

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



PARTNERSHIP TO DELIVER TECH4KIDS

PAGE 03



TAKE PART: UCL RESEARCH ON VIDEO CALLS

PAGE 04

NEWS IN BRIEF

THRAPSTON & DISTRICT U3A UPCOMING EVENTS



Hampton Court

2021 promises to be a year when our lives may regain some normality, so that we can soon resume our activities and interest groups.

Following its Zoom meetings with some fascinating speakers, Thrapston & District U3A's Speaker Seeker is offering members these forthcoming speakers in 2021:

- 19th February, Sarah Slater will present 'Sex, Scandals, Secrets & Salacious Gossip' (Hampton Court Palace)
- 19th March, Mike Storr will present 'Masters of Mirth'

Please follow the instructions for joining Zoom meetings which appear in the Thrapston & District U3A monthly Newsletter.

FOOD VOUCHER SCHEME FOR FEBRUARY HALF TERM

Pupils who are eligible for Free School Meals will receive support from Northamptonshire County Council during the February Half Term.

As stated in December, prior to the Christmas break, the council will use some of the funding it has received from the government's Covid Winter Grant Scheme to offer help.

In Northamptonshire £750,000 from the grant is being used to provide shopping vouchers for families with children who are eligible for Free School Meals with vouchers being distributed to the families by their schools.

Cllr Fiona Baker, county council cabinet member for Children, Families and Education, said: "I'm delighted that we're able to continue this support for the families and pupils who are in most need of our help.

"Many have talked about being right in the eye of the storm with regard to the Covid pandemic so it's important that we can offer this lifeline to those families and children who may be facing hardship.

"I'm very pleased that we have been allocated this money from the government as it will help make sure that we can continue to do everything we can to support people in the county through this pandemic."

The county council has been given £2,080,000 from the grant which aims to provide support for those households who are most in need with the cost of food, energy and water bills as well as other associated costs. It is primarily intended to

support families with children, with 80% of the funding earmarked for these groups.

The rest of the grant funding has been allocated to the Household Winter Support Scheme. This scheme builds on existing community resilience work to use a network of established partner organisations to distribute a one-time voucher of support to help those most in need.

Individuals will not be able to apply for a voucher directly, instead partner organisations will be able to apply for vouchers on behalf of eligible households.

The county council has also been allocated £464,280 to support the Clinically Extremely Vulnerable with



any hardship they may be facing as a result of the need to take additional precautions,

particularly during periods where the virus is more prevalent.

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

WILDLIFE NEWS

WORDS BY
ROY BURRELL

It seems more than a year or so ago that we started to find new words and phrases working their way into our language, often leaving us with only a vague idea of what they meant, or whether they were important: words like 'infection', 'isolation', 'virus' or even the more familiar 'fever' and 'sanitising' taking a more sinister sound.

A new player was in our environment, with dangers we could not see, or hear, making it difficult to believe how serious this was; undetected, with no obvious death or illness in hedges or fields, it is not surprising that the more ignorant paid no attention to the much-publicised stark warnings; we have now been shown how deadly that mindlessness was.

The word 'pandemic' itself is a warning. The world has often suffered diseases heavy enough to be known as plagues, but that little extra 'pan-' tells us that there is no limit to the damage which spreads out so quickly from a single spot; remember we need a suitable defence against an enemy which came from just one small city on the other side of the world.

We always hope nature will adapt to fight the threat, as in the past, but this time it might be wishful thinking. And this has arrived when the idea of climate change is also showing how powerful environmental developments can be, though often we cannot see them; and even if we could too many of us do not consider nature's strength, from the 'invisible' right up to the massive tropical storms.

Experts in many fields used their knowledge to change our gardens and fields with new plant or animal breeds, or new treatments to improve growth, or get rid of unwanted growth. This time we lost influence over wildlife which could change our fields and meadows forever. Humans do not have a caring record over living creatures (for example, think of the rubbish in our hedges killing off other members of the living world); whatever the outcome of the current crisis we must be prepared for changes to our world. The biggest is not always the most powerful, and round here we should be looking after our valuable wildlife reserve.

GENEALOGY JOTTINGS

WORDS BY
JAN PEARSON

You may find that, upon researching your family, they come from an area that you had never heard of. Well, you might be familiar with the large or popular towns, having been on holiday or business there. But what about the surrounding villages? I visited the town of Southwold in Suffolk on many occasions, either just as a day trip or for a holiday and felt at home in the area.

One of the places that we passed through was Theberton, where there is a rather good pub. Across the road from the pub is a house that has a couple of building ties, the initials R and B forming the ends and I always wondered whose initials they were. Some research enabled me to discover that the building had once housed Robert Bailey, a blacksmith, and his family, with the low building next to the house having been the forge. His gravestone was in the churchyard next door and reads, 'In memory of Robert Bailey, who died September 6th 1814, aged 63 years'. It was not until some while later that I discovered that Robert Bailey was in fact

my 4 x great grandfather! I have since learned a lot more about the surrounding villages.

It is always useful to have an Ordnance Survey map of the area to hand, especially if you are not familiar with that particular district. Not only that, place names can be repeated. If you suddenly find an ancestor living in Pimlico and wonder why they have moved from Potters Crouch in Hertfordshire into the depths of London, look again. The village of Pimlico is only a couple of miles from Potters Crouch.

There is plenty of access to various maps online – not just today's maps but those from previous centuries. The website <https://www.oldmapsonline.org/> is an excellent place to start and will certainly give you an insight as to how villages have grown over the years and might have become part of a sprawling metropolis today.

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

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

Publication date: Saturday 20th February
Articles to the editor by: Wednesday 10th February

km
KM Media & Marketing
Your partner in publishing

Love your local environment this Valentine's Day

Each year, here in the UK, we spend an estimated £1.45 billion on Valentine's gifts. For 2021, why not buy your loved one a meaningful gift that will brighten up their day as well as making a difference for future generations?

The environmental charity PECT is offering an eco-friendly gift option this springtime. For just £10 for one or £50 for five, you can gift your loved one with a tree to make a positive difference to the environment. This meaningful present helps to tackle climate change and addresses biodiversity loss in the city.

"The arrival of the global pandemic in 2020 made us all realise that the most important things in life aren't material goods," explains PECT's Director of Operations Stuart Dawks. "Instead, it is about caring for loved ones, making the most of experiences, and helping communities to pull together. That's why we feel this represents the ideal gift – it's your chance to give something back to the local environment."

PECT's Forest for Peterborough project aims to plant 230,000 trees across Peterborough by 2030. Your purchase will enable the charity to plant and maintain a tree, helping to create a network of wooded areas across the city. Each tree is maintained and protected, allowing it to grow and thrive for generations.

The events of the past year have taught us exactly how much spending time in nature matters. National and regional lockdowns have meant that, more than ever, we have understood how important it is to maintain and develop outdoor spaces to support people's wellbeing. Spending time in nature is proven to lift our mood, reduce stress, and improve our physical health.

By gifting a tree, you can contribute towards creating a thriving space for the community to enjoy. To buy a tree this Valentine's, simply visit <https://www.pect.org.uk/news/love-your-local-environment-this-valentines/> to donate and then PECT can send you a digital certificate confirming your gift.



NICHOLSON ARBORICULTURAL SERVICES

All aspects of tree work undertaken

- FREE QUOTES
- No job too small
- Rushden
- Northants



JAMES NICHOLSON
TEL: 01933 358079
MOB: 07495 944880

JAMESNICHOLSON75@YAHOO.CO.UK

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

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

Free Quotations • No Obligation

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

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

PARTNERSHIP TO DELIVER TECH4KIDS ACROSS NORTHAMPTONSHIRE

Northamptonshire Community Foundation is working in partnership with Dallington based telecommunications company Guru Technology to reduce digital exclusion among children and families during lockdown through the new Tech4Kids initiative.

The Foundation is the leading grant-making charity in the county, which last year delivered over £2 million in funding to support local communities across Northamptonshire. They have pledged £20,000 to support Guru Technology in their bid to support children and families while they are trying to access online learning during lockdown.

The Foundation is working alongside Arran Kirton, Director at Guru Technology, who recently pledged £25,000 of free technology to help disadvantaged families with little or no access to laptops, iPads and the internet.

According to a report published by the Office for National Statistics in 2018, 700,000 children aged between 11 and 18 years reported

having no internet access at home from a computer or tablet, with a further 60,000 reporting they have no internet access at home at all. Digital exclusion is yet another aspect of inequality recognised on a national scale, with the current public health crisis only adding to the problem.

A Just Giving page has been set up to encourage other businesses and individuals to support the initiative to enable a bigger pot of funding to reduce digital exclusion and provide more technology to pupils in Northamptonshire.

Victoria Miles DL, CEO of Northamptonshire Community Foundation, said: "It was timely, we were discussing with our grants team the need in our communities for digital inclusion, particularly for school children and families on a low income and we were able to find some funds from the Fair Deal for Kids fund to help kick-start a campaign. I then read the story in the Chronicle and Echo about Arran's pledged support, so I got in touch to see if we could work in partnership to encourage others to give

more."

Fair Deal for Kids was originally a campaign set up by the Foundation and the Chronicle and Echo to help children in poverty. This is a way of allocating those funds to enable children to access their online learning while schools are shut for the majority of pupils.

Arran Kirton is delighted with this new partnership and added: "We started the Tech4Kids initiative first and foremost because our business deals in telephony and communications and clearly that is what's lacking in the UK right now. With 12-14% of children unable to home school because of a tech issue, it was our duty to step forwards and try and create awareness and donations to help as many families and businesses as possible operate and collaborate during these challenging times.

"As a company, we pride ourselves on being different in the market and we hope that the start of Tech4Kids is the embodiment of our companies' dreams and ambitions to change people's lives."



Last year, Northamptonshire Community Foundation made a commitment to adopt the United Nations Sustainable Development Goals (UN SDGs) into its charitable activity. The Tech4Kids initiative

demonstrates this commitment, aligning with their work towards eliminating poverty and supporting quality education across Northamptonshire (UN SDG 1 and 4 respectively).

If you would like to contribute to the Tech4Kids appeal, please visit: www.justgiving.com/campaign/tech4kids

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!

TAKE PART: UCL RESEARCH ON VIDEO CALLS

During the COVID-19 pandemic, there has been a huge increase in the use of video calls as a way to stay connected with others and improve wellbeing. Staying connected is especially important for people aged 70 and above who have been advised to self-isolate for long periods of time.

However, there may be barriers to video call use, including difficulties with hearing. We are interested in finding out how and to what extent older people with hearing loss have been using video calls, focusing on ease or difficulty of use and any effects on feelings of loneliness and isolation.

Take part in our survey

We've launched a survey to find out about these things and we'd love you to take part, whether you use video calls frequently or hardly at all and whether you love them or loathe them (or something in between). You can complete the survey online or, if you prefer, fill in a paper copy. It should take roughly half an hour. We will also conduct a smaller number of in-depth interviews to find out more detail about people's experiences; you can volunteer for an interview via the

survey.

If you're interested, please visit <https://opinio.ucl.ac.uk/s?s=71040>. If you'd like any more information, please email ear.vcp@ucl.ac.uk or phone 02076798904. If you prefer to fill in the survey on paper, UCL can send you a copy in the post. All respondents can choose to be entered into a prize draw to win one of two £50 shopping vouchers.

This project is a collaboration between four different UCL departments: the Ear Institute, Centre for Behaviour Change, Division of Psychiatry and Institute of Health Informatics. We will use the results of our investigations to write recommendations about making video conferencing more accessible to older people with hearing loss. We believe that the information we gather will be valuable in helping older people with hearing loss cope with further periods of isolation, either due to



the pandemic or other life events.

The project is led by:

- Dr Lucy Handscomb (principal researcher), UCL Ear Institute, L.handscomb@ucl.ac.uk
- Dr Hannah Cooper, UCL Ear Institute,, Hannah.cooper@ucl.ac.uk
- Dr Carly Meyer, UCL Institute of Clinical, Education and Health Psychology, carly.meyer@ucl.ac.uk

meyer@ucl.ac.uk

- Dr Becky Gould, UCL Division of Psychiatry, r.gould@ucl.ac.uk
 - Prof Henry Potts, UCL Institute of Health Informatics, H.potts@ucl.ac.uk
- Funded by UCL Institute of Mental Health and approved by UCL research ethics committee ID: 3115/006

The Ashgrove
Clinic
Higham Ferrers
Call 01933 328020

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

BADGER US WITH YOUR SHOULDERS!

Badger the Dog, our clinic mascot, says you don't need to have shoulder pain. Many of our practitioners have done specialist shoulder training and want to show you how to get out of pain.

Call us now if...

- ✓ Pain stops you moving your arms.
- ✓ Shoulder pain keeps you awake at night.
- ✓ You're not sure if you have 'frozen shoulder.'
- ✓ You require advanced shoulder techniques.

Get back to normal activities!

So, if you're in pain, waiting for rehab exercises, trying to improve your sport, or having problems lifting kids or other weights, call us today and take the first step to your recovery.

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

Badger the Dog

Can you find
Badger the
Dog's
biscuit?

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

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

Your Health – Shoulder pain

WORDS BY
CLAIRE SHORT

With a number of our team having had specialist training in shoulder treatments we've been interested to see how many people have had shoulder pain since this time last year.

Our suspicion is that doing unsupervised exercises at home, lots of video calls with family and working on laptops while sitting on the sofa are all contributing to these shoulder problems.

So what can you do about the pain?

Here are a few shoulder tips from our osteopaths, sports therapists and chartered physiotherapist:

1. If you get night pain, try lying on your side with your arm resting on a pillow.
 2. Start to build up the strength of your shoulder muscles, but do this slowly and carefully. Don't start doing press-ups straight away!
 3. Keep moving. Unless you've got a severe injury you're better off keeping a bit of movement in the area. Using a sling or support doesn't normally help.
 4. If you feel you need to use a sling or support you MUST get the shoulder investigated. The longer you leave it the longer it could take to heal.
 5. Remember that putting the washing up away, hanging laundry and moving things on shelves can all be used as rehab. 30 years ago we'd have got you to rearrange your vinyl as a form of rehab, but the modern equivalent of asking Siri or Alexa to 'shuffle my music' is not quite as effective.
 6. If the injury isn't severe, you might find that kineso tape or pain relieving gels work well, or an ice pack.
 7. If any of the above aggravate the pain, get it looked at by a GP or specialist this week. Oh, and watch out for lifting or moving heavy items as you don't want to cause a flare up in that shoulder, which means... no lawnmowing for a few weeks!
- Have a gentle, pain-free week.

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

BUS LANE ENFORCEMENT TO IMPROVE JOURNEY TIMES

Northamptonshire County Council will crack down on vehicles illegally using bus lanes – improving journey times for bus users.

The authority will use number-plate recognition cameras to discourage illicit use of the lanes, with fines being issued to offenders. Enforcement starts on Monday 1st February but during January, warning notices will be issued to those who flout the rules to act as a warning.

Freeing up the bus lanes makes bus journey times more reliable and therefore a more attractive mode of transport. It also encourages people to make cycle journeys along the routes with the lanes being relatively safe with lighter traffic.

The measures will be introduced at three sites in Northamptonshire:

- Drapery, Northampton town

centre

- Weedon Road/St James' Road, Northampton
- The bus gate linking Church Street to Cambridge Street in Wellingborough town centre

The need for such measures has already been scoped-out, with three trial sites in the county having had cameras installed to check the level of contraventions:

- Bus gate, Wellingborough town centre – 11,110 over 18 days
- Weedon Road, Northampton – 723 over 16 days
- Drapery, Northampton – 2,987 over 7 days

Clr Jason Smithers, county council cabinet member for Transport, Highways and Environment, said: "Part of the solution to reducing congestion and pollution is to encourage people to use more sustainable

forms of transport.

"A real challenge to promoting bus travel is guaranteeing reliable journey times. I believe this plan will make significant improvements in making bus travel an attractive option for commuters.

"I also think it will encourage cycling as the bus lanes, if free of cars, are fairly traffic light and better for those who choose pedal power.

"Obviously at the moment with the Covid-19 pandemic people should only be making essential journeys but this infrastructure will continue to be in place once restrictions are lifted."

The bus lane enforcement scheme has been in development for more than a year and is an extension of the existing parking enforcement controls.

Anglian Water unlocks second half of £1 million funding pot to help communities

Hundreds of local causes continue to benefit from Anglian Water's community funding.

Almost a year ago, Anglian Water launched plans to establish a new £1 million community support fund to provide a cash boost for local communities to meet emerging needs arising from the pandemic.

Last year, half of the company's Positive Difference Fund (PDF) was made available to help front-line organisations in the immediate response to the pandemic. The water company has recently announced the remaining funds are to be made available to help communities meet emerging needs and adapt following almost a year of Covid impact.

Anglian will continue working with 15 Community Foundations in the East of England and Hartlepool to allocate the Fund. The money will help local charitable organisations deal with issues in the community as a result of the continuing threat of coronavirus.

Organisations like food banks, outreach programmes and those helping the most vulnerable can ask for continuing support from the Positive Difference Fund via the Community Foundations to help those experiencing financial hardship, potential for hunger, lack of shelter, access to education, further exacerbation of health issues, loneliness and isolation.

Last summer, the first £500,000 distributed from the fund helped over 88,000 people via 124 community organisations.

The second phase will help to meet emerging needs resulting from the ongoing pandemic and help groups and communities to adapt and rebuild. Full details and eligibility criteria can be found on the Community Foundations website.

Peter Simpson, Anglian Water's Chief Executive, said: "No one would have believed a year ago, what a different world we'd be living in by 2021.

All our lives have been affected by the pandemic in some way.

"As one of the biggest businesses in the East of England, we made a commitment to continue offering support to our local communities as their needs change. We sincerely hope this second tranche of funding will help continue some of the incredible work that's already been started and support recovery in the longer term.

"I'm proud that we've been able to make even a small difference to so many people already. But our work is not done. Alongside the Positive Difference Fund, we'll keep working to support our customers in the best way we know how – by keeping taps running and toilets flushing, because access to water for health and hygiene has never been more important."

Michael O'Toole, CEO of Cambridgeshire Community Foundation has been coordinating the fund on behalf of the local foundations covering the Anglian Water region. He said: "The first phase of the Anglian Water Positive Difference Fund provided emergency support to thousands of people in vulnerable circumstances across the East of England. We're delighted to support the roll out of the second phase which will provide equally critical support to those most vulnerable at this time.

"Support for our communities and charities through this incredibly difficult period has never been more needed, or more welcomed. On behalf of all the Community Foundations and most importantly, all of the vital projects that this fund is enabling, I am so grateful for Anglian Water's support."

Other support available from Anglian Water's Extra Care offering includes discounted tariffs alongside affordable payment plans. Over 250,000 people have benefitted from the company's affordability schemes since the start of the year.

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

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

f t i p

GAROLLA

ROLLER SHUTTER DOORS

www.garolla.co.uk



East
Northamptonshire
Council

Notice of planning APPLICATIONS RECEIVED

Notice is given that the following applications have been received:

> FOTHERINGHAY

NE/21/00002/FUL
(16 February 2021) (CA)

Change of use of outbuilding to holiday let accommodation and alterations to garden stores.
Guest House Castle Farm Main Street
Applicant: Mr Reuben Slater

> THRAPSTON

20/01633/ADV
(16 February 2021) (CA)

Erection of signage; Fascia Sign (illuminated), Projecting Sign (illuminated), ACM Panel, Window Vinyl, Manifestation and 4 x Poster Cases
33 Oundle Road Thrapston
Applicant: One Stop Stores Ltd - Ash

> OUNDLE

20/01672/FUL and 20/01673/LBC
(16 February 2021) (CA)(LB)

Proposed change of use from dwellings to bed and breakfast guest house
Lorne Cottage And Lorne House 38
Market Place Oundle
Applicant: Mr And Mrs Read

> IRTHLINGBOROUGH

20/01531/FUL
(16 February 2021) (CA)

Extension of existing building on site with the retention of existing takeaway unit and the creation of five car-free residential units (2 studio flats, 2 one bed flats and 1 two bed flat) with ancillary cycle, waste and recycling storage spaces
5A Station Road Irthlingborough
Applicant: Mr Mehmet Bikim

> KINGS CLIFFE

20/01367/FUL and 20/01368/LBC
(16 February 2021) (CA)(LBC)

Replace existing aluminium (main building) and PVC (annexe) double glazed windows and doors with Alitherm

Heritage and Smartswin windows
12 Park Street Kings Cliffe
Applicant: Mr Ian Burrows

> TANSOR

20/01716/LBC

(16 February 2021) (LB) The repair of two ground floor windows and the replacement of five upper floor windows including installation of slimline double glazed units
Tansor House Main Street Tansor
Applicant: Mr Rupert Cadbury

> BENEFIELD

20/01718/LBC

(16 February 2021) (CA)(LB) Repair and replacement of the south-facing Collyweston slate roof
27 Main Street Upper Benefield
Applicant: Mr Michael Wright

> EASTON-ON-THE-HILL

20/01678/FUL
(16 February 2021) (CA)

Alterations and extensions to bungalow including addition of first floor
4 The Lane Easton On The Hill
Applicant: Mr Martyn Reed

> HARRINGWORTH

20/01698/VAR
(16 February 2021) (CA)

Request for removal of condition pursuant to application number: 20/00592/VAR, Conversion and rebuilding of the existing ancillary outbuildings to a new dwelling house. Condition 12 - erection of structures and enclosures in garden.
Lime Grange Barns Wakerley Road
Harringworth
Applicant: Mr Justin Bell

> RUSHDEN

20/01467/FUL
(16 December 2021) (CA)

Demolition of existing residential dwelling; erection of 4 townhouse dwellings with parking; conversion of

existing outbuilding into carport; new vehicle access to highway
23 High Street South Rushden
Applicant: CC Properties To Buy – Eddie Curtis

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 23 January 2021**



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

From the **CHAIRMAN...**

It seems like we don't have much to look forward to these days but I was reminded last week of the joy our family can bring to us. Our awesome granddaughter had her third birthday and we decorated the house and I made her a Moana cake (a character from her favourite film).

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

It was an absolute joy to see her face when she opened and played with her presents and enjoyed a big slice of her cake. We all need to remember that it is the little things that actually bring us the most joy.

I do understand that I am extremely

fortunate to be able to still see my children and granddaughter under the rules but I really feel for those who are unable to spend time with their loved ones. I am sure most of us are now Zoom, Teams or Facetime experts but if that is the only way we can spend time with family and friends then we need to embrace it but I sincerely hope that this situation changes soon.

I am encouraged to see that Great Britain is number one in Europe and third in the world

for vaccination doses administered. I would like to thank all those involved including all the amazing volunteers and of course, my chosen charity, The East Northants First Responders who have been trained, are Covid testing in schools and administering the vaccine in and around our district and beyond. Great job everyone!

I have received a great number of nominations for my Chairman's Champions awards so will be sifting through them and getting in touch with those nominated and the winners in early February. Thanks to those who took the time to send in their nominations. I really feel that we are all Champions in our own way by staying in, staying safe and protecting the NHS and all other key workers. Keep up the good work. Best wishes and stay safe!



Cllr Helen Howell

FOUR TIPS FOR KEEPING YOUR CAR IN PEAK CONDITION DURING LOCKDOWN

With the UK back to the instruction of 'essential trips only', cars across the country are gathering dust on driveways and in garages.

To make sure your car is in working condition when the time comes for you to get back on the road, a Lincoln car retailer is offering some easy tips for local residents.

Andy McInnes, Business Manager at Stoneacre Lincoln, on Lincoln Fields, said: "Like everyone else,

we're really looking forward to getting back on the roads, going on holiday and visiting friends and family across the country when we can. However, after months of being largely stationary, your car might not be in peak condition to set off on a long journey straight away.

"There are a number of quick and easy steps you can take at home to ensure your car isn't deteriorating due to a lack of use."

Here are Andy's top tips:

1 Battery basics

A good baseline for battery usage is to run your car's engine for five minutes every three or four days when your car isn't being used. This helps ensure the battery stays charged. The battery would usually recharge as you drive the car, so when the car is not in use, the battery is more likely to go flat without you noticing.

2 Perfect placement

Storing your car on the side of the road for weeks on end isn't ideal for keeping it in perfect condition because it'll be exposed to direct sunlight, rain and dust. It's a good idea to try to park your car somewhere sheltered

such as a garage. However, if this isn't possible, it might be a good idea to invest in a car cover to help protect your car from the elements. This will also mean you avoid being met with frost-covered windows when you're on your way to the shop!

3 Idle time

It is actually a myth that you need to leave your car's engine on for a few minutes before you set off to 'warm it up'. This, in fact, wastes fuel unnecessarily and is harmful to the environment – all that is required is 30 seconds to circulate the engine's oil, then you're good to go. The best way to bring your engine up to operating temperature is to drive the car gently at first.

4 Correct pressure

A car's tyres naturally lose pressure over time, and it's all too easy to miss this when your car is parked up for weeks on end. On average, tyres lose about one to two PSI



of pressure per month, so be sure to check them before you drive your car again, even if it's just a short journey. Use a tyre pressure gauge to check your tyres are correctly inflated (you'll find the recommended pressure in your car's handbook, on the car's bodywork you see when you open the driver's door, or on the inside of the fuel filler cap). If the pressures are even slightly lower than recommended, using a foot pump or visiting a local petrol station to fill them up will set them right.



URGENT APPEAL TO RESIDENTS TO RETURN COMMUNITY HEALTHCARE EQUIPMENT

Northamptonshire residents are being asked to return community healthcare equipment they no longer need.

Northamptonshire County Council and NHS Northamptonshire CCG are making an urgent appeal for people to return items such as community beds, mattresses, commodes, bath lifts, shower chairs, toilet surrounds, crutches and walking frames, patient turning equipment, hoists and slings. This equipment is loaned out when people leave hospital or after a period of illness to help them stay safe at home and retain their independence.

Throughout the coronavirus outbreak the county council and health partners have experienced shortages of this equipment so they are appealing to people to call Millbrook on 0330 124 1219 as soon as possible to arrange a free of charge collection of any

items they no longer need.

Collections will be arranged for a convenient time, and will be contactless; where possible equipment can be picked up from outside the home to help ensure everyone stays safe.

Alternatively people can deliver to the following Covid-safe collection points:

- 1 Church of Jesus Christ of Latter Day Saints, 137 Harlestone Road, Northampton NN5 6AA. Tuesdays 3pm-7pm, Thursdays 9am-12noon.
- 2 Millbrook Healthcare Depot, 9A North Portway Close, Round Spinney Industrial Estate, Northampton NN3 8RQ. Mondays to Fridays 9am-5pm.

Collected equipment will be fully tested, refurbished and thoroughly cleaned before being reused.

Northamptonshire County Council cabinet member for adult social care, Councillor Ian Morris said: "Coronavirus has caused a significant increase in the need for vital community equipment, so if anyone has these items that they no longer require please can they make arrangements to return them as soon as possible.

"We would ask everyone to also please share this message with your contacts and communities and help us spread the word that this equipment is urgently needed."

The Integrated Community Equipment Service is jointly funded by Northamptonshire County Council and NHS Northamptonshire CCG, and is provided on their behalf by Millbrook Healthcare.



MARCH

- Thu 4 Cotswold Tour
- Tue 9 Spalding or Springfields
- Thu 11 Seasonal Mystery Tour
- Sat 13 National Railway Museum
- Sat 13 York
- Sat 13 Jorvik Viking Centre
- Sun 14 Mothers Day Special Lunch at Bridgnorth
- Tue 16 Derbyshire & Peak District
- Thu 18 Shugborough Mansion & Wedgewood
- Sat 20 Gloucester
- Sat 20 Gloucester Cathedral & Cream Tea
- Sun 21 Kew Gardens
- Thu 25 Canterbury or Whitstable
- Fri 26 Ideal Home Show
- Fri 26 Stratford Upon Avon
- Wed 31 Lords Cricket Ground
- Wed 31 Westminster Abbey Tour

NOVEMBER

- Fri 26 Thursford Christmas Spectacular
- Mon 29 Thursford Christmas Spectacular

DECEMBER

- Wed 1 Thursford Christmas Spectacular
- Fri 10 Thursford Christmas Spectacular
- Wed 15 Thursford Christmas Spectacular
- Tue 21 Thursford Christmas Spectacular

Our new day trip brochure will be available mid February
Please call us to get your copy

Check out our website for further days out
www.rbtravel.co.uk



VICTORIAN STEAM BREAK
Departs: 28th March 2021, 5 days,
£469.00 per person

Staying at the Winnock Hotel Drymen Scotland is the perfect base for exploring Loch Lomond & The Trossachs. Formerly a coaching inn, The Winnock Hotel has been lovingly restored and tastefully extended to its present day. Drinks package and packed lunches included as well as excursions.

SCOTTISH HIGHLAND - All Inclusive
Departs: 10th April, 2021, 7 days,
£619.00 per person

Inverness known as Scotland's "Highland Capital" still retains its market town feel dating back to its early development. The city boasts a host of historic buildings including Inverness Castle and St Andrews Cathedral. Enjoy the shopping experience from the Victorian Market to the new award-winning East Gate Centre. Take the fine circular walk from the castle along the river through the Ness Islands. Above the city lies Craig Phadrig which offers forest walks and magnificent views of the Moray Firth.

DUTCH DELIGHTS
Departs: 26th April 2021, 5 Days
£559.00 per person

Enjoy springtime in the flower-bulb region around Leiden. A time when the flower bulbs are blooming, in what may well be the most colourful region in the world with huge fields filled with bright tulips, daffodils and hyacinths. Explore Amersfoort where its inner city has been preserved well since medieval times including Sint-Joriskerk (Saint George's church), the canal-system with its bridges, as well as medieval and other old buildings; many are designated as national monuments.

NEW holidays for 2021 are now on sale
Please call us to get your new brochure
or register your interest in one
of our many holidays.

CALL NOW ON
01933 359313
TO GET OUR FREE BROCHURE!
taurus@rbtravel.co.uk
www.taurusholidays.co.uk

* Single-room supplement may apply. Full details in our brochure.

TENFOLD INCREASE IN GIGABIT BROADBAND COVERAGE

With more people than ever working from home and increased home-schooling in response to the latest national lockdown, access to fast and reliable broadband is more crucial than ever.

Government targets are increasingly focusing on gigabit capable broadband – networks able to support speeds of a gigabit per second (Gbps) – as the new benchmark.

Due to efforts through the Superfast Northamptonshire initiative and commercial telecoms investment, access to this new benchmark has increased tenfold in the last five years in Northamptonshire. This is according to www.thinkbroadband.com (the UK's largest independent broadband news and information site).

In January 2016, gigabit broadband was only available to 1.7% of premises in the county compared to 17.42% reported in January 2021. The Northamptonshire figures are even more impressive as they reflect full fibre network coverage. This means that it is future-proofed for speeds in excess of one Gbps, which is especially important as demand increases.

The Government's previous benchmark has been superfast broadband coverage. This means access line speeds above 30 megabits per second (Mbps). Coverage of superfast broadband has also increased (by almost 9%) in the same period, and now stands at 98.5%. Efforts are also continuing to address those areas with slower speeds.

The focus of the superfast Northamptonshire initiative is now to work with telecoms providers to encourage and support further investment to extend faster and reliable broadband in Northamptonshire.

Contracts with Gigaclear Networks will see around 7,000 premises connected by full fibre with the support of public investment by the end of next year, and together with their current commercial investment should see over 30,000 rural properties benefit overall.

Recent announcements by

Openreach on its 'Fibre First' programme have boosted plans for gigabit coverage in Daventry, Towcester, Rushden and the south of Northampton exchange areas.

With CityFibre rapidly expanding their footprint in Northampton, and OFNL covering parts of Corby, along with the forthcoming VirginMedia network upgrade to DOCSIS 3.1, the overall picture is looking very positive.

It also means that Northamptonshire is on track to meet its local targets which are for 40% of premises to be served by full fibre networks by the end of 2023, and 75% coverage of gigabit capable networks, by the same date. These are both challenging targets and complement the Government's current ambition to see 85% gigabit coverage nationally by 2025.

In support of its 85% national coverage target, the Government has announced

a new national gigabit programme. This will focus on the estimated final 20% of premises nationally which are unlikely to benefit from commercial investment in gigabit broadband.

Through the superfast Northamptonshire initiative, the County Council is working with Building Digital UK (BDUK) – the government

team leading on all things broadband – to ensure this further investment benefits Northamptonshire, and is targeted where commercial plans are unlikely to come forward.

Jason Smithers, cabinet member for Highways and Place for Northamptonshire County Council said: "Whilst government led and funded,

it is vital that local bodies and initiatives, such as Superfast Northamptonshire, have an important role to play in the new programme because of their local knowledge, existing relationships with key stakeholders, role as highway authority and experience of problem solving.

"This is a message that we will be playing back to Government through BDUK, and we expect the first procurements to come forward later this year."

Countdown to the new North Northamptonshire Council

There are just three months to go before the creation of the new North Northamptonshire Council, with vesting day on 1st April 2021.

The new authority will take over responsibility for the services currently delivered by the Borough Council of Wellingborough, Corby Borough Council, East Northamptonshire Council, Kettering Borough Council and many of the services provided by Northamptonshire County Council.

Local authorities in the area are working closely to ensure

a smooth transition to the new North Northamptonshire Council.

The focus for day one will be to provide continuity and efficient delivery in the services to residents and businesses. A programme of continuous service improvement will remain in place and will remain a priority moving forwards.

CLlr Russell Roberts, Leader of North Northamptonshire Shadow Authority, said: "Clearly we are all living in very challenging times. The continuity of public services has never been so important. Providing vital services to our local residents will remain our

number one priority.

"We do have a real opportunity to do things in a way that makes an even bigger difference in the future and we are committed to further improving public services in the area.

"The pandemic continues to see public services at full stretch, but this does not dent our ambitions for this fresh chapter of local government."

A coordinated public information campaign will soon be launched that will help ensure that local residents and businesses are fully aware of what is happening and when.

RECIPE: PERFECT PASTA



> PENNE RIGATE WITH TOMATO, BASIL, AUBERGINE AND GARLIC
Prep time: 10 minutes
Cooking time: 20 minutes
Skill: Casual

Ingredients for 4 people:

- 350g Barilla® Penne Rigate
- 40ml extra virgin olive oil
- 2 medium aubergines, sliced thinly
- 1 clove of garlic, chopped
- 300g plum tomatoes, chopped
- 40g fresh basil
- 50g Parmigiano-Reggiano, grated

Method

- Bring a large pot of water to the boil.
- Meanwhile, heat a drizzle of extra virgin olive oil in a large pan over medium heat.
- Add garlic and sauté for 1-2 minutes, or until garlic turns golden in colour.
- Add aubergine to the pan and sauté for an additional

3 minutes.

- Add the tomatoes and basil; simmer for 2 minutes and season with salt and pepper.
- Cook penne according to package instructions.
- Drain pasta and toss with sauce in the pan.
- Sprinkle with cheese and serve.

> FUSILLI WITH BEANS, BACON AND CHEESE

Prep time: 5 minutes
Cooking time: 15 minutes
Skill: Casual



Ingredients for 2 people:

- 160g Barilla® Fusilli
- 200g fresh broad beans
- 4 slices bacon
- 40g parmesan cheese (can be substituted for other cheeses)
- 20ml extra virgin olive oil
- 2 tomatoes
- 1 small potato

Method

- Halve and finely dice the potato, tomato and bacon.
- De-skin the broad beans and cook in boiling water for 2 minutes – drain immediately, but save the water.
- Add some extra virgin olive oil to a pan on medium-high heat, then add the potato, bacon, tomato and beans.
- Meanwhile, re-boil the saved water, add some salt and then cook the fusilli al dente.
- Add the cooked fusilli to the pan to combine the ingredients, and serve with a few flakes of Parmigiano-Reggiano (optional).

LibraryPlus presents Pacesetter's 21 for 21

Northamptonshire LibraryPlus has partnered with Pacesetter Sports and Wellbeing to produce a series of seven videos called 'Pacesetter's 21 for 21'.

Each video focuses on the theme of 'you and your wellbeing' – including messages, quotes and actions that support health and wellness. Wellbeing looks different for each and every person, and the Pacesetter's 21 for 21 allows viewers to pick and choose what is most helpful and useful for them.

This series will be available from all Northamptonshire County Council Libraries' Facebook pages, and a new video will be

uploaded every fortnight for viewers to browse.

Cllr Lizzy Bowen, Deputy Leader of Northamptonshire County Council, said: "In such difficult and uncertain times, looking after your mental wellbeing is more important than ever and we want to do all we can to make this manageable for local residents.

"We're pleased to be able to share the Pacesetter's 21 for 21 on our social channels to provide our residents with everyday hints, tips and motivation that might help make it easier for them to prioritise their mental health and wellness."

Carols by carlight

Oundle Baptist Church found a novel way to enable the local community to come together and sing their favourite carols at a drive-in Carols by Carlight service held in the car park of the Waitrose supermarket.

Around 120 cars attended three showings of the service on the Sunday before Christmas, with individual Bluetooth speakers being provided for each car to enable everyone to hear clearly and to join in with the singing.

The service was shown on a large screen, with Reverend Martin Hills, ably assisted by Oliver and Mia Walls, taking a light-hearted but meaningful look at the Christmas story. The narration, complete with animations, was interspersed with carols, readings and a short talk by the actor David Suchet about what Christmas means to him.

The event took place the day after the changes to Covid rules and the introduction of tougher measures to tackle the virus.

Those present expressed their warm appreciation of the event, with one comment particularly representing the overall mood: "After last night's devastating news, that was so uplifting. I feel so much happier now."

Waitrose kindly allowed Oundle Baptist Church to host the event at their premises and donated boxes of mince pies for goodie bags which added to the festive mood. In return, a donation has been made by the Church to the Food Bank in support of the Waitrose

#givealittlelove campaign.

The event was free of charge, with guests being invited to make a donation to the Food Bank as part of their

next shop, should they wish to do so. Cars with children were also handed Christmas-themed Muddy Church Activity Bags.



You can watch the service on Oundle Baptist Church's Facebook or YouTube pages (<https://www.facebook.com/oundlebaptist> and <https://www.youtube.com/watch?v=x1Upw9CC0nA&t=19s> respectively).

Nene Valley News - Events

> FRANCIS PRYOR – THE FENS: DISCOVERING ENGLAND'S ANCIENT DEPTHS

Thursday 18th February 8pm–9pm,
Venue: Zoom webinar. Tickets £6

Please register via this link: https://us02web.zoom.us/join/register/WN_SMLY7YgcScuxmBwglhWgXQ

This book is a personal, historical journey across one of the most mysterious regions of England, exploring its archaeology, history and landscapes by one of Britain's most distinguished living archaeologists. It was a BBC Radio 4 book of the week.

Francis Pryor has lived in, excavated, farmed, walked – and loved – the Fen Country for more than 40 years: its levels and drains, its soaring churches, its magnificent medieval buildings. The Fens is a personal story of the author's discovery, as both an archaeologist and farmer, of this distinctive, complex, enduring, man-made and little understood landscape.

In The Fens, Francis counterpoints the history of the Fen landscape and its transformation – the great drainage projects that created the Old and New Bedford Rivers, the Ouse Washes and Bedford Levels, the rise of prosperous towns and cities, such as King's Lynn, Cambridge, Wisbech, Boston and Spalding – with the story of his own discovery of it as an archaeologist.

As well as exploring the history of this rich landscape, Francis looks to the future of the Fens. Combining beautiful prose with nature writing, history and memoir, he investigates how rising seas might affect this flat expanse, whose land often falls below sea-level.

Francis Pryor is one of Britain's most distinguished living archaeologists, and the excavator of Flag Fen. He was awarded an MBE 'for services to tourism' in 1999. *Fengate* was published in four volumes in the 1970s and '80s and major English Heritage monographs on Maxey, Etton and Flag Fen appeared in 1986, 1998 and 2001. His popular account of this remarkable site, *Flag Fen: life and death of a prehistoric landscape*, was revised for a second edition in 2005.

He was President of the Council for British Archaeology from 1998-2005 and has written and presented series for Channel 4 on *Britain BC*, *Britain AD* and *The Real Dad's Army*, a review of archaeological remains surviving from 1940 and has regularly appeared on Channel 4's *Time Team*. He is a keen farmer, and lives on a smallholding in the Fenland with his wife.

'Francis Pryor brings the magic of the Fens to life in a deeply personal and utterly enthralling way.' Tony Robinson

Any queries email oundlelitfestival@hotmail.co.uk

> DATES FOR THE DIARY FROM CYCLING UK

Cycling UK, the national cycling charity, has announced dates for major events in 2021, including its flagship celebration of cycling.



1st–7th March: Pothole Watch

Cycling UK will be encouraging the British public to help out their local authorities by reporting potholes and other defects via the website and app, Fill That Hole. The charity will launch the week with a report based on FOI requests of all local authorities which will identify how many and which local authorities are meeting their designated time targets for repairing road defects from time of reporting, and also the state of road maintenance financing over the past five years. For more information: www.fillthathole.org.uk

30th May: World's Biggest Bike Ride

Launching Bike Week 2021, this event is about getting as many people across the UK riding as possible on one day, no matter whether they are a tot on a balance bike, an energetic worker on an e-bike, or an adventurer on a mountain bike. Any kind of cycle ride counts, no matter how far you go or what your motivation is. Last year, riders logged more than 100,000 miles, and Cycling UK want to beat that in 2021. For more information: cyclinguk.org/pumpedup/wbbr

30th May–5th June: Bike Week

Cycling UK's annual celebration of cycling will have a theme of wellbeing, and coincides with World Bicycle Day on Thursday 3rd June. Expect online events, competitions and challenges to get the nation on their bikes. For more information: cyclinguk.org/bikeweek

17th July–1st August: Women's Festival of Cycling

Join Cycling UK for organised rides, digital events, advice and more. Empowering more women to cycle and celebrating their achievements through Cycling UK's annual list of 100 Women in Cycling. For more information: cyclinguk.org/womensfestival

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.

The OWL talk: 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 OWL talk, 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 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 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.

This unmissable talk will be held on Zoom and will start at 7.30pm. Registration is through Eventbrite (search for the title) or email owl@transitionoundle.org.uk for the link.



THE (online) OWL TALK

Promoting discussion about low carbon and low waste living

FEB 2021

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 talk will last approx. 45 mins with Q & A afterwards

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

  @OundleWasteLess www.transitionoundle.org.uk/owl



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

Northampton athletes celebrate **£1,000 boost**

A Northampton sports club has received a £1,000 windfall courtesy of a leading housebuilder.

Persimmon Homes Midlands selected Northampton Water Polo Club to receive the donation through its Community Champions scheme. The match-funding initiative seeks to support grassroots groups and charities in areas where the company is building.

Claire Dearsley, Sales Director for Persimmon Homes Midlands, said: "At a time like this, when voluntary groups, sports clubs and charities are not able to hold their usual fundraising events, we are

proud to help worthy local causes.

"We are always keen to support clubs like Northampton Water Polo Club, that encourage healthy, active lifestyles."

Established in 2012, Northampton Water Polo Club encourages local young people to develop sport as an integral part of their physical, mental and social wellbeing. The club is fundraising to cover minibus repairs, league fees and coaching courses.

Persimmon Homes Midlands makes two donations of up to £1,000 every month. The online application form can be found at www.persimmonhomes.com/charity



Nene Valley news CLASSIFIEDS

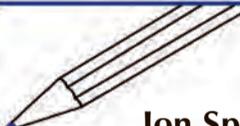
Deadlines for all classifications: 5pm Monday prior to issue date. A complete version of our Terms and Conditions can be found online at www.nenevalleynews.co.uk. Pay by credit/debit card or cheque. All major credit/debit cards accepted. For help and information please call 01522 692542 or visit www.nenevalleynews.co.uk

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

HOME IMPROVEMENTS



Jon Spencer
Technical Drawing Services

Plans drawn for planning and building regulation applications
01933 316044

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

!!!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

Continued from page 10

HOME SERVICES

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

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

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

PGR Plumbing & Heating

Tel: 01933 698116

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

Specialists in Gas Installations

Gas Servicing & Maintenance Landlords Gas Safety Certificates
Central Heating Powerflushing Household Plumbing & Drainage

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

KM Media & Marketing
NEWSPAPERS | MAGAZINES | WEBSITES

To advertise in Nene Valley News please call **01522 692542**

PUBLIC NOTICES

NORTHAMPTONSHIRE COUNTY COUNCIL
ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14

THE NORTHAMPTONSHIRE COUNTY COUNCIL (PUBLIC FOOTPATH MK27 (PART) - PARISH OF BRIGSTOCK)

(TEMPORARY CLOSURE) ORDER 2021

NOTICE IS HEREBY GIVEN that Northamptonshire County Council have made an Order the effect of which is to prohibit pedestrians proceeding along that length of Public Footpath MK27 (Part) in the Parish of Brigstock as specified below. Private access to land or premises adjacent to the said length of footpath are unaffected.

RIGHT OF WAY TO WHICH RESTRICTION APPLIES: The existing route of MK27 to be closed starts at point A at NGR SP9458 8518. The route travels generally south west for approximately 84 metres to point B at NGR SP9456 8511. The route is shown by a solid black line between points A - B.

REASONS FOR RESTRICTION: The restriction is required due to a damaged bridge.

PERIOD OF CLOSURE: The Order will come into effect on 1st February 2021 and will continue in force for a period of six months. An application may be made for the approval of the Secretary of State for Transport for this Order to be extended if this proves necessary. However, the restriction specified will have effect only at such times and to such extent as is indicated by the display of notices.

ALTERNATIVE ROUTES: The alternative route starts at point A at NGR SP946 8518. The route travels north east approximately 79 metres to point C at NGR SP9465 8522. The route then heads generally south east then north east for approximately 244 metres to point B at NGR SP9456 8511.

The route is shown by a broken black line between points A - C - B.
Dated this 23rd day of January 2021

DEBBIE CARTER-HUGHES, Executive Director LGSS Law Ltd
PKG/ROW/409

If you require any further information please contact Richard Carter on 07456 864292.

NORTHAMPTONSHIRE COUNTY COUNCIL
ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14

THE NORTHAMPTONSHIRE COUNTY COUNCIL (PUBLIC FOOTPATH MK17 (PART) - PARISH OF BRIGSTOCK)

(TEMPORARY CLOSURE) ORDER 2021

NOTICE IS HEREBY GIVEN that Northamptonshire County Council have made an Order the effect of which is to prohibit pedestrians proceeding along that length of Public Footpath MK17 (Part) in the Parish of Brigstock as specified below. Private access to land or premises adjacent to the said length of footpath are unaffected.

RIGHT OF WAY TO WHICH RESTRICTION APPLIES: The existing route of MK17 (Part) to be closed starts at point A at National Grid Reference (NGR) SP9436 8512. The route travels generally south west for approximately 153 metres to point B at NGR SP9433 8506. The route is shown by a solid black line between points A - B.

REASONS FOR RESTRICTION: The restriction is required due to surface damage due to badger set.

PERIOD OF CLOSURE: The Order will come into effect on 29th January 2021 and will continue in force for a period of six months. An application may be made for the approval of the Secretary of State for Transport for this Order to be extended if this proves necessary. However, the restriction specified will have effect only at such times and to such extent as is indicated by the display of notices.

ALTERNATIVE ROUTES: The alternative route starts at point A at NGR SP9436 8512. The route travels north west along the footway of Park Walk for approximately 350 metres to point C at NGR SP9433 8508, at its junction with MK18. The route travels south west along MK18 for approximately 568 metres to point D at NGR SP9409 8533, junction with MK19. The route travels east along MK19 and onto Mk17 for a total distance of 718 metres to point B at NGR SP9433 8506

Dated this 23rd day of January 2021
DEBBIE CARTER-HUGHES, Executive Director LGSS Law Ltd
PKG/ROW/405

If you require any further information please contact Sarah Cureton on 07500 579332.

NORTHAMPTONSHIRE COUNTY COUNCIL
ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14

THE NORTHAMPTONSHIRE COUNTY COUNCIL (DEENE ROAD, NORTHAMPTON)

(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 Deene Road, Northampton as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Deene Road, Northampton from outside Cottages Lane.

REASON FOR RESTRICTION: The restriction is required for safety during tree felling.

PERIOD OF CLOSURE: The proposed Order will come into effect on 24th 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 for one day.

ALTERNATIVE ROUTES: use Harringworth Road, Kirby Lane, Deene Park, A43, Laxton Road, Bulwick Road, Main Street and Laxton Road.

Dated this 23rd day of January 2021
DEBBIE CARTER-HUGHES
Executive Director LGSS Law Ltd
PKG/T21/039

If you require any further information please contact Gary Thorp ref:- 20/21 - N424 on 01604 651072.

NORTHAMPTONSHIRE COUNTY COUNCIL
ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14

THE NORTHAMPTONSHIRE COUNTY COUNCIL (HAYWAY, 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 Hayway, Rushden as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Hayway, Rushden from outside Rowan Gate East Primary School.

REASON FOR RESTRICTION: The restriction is required for safety during Anglian Water mains work.

PERIOD OF CLOSURE: The proposed Order will come into effect on 8th 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 12th February 2021.

ALTERNATIVE ROUTES: use Northampton Road and Higham Road.

Dated this 23rd day of January 2021
DEBBIE CARTER-HUGHES
Executive Director LGSS Law Ltd
PKG/T21/025

If you require any further information please contact Gary Thorp ref:- 20/21 - N409 on 01604 651072.

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 have made an Order the effect of which is 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 23rd 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 have made an Order the effect of which is to prohibit traffic from proceeding along that length of Lowick Lane, Aldwinckle as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Lowick Lane, Aldwinckle from Bauk 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 23rd 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 (MAIN STREET, COTTERSTOCK)

(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 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, Glaphorn Road and Cotterstock Road.

Dated this 23rd 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.

NORTHAMPTONSHIRE COUNTY COUNCIL
ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14

THE NORTHAMPTONSHIRE COUNTY COUNCIL (HIGH STREET SOUTH, 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 High Street South, Rushden as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of High Street South, Rushden from the junction of Crabb Street to Little Street.

REASON FOR RESTRICTION: The restriction is required for safety during the repair of a leak.

PERIOD OF CLOSURE: The proposed Order will come into effect on 18th 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 for three days.

ALTERNATIVE ROUTES: use High Street South, Bedford Road, A6, John Clark Way and Rectory Road or High Street South, Duck Street, John Clark Way, A6 and Bedford Road.

Dated this 23rd day of January 2021
DEBBIE CARTER-HUGHES
Executive Director LGSS Law Ltd
PKG/T21/014

If you require any further information please contact Gary Thorp ref:- 20/21 - N398 on 01604 651072.

Moulton College helps create new Certificate in Agricultural Technology

Moulton College has been working alongside Farol Ltd to develop a new Certificate in Agricultural Technology for students to complete alongside their studies. The certificate will evidence the extensive skill, knowledge and practical experience acquired by the College's students in agricultural technologies, to present to employers on entering industry.

Louise Fletcher, Head of School for land-based and equine subjects at Moulton said: "Technology plays an important part in the agriculture industry, and this certificate will demonstrate the new and emerging ways the industry is optimising this. For students with a keen interest in technology, this certificate is a great opportunity to learn more about this evolving field within agriculture and stand out to prospective employers."

Farol Ltd was established as a family business in the 1970s, and its Technology Department is the best in industry. The company works closely with agricultural manufacturers

including the renowned John Deere on the latest technological innovations, with this insight and experience included in the certificate course content.

Alongside developing this certificate, Farol Ltd and Moulton College has also created a comprehensive plan to enhance the opportunities for agriculture students, and provide experiences to prepare them for industry. Activities will include live demonstrations, visits to Farol Ltd and training on John Deere technology.

Dylan Roberts, Director at Farol Ltd said: "It's great to be working with Moulton College to strengthen

the skills in agriculture that will help secure the future of the sector. At Farol Ltd, amongst other specialities in the land-based sector, we have a wealth of experience in technology.

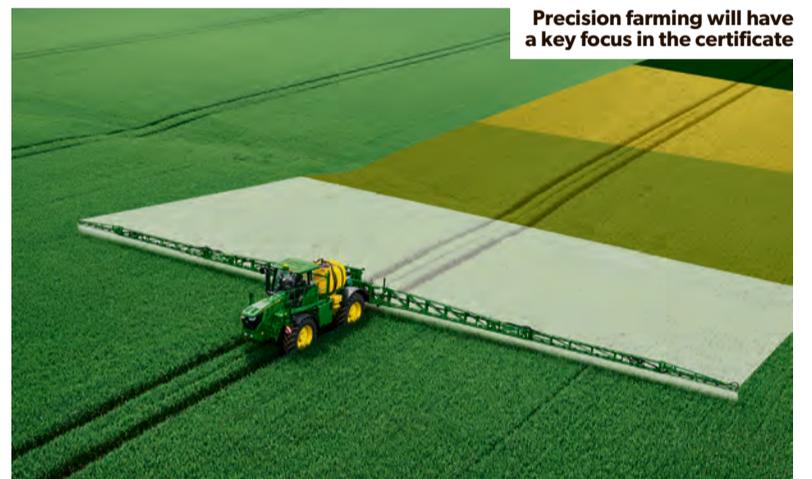
"Working with such a passionate team at Moulton to share this experience and knowledge will absolutely influence the calibre of talent entering industry in the near future. It's exciting for us to be a part of this journey."

Louise added: "As a college we're excited to continue working together with Farol Ltd, and see where this partnership takes our course, and students! The industry is getting more technologically advanced and it is vitally important that we keep up to date with the latest developments and Farol Ltd will play a key part in this for us."

Visit www.moulton.ac.uk for more information about Moulton College's agriculture courses. To find out more about Farol Ltd visit www.farol.co.uk



Farol Ltd main dealership in Milton Common



Precision farming will have a key focus in the certificate



RESIDENTIAL & COMMERCIAL WASTE COLLECTION

Call us today!

01933 315872

Brindley Close, Rushden,
Northamptonshire NN10 6EN

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

SINGLE BULKY ITEMS OR FULL HOUSE CLEARANCES

If you have any cardboard, paper, furniture, electrical waste, pallets, garden waste etc please give us a call for a very competitive price!

We can normally clear the waste in 72 hours from the point of order, but we also provide an emergency service, so please give us a call should you have a requirement!

- Fully Licensed
- Diverted from Landfill
- WEEE Waste
- Reliable & Friendly Staff
- Single Bulky Items
- Full house clearances
- Residential & Commercial Services

OUR SERVICES:

- Declutter Service
- Property Clearance
- Garden Clearance
- Loft Clearance
- Office Clearance
- Sharps Removal
- Window Cleaning
- Extreme Cleaning
- Biohazard Cleaning
- End of Tenancy Cleaning
- Decontamination Cleaning
- COVID-19 Fogging
- Carpet Cleaning
- Void Property Cleaning
- Wheelie Bin Cleaning
- Hazardous Waste Removal
- WEEE Electrical Waste
- Graffiti Removal
- Skip & Grab Hire
- Confidential Shredding
- Jet Washing Service
- Touch Point Cleaning



BIN CLEANING from £3.50