTING AND LUBRICATING AS WE GO, BADLY ADJUSTED DOORS ARE THE MAIN REASON FOR LOCK FAILURE.

WE STOCK AND SOURCE THOUSANDS OF SPARE PARTS TO SUIT ALL MAKES OF WINDOWS AND DOORS

OTHER SERVICES INCLUDE, CUT GLASS, TOUGHENED GLASS AND GREENHOUSE GLASS ALL DELIVERED TO YOUR DOOR WITH FITTING SERVICES IF REQUIRED.

ALL OUR FITTING ENGINEERS HAVE OVER 30 YEARS EXPERIENCE WORKING FOR US.

PLEASE CALL OR EMAIL US FOR A FREE QUOTATION

01832 734570

www.thrapstonglazing.co.uk
[windowanddoorrepairs@talktalk.net](mailto>windowanddoorrepairs@talktalk.net)

Free Quotations • No Obligation

Locks • Hinges • Glass Units • Adjustments • Servicing • Letterboxes • Handles • Window Locks • Door Locks

The OWL talks: Good food projects which help strengthen communities

Have you ever come across an idea that is so simple but incredibly effective and thought to yourself 'Why didn't I think of that?' The next two OWL talks, run by the Oundle Waste Less project, will focus on food themed initiatives that perfectly meet that description and whose positive outcomes provide an uplifting tonic for these extraordinary times.

On Tuesday 19th January, Mary Clear CBE will talk about

Incredible Edible Todmorden – an amazing project which uses growing food as a way to build a stronger, more connected, kinder community. Fortright, friendly and fun-loving, Mary galvanised the whole town to 'get growing' – the payback from which has been huge. Not only have people enjoyed the social interaction, wellbeing opportunities and environmental learning provided by the project, but the town has benefited

economically too. 'Incredible' tourism draws large numbers of visitors to the town – appreciators of good food and how it is produced, they want to spend a little time soaking up the positive atmosphere in which the hardy Yorkshire town is bathed.

On Wednesday 24th February, during Good Food Ideas, the spotlight will shift to several local projects whose success is similarly underpinned by meeting both social and environmental objectives. Second Helpings Stamford is a 'Real Junk Food' project – whereby food donations and surplus ingredients from retail outlets, which would otherwise go to waste, are gathered up, cooked up and served up to those who most need essential nutrition. Volunteer led, it is feeling the effects of the current pandemic - numbers at the lunches have doubled but cash donations towards the cost of



Keep an eye on www.transitionoundle.org.uk/owl and @OundleWasteLess on social media, for project updates.



THE (online) OWL TALKS
Promoting discussion about
low carbon and low waste living

**JAN/FEB
2021**

Incredible Edible Todmorden: the power of small actions



Tuesday 19th January at 7.30pm

Mary Clear MBE, chairperson and co-founder of Incredible Edible Todmorden will describe how a group of volunteers in one Yorkshire town have used food and growing as a lever to build a kinder world, achieving more than ever thought possible and having oodles of fun in the process.

Good Food Ideas: small projects making a big difference

Wednesday 24th February at 7.30pm

Representatives from Stamford's Second Helpings and Peterborough Environment City Trust's Cool Food & Community Fridge projects will talk about how these simple initiatives are having significant social and environmental impacts, and discuss how others can get involved.



The talks will last approx. 45 mins with Q & A afterwards

Register on Eventbrite or email owl@transitionoundle.org.uk to receive the Zoom links.

[f](https://www.facebook.com/OundleWasteLess) [i](https://www.instagram.com/OundleWasteLess) @OundleWasteLess www.transitionoundle.org.uk/owl

meals have halved. Additionally, Peterborough Environment City Trust will talk about their Community Fridges, where people can connect to their neighbours, access nutritious

food, save money and reduce waste, as well as Cool Food – their award-winning project which guides participants to make simple switches to reduce the carbon impact of their diet.

Both of these unmissable talks will be held on Zoom and will start at 7.30pm. Registration is through Eventbrite (search for their titles) or email owl@transitionoundle.org.uk for the links.

ON-DEMAND VIRTUAL OPEN DAY

Discover all you need to know about our courses in subject presentations by our tutors and take virtual tours around our amazing facilities!

Choose from:

- Agriculture
- Animal Management
- Arboriculture
- Bricklaying
- Building Maintenance Operations
- Business Studies (Rural)
- Carpentry and Joinery
- Construction Management
- Countryside Management
- Electrical Installation
- Equine Studies
- Floristry
- Food and Nutrition
- Furniture Studies
- Horticulture
- Plumbing, Heating & Renewable Technologies
- Sports Studies
- Stonemasonry
- Supported Learning
- Uniformed Public Services

Visit www.moulton.ac.uk/events/virtual-open-day

Applications now open for September 2021 - apply online www.moulton.ac.uk

Moulton
COLLEGE

Scan the QR code
to find out more!



This year an extra
250 students
chose to study at Moulton
College after their GCSEs!

WELLNESS EXPERTS COMBINE TO GIVE NEW YEAR'S **GUIDE TO GOOD HEALTH**

Members of the Wellness Network online offer gems based on their individual expertise.

As we herald in a new and much anticipated year, thoughts turn to resolutions and hopes for the future. Many uncertainties abound but the one thing we can all address is our health.

Staying as well as possible, emotionally, physically and mentally is key to facing challenges with greater resilience, energy and focus.

Members of the Wellness Network online, all experts in their own chosen fields of wellbeing, have come together to offer a 15-point **WELLNESS NETWORK** blueprint for staying well in 2021. The expert advice covers simple

spiritual actions such as being kind through to important physiological needs of the body for substances such as serotonin.

A tip for every month and all easy to implement and free of charge.

The expert advice is as follows:

Walking in Nature, getting outside in the fresh air, taking the time to really look at your surroundings and be present in the moment.

Envision the way you want each day to be at the start of each day, set your expectations.

Listen to your body – it is your own GPS. What is it telling you and how can you accommodate her? Ask yourself frequently, “What do I need in this moment?”

Lean on someone for positive self-care. The song ‘Lean on me’ is spot on as wellbeing can come in all shapes and sizes including massage; exercise; music or even tarot readings to give us comfort about the future. All help to clear the mental and emotional clutter that we needlessly carry around. Self-care is not necessarily a solo activity so lean on your chosen wellness practitioner.

Napping and sleep are essential. The body can go 8 – 24 days without food and water but only 11 without sleep. Sleep affects every organ system and every state of our being. In these uncertain times, make sure that you and your family create regular sleep patterns and go to bed and get up at the same times each day. Remove all electronic devices where possible from the bedroom and switch off from blue-light (from the TV, your computer or phone), an hour before sleep. Read in bed or listen to a hypnosis recording to get your brain into a better frequency for ‘switching off’. During the day, if you can, take a Nappuccino – drink a coffee then nap for 20 minutes when the caffeine will kick in and bring you back refreshed.

Energise yourself in the same way as a high-performance athlete: by adding rest and recovery into your schedule. It is by design that school lesson sessions are usually 40 minutes to allow for a rest each hour. Meditation, relaxation, breathing exercises and mindfulness are transformative practices that calm your parasympathetic system to actually help to remove stress from your brain and body.

Serotonin is a happy hormone that helps you feel good – and the recipe for creating it is very easy! When we have positive thoughts, have positive interactions with people (or pets) or do a positive action, serotonin is created, helping us feel happy and more in control of our lives. And when you create lots of serotonin you can see it as you actually glow! So, focus on the positives – no matter how big or small.

Stillness of the body helps awaken our awareness. When we step off the busy and chaotic treadmill of life and pause, we start to see things more clearly. We notice the quality of our thoughts. We notice our emotions. We

notice how the body feels. From this place of stillness, we can choose to act consciously rather than reactively.

New ways to Think Differently can protect your mental health. You can turn negative thoughts into positive ones by questioning their truth. When a looping thought occurs ask yourself ‘What is?’ rather than ‘What if?’

Emotions – are all good. You don’t have to be happy or positive all the time. It’s OK to feel sad, angry, confused or unhappy. It is normal, so don’t beat yourself up about it. If you need to shout out loud do so, or punch a pillow to release it, or run on a treadmill, or dance like crazy for five minutes to feel better.

Take time out for self-care, nurturing and connecting back to self so we are present.

Wish & Dream, as you never know, what you wish and dream for today, you could achieve tomorrow.

Overwhelm feels like running on empty and can take a toll on you physically, emotionally and mentally. To beat overwhelm you can change two things: a) Your way of BEING (inner – your paradigm, based on beliefs, giving rise to thoughts and feelings. Ask yourself if your beliefs are working for you any longer?). b) Your way of DOING (outer – your actions, behaviour, circumstances. Take time to calm down, replenish, reset in nature every day).

Rejuvenate: as we head towards springtime we look forward to renewal and being re-energised again. Perhaps meditate on those things in your life that make you feel young and youthful. Perhaps it’s particular friends or enjoyable activities. Simply listen to your body, your emotional intelligence. Make time for those things you want to do or people you want to be with, not resorting to what our minds tell us we should do.

Kindness improves our quality of life in every way. It breaks down barriers, brings people together and makes one feel good. Showing kindness to others is just as rewarding as receiving it from someone else.



PURPLE MONDAY

20% off Wills in February.*

Make this the year you make a Will or update your current Will.

Making a Will need not be as daunting as you might think and could prove crucial to those you leave behind. A professionally-drafted Will ensures that your wishes are carried out regarding your assets, guardianship of your children and any specific gifts you wish to make. It can also help to reduce your dependants’ liability for Inheritance Tax.

If you need to update your Will ask for our Free Will health check.

wilsonbrowne.co.uk
0800 088 6004

*Appointments must be booked on Monday 1 February 2021 for an appointment within 28 days. Other terms apply – see wilsonbrowne.co.uk/terms or call for details.

wilson browne SOLICITORS
All the help you need





East
Northamptonshire
Council

NOTICE OF PLANNING APPLICATIONS RECEIVED

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

Notice is given that the following applications have been received:

> BENEFIELD

20/01685/FUL (2 February 2021) (CA)
Demolish existing flat roof outbuilding and construct new single storey side extension with a pitched roof. Springwood Cottage Causin Way Lower Benefield. Applicant: Mr Howell

> RUSHDEN

20/01681/FUL 2 February 2021 (CA)
Single-storey extension and part Change of Use of taxi offices to create residential dwelling (C3) including demolition of outbuilding. 126 High Street Rushden. Applicant: Mr James Morphet

> HARRINGWORTH

20/01701/LBC 2 February 2021 (LB)(CA)
Installation of a Sky satellite dish to a curtilage listed building. Lime Grange Barns Wakerley Road Harringworth. Applicant: Mr Justin Bell

> BENEFIELD

20/01644/VAR 2 February 2021 (CA)
Variation of condition pursuant to planning permission application 20/00727/VAR. Conversion of the Benefield Wheatsheaf into 4 dwellings and the erection of a new build dwelling. Conditions Variation: Condition Number 4 - Boundary position and boundary treatment between Plot 1 & Plot 2. The Benefield Wheatsheaf Main Street Upper Benefield. Applicant: The Benefield Wheatsheaf

> RUSHDEN

20/01654/FUL 2 February 2021 (CA)
Conversion and extension of store to the rear of shops at No 119 High Street Rushden to form a single dwelling within Class C3. 119 High Street Rushden. Applicant: Town Planning Expert - Mr Neil Briggs

> KINGS CLIFFE

20/01651/FU 2 February 2021 (CA)(LB)
Replacement of a rotten, collapsing summerhouse in garden (on the same footprint) and the erection of a new shed and summerhouse. The Old Wheatsheaf 56 Park Street Kings Cliffe. Applicant: Mrs Charlotte Pollard

> SUDBOROUGH

20/01440/LBC 2 February 2021 (CA) (LB)
Repair damaged roof by removing tiles, replacing wooden battens and refixing reusable tiles and reclaim tiles to match. 14 Main Street Sudborough. Applicant: Mr Jeremy Crouch

> OUNDLE

20/01669/LBC and 20/01668/FUL 2 February 2021 (LB)(CA)
Proposed oak framed double garage associated with no. 98 West Street. 98 West Street Oundle. Applicant: Mr And Mrs White

> THRAPSTON

20/01609/FUL 2 February 2021 (CA)
Demolition of existing conservatory; erection of single storey rear and side extensions; low brick retaining wall at rear; new first floor roof light. 3 The Limes Thrapston. Applicant: Mr And Mrs K Crowther

> HIGHAM FERRERS

20/01630/FUL and 20/01631/LBC 2 February 2021 (CA)(LB)
Barn conversion to workshop, gym and annexe including internal and external alterations. 19 College Street Higham Ferrers. Applicant: Mr Alex Speaight

> EASTON-ON-THE-HILL

20/01635/LBC 2 February 2021 (LB)
Erection of single storey annexe to the side of existing garage. 34 Stamford Road Easton On The Hill. Applicant: Mr and Mrs A Beeson

> EASTON-ON-THE-HILL

20/01540/FUL 2 February 2021 (CA)
Demolition of existing single storey rear extension; erection of double storey rear extension; addition of two dormer windows to the north elevation. 6 The Lane Easton On The Hill. Applicant: Mr Richard Large

> RUSHDEN

20/01640/FUL 2 February 2021 (CA)
Change of Use from Retail to Residential. 19 Newton Road Rushden. Applicant: Local Kitchen Co Ltd - Mr Carl Gren

> EASTON-ON-THE-HILL

20/01660/LBCm2 February 2021 (CA)(LB)
Addition of a partition wall to create a larger en suite to accommodate room for a shower (Resubmission of 18/01757/LBC). 58 High Street Easton On The Hill. Applicant: Mrs Jodie Wilson

> RUSHDEN

20/01515/OUT 2 February 2021 (ART15)
Outline: Erection of up to 13 residential dwellings (All matters reserved except access) Resubmission of 20/00340/OUT. OP0066 SP9764 Avenue Road Rushden. Applicant: Sanders Associates

> HIGHAM FERRERS

20/01662/FUL 2 February 2021 (CA)
Installation of external Air Source Heat Pump (ASHP) and roof slope mounted photovoltaic panels. The Methodist Church High Street Higham Ferrers. Applicant: The Managing Trustees

> EASTON-ON-THE-HILL

20/01634/FUL 2 February 2021 (CA)
Erection of single storey annexe to the side of existing garage. 34 Stamford Road Easton On The Hill. Applicant: Mr and Mrs A Beeson

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.

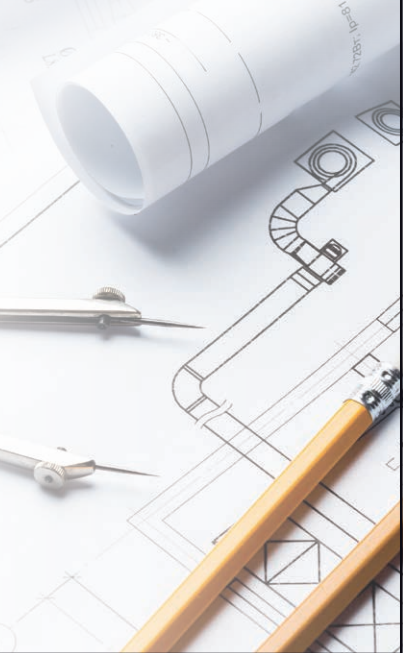
Comments on applications should be submitted in writing (by the date shown in brackets for each application) via the website, by email to planning@east-northamptonshire.gov.uk, or by letter to: Planning

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 9 January 2021



From the CHAIRMAN

WORDS BY
CLLR HELEN HOWELL,
CHAIRMAN OF EAST
NORTHAMPTONSHIRE
COUNCIL

This New Year is very different from any we have known before. We have gone through 2020 hoping to start afresh but instead we have gone back into lockdown with all the restrictions that brings. We are a nation of strong survivors and must maintain our resolve to fight this pandemic.

We are now an independent nation with new challenges and opportunities; we can trade with the whole world and take advantage of that prospect as well as remaining allies with our neighbours. We must strive to get this pandemic under control, get our economy back on track and get back to business as usual, as soon as possible. If we only have one New Year's resolution this year it must be to work together to protect everyone.

We have two vaccines being distributed now and a

programme of immunisation across the country. Now is not the time to give up but to get on board with what is required of us and all do our bit to ensure this programme succeeds.

Nobody wants another Christmas and New Year like

the one we just had, we want to spend time with the ones we love and our friends, so let's get on with the job in hand and start the New Year with the resolve to win against this dreadful virus.

Best wishes and stay safe!



Cllr Helen Howell

FULLY FITTED ROLLER GARAGE DOORS

FROM **£895** * WAS **£1,354** INC VAT

* Offer Valid For Openings Up To 2.6m Wide & Inc:
2 Remote Controls, 55mm White Slats,
Internal Manual Override

WHATS INCLUDED:

- ACOUSTIC & THERMAL INSULATION
- TWO REMOTE CONTROLS
- EXPERT MEASURING & FITTING
- 24 COLOURS AVAILABLE

**Made To Measure...
ROLLER GARAGE DOORS**

Garolla can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of head-room! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

CALL US TODAY

Phone:
01832 880 015

Mobile:
07537 149 128

GAROLLA
ROLLER SHUTTER DOORS
www.garolla.co.uk

CE Approved

Working from home with kids (round two) – Advice for parents

As the reality of the next few months sinks in, more parents once again face the hardships of home schooling and home working. We explore how parents can cope with the pressures of working from home with kids (again).

"Our hearts literally sank when the Prime Minister said those words 'schools are to close' because we remember what it was like last time – seriously tough times. Entertaining the kids whilst trying our best to keep working and the money coming in. Plus, last time the weather was nice, now it is awful," explains Jonathan Ratcliffe from Office Provider Offices.co.uk.

Working from home is tough. Home schooling is very tough. So, if you must combine the two for a long period of time, how are you going to cope?

"Home schooling is one of the hardest things we have done as parents. The expectation and the stress, and at the same time we are trying to hold down jobs – it's a nightmare scenario," explains Ratcliffe.

You are going to have to plan well, get organised and work to a strict timetable if you want to get everything done. Equally, you will need to have a proper split between work, school, fun and rest.

"You firstly need to take some time to come to terms with the change in lifestyle – and lower your expectations, because the minute you try and do too much, is when the stress will hit you like a brick wall – life has changed for a few months and you need to accept that," Ratcliffe adds.

- Lower your expectations of what you will achieve with work
- Communicate with your boss daily
- Simplify your day into a set routine
- Do not try and achieve too much
- Pause and try and appreciate moments with your kids (if you can!)

► OUR 10 TIPS ON HOW TO SURVIVE LOCKDOWN WITH YOUR KIDS

- **START EARLY AT THE SAME TIME EACH DAY:** Routine is important for good sleep and mental health, for both you and your kids. School starts at a set time, so make sure you are ready and stick to the timetable.

- **GET DRESSED PROPERLY LIKE TEACHER AND STUDENT:** Getting showered and dressed is important to divide sleep and school.
- **CREATE SPACES FOR DIFFERENT ACTIVITIES:** You might set up a teaching room (kitchen), quiet room (spare bedroom) and a play area (living room)
- **STRUCTURE YOUR DAY LIKE A SCHOOL DAY:** Teaching time, activity time, play time and lunch time – just like their normal school routine
- **MAKE A PLAN WITH YOUR KIDS:** At the start of the day ask them what they want to do (within reason) so they feel involved
- **TURN OFF YOUR PHONE:** How are your kids meant to feel involved if you are checking emails?
- **SET ASIDE BREAKS FOR TV, IPAD AND EXERCISE:** Use these times to schedule work emails or calls
- **TAKE EXERCISE:** Depending on where you live, if you have a garden or not – try and get some fresh air, this also allows you some headspace
- **FINISH AT A SET TIME, BEDTIME AT A SET TIME:** By getting a routine drilled in early on, you can try and get the kids to sleep at a sensible time, thereby giving yourself some space to work if you need to
- **DON'T BE TEMPTED TO HIT THE BOOZE TOO MUCH:** If you can, evening time will be the only real time you can realistically work.

If you drink your concentration will be poor, sleep poor and you will wake in a grumpy mood. Try and keep drinking to a minimum.

"The only positive is that you've done this before, and you can do it again – but life has changed and coming to terms with that is a good start. It is not an easy time for anyone, and especially the kids who will also be finding the change hard to cope with, more so if you are stressed! Good luck to everyone," adds Ratcliffe.



NUMB – NEW SINGLE AND VIDEO ANNOUNCEMENT

Northamptonshire based rock band Numb have just released a new charity single, titled 'Petals of Red and Black' with an accompanying music video. 100% of proceeds are going to The Sophie Lancaster Foundation, a charity set up in the name of Sophie Lancaster, a young girl who alongside her boyfriend, Robert Maltby, were brutally assaulted in 2007 for their gothic image, with Sophie tragically passing away from her injuries. Her Mother, Sylvia Lancaster, set up the foundation after Sophie's death, focusing on creating respect and understanding of subcultures in our communities.

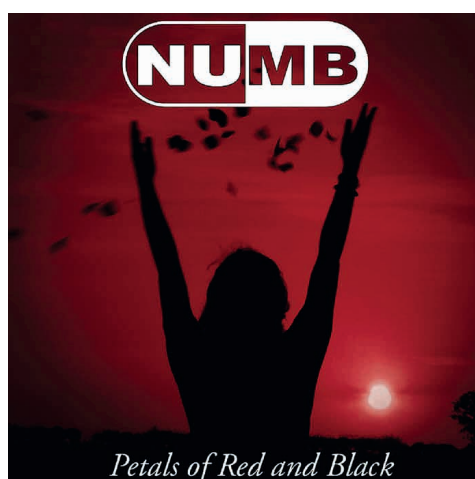
The track was both written and recorded in Northamptonshire and the video was recorded in Northamptonshire too, in Rushden, Irthlingborough and Irchester. The track is also available on Bandcamp.

If you would like to make a donation you will help them reach their target of £1,000 before release. Help this wonderful charity to continue to raise awareness of prejudice against alternative subcultures through its campaigning and educational work.

www.justgiving.com/fundraising/numb-uk. Please share this fundraiser far and wide. Petals of Red & Black is dedicated to the memory of Sophie:

S Stamp
O Out
P Prejudice
H Hatred &
I Intolerance
E Everywhere

@thesophielancasterfoundation
@bloodstock
www.facebook.com/NUMB.co.uk
Instagram @uknumb
Twitter @Numbsters
www.youtube.com/channel/UCsoZapyRDvP-vQOI783oUpq



The
Ashgrove
Clinic
Higham Ferrers
Call 01933 328020

BADGER US WITH YOUR NECK PAIN!

Badger the Dog, our clinic mascot, says don't put up with a pain in the neck. We have a number of practitioners who can help with different neck pains.

Call us now if...

- ✓ You are fed up with the pain,
- ✓ You can't do normal activities,
- ✓ You think it's just your age.

Get back to normal activities!

So, if you're in pain, having difficulty reversing the car, waiting for rehab exercises, or your family are fed up with you complaining, call us today and take the first step to your recovery.

We're working together to make you better!

Physiotherapy | Osteopathy | Podiatry | Acupuncture
Hypnotherapy | Cranial osteopathy | Counselling
Gait analysis | Shoulder treatments | CBT
Sports injury therapy | Injury rehab
Rhythmic movement therapy

www.ashgrovehealth.co.uk
13 Lancaster Street, Higham Ferrers,
Rushden, Northamptonshire, NN10 8HY

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



Badger the Dog

Can you find
Badger the
Dog's
biscuit?

Book online with
our simple system,
or call us on
01933 328020.

Nene Valley news

CLASSIFIEDS

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

ACCOUNTANCY

Jon Essam & Co Ltd

Chartered Accountants

- Free initial consultation and quotation
- New business start ups and advice
- Self Assessment, Sole Trader and tax return services
- Limited Company services
- VAT & MTD submissions
- Payroll, CIS and Auto-enrolment services

Tel: 01832 730280

info@essamca.co.uk www.essamca.co.uk

www.facebook.com/jon.essam.accountant

Twitter: @JonEssamCoLtd

23 Cottingham Way, Thrapston, Kettering, Northants, NN14 4PL

HOME IMPROVEMENTS

Ashby's Allsorts

Home Improvement & Handyman Services

Free Estimates

No Job Too Small

Inside and Outside Work Undertaken

Public Liability Insurance

Quality Work at Competitive Prices

Tel: 01832 771020

Mobile: 07584 673767

Email: contact@ashbys-allsorts.co.uk

www.ashbys-allsorts.co.uk

Based in Thrapston, we service a radius of 30ish miles

!!!GET PLASTERED!!!

30 years' experience For all your plastering needs. No job too small, no fuss, no nonsense! Reliable and trustworthy service at the best possible price. Call Steve for free, friendly advice or a free quote.

07703 720138 • 01933 430051

Simon Vale

Painter & Decorator

High quality • Competitive prices
Free estimates

07568 587367 or 01933 228671

Jon Spencer Technical Drawing Services

Plans drawn for planning and building regulation applications
01933 316044

HOME SERVICES

Plumber — local & fast!

RGJ PLUMBING AND HEATING

Plumbing

- Full bathroom installation (inc carpentry & tiling)
- Burst pipes & leaks
- Toilet repair/replace
- Taps, sinks repair/replace
- Showers repair/replace & pumps

Heating

- Full central heating installation
- Boiler servicing/breakdowns
- Landlord safety certificates
- Power flushing
- Radiators & valves
- Pumps & cylinders



No call-out charge!
City & Guilds Qualified
All work guaranteed



rgjplumbing@outlook.com
01933 588005 or 07921 469471

Part P Registered A. SEATON ELECTRICAL LTD

- Rewires, fuse board replacements
- Fault finding, extra sockets & lights
- Testing, inspection & certification
- No job too small, free estimates given

Email: seatonsparky@gmail.com
T: 01933 778504 M: 07952 249885

ENSIGN GAS ENGINEERS

We are a **FAMILY-RUN LOCAL COMPANY** offering installation, repair and servicing of gas fires, cookers and hobs

NO CALL OUT CHARGE

Tel: 01933 318327



safe 222246

PLUMBING PGR anglian water

Plumbing & Heating
Tel: 01933 698116

24 Hr Emergency Service
Email: pgrplumbing@btinternet.com
Web: www.pgrplumbing.co.uk

Specialists in Gas Installations

Gas Servicing & Maintenance
Landlords Gas Safety Certificates

Central Heating Powerflushing
Household Plumbing & Drainage

DC Heating SAFE IN OUR HANDS

THE LOCAL PROFESSIONAL HEATING ENGINEERS YOU CAN TRUST

REPAIRS • SERVICING
INSTALLATIONS

WARM AIR INSTALLATION,
SERVICING & REPAIR

Phone today for a free quotation on
T: 01933 392719 • M: 07909 232107
www.dcheatingengineers.co.uk

MC Heating Services Ltd Trading as DC Heating (UK) Ltd

12 YEAR Guarantee

Best Buy Which?

Worcester Accredited Installer

safe 222246

CLEAR THE JUNK The Rose Clearance Service

Full - Part - Garages - Sheds - Domestic - Commercial
Fully registered and insured est 30yrs
www.rose-clearance-services.co.uk
Tel clive spencer 07761248266 or WhatsApp video or photo to 07443605859 for quote

PET SERVICES

Country Companions Pet Services

Services include:
Doggy Day Care
Dog Walking
Puppy Visits
Pet Sitting
Cat Visits
Home Boarding

Contact Sarah on:
07766 523292
www.ccpetservices.co.uk
sarah@ccpetservices.co.uk

To advertise in
Nene Valley News call
01522 692542

PUBLIC NOTICES

NORTHAMPTONSHIRE COUNTY COUNCIL ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14

THE NORTHAMPTONSHIRE COUNTY COUNCIL (HAYDEN ROAD, RUSHDEN)

(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2021

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 Hayden Road, Rushden as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Hayden Road, Rushden from Short Stocks to Birch Road.

REASON FOR RESTRICTION: The restriction is required for safety during telecom works.

PERIOD OF CLOSURE: The proposed Order will come into effect on 1st February 2021 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 5th February 2021.

ALTERNATIVE ROUTES: use Short Stocks, Blinco Road and Cromwell Road.

Dated this 9th day of January 2021
DEBBIE CARTER-HUGHES
Executive Director LGSS Law Ltd
PKG/T21/023

If you require any further information please contact Gary Thorp ref:- 20/21 – N408 on 01604 651072.

NORTHAMPTONSHIRE COUNTY COUNCIL ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14

THE NORTHAMPTONSHIRE COUNTY COUNCIL (LOWICK LANE, ALDWINCLE)

(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2021

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 Lowick Lane, Aldwincle as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Lowick Lane, Aldwincle from Baulk Lane to Main Street.

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

PERIOD OF CLOSURE: The proposed Order will come into effect on 3rd February 2021 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 5th February 2021.

ALTERNATIVE ROUTES: use Main Street and Lowick Road.

Dated this 9th day of January 2021
DEBBIE CARTER-HUGHES
Executive Director LGSS Law Ltd
PKG/T21/022

If you require any further information please contact Gary Thorp ref:- 20/21 – N407 on 01604 651072.

NORTHAMPTONSHIRE COUNTY COUNCIL ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14

THE NORTHAMPTONSHIRE COUNTY COUNCIL (NEW STREET & NEW ROAD, OUNDLE)

(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2021

NOTICE IS HEREBY GIVEN that Northamptonshire County Council have made an Order the effect of which is to prohibit traffic from proceeding along those lengths of New Street and New Road, Oundle as set out below.

LENGTHS OF ROADS TO WHICH RESTRICTION APPLIES: New Street – from Glapthorn Road to Market Place. New Road – from North Street to Glapthorn Road.

REASON FOR RESTRICTION: The restriction is required for safety during carriageway resurfacing.

PERIOD OF CLOSURE: The proposed Order will come into effect on 10th January 2021 and will continue in force for a period of eighteen months. An application may be made for the approval of the Secretary of State for Transport for the Order to be extended if this proves necessary. However, the restriction specified will have effect only at such times and to such an extent as is indicated by the display of signs prescribed by the Traffic Signs Regulations and General Directions 2016.

EXPECTED DURATION: It is expected that the roads will be restricted until 23rd January 2021.

ALTERNATIVE ROUTES: New Street – use Market Place, West Street, Stocks Hill, Benefield Road and Milton Road. New Road – use North Street, Market Place, New Street and Glapthorn Road.

Dated this 9th day of January 2021

DEBBIE CARTER-HUGHES

Executive Director LGSS Law

LtdPKG/T21/005

If you require any further information please contact Gary Thorp ref:- 20/21 – N383 on 01604 651072.

NORTHAMPTONSHIRE COUNTY COUNCIL ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14

THE NORTHAMPTONSHIRE COUNTY COUNCIL (MAIN STREET, COTTERSTOCK)

(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2021

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 Main Street, Cotterstock as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Main Street, Cotterstock from Dove Court to Chippings.

REASON FOR RESTRICTION: The restriction is required for safety during maintenance of two manholes.

PERIOD OF CLOSURE: The proposed Order will come into effect on 1st February 2021 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 2nd February 2021.

ALTERNATIVE ROUTES: use Oundle Road, Tansor Road, A605, Station Road, New Road, Glapthorn Road and Cotterstock Road.

Dated this 9th day of January 2021

DEBBIE CARTER-HUGHES

Executive Director LGSS Law Ltd

PKG/T21/020

If you require any further information please contact Gary Thorp ref:- 20/21 – N404 on 01604 651072.

Family NOTICES

Nene Valley News can help
you make those important
family announcements.

For help and information to
place your notice please call
01522 692542 or visit
www.nenevalleynews.co.uk

Age UK Northamptonshire has moved

Age UK Northamptonshire has sold its office building at 31 Billing Road and moved its main office temporarily to the William and Patricia Venton Centre in York Road, Northampton.

The William and Patricia Venton Centre, which was built in 1997, has been reconfigured so that office staff can fit alongside the Day Centre activities and the charity can carry on providing support and vital services to older people throughout the county uninterrupted.

The William and Patricia Venton Centre is Age UK Northamptonshire's Day Care centre. It was built 4th November 1998 and officially opened by the Queen Mother. It celebrated its 20th Anniversary on 8th November 2018. The Centre has now been redesigned to accommodate office staff, who vacated and moved from the Billing Road site over the summer months.

Age UK Northamptonshire has owned 31 Billing Road for some 13 years (since 2nd April 2007). Selling the property allows the charity to downsize its office space and to save substantial running costs. It has allowed the charity to meet the Covid -19 challenges better and

helped it to adapt more quickly to new ways of working.

Age UK Northamptonshire is pleased to confirm that Day Care is continuing to be a central aspect of the William and Patricia Venton Centre. The Centre has consistently provided a place where older

people can meet friends and enjoy activities and entertainment. It provides a safe environment for older people and a respite from the many challenges of Covid -19.

Day Care provision is still very much at the heart of the Centre and every day it helps combat loneliness

and decline, improving morale and independence for all who attend.

Chris Duff, Age UK Northamptonshire's Chief Executive, said: "Covid -19 has forced us to consider new ways of working. We realised that we could save substantial costs by using a much smaller space.

"We were able to make adjustments to our William and Patricia Venton Centre and we moved in the summer. I am pleased

that we have sold our premises at Billing Road to RJ Investments."

Reemal Rabheru, Managing Director of R2G Investments Limited, also commented: "R2G Developments is delighted to have been able to acquire and purchase the Age UK Northamptonshire building and support the charity in their move to their new premises.

"We look forward to working and supporting the charity in the future."



Age UK Northamptonshire are running all of their services, Covid-19 safe, across Northamptonshire. If you would like further information about its services or would like to support the charity, please go to www.ageuk.org.uk/northamptonshire or call 01604 611200.






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