

Nene Valley

news

YOUR LOCAL INDEPENDENT COMMUNITY
NEWSPAPER FOR EAST NORTHAMPTONSHIRE

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news story or event at
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INSIDE
this issue



SPOTLIGHT ON
HEALTH AND
FITNESS

PAGE 04



360 PLAY
YOUNG MINDS
CAMPAIGN

PAGE 06

NEWS IN BRIEF

Library re-opening



Northamptonshire
Libraries are operating a
phased re-opening and
therefore a full range of
services is not available
but the following local
libraries are now open:

- Irthlingborough Library
- Oundle Library
- Rushden Library

For a full list and to
find out more visit: www.northnorthants.gov.uk

Events in your area

The listings page in Nene
Valley News includes
local online and in
person events. If you are
organising an event you
can submit your entry
via our website: www.nenevalleynews.co.uk

Please be sure to include
criteria for meeting any
current government
restrictions which may be
in place at the time of your
event.

Rushden Sea Cadets give the Greenway a spring clean

Thursday 22nd April was Earth Day 2021 and so to mark the occasion a group of Sea Cadets from Rushden decided to organise a socially distanced litter-pick along the East Northamptonshire Greenway on Sunday morning – from Rushden Lakes to Asda, in the heart of Rushden.

Funded by the Heritage Lottery through the Nenescape Partnership, the Greenway is a popular location for dog walkers, runners, cyclists and families wanting to escape Rushden's busy streets and in recent years the route has been upgraded, with signposting, seating and an amazing mural in the tunnel that passes under Washbrook Road, but unfortunately there are always the selfish few that decide to leave their litter behind for others to clean up.

So, with Earth Day coming up, the Sea Cadets decided to pull on their rubber gloves, grab some refuse sacks and give the place a spring

clean, and boy did they pick up a lot of rubbish – they even found a discarded microwave and an old toilet seat!

The event was organised by Ordinary Cadet Robert, as part of his Leadership module, and he was amazed at the amount of encouragement and support they received from passersby – it left the cadets with a real feeling of pride and self-worth that made it all



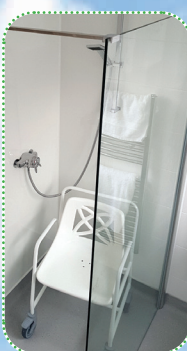
Rushden Sea Cadets show off their stash of rubbish

worthwhile. Afterwards, the cadets were treated to some well-earned refreshments, thanks to Tessa from

Really Awesome Coffee – Corby (info@reallyawesomecoffee.co.uk) who sponsored the event.

Rushden Sea Cadets is open again after the recent lockdown and is actively looking for new cadets to join their group. If you know someone aged 9+ who you think might be interested, you can learn more about what they do and how to join by visiting their webpage www.sea-cadets.org/rushden or find them on Facebook @SeaCadetsRushden or Instagram @SeaCadetsRushden

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Letters to the editor

Manifesto for Walking

During the pandemic, people have rediscovered the simple act of walking – the oldest, cheapest and greenest transport there is. It has allowed us to stay healthy, happy and connected to those around us.

But lots of us still struggle with narrow, cluttered, uneven pavements; crossings that prioritise cars rather than people; and growing numbers of speeding vehicles.

That's why I support Living Streets' Manifesto

for Walking, which calls for candidates in our upcoming election to pledge to end pedestrian deaths and injuries on roads, tackle air pollution, make school streets safe and make walking easier by cutting the clutter on our pavements.

It is time we redesigned our streets around people not cars. That way we can all continue to enjoy the benefits of walking and healthier, happier communities.

Yvonne Littlejohns
Rushden

GENEALOGY JOTTINGS



WORDS BY JAN PEARSON

One branch of my family came from the Essex/ Cambridgeshire border, a couple of counties that I did not know very well. Off I went and bought OS (Ordnance Survey) maps of the area as well as town plans so that I could get a better idea of where they lived. Whilst this was a good idea in itself, places do have a tendency to change over the years – towns expand and hamlets can all but disappear. If you have a look at a map of Oundle even as late as 1926, for instance, you will find a windmill at the back of Glapthorn Road. It is long gone and houses now stand in Millfields, the name being a legacy of what was once there.

Sometimes, roads are named after major events of the time. In Peterborough, there is an Alma Road – no, not named after Alma Cogan (if your memories stretch back that far!) but after the Battle of Alma, which took place during the Crimean War.

However, there once was an Alma Road in North London. This name was changed to Harcourt Road at some point between 1929 and 1945. Therefore, if your ancestors were living in Alma Road in the 1911 census, it might be a tad difficult to find the street in the 1939 Register.

Roads are also named after people. Who were Harris Close in Raunds, Jennings Close in Higham Ferrers and William Trigg Close in Irthlingborough all named after? Maybe one of your own ancestors had a street or house named after them. There is a house called 'Wuddy's Cottage' between Ashdon and Steventon End in Essex, named after Wuddy Smith, one of my ancestors. I didn't realise that it was there until I discovered it on a visit to the area. I was rather pleased to find that!

Get those maps out and see what you can find!

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WILDLIFE NEWS

WORDS BY ROY BURRELL

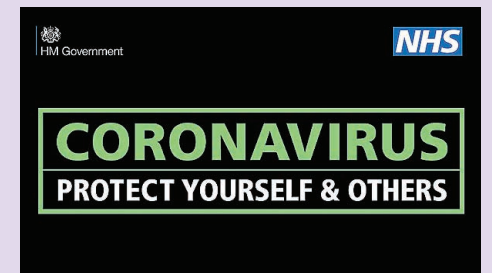
By the time this is printed hopefully more of the restrictions imposed against the Covid-19 virus will have gone and life will be returning to "normal" (whatever that is!). But it is unlikely that there will be no changes at all; even if nature does its usual best to cover scars in the environment, we humans are, as always, likely to take steps which are not to the general good of wildlife.

We now know, for example, that there are enough people quite prepared to disregard any advice aimed at controlling danger if it upsets their own plans. We were faced with a danger not clearly understood even by experts in the field; unfortunately it was literally lethal, able to kill not just the weak animals or plants but also otherwise fit and healthy communities.

It did not bite or itch or change colour so we could not be sure how to find and control it. It spread quickly, and many of us did not understand

that danger; how could this virus be different from others like the flu virus we meet every year? But viruses do not spread in the same way as plants, with a clear life-cycle from seed through to fruit; viruses need conditions which occur much less often, and this time were so completely new that the conditions were almost too rare (apologies to the experienced virologists who now will be saying that this was far too simplified!).

This outbreak shows shockingly that in the natural world larger does not necessarily mean more dangerous. We have lived with viruses throughout history (farmers, for example, will remember the damaging effects of the foot-and-mouth episode) and have learnt to deal with them, from the largest down. Now we face the tragic deaths of probably millions of people starting from something which could fit millions onto a pinhead. Strange examples, perhaps, but a reminder that even the smallest item can be deadly; dismissing it as too tiny, ignoring any advice, could in the worst case put earthly life in danger (instead of looking for signs of life millions of miles away – like, say, Mars?).



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DAIRY COMPANY OPENS NEW DEPOT IN NORTHAMPTON

McQueens Dairies Ltd, the fast growing dairy company, has opened a new distribution depot in the town and created 16 new jobs as demand for doorstep milk deliveries grows.

The family business, which specialises in doorstep milk deliveries, was founded in 1995 by company chairman Mick McQueen and his wife Meg and now operates 13 distribution depots in the north of England and Scotland and employs 700 members of staff including the couple's five children, who hold senior positions within the business.

The company has also opened new depots in Carlisle and Sheffield in 2021 as it expands across England and Scotland.

The new depot in St James Mill Business Park will serve customers living in Northampton, Milton Keynes, Bedford, Wellingborough and Rugby and will initially employ 16 staff with that number expected to increase

significantly during 2021.

David Rodger, Depot Manager at McQueens Dairies said: "Our new distribution centre is ideally located to deliver fresh milk direct to customers' doorsteps in Northampton and nearby towns including Rugby, Wellingborough, Bedford, and south to Milton Keynes. We have already employed 16 new staff and expect that to increase significantly before the end of the year."

McQueens Dairies Ltd has distribution depots in Sheffield, Mansfield, Bradford, Warrington, Preston, Stockton on Tees, Carlisle, Glasgow, Edinburgh, East Kilbride, Kirkcaldy and Galashiels.

The company, which also delivers orange and apple

juices, fresh eggs and alternative milk products including oat milk delivered in glass bottles, recently launched a new website – www.mcqueensdairies.co.uk – designed to give customers direct control of their orders and to allow them to make changes in advance, and to pay directly.

Ruairidh McQueen, director of McQueens Dairies added: "Over the last 25 years customers have made our business the success it is and we're delighted to have opened our latest depot and are looking forward to delivering fresh milk direct to doorsteps in Northampton and neighbouring towns."

For more information on McQueens Dairies visit www.mcqueensdairies.co.uk

NEW PRESIDENT FOR NORTHAMPTON MALE VOICE CHOIR

Northampton Male Voice Choir (NMVC) is delighted to announce that David Laing, recently retired Lord Lieutenant of the County, has agreed to become its President.

David and his family, who moved to Northamptonshire in 2002, have a deep interest in music and are keen supporters of the Youth Orchestra that performs with Northamptonshire Music and Performing Arts Trust at the Royal and Derngate.

The award winning male voice choir is a Registered Charity and combines making music with raising money for great causes and this is an interest that is shared by its new President. David has served as a Trustee, Chairman or President of many charities, both national and more locally,

including the Northamptonshire Community Foundation, the Northamptonshire Association of Youth Clubs and Adrenaline Alley, the biggest urban sports park in the UK.

Choir Chairman, John Waller, said: "David is very enthusiastic and full of ideas. I am sure that he will make a real impact. I believe his appointment is a really positive step forward for the choir."

<https://www.nmvc.co.uk>
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MAY

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Mon 3 Sheringham
Wed 5 Bury St Edmunds Market day
Sat 8 Hunstanton
Mon 10 Derbyshire & The Peak District
Tue 11 Mystery Tour—Full day
Thu 13 Constable Country
Fri 14 Stamford Market & Grantham
Sat 15 Clacton
Tue 18 Springfields or Spalding
Wed 19 Wye Valley River Cruise with Lunch
Thu 20 Downton Abbey Country & river cruise
Sat 21 Savill Gardens
Sat 22 Biggin Hill Museum & Heritage Hanger
Sun 23 Camden Market
Mon 24 Kentish Lady River Cruise & Lunch
Sun 30 Brighton
Mon 31 Bakewell Bank Holiday Market
Mon 31 London Museums or Free Time
Mon 31 Tower of London

JUNE

Tue 1 Melton Mowbray
Tue 1 Trentham Estate & The Monkey Forest
Wed 2 Family Seaside Mystery
Thu 3 Cotswold Farm Park - Adam Hensons
Thu 4 Fakenham & Sheringham
Fri 4 Concorde at Aerospace Bristol
Sat 5 Skegness
Sun 6 Bekonscot Model Village & Railway
Wed 9 Haworth & Keighley Worth Valley Railway
Fri 11 Horse Sanctuary & Norwich
Sat 12 Hunstanton
Sun 13 Oxford or Oxford Castle
Thu 17 Nottingham Cruise & Lunch
Sat 19 Arundel Castle
Sat 19 Cromer
Sun 20 Great Yarmouth
Tue 22 Salisbury Market Day
Fri 25 National Arboretum & Lichfield
Fri 25 National Arboretum
Sat 26 Hyde Hall Gardens
Sun 27 Swanage
Tue 29 Windsor Luxury Afternoon Tea

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TAURUS
Holidays

WEAVING HISTORY WITH MYSTERY IN THE SCOTTISH BORDERS

Departs 7th June, 5 days, £529 per person
New Lanark is an exceptional example of a purpose-built 18th century mill village, set in a picturesque Scottish landscape near the Falls of Clyde, where in the early years of the 19th century, the Utopian idealist Robert Owen (1771-1858) inspired a model industrial community based on textile production and where he formulated his Utopian vision of a society without crime, poverty, and misery. Includes guided tour of Drumlanrig Castle & Country Estate, and many more attractions.

BOURNEMOUTH AND BEYOND

Departs: 14th June 2021
5 Days, £419 per person
Known as the 'coast with the most', there are acres of space to enjoy outdoor pursuits or mess about on the water. Walk, run or cycle on sandy beaches, through Victorian gardens or along our majestic cliffs. Panoramic sea views and picture-perfect sunsets. Bournemouth is a prosperous town with a wealth of accommodation facilities, visitor attractions, bars and restaurants. Holiday includes entertainment and Dorset river cruise.

HISTORIC KENT

Departs: 20th June 2021,
5 Days, £465 per person
Chatham located within the Medway was developed around Chatham Dockyard and several Army barracks, together with 19th-century forts which provided a defensive shield for the dockyard. It was established as a Royal Dockyard by Queen Elizabeth I in 1568. Hundreds of vessels were launched there, including HMS Victory. After World War I many submarines were also built in Chatham Dockyard. Holiday includes Entrance to Chatham Docks, Hever Castle and the Kent & East Sussex Railway.

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Spotlight on > HEALTH AND FITNESS

STRESS BUSTERS

Steady your sugar levels

"Maintaining steady blood sugar levels is key to stabilising mood. Ensure you have a small meal every 2-3 hours that contains protein (eat breakfast, lunch and dinner plus a snack mid-morning and one mid-afternoon). For example, a hard-boiled egg, 10-12 almonds, a small can of tuna and brown rice. This will stop those roller-coaster highs and cravings for sweet foods. Because your blood sugar isn't allowed to drop, your body will no longer have to ask you for a quick fix. As the blood sugar steadies, so will the mood swings – reduced adrenaline levels will automatically make you feel happier



and calmer inside," says Dr Marilyn Glenville, the UK's leading nutritionist, and author of The Nutritional Health Handbook for Women (www.marilynglenville.com).

"B" happy

Certain nutrients can be very helpful in reducing stress levels, such as B vitamins, especially B5 for stress relief and energy, magnesium (nature's tranquiliser) for relaxation and sleep, chromium for blood sugar balance, L-theanine for reducing anxiety and finally Siberian Ginseng, which acts as a tonic to the adrenal glands.

Sleep your way to feeling less stressed

A good night's sleep is crucial in feeling less stressed and feeling ready to tackle your daily tasks. Stress, sleep and anxiety are all related. If we don't get enough sleep, we can find it harder to adapt to challenging situations, and when we can't cope as efficiently with stress, it can be harder to have a good night's rest.

Magnesium is known as 'nature's tranquiliser' and is needed to relax our muscles and nerves, which helps us to fall into a peaceful sleep. To ensure you're getting enough magnesium try and include plenty of magnesium-rich foods



in your diet such as, pumpkin and sunflower seeds, fish and leafy green vegetables.

Still stressing? Write a to-do list

If you feel the symptoms of stress coming on, learn to get your priorities right. There is nothing in your life right now more important than your health. Learn to say no if you feel that you have taken on too much. Being assertive is invigorating and empowering. It also helps to make lists of what is, or is not a priority, and to tackle the priority tasks first. This will help give you a sense of control over your life.



Runners' High

After putting yourself through your paces and working up a sweat do you get a sense of euphoria? This is down to your endorphins. A workout places stress on your body, which activates your sympathetic nervous system by increasing levels of certain hormones such as epinephrine, norepinephrine and cortisol. These hormones increase heart rate and blood pressure, stimulate energy breakdown and inhibit immune function. To protect our body, our brain releases endorphins to fight that stress, giving us that good feeling.

Your Health - Sing your pain away!

Sounds flippant, doesn't it? Or if your singing is anything like mine it sounds blooming awful! But it works. Research last year showed that people who liked singing had a significant drop in cortisol levels after doing so.

What does that mean?

Well, cortisol is often called the stress hormone. It is released when you are under pressure and it can make your brain think your pain has got worse.

The singing research shows that if you like singing you are likely to feel less pain after singing. Currently there is no research into whether you'll feel better if you don't like singing, but let's face it, when you're in pain you'll try anything.

More importantly the research would suggest that if you are doing something you like there is a real possibility you can decrease your cortisol levels, which can then decrease your pain.



So, what do you like doing? Are you making time for your hobbies? If singing is your thing are you able to sing on your way to work? Or in the shower? Or while you make dinner?

Of course singing isn't actually going to fix an injury or cure the common cold. But if you're in pain from an injury, or worse, if you suffer from chronic pain, then this is still great news. Singing is free, needs no equipment and providing you don't have a sore throat it cannot cause any damage.

So, if you're in pain start singing if you love singing.

Dance, if you want to. Try to make sure that you're doing something that makes you feel happy to reduce your cortisol levels.

And before you ask, no, I couldn't find any research into lawnmower use and cortisol. My own experience would suggest that mowing the lawn raises stress levels and cortisol levels. So it increases pain.

Top Tip: Remember that singing uses muscles. Do a gentle bit of la la before you belt out your favourite pop song.

Have a tuneless, pain free week!

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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:

> EASTON-ON-THE-HILL

NE/21/00509/FUL (25 May 2021) (CA)
Proposed demolition of existing single storey rear extension, erection of part two storey and single storey rear extension with large dormer window and addition of two dormer windows on north elevation. 6 The Lane Easton On The Hill. Applicant: Mr Richard Large.

NE/21/00588/VAR (25 May 2021) (CA)
Variation of condition 5 pursuant to application 20/01159/FUL: Alterations to and conversion of existing stone barn into a residential annexe; re-roofing of a 'folly'. Condition 5 – To dismantle and re-roof eastern side with salvaged Collywestons and to re-roof the west side with a blue/black slate. 26 High Street Easton On The Hill. Applicant: Mrs Beulah Killick.

> POLEBROOK

NE/21/00455/FUL (25 May 2021) (CA) Single storey side extension; two storey rear extension and alterations to fenestration and replacement windows. Dukes Head Garden Kings Arms Lane, Polebrook. Applicant: David Rooney.

> OUNDLE

NE/21/00581/FUL (25 May 2021) (CA) Single storey front and rear extensions, internal and external alterations. 4 Stoke Doyle Road Oundle. Applicant: Brook.

> COLLYWESTON

NE/21/00584/LBC (25 May 2021) (LB)
Removing part of an internal wall. 108 Main Road Collyweston. Applicant: Mr Christian Wards.

NE/21/00516/LBC (25 May 2021) (LB)
Demolition of existing conservatory and erection of single storey rear extension; installation of front fence and gates; replacement windows. 27 High Street Collyweston. Applicant: Mr And Mrs Musgrove.

NE/21/00515/FUL (25 May 2021) (CONSIT)
Demolition of existing conservatory and erection of single storey rear extension; Installation of front fence and gates; Replacement windows; Erection

of cart barn. 27 High Street Collyweston. Applicant: Mr And Mrs Musgrove.

> RUSHDEN

NE/21/00518/OUT (25 May 2021) (LOCSIT)
Outline: For up to 39 Residential Dwellings (All Matters Reserved except Access) Land between old railway line and John Clark Way Rushden. Applicant: Connolly Homes Ltd - Mr Mick Callanan.

> WADENHOE

NE/21/00541/VAR (25 May 2021) (CONSIT)
Variation of condition to allow additional window to first floor bedroom facing Mill Lane and fully glazed wall to rear of Kitchen, facing Mill Lane in lieu of timber boarding, pursuant to 20/00407/FUL: Two and single storey rear extensions, single storey side extension to existing dwelling; replacement two storey garage with studio over. 2 Mill Lane Wadenhoe. Applicant: Mr Colin Wardiell.

> THURNING

NE/21/00543/FUL NE/21/00544/LBC (25 May 2021) (CA)(LB) Change of Use of Barn to Residential together with associated alterations and repairs, including access, demolition of Garden Store and erection of detached Garage/Car Port. Former Tythe Barn Restaurant Winwick Road Thurning. Applicant: Mr And Mrs Paul Neal.

> TWYWELL

NE/21/00545/FUL (25 May 2021) (CA)
Erection of a 4 bay oak frame garage. Disused Barns on the western side of High Street Twywell. Applicant: Mr S Leahy.

> LOWICK AND SLIPTON

NE/21/00604/FUL (25 May 2021) (ART15)
Concrete the farmyard. Vanish Point Farm Slipton Lane Slipton. Applicant: Mr Willis

> BRIGSTOCK

NE/21/00365/FUL (25 May 2021) (CONSIT)
Demolition of existing conservatory and barn; erection of single storey side and rear extension; replacement picket fence to match existing height; resurfacing of driveway. 2 Grafton Road Brigstock. Applicant: Mr And Mrs Fitton.

> HARRINGWORTH

NE/21/00606/FUL (25 May 2021) (CA)
Proposed single storey extension to rear of property. Long Barn Wakerley Road Harringworth. Applicant: Mr Gerald Dolman.

> WOODFORD

NE/21/00479/FUL (25 May 2021) (CA) Add a drop kerb and change the driveway material to tarmac. 3 Thrapston Road Woodford. Applicant: Mr Darren Incles.

> WOODNEWTON

NE/21/00587/FUL (25 May 2021) (CA) Replacement of existing windows and doors to the conservatory located on east elevation, together with proposed enlargement of window opening to right hand side of conservatory doors. 59 Main Street Woodnewton. Applicant: Mrs Jane Martin.

> HIGHAM FERRERS

NE/21/00559/FUL (25 May 2021) (LOCSIT)
Conversion of former band club to form 9 dwellings with external alterations to provide new windows, doors and 10 off street parking spaces. (Revised resubmission of 20/00090/FUL) 7 Wharf Road Higham Ferrers. Applicant: Lancaster Homes – Mr D Smith.

> IRLTHINGBOROUGH

NE/21/00576/VAR (25 May 2021) (LOCSIT)
Variation of condition 26 to allow for revised site layout and a materials alteration to retaining wall to the rear of plots 1 to 8 pursuant to 19/01425/FUL: Erection of 84 dwellings with associated vehicular access, parking, landscaping and open space (revised scheme) (resubmission of application reference 18/02395/FUL). Rear of Green Close Wellingborough Road Irlthlingborough. Applicant: ENGIE Regeneration Limited.
NE/21/00343/FUL (25 May 2021) (LOCSIT)
Removal of existing telecommunications mast and installation of new 20 metre mast including transfer of existing apparatus to new mast and installation of 3 no. additional antennas and associated apparatus and ancillary works. Telecommunications Mast Windmill Road.

Irlthlingborough. Applicant: Cellnex And EE Ltd and Hutchison 3G UK Ltd.

> THRAPSTON

NE/21/00499/REM (25 May 2021) (CA) (ART15) Reserved matters for consideration and approval of the appearance and landscaping, minor change to internal car parking layout in order to address land ownership issues, pursuant to Outline Planning Permission 19/01392/OUT: Erection of a 67 Bedroom care home (C2) with associated internal facilities, external car parking and amenity areas (only appearance and landscaping reserved for later approval). Land off Huntingdon And Market Road Thrapston. Applicant: Country Court Care – Mr David Hicks.

> LUTTON

NE/21/00552/VAR (25 May 2021) (CA)
Variation of condition 2 to allow for revised house and garage design pursuant to application number 19/00478/FUL: Erection of detached dwelling (Resubmission of 18/02356/FUL). Condition Number 2 - Approved plans. The Old Post Office Main Street Lutton. Applicant: Mr Andrew Pick.

> TITCHMARSH

NE/21/00564/FUL (14 May 2021) (CA)
First floor extension. 16 Islington Titchmarsh. Applicant: Ms S Miles.

> YARWELL

NE/21/00535/FUL (25 May 2021) (CA)
Demolition of existing two storey dwelling and detached garage and erection of new dwelling part single, part two storey dwelling with integral garage. 40 Main Street Yarwell. Applicant: Mr & Mrs D Currie.

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.enc@northnorthyants.gov.uk, or by letter to: Planning Services, Thrapston 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.

Rob Harbour – Assistant Director Growth and Regeneration, Dated 1 May 2021

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360 Play Young Minds campaign

A new initiative by 360 Play centres aims to support children and families across our communities who have been isolated throughout the pandemic, those who have lost jobs, those who have been sick or those who have struggled to cope and need a helping hand back to normality.

Passionate dad, owner and founder Duncan Phillips has pledged over £60,000 worth of tickets for children and families who have struggled through lockdown, for 360 Play centres across the country.

"As a father of two boys through lockdown and passionate about giving children the best start in life, the pandemic has had a significant impact on the younger members of our

society," he said.

"Unfortunately we may only see the impacts when the world does start to return to normal but the warning signs are very clear to see."

360 Play have closely followed the child health experts throughout the pandemic and considered where they could have an impact to help children. They have also watched their own families struggle through

lockdown and missing their peers.

In this campaign 360 Play are reaching out to local communities to help find out who really needs a day of carefree family fun.

It's more important now than ever that we look after our youngest generation and their developing minds. If you know someone in your community who would benefit from this, you can nominate them by contacting 360 Play.

For the first 30 days of 360 Play reopening, in stage 3 of the roadmap, they will be gifting over 50 tickets daily to the most deserving families in our communities. Friends, families, local charities or CAHMs teams can nominate families who they consider would benefit from a play date together.

Our children have struggled with isolation throughout the



pandemic, all their usual social interaction with family and friends that shapes who they are has gone.

Parents have been working from home whilst home schooling and providing childcare. Babies have been born who have never met or had interaction with other babies or adults.

Research shows that the

formative years are intrinsically important to a child's development and that the role of play is vital for both psychological and physical growth.

For the majority of school aged children, all of their home schooling activities and hobbies have been through screens on their televisions, iPads and computers. Screens have been used (understandably so) as

virtual babysitters for younger children so parents can continue to work and we all feel the frustration of daily Zoom calls!

The 360 Play Young Minds campaign has been created by Duncan with the support of his management teams across the 360 Play centres and the backing of local MPs, children's mental health charities, local businesses and more.

To find out more or nominate a family you feel would benefit from this campaign visit the website 360play.co.uk/news-blog/ For further information or if you have any questions please contact Anne Basketfield – e:anne@dpleisure.co.uk t: 07733381022, or Duncan Phillips – e:duncan@dpassociates.uk.com.

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CHURCH BELLS TOLLED

Local people may have heard their church's bells ringing slowly at various times between the 9th and 17th of April. They were being tolled to mark the passing of HRH Prince Phillip, the Duke of Edinburgh.

Churches across the country were involved, those in the East Northants area included: Rushden, Irthlingborough, Higham Ferrers, Oundle, Thrapston, Raunds, Great Addington, Hargrave, Ringstead, Stanwick, Woodford, Irchester, Finedon, Islip, Cotterstock and Warmington.

Some were able to toll on the day the news was announced, others on the following day. Some were able to toll again prior to the funeral itself. Tolling is the ringing of a single bell slowly, and some bells were tolled half muffled. This is when a leather pad is secured to the clapper, so that when the bell sounds it is alternately at normal volume and muffled. This makes for a particularly mournful sound. It is important to make sure that muffles don't slip, which would ruin the effect.

In normal times, bellringers would expect to ring all their bells half muffled as well as toll them solemnly. Unfortunately Covid restrictions have placed limitations on these traditions. Bell towers are usually fairly small spaces with not much in the way of ventilation. It's not always possible to maintain social distancing while ringing, so for safety's sake ringing has been largely suspended.

The Peterborough Diocesan Guild of Church Bellringers hopes to be able to start ringing bells again once restrictions mean that small groups can gather indoors, but it may be some time yet before the bells in your town or village sound out fully again.



Bell clapper with leather muffle

IMAGE TAKEN BY BRETT MASTERS, USED WITH PERMISSION.

For more information on bellringing in your local area, please visit www.pdg.org.uk.

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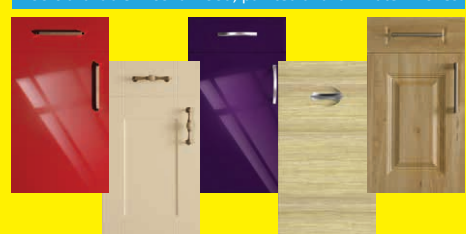
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OBITUARIES

POTTER, PHILLIP
 Clerk of Works for Oundle School, 1998 - 2015
 Passed away 10th April 2021. A private funeral service will be taking place due to current restrictions. Donations in lieu of flowers to the Lincolnshire Aviation Heritage Centre and The Royal British Legion may be sent c/o W. Bryder & Sons, The Gables, Tillington, GU28 9AB.

PUBLIC NOTICES

Notice is hereby given that Lowick Vineyard has applied to North Northamptonshire Council for the grant of a Premises Licence in respect of Lowick Vineyard, 27 Main Street, Lowick, Northamptonshire, NN14 3BH, and intends to undertake the following licensable activities: sale of alcohol.

The Licensing register may be inspected at the Licensing Authority, at North Northamptonshire Council, Thrapston Offices, Cedar Drive, Thrapston NN14 4LZ during normal office hours. Any representation by a Responsible Authority or Interested Party must be made in writing to the Central Licensing Administration Unit, above address by 13 May 2021.

It is an offence knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is not exceeding £5,000.

Ethan Zone,
 Director of Lowick Vineyard

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Pick up on these podcasts

Northants Now is a series of podcasts from Northamptonshire County Council and Public Health Northamptonshire.

Each episode offers advice and support on a range of public health and wellbeing issues for Northamptonshire residents.

Episodes are now available to stream on Spotify and Apple with subjects including:

- Life in Lockdown discussing the recent lockdown examining what special guests and their organisations have been doing and why. Joining Gareth Evans in the episode are representatives from Northants Police, Northants

- Social Services and Public Health Northamptonshire.
- The Business Support podcast. This podcast discusses the lockdown, examining important measures that Local Authorities implemented to safeguard livelihoods

across the county.

Other subjects include Lateral Flow Device testing, the Rose of Northamptonshire Awards and most recently, Getting Back on Track. In this episode Northants hospitality business owners are interviewed about their experiences over the last 12 months and how the roadmap and 'new normal' has allowed them to reopen.



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Ingredients

1 broccoli head
150g penne, uncooked

1 tsp dried chilli flakes
4 tbsp basil pesto
½ lemon, zest only
100ml white wine
Parmesan to finish

Method

- Cook the penne in

seasoned water until al dente.

- Cut the broccoli in small bite-size pieces.
- Add a generous splash of olive oil to a separate pan and add the broccoli with chilli & salt to season.

- Cook the broccoli stirring until it begins to colour and soften.
- Add the white wine and cook until the liquid has reduced by half and turn the heat off.
- Add the cooked pasta, pesto and lemon zest to finish and serve by topping with grated Parmesan.



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