

Nene Valley news

YOUR LOCAL INDEPENDENT COMMUNITY NEWSPAPER FOR EAST NORTHAMPTONSHIRE

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NEWS IN BRIEF

KETTERING TOWN CENTRE IMPROVEMENTS UNDER WAY

Street scene improvements have begun in Kettering as part of a project to revitalise and improve the look and feel of the town centre.

Balfour Beatty started work, on behalf of North Northamptonshire Council (NNC), on Monday 17th January and work is due to be completed by Summer 2022.

Cllr David Brackenbury, NNC's Executive Member for Growth & Regeneration, said: "It is great that the works along the High Street, Meadow Road, Lower Street and Gold Street are able to start. The improvements will make such a difference to Kettering town centre and unlock more of the town's potential, which is even more important, after such a difficult couple of years for our high streets."

The works are part of the Kettering High Street Heritage Action Zone (HSHAZ) project, a £4 million partnership between North Northamptonshire Council and Historic England.

There is likely to be some disruption for pedestrians during the works. Updates and news will be available on the This is Kettering website and social media.

Head of Northamptonshire's Covid-19 vaccination programme warns of dangers of being unvaccinated

The Director of Northamptonshire's Covid-19 Vaccination Programme, Chris Pallot, is urging people to get vaccinated across the county as case rates continue to rise.

More than 1.46 million Covid-19 vaccines have been administered in Northamptonshire since the start of the programme in December 2020, including over 385,000 boosters, but more people are being called to come forward as the impact of Omicron continues to spread and drive up Covid-19 hospital admissions.

Hospitals across the East Midlands are reporting a steep increase in admissions because of Covid-19, and although numbers in intensive care units (ICU) currently remain stable, around 70 percent of those patients in the region's ICUs with Covid-19 are unvaccinated.

Evidence shows that people

who are not vaccinated are also up to eight times more likely to be hospitalised than those fully vaccinated.

Chris Pallot said vaccination and booster jabs are by far the best way of preventing serious illness from Covid-19: "UK Health Security Agency data shows that two doses of a Covid vaccine are not enough to stop people becoming unwell from Omicron, but a booster prevents around 75% of people getting any Covid-19 symptoms.

"Let me make this clear, Omicron is not mild for everybody. Those who have no immunity to Covid are at risk of becoming very ill indeed. Please do not take a risk when it comes to your health or the health of

your loved ones.

"If you haven't had your first dose, second dose or booster yet then it really is time to come forward. We have a huge number of appointment slots available across Northamptonshire which you can book via www.nhs.uk/covidvaccine, as well as a number of walk-in sites where no booking is necessary."

Sites are open for boosters for anyone aged 18 years and above who had their second dose at least three months ago. First and second doses for anyone aged 12 or over and third primary doses (if eligible) are also available.

These sites are in addition to dozens more vaccination sites open across the county for appointments, drop-ins,



or both – including in Corby, Thrapston, Northampton, Rushden, Towcester, Kettering and Wellingborough.

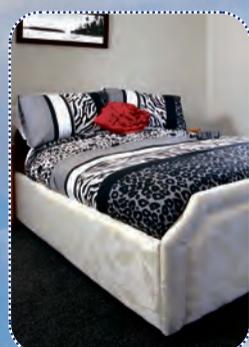
Appointments can be booked online at www.nhs.uk/covidvaccination or by calling 119.

A full list of drop-in sessions available around the county without an appointment can be found online at www.northamptonshire.gov.uk/covidvaccine. As well as offering the booster jab to everyone who

is entitled to one, most drop-in clinics offer first, second and third primary doses to those eligible. Please check eligibility criteria before attending a drop-in session.

Mr Pallot added: "Vaccinations are critical to protecting ourselves, not just from Covid-19 but from the Omicron variant. If you haven't had your vaccine or booster yet, please do not delay getting yourself protected any longer. Delaying could potentially be very dangerous."

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WILDLIFE NEWS

WORDS BY
ROY BURRELL

At last we can look out of the window in the morning and see signs of nature starting to wake up. Emerging from dormancy is like our own eyes adapting after (hopefully) several hours of blissful slumber.

In one way the natural world divides into either daytime or night, while we adapt to whatever light we find ourselves in; and plants and animals both depend on the strength of the available light level. The situation is not quite as clear-cut with fungi, relying on other influences such as temperature.

Perhaps some of you take part in the RSPB's annual Big Garden Birdwatch as January draws to its close. By then other signs are starting to appear – and perhaps the one most likely is colour.

For many plants the winter season has been a time of dormancy, with visible changes making it easier to keep a check on how different plants are slowly pushing their way into convenient gaps – sometimes to give them support and at others giving themselves 'elbow room' to have

space to develop. That can be critical, as basic food production uses minerals (not always the best word here), effectively building blocks, carried round the plant when absorbed through the often-forgotten roots.

For us humans the slow but powerful buds swelling in size or pushing up from the soil that has sheltered them through the winter can be our 'spring clock' to show us how healthy the (hidden) parts are. It is even more helpful when the plant give us some more help, as in early spring flowers, but it gives amateur botanists an identification feature.

Make sure you are looking at the right spot; some plants simply show the pale yellowy-green of new vegetation (the plant has not yet gained the strength of light needed to produce the green chlorophyll), while others show a wide range of colours which stand out in the garden.

So there are plenty of changes in the plant kingdom in the next month or so. This is not a dead time, but we must take the time and trouble to find those signs.

GENEALOGY JOTTINGS

WORDS BY
JAN PEARSON

Another way of finding out about how your ancestors lived is to visit (where possible) the museums in the area. Many have displays of what life was like back in years gone by and, you never know, you might even see something that relates to your own family! That's what happened to me when I visited a museum in the village where one set of my ancestors lived.

On one of the walls was a photograph of my great uncle's wedding, which took place in 1898. It was prominently displayed as it was the first wedding to have taken place in the local Baptist Chapel. A bonus was that also in the photograph was my grandmother, aged 3! The curator very kindly gave me a copy.

The Oundle Museum is also a treasure store and has a permanent exhibition of how the town and surrounding area has changed over time. There are also models of the Market Place and Railway Station and items from the Smiths Brewery, which was a major employer in the town. Do you have

any ancestors who worked there? This year, there was a display with the theme of Trades and Traders. All being well, when the Museum opens again (hopefully in March) there will be other exhibitions to peruse that will give you an insight into the lives of your forefathers.

Many of the museums also have books for sale that can provide you with an insight into life in that area. It was in one museum that I picked up a book about the North Essex Agricultural Labourers' Strike of 1914, only to discover my great grandfather's activities mentioned within the pages; something that I might not otherwise have discovered. Check out the online bookshops – you might find something without having to travel that can put meat on those bones that you have dug up!

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

COURT CASE: ADDITIONAL PRESS STATEMENT

The Leader of North Northamptonshire Council, Councillor Jason Smithers issued a statement last week that said:

"East Northamptonshire Council's decision to prosecute Dr Monks in relation to the Snooty Fox was an abuse of process and should never have occurred. It is accepted that East Northamptonshire Council's actions caused serious personal injury, loss, and damage to him over a period of more than 20 years, and I sincerely apologise for those actions. I hope that Dr Monks is able to have his reputation restored and that the substantial damages which the Council has agreed to pay to him go some way towards assisting him to move forward with his life."

Further to this statement, and in response to media reports and queries the Council has received on this issue, Councillor Jason Smithers has made the following additional statement:

"I would like to clarify that the prosecution of the claimant and its impact on him is reflected in the settlement which was reached and followed advice from highly experienced, external legal counsel. The Council has used the democratic process to consider this difficult situation, holding two extraordinary Council meetings where the matter was debated and discussed by elected members, supported by external legal advice leading to the Council's decision.

"In settling the Claim, the Council has agreed to make, in open court, an apology to Dr Monks in which it will recognise that, in its view, prosecuting Dr Monks in relation to the Snooty Fox Public House was an abuse of the process of the court and should never have occurred and

that this caused serious personal injury, loss and damage to Dr Monks. However, that does not mean that the Council admits each and every allegation made by Dr Monks. In particular, it does not mean that the Council admits any of the allegations, made in the Claim and elsewhere, of personal impropriety or personal animus against the former Chief Executive of East Northants Council, Mr Roger Heath. The Council has seen no evidence which would substantiate those allegations.

"The Council has made every effort to balance the need to protect public money, whilst at the same time, ensure that it does the right thing and compensates someone who has suffered serious personal injury, loss and damage over a significant period of time.

"The cost of the £4million settlement reached will be met from earmarked reserves from the legacy East Northamptonshire Council. The cost does not form part of the Council Tax requirement, and it will not be a further charge to residents.

"I feel that it is important to point out that North Northamptonshire Council has implemented processes to prevent a similar incident being repeated. The Council will however keep an open mind as to the lessons that it can learn.

"Regarding any historic abuse of process, I have made it clear that the Council will cooperate fully with the Police should they determine that any criminal offence may have been committed in the past in relation to this matter. At this stage I have no further comments to add to this statement but I hope this helps explain the Council's position."



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COUNCIL CONGRATULATES ELEVEN INSPIRATIONAL LOCALS RECOGNISED IN QUEEN'S NEW YEAR'S HONOURS LIST

North Northamptonshire Council applauds the dedication of those recognised and hopes achievements will guide future generations.

Both the Chair of the Council, Cllr Paul Bell and the Leader of the Council, Cllr Jason Smithers, have offered their congratulations to those from North Northamptonshire who were recognised in the Queen's New Year's Honours.

From Olympians and Paralympians to public sector workers, as well as volunteers and those making a difference in their communities, 11 individuals received honours:

- Aaron Shrive BEM - Desborough - supplied the

NHS with PPE. For services to the Covid-19 response

- Alison Duckles CBE - Wellingborough - Head, Learning and Development, Laing O'Rourke. For services to education
- Professor Ben Hodgkinson BEM - Geddington - Created CPAP device. For services to the NHS during Covid-19
- Charlotte Worthington MBE - Corby - Olympic gold medal winner. For services to BMX racing
- Dylan Fletcher-Scott MBE - formerly of Desborough - Olympic gold medal winner. For services to sailing
- Julie West BEM - Rushden - Poppy Appeal volunteer,

Rushden Branch Royal British Legion. For voluntary service to veterans

- Kevin Moseley MBE - Wollaston - Founder and Chief Executive Officer, SwimFin Ltd. For services to international trade, to investment and to charity
- Maisie Summers-Newton MBE - Wollaston - Paralympic gold medal winner. For services to swimming
- Timothy Aldous BEM - Kettering - Works Supervisor, Forestry England. For services to forestry
- Vincent James BEM - Irchester - Employee, Network Rail. For services to prisoners
- Yvonne Baker OBE - Rushden

- Chief Executive, STEM Learning. For services to STEM education

Cllr Paul Bell, Chair of the Council said: "On behalf of the whole of North Northamptonshire, I wish to pass our congratulations on and hope that their achievements act as an inspiration for future generations."

Cllr Jason Smithers, Leader of NNC, said: "Every one of the individuals on this year's list deserves their award and I am so pleased that there are local names recognised."

"Their dedication and determination across a variety of fields of expertise should be commended."



Charlotte Worthington MBE

Appeal to Northamptonshire to **speak up** anonymously about domestic abuse

New four-week #YouAreNotPowerless Crimestoppers campaign highlights that domestic abuse reports into Crimestoppers increased by 169% in Northamptonshire last year.

Crimestoppers has launched a new campaign in Northamptonshire, encouraging people to be aware of the signs of domestic abuse and to speak up about their suspicions 100% anonymously.

In Northamptonshire, during the first national lockdown in 2020, Crimestoppers saw a small increase in domestic abuse reports. However, in the following year, domestic abuse reports the independent charity received increased by 169%.

It is estimated that a

typical victim endures up to 35 assaults before speaking up, and that can be for many different reasons: fear of losing their children; fear of losing their home; fear of not being believed; even thoughts that they are somehow to blame for the abuse. Bystanders – those in the know, whether that's because they've heard or witnessed abusive behaviour, or because the victim has confided in them – can speak up straight away to help stop the abuse and get the victims the support they so desperately need.

Northamptonshire Police, Fire and Crime Commissioner Stephen Mold is supporting the Crimestoppers countywide campaign, in the hope that this will encourage residents of Northamptonshire to speak out about domestic abuse. This campaign will see social media highlighting the signs to spot, as well as artwork being shared on pharmacy bags across the county and by key organisations, which will detail how to seek help and support for either those who need it, or those who need to report it.

Stephen Mold, said: "Tackling domestic abuse is a key priority for me, which is why I am completely supportive of the work being carried out by Crimestoppers. I am committed to working with partners to ensure that victims and witnesses of domestic abuse have the confidence to speak out and know where to get the support they need. I am also focused on reducing the instances of domestic abuse through prevention and rehabilitative programmes, as well as bringing the perpetrators to justice."

Not all abuse is physical.

If you suspect domestic abuse but don't want to reveal your identity, tell us what you know.

crimestoppers-uk.org

voice
victims & witnesses

NDAS

Crimestoppers.
0800 555 111
100% anonymous. Always.

#Youarenotpowerless

This campaign will also highlight the service VOICE and the Northamptonshire Domestic Abuse Service (NDAS). NDAS is the main organisation in Northamptonshire that can help anyone who may be experiencing domestic abuse. NDAS can be contacted on 0300 012 0154.

To report domestic abuse 100% anonymously, visit Crimestoppers-uk.org and fill in a simple and secure anonymous online form or call the 24/7 UK Contact Centre on freephone 0800 555 111. In an emergency always call 999.

If you are a victim of domestic abuse, call the Northamptonshire Domestic Abuse Service on 0300 012 0154 or visit their website <https://ndas.co/>

If you are a victim of crime and wish to seek support, contact VOICE on 0300 303 1965 or visit their website <https://www.voicenorthants.org/>

Please note: Computer IP addresses are never tracked at Crimestoppers and no one will ever know you contacted them. For telephone calls, there is no caller line display, no 1471 facility and calls have never been traced.

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Making a Will that works for you and your loved ones

Whilst it may not be the most pleasant subject to discuss within your family, making a Will is important. Wilson Browne Solicitors take a look at some myths relating to Wills.

Even if you do not have a Will, you can still specify who you want to inherit your estate once you pass away, as long as you have written it down.

Unfortunately this is a myth.

A Will isn't valid unless it has been witnessed in accordance with Section 9 of the Wills Act 1837. This requires the Will to be in writing and signed by the testator in the presence of two witnesses. The two witnesses must then also sign the Will in the presence of the testator. There is a good chance that a homemade Will or a Will pack can lead to errors such as the Will not being signed properly or dependents being left out. This in turn can lead to the Will becoming invalid or disputes

between those who believed they should have been beneficiaries.

If you are co-habiting with a partner to whom you are not married, and pass away without a Will, your estate will go to your partner. **Unfortunately this is also a myth.**

There is no such thing as a "common law marriage" under the rule of law and accordingly because there is no Will, the Rules of Intestacy apply. This means that a partner would not inherit under your Estate and it may be that people within your family with whom you do not maintain a relationship could inherit instead.

If you would like your estate

to go to your partner when you pass away you need to make a Will.

At present, if you die without a Will and are married, your spouse or civil partner will inherit your assets including property and all the personal possessions, regardless of their value. **This is true to some extent.**

If you die without a Will and are married your spouse or civil partner will inherit all of the assets held in your sole name including property up to a value of £270,000, and all personal possessions, regardless of their value.

Your spouse or civil partner will then inherit half of the remainder of your Estate and



the remaining half will be distributed between any of your children equally. If there are no children then your

spouse or civil partner gets the entire Estate.

If you want to specify that certain amounts of money,

possessions or property be distributed to your children then you must make a Will to express your wishes.

If you would to discuss making a Will Wilson Browne Solicitors are offering 20% off Wills in February. Simply call 0800 088 6004 on Monday 7th February quoting "Purple Monday" to secure your appointment at a reduced rate. Terms and conditions apply visit www.wilsonbrowne.co.uk/purple-monday/

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
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*Appointments must be booked on Monday 7 February 2022 for an appointment within 28 days. Other terms apply – see wilsonbrowne.co.uk/terms or call for details.

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All the help you need

Geoff Norcott: I Blame the Parents

Castle Theatre, Wellingborough, Wednesday 9th March, 7.30pm.

For his brand-new tour, Geoff Norcott (Would I Lie to You?, Live At The Apollo, Mock The Week, Question Time and The Mash Report) will be talking less politics (alright, there will probably be a bit), and instead will mostly explore personal responsibility, parenting and who should take the blame when things go wrong. Hint: it's you!

Whatever happened to the idea of personal responsibility? In the age of victimhood, it seems like whatever is wrong with your life can be blamed on someone else: governments, employers... some bigot from four hundred years ago. Where did it go wrong?



It has to be the parents. For every generation, there's an opportunity for a new set of mums and dads to set their kids straight and make a stand against whatever trendy nonsense is currently doing the rounds. But do we? Or is it easier to give

in to fear and the pursuit of a quiet life? All of which has made Geoff an unusual person, and in this show he casts his unique comedic eye over his most diverse range of subjects yet.

For tickets visit parkwoodtheatres.co.uk

Talking to kids about stress

Stress is something we all have to face at various times in our lives, but it's hard to see loved ones struggling, particularly children, who may not always know where to turn for help. From playground squabbles to exam nerves, through to dealing with the effects of the pandemic, children have a lot to deal with.

Amy Bradshaw is Trust Wellbeing Lead at Nene Education Trust, which comprises eight schools in East Northamptonshire, and has helpful advice for parents, carers and teachers on how to take the pressure off youngsters.

1. Be open to listening to their experiences – try not to minimise their experiences. If it's important to them, it's worth listening to.
2. When they share their source of stress try responding with something like 'That's tricky – what are you going to do about that?' so that they can begin to find their own ways to deal with it.
3. Model your own managing of stress – talking about

what stress feels like for you, where you feel it in your body. Talk about what reduces your stress and helps you regulate yourself. You could draw out your stress signature on a gingerbread man outline. Where in the body do you feel it when you're stressed? What does it feel like? If children struggle to identify what it feels like and where, share with them how it feels for you and ask if it feels the same. Children need to hear the resolution to our worrying and stressing, and it's good for our wellbeing too.

4. Create a wellbeing toolkit with your child – all the things that make you feel good, make you happy, lift

you up. Do it for yourself too. Use the Wheel of Wellbeing from the NET Wellbeing YouTube channel video Looking After Ourselves.

5. With older children trying to manage exam and school stress, encourage them to identify the sources of stress in their life and think about things that help ease that stress. Talk about the things we can change and the things we can't. If we can change it, plan how. If you can't change it, talk about how you might be able to alter your attitude or approach to it (this is great for adults too!). Use the Managing Stress quadrant in the video Managing Stress.
6. The best antidote to stress is... FUN! Do something



to make you laugh and smile. Distract, refocus and reconnect are great tools for in-the-moment stress reduction.

7. Bring mindful moments to your daily routine – pause and breathe when you need

to. Bring all of your attention to the small jobs you do each and every day and notice the sights, sounds, smells, sensations. The NET Wellbeing YouTube Channel contains playlists for primary children, secondary children and parents. Follow the link to find the videos mentioned in the article and many more to support the whole family. Visit https://www.youtube.com/channel/UCe1zIjeFKrVb82XwHK_HbQ

Find out more about Nene Education Trust at www.neneeducationtrust.org.uk

Your Health – The Irony of Ice

It's that time of year, isn't it? Everyone is talking about New Year's resolutions, getting fit and transforming into a superhero, and you've slipped on ice and broken your wrist. Or you tripped over a kerb and landed on your bum, jarring the whole of your back and neck...

**WORDS BY
CLAIRE SHORT**

You're in pain, you can't do any exercise, and it's cold, so you don't want to go outside.

"Bring on the comfort food and chocolate!" I hear you cry.

It's so easy, isn't it, to tumble into that black hole of feeling rubbish. But if you're injured, one of the worst things you can do is to stop looking after yourself.

Here are our four tips for looking after those winter injuries:

Use ice. Yes, yes, the irony of this, if you've slipped on the blooming stuff! If you've got swelling from a recent injury the chances are you'll help it with ice.

Keep the rest of your body moving. Your blood won't stop pumping if you sit still (obviously, or

couch potatoes would have died out years ago), but if you're injured you need your blood to be moving around well enough to transport all the stuff that specialises in repair to the injury site. Even if all you do is wave non-injured bits of yourself around for a few seconds, you'll improve blood flow. You might also laugh at how silly you look, and we all know what a healer laughter is.

Don't 'push through the pain'. If you've got a bad injury you'll just make it worse.

Get help. If you can't open the shampoo or jam, get someone to open it for you and remember not to close it afterwards! If you can't walk with your injury then plan your day and have a bag of things you need next to you. If you need professional help with rehab, well, you know where we are.

Good luck with the recovery if you're injured and take care on the ice.



Nene Education Trust

Nene Education Trust's focus is raising aspirations and developing character in a positive environment.

Who we are

The Nene Education Trust is a local network of schools based within East Northants & Wellingborough.



Scan the QR code to visit our website and find out more about the Nene Education Trust and our schools.



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



**North
Northamptonshire
Council**

Notice of planning APPLICATIONS RECEIVED

Notice is given that the following applications have been received by North Northamptonshire Council – Thrapston Office together with the last date for making representations:

> OUNDLE

Addition of new lantern light to flat roof, changes to fenestration including replacing 2 windows and addition of new door and lintel to rear at 58 West Street Oundle PE8 4EF (Info) (LB/CA) (Info) NE/21/01796/FUL (15 February 2022)

> OUNDLE

Conversion of the Berrystead Barn to ancillary accommodation linked to Scott House, including opening up original masonry wall between Berrystead Barn and Scott House; and changes to fenestration at Berrystead Barn 10 Duck Lane Oundle North PE8 4DY (Info) (LB/CA) (LBRegs) (Info) NE/21/01809/FUL and NE/21/01810/LBC (15 February 2022)

> COTTERSTOCK

Detached garage at Mill Cottage 2 Mill Lane Cotterstock PE8 5HH (Info) (LB/CA) (Info) NE/21/01756/FUL (15 February 2022)

> RUSHDEN

Demolition of former police station and construction of 6 dwellings with associated landscaping, parking and vehicular access to Shirley Road (Resubmission of 19/00937/FUL) at Police Station North Street Rushden NN10 6BU (Info) 20/01446/FUL (15 February 2022)

> KINGS CLIFFE

To remove wall between kitchen and dining room at 43 West Street Kings Cliffe PE8 6XB (LBRegs) (Info) NE/22/00011/LBC (15 February 2022)

> BARNWELL

Widening existing access to create single parking space at 45 Main Street Barnwell PE8 5PS (Info) (LB/CA) (Info) NE/21/01828/FUL (15 February 2022)

> RUSHDEN

Removal of 1no. ATM and 2no. nightsafe and infilling to match existing elevation at 43 High Street Rushden NN10 0QE (Info) (LB/CA) (Info) NE/21/01769/FUL (15 February 2022)

> OUNDLE

Replacement of existing wooden single glazed windows (partly rotten), with UPV double glazed units of almost identical woodgrain finish and design at 19 West Street Oundle PE8 4EJ (LB/CA) (Info) NE/21/01785/FUL (15 February 2022)

> OUNDLE

Proposed detached freestanding garage and combined open carport with loft storage over at Croft House East Road Oundle PE8 4BZ (LB/CA) (Info) (Info) NE/21/01816/FUL (15 February 2022)

> IRLINGBOROUGH

Construction of garden centre and plant nursery with associated parking, and formation of dedicated right turn junction on the A6 at Bungalow A6 Irthingborough Bypass Irthingborough North NN9 5QH (Info) (Part3) (Info) NE/21/01799/FUL (15 February 2022)

> OUNDLE

Replacement of existing wooden single glazed windows (partly rotten), with UPV double glazed units of almost identical woodgrain finish and design (Retrospective) at 19 West Street Oundle PE8 4EJ (LBRegs) (Info) NE/21/01786/LBC (15 February 2022)

> OUNDLE

Internal and external alteration works to dwelling, including new lantern light to flat roof, replacing 2 windows, and minor internal alterations to C20 extension at 58 West Street Oundle PE8 4EF (LBRegs) (Info) NE/21/01797/LBC (15 February 2022)

> OUNDLE

Installation of replacement signs to include three hanging/projecting signs, ten non-illuminated wall mounted signs and three non-illuminated post mounted signs at The Talbot Hotel 7 New Street Oundle PE8 4EA (LBRegs) (Info) NE/21/01853/LBC (15 February 2022)

> LAXTON

Variation of condition 2 to allow for minor amendments to proposal with regards openings and layout changes to three of the barns pursuant to 19/01046/FUL - Change of use and conversion of barns to 4 dwellings with associated access and landscaping at Home Farm Stamford Road Laxton NN17 3AU (Info) (Part3) (Info) NE/21/01850/VAR (15 February 2022)

> RUSHDEN

Part demolition of internal wall to kitchen, part demolition of external wall to create opening into new side extension, single storey side extension to create a new office and utility space with 2 conservation roof lights at The Stables Hilly Farm Bedford Road Rushden North NN10 0NB (LBRegs) (Info) NE/21/01803/LBC (15 February 2022)

> OUNDLE

First floor side extension at 2 South Bridge Close Oundle PE8 4DH (LB/CA) (Info) NE/21/01825/FUL (15 February 2022)

> LAXTON

Variation of condition 2 to allow for minor amendments to proposal with regards openings and layout changes to three of the barns pursuant to 19/01047/LBC - Repair and alteration to listed barns to allow for change of use to mixed use 4 dwellings (C3); replacement roof tiles; replacement and new fenestration and doors; repair and restore internal structures and associated works at Home Farm Stamford Road Laxton NN17 3AU (LBRegs) (Info) NE/21/01851/VAR (15 February 2022)

> BARNWELL

Widening existing access to create single parking space at 45 Main Street Barnwell PE8 5PS (LBRegs) (Info) NE/21/01829/LBC (15 February 2022)

> LOWICK

Single storey rear extension including demolition of outbuildings at 30 Main Street Lowick NN14 3BH (Info) (LB/CA) (Info) NE/21/01805/FUL (15 February 2022)

> OUNDLE

Widening of existing C20 gated entrance at 51 North Street Oundle PE8 4AL (LBRegs) (LB/CA) (Info) NE/21/01827/LBC and NE/21/01826/FUL (15 February 2022)

> ASHTON

Remove internal wall between lounge and downstairs bathroom to enlarge lounge, thereby removing bathroom; Remove approximately 1m of wall between kitchen and pantry to enlarge kitchen, thereby removing pantry; Insert partition between kitchen and lounge and reuse door from kitchen at Honeybee Cottage 8

The Green Ashton PE8 5LD (LBRegs) (Info) NE/21/01623/LBC (15 February 2022)

> OUNDLE

Installation of replacement signs to include 1 x projecting sign, 7 x non-illuminated wall mounted signs, and 2 x non-illuminated post mounted signs. at The Talbot Hotel 7 New Street Oundle PE8 4EA (LB/CA) (Info) NE/21/01836/ADV (15 February 2022)

The reason for applications being advertised is as follows:

Part3 - Town and Country Planning (General Development Procedure) Order 2015.

Part16 - Town and Country Planning (General Development Procedure) Order 2015.

Info - Non-statutory - included for information only.

LB/CA - Planning (Listed Buildings and Conservation Areas Act 1990.

LBRegs - Planning (Listed Buildings and Conservation Areas) Regulations 1990.

**Rob Harbour, Assistant Director
Growth And Regeneration**

Dated 22 January 2022

Consultation deadlines will differ for each application.

You can see details of these applications at www.east-northamptonshire.gov.uk/planningapplications.

For details of how we treat your data, please see our Privacy Statement: www.northnorthants.gov.uk/privacynotices

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

Life now for 2015 The Apprentice winner Joseph Valente

The Apprentice is finally back on our TV screens and former winner Joseph Valente simply can't wait to see how this series pans out.

After winning the BBC show and securing a £250,000 investment from Lord Sugar, Joseph certainly knows the secret of success and is probably one of the biggest successes to leave the infamous boardroom. The entrepreneur from Peterborough founded his company Impragas when he was just 22. And thanks to his victory on the BBC primetime show, Joseph quickly grew it into the UK's biggest boiler installation business, turning over £10 million annually.

After buying Lord Sugar out of his original investment, Joseph was once again at the helm of Impragas and determined to grow bigger. However, by the time he reached 30, he found himself having to sell the business and attempting to start again. Such was his passion for the business, though, he made sure that all

employees' positions were safeguarded.

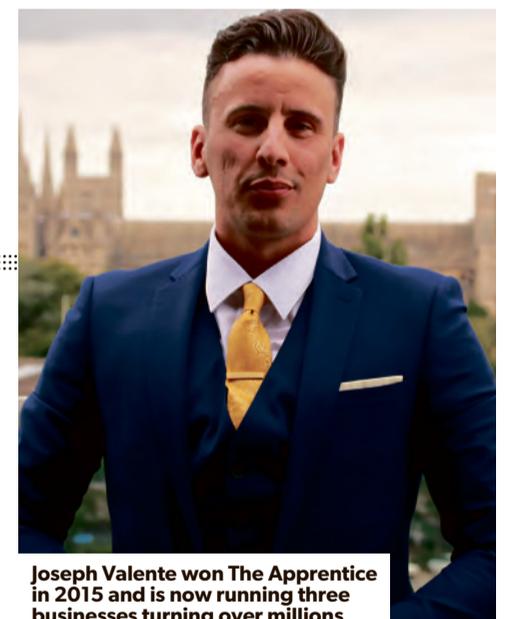
Selling Impragas only made Joseph more determined to succeed and he was not prepared to hold back. He decided to use the valuable knowledge he'd gained within the construction industry to help other business owners who were struggling to scale up. In 2020 Trade Mastermind was born, just five years after winning The Apprentice and being forced to sell Impragas. In fact, Joseph has started three new businesses – the fastest growing start-up in Apprentice history as one of Lord Sugar's winners – employs 22 staff, with a multi-million-pound turnover and all during the Covid-19 pandemic!

Trade Mastermind has helped thousands of other struggling construction businesses turn over a combined annual £375 million, creating stability and even jobs. And with Trade Mastermind already forecasting its own success with a £3 million turnover in 2022, Valente's future is back on track.

Now a father to his son Joseph Junior – Joseph Valente is relishing success once again, but this time it's through the will to drive others to succeed. Joseph's drive and passion is bigger and stronger than ever. His determination is infectious and evident to see, just look at his social media and take note of his hunger. Joseph Valente and Trade Mastermind live by a very simple mantra: to educate; to motivate; and to support.

Joseph wants his story to be a shining example to other business owners who are struggling through the pandemic, and have had to rebuild their lives, or even dive into a new industry. He wants his story to inspire those in business that no matter how bad it gets, it can improve and don't ever give up.

With a new series of The Apprentice already



Joseph Valente won The Apprentice in 2015 and is now running three businesses turning over millions

underway, Joseph is certainly keeping an eye on the new candidates.

"I have huge admiration for Lord Sugar, and we still keep in touch with each other occasionally. I've already got my favourites who I reckon are likely to progress further," says Joseph.

If you're in the construction industry and feel you could use the knowledge and mentoring from Joseph Valente and Trade Mastermind, simply visit: www.trademastermind.co.uk

FINANCIAL HELP ON OFFER FOR NORTH NORTHANTS BUSINESSES

North Northamptonshire Council (NNC) are asking businesses that have been seriously impacted by the pandemic across the hospitality and leisure sector to come forward and apply for grant funding.

The new Omicron hospitality and leisure grant has been brought in by central Government in response to the Omicron variant and the impact it has had on businesses.

These grants differ from those offered earlier in the pandemic, in amounts available and eligibility criteria.

To qualify for this one-off grant, businesses must:

- be a solvent business

- be liable to pay business rates
- have been trading on 30th December 2021
- have an eligible business rates premises that is within the hospitality or leisure sector (such as a pub, hotel, restaurant, bar, village hall or club)

The grants will be paid per premises dependent on their rateable value on 30th December 2021 as shown below:

- Rateable value of £15,000 or under: £2,667 grant
 - Rateable value over £15,000 and less than £51,000: £4,000 grant
 - Rateable value of £51,000 or over: £6,000 grant.
- Cllr Lloyd Bunday, NNC's Executive Member for Finance and Transformation, said: "We know life has been tough for many businesses across North Northamptonshire, especially those in the hospitality sector, and want to help as

many as possible. I would urge anyone who think they qualify to check their eligibility and complete the online

application form before 21st February."

Cllr Jason Smithers, Leader of NNC, added: "As a

Council, we have a duty to support everyone through these difficult times. We know that these grants make a real difference and I hope that this round of grants can continue to be a helping hand to those who need it."



Details of eligibility for the Omicron hospitality and leisure grant and how to apply are available online via NNC's website and the closing date for applications is 21st February.

RESTAURANT OWNER FINED £5,000 FOR BREACHING COVID RULES

The director of a restaurant in Kettering has been fined £5,000 and ordered to pay costs after admitting to flouting Covid regulations by hosting a wedding in May 2021.

Wanda Trela-Pyzalska, director of The Tavern & Restaurant Ltd in Bath Road, Kettering pleaded guilty to the charge during a hearing at Wellingborough Magistrates in early January.

The charges related to The Health Protection (Coronavirus, Restrictions) (Steps) (England) Regulations 2021, Schedule 2 and Ms Trela-Pyzalska failed to follow the Covid controls which were in place at the time.

In April 2021, the venue applied to North Northamptonshire Council (NNC) for a Temporary Event Notice (TEN) to host a wedding at the premises on 15th May 2021. Such events were prohibited by the Covid regulations that were in place at the time and NNC confirmed that to the applicant, who was also informed that to host the event would be in breach of those regulations. The applicant was asked to

provide more information to NNC, but she failed to do so and withdrew the TEN on 20th April.

On 15th May, an Officer from NNC visited the premises with two Officers from Northamptonshire Police and they witnessed a wedding celebration taking place on the first floor of the premises. One of the Police officers counted 27 people in attendance. They informed the owner that the celebration was in breach of the Covid regulations and on request, the guests agreed to leave the premises and sit outside in groups of no more than six people. The owner also agreed to close the premises by 10pm that evening.

Cllr David Brackenbury, NNC's Executive member for Growth and Regeneration, said: "We are aware that the hospitality industry has been hit hard by the pandemic and the rules have been difficult, but the legislation in place at the time was clear and there to protect both staff and customers and minimise risk of spreading the virus."

Cllr Jason Smithers, Leader of NNC, added: "Our Officers have worked

tirelessly since the start of the pandemic with local business owners, offering advice where necessary. They will only act if all other options have been exhausted and, unfortunately, as this case shows the fines can be costly to businesses."

Throughout this case, NNC have worked closely with Northamptonshire Police and evidence from Northamptonshire Police Officers' body cameras was used during the court hearing.

Assistant Chief Constable Simon Blatchly, from Northamptonshire Police, said: "The rules around large gatherings were very clear at the time of this offence and had been shared with the business prior to this event."

"We know the vast majority of businesses abided by the law during the pandemic, particularly when the risk to public health was high, and so it's right that those people who so flagrantly broke the law are pursued in the courts."

Ms Trela-Pyzalska was ordered to pay a £5,000 fine, costs of £1,050 and a victim surcharge of £190.

 **RB Travel**
01536 791066

FEBRUARY 2022

- Sat 5 Warwick & Leamington Spa
- Tue 8 Batsford Arboretum Snowdrops
- Wed 9 St Albans Market Day
- Thu 17 London Museums or Free Time
- Fri 18 Aylesbury Market Day
- Tue 22 Melton Mowbray
- Wed 23 Seasonal Mystery Trip
- Thu 24 Ely
- Sun 27 Orchids at Kew Gardens

MARCH 2022

- Thu 3 Cotswold Tour - New route
- Tue 8 Springfields or Spalding
- Thu 10 Seasonal Mystery Trip
- Sat 12 National Railway Museum or York
- Sat 12 Jorvik Viking Centre, York
- Tue 15 Derbyshire & Peak District
- Fri 18 Gloucester or Gloucester Cathedral
- Thu 24 Canterbury or Whitstable
- Fri 25 Ideal Home Show
- Fri 25 Stratford Upon Avon
- Sun 27 Mothers Day Lunch & Bridgnorth
- Tue 29 Barnsdale Gardens & Cream Tea

NOVEMBER 2022

- Wed 9 Thursford
- Mon 21 Thursford

DECEMBER 2022

- Thu 1 Thursford
- Mon 12 Thursford
- Sun 18 Thursford
- Tue 20 Thursford

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TAURUS Holidays 

FEBRUARY

7th-11th - TASTE OF CORNWALL
Fistral Beach Hotel, Newquay, Included excursions & half board £409pp
On Cornwall's Atlantic Coast, Newquay has previously been voted as 'One of the Nation's Favourite Seaside Towns' in the prestigious Which Holiday Survey. It has some of Cornwall's finest beaches and a laid-back charm for everyone to enjoy. With cream teas, local cider and excursions to local attractions including the Eden Project this is a trip to remember.

APRIL

1st-5th - VICTORIAN STEAM BREAK
At Winnock Hotel Dryman. All inclusive includes excursions £499pp
This attractive village is located in the beautiful Loch Lomond and Trossachs National Park, consisting of mountain ranges, lochs, rivers and The Argyll Forest Park and the Queen Elizabeth Forest Park. This holiday includes a cruise on Loch Katrine and Loch Lomond, Bo'Ness and Kinneil Steam Railway and a ride on Falkirk Wheel.

16th-22nd - SCOTTISH HIGHLANDS
At Best Western Inverness Palace Hotel & Spa. All inclusive, includes excursions £619pp
Inverness known as Scotland's 'Highland Capital', has a rich variety of historic buildings and one of the most beautiful riverside settings in Britain. Enjoy the fine circular walk from Inverness Castle along the river and through the Ness Islands.

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Superworm returns to Fineshade Wood with an exciting new family activity trail

From the creators of *The Gruffalo*, the hugely popular children's picture book *Superworm* returns to Fineshade Wood in January 2022 with a brand-new family activity trail. The new attraction follows the premiere of the animated special from Magic Light Pictures, which aired on BBC One on Christmas Day.

In the latest exciting partnership between Forestry England and Magic Light Pictures, the Superworm trail showcases

the unsung heroes of the forest.

Based on the children's story by Julia Donaldson and illustrated by Axel Scheffler,

the trail highlights the small but mighty creatures in the Superworm story, such as toad, beetle and Wizard Lizard, and shows their

amazing abilities as they make their home in the forest.

The Superworm activity trail at Fineshade Wood will have lots of fun activities to complete and the new self-led trail will encourage children to become superheroes of the forest themselves.

Families will discover brightly illustrated panels, packed with amazing activities designed to get children thinking about these unsung heroes.

Questions along the self-led trail will inspire children to think about the everyday

heroic feats of the minibeasts of the woods and forests around them.

The trail should keep the young ones entertained for around an hour leaving plenty of time to explore the forest.

Special Superworm trail packs are available to buy on site from Grounds Café and Cycle Hire for £3.50 with additional activities including stickers, a superhero mask, creature fact cards, at-home

activity sheet, pencil and crayon.

Mia Richards for Forestry England says: "This is such a fun trail that offers children the chance to become a hero of the forest, just like the much loved and heroic creatures within the Superworm story. You'll get to learn about our minibeasts and the important jobs they do for the nation's forests. It's the perfect winter's day out."

The Superworm trail can be found at 26 of the nation's forests and launch dates differ between forests, for more details please visit www.forestryengland.uk/superworm



Photography: Forestry England/Crown copyright

Nene Valley News - Events

- Saturday 22nd January, 7pm: Quiz night with fish & chip supper (other options available). Higham Ferrers Working Men's Club. Book your team (max 6 per team). On 07741 651170. Price £8.50 per person. All money raised for Cando Care.
- Sunday 23rd January, 10.15am: Whitefriars Church Morning Worship with Holy Communion at Whitefriars Primary School, Boughton Drive, Rushden NN10 9HX. No need to book, but face masks are required please.
- Sunday 30th January, 10.15am: Whitefriars Church Morning Worship at Whitefriars Primary School, Boughton Drive, Rushden NN10 9HX. No need to book, but face masks are required please.
- Friday 4th February, from 1.30 to 3.30pm: Whitefriars Church Retirees' Group – with a quiz, in The Bridge, behind the car park of Whitefriars Primary School, Boughton Drive, Rushden NN10 9HX. For more information, please call Celia Underwood on 07929 567268.
- Sunday 6th February, 9.15am: Higham Ferrers Footpath Group. Saffron Road car park Higham Ferrers for car sharing. Free. Tel: 01933 663603. 6.25 mile walk from Upton Country Park.
- Every Friday (term time), 9am to 11am: Sparklers. At The Bridge, behind the car park of Whitefriars Primary School, Boughton Drive, Rushden NN10 9HX. All children under 5 and their parents/carers are welcome to join us for stories, crafts, sensory play and activities. Hot drinks and snacks available during the morning. £1 per family.
- Every Friday (term-time), 1.30pm-3pm: Little Sparks. A group for new parents and babies to meet together to chat and share their experiences. At The Bridge, behind the car park of Whitefriars Primary School, Rushden NN10 9HX. More details can be obtained from Emma Croxon at emma@whitefriarschurch.org.uk or 07957 080074. Organised by Whitefriars Church, Rushden and open to all.
- Friday 18th February, 7.30pm: Rushden & District History Society – Jeremy Viewing on Cleopatra's Needle. At Whitefriars Primary School, Rushden. Members £1.50, non-members £2.50. Tel: 01536 238320 for more information.
- Sunday 20th February, 9.35am: Higham Ferrers Footpath Group, Saffron Road car park Higham Ferrers for car sharing. Free. Tel: 07952 350540. 5-mile walk from Kinewell Lake, Ringstead.

DISC PROLAPSE THERAPY IN HIGHAM

Do you have an unresolved disc issue? Sciatica or nerve pain?

Are you going from pillar to post looking for help with unresolved back or neck pain? Suffering from a bulging or herniated disc where pain and dysfunction are your everyday reality?

If so then you might benefit from the IDD Therapy spinal decompression programme. This is specialist non-surgical treatment, which is targeted to the problem area of your spine, to relieve pain and help you get your life back.

At The Ashgrove Clinic in Higham Ferrers we have osteopaths, physiotherapists, and sports injury specialists who can relieve most joint and muscle problems with hands-on treatment and exercise. But where a back or neck issue needs something more, IDD Therapy provides a safe, non-invasive alternative to injections and surgery.

Osteopath Claire Short says: "IDD Therapy spinal decompression gives us the means to relieve your pain and get you moving again, without resorting to pain medication or surgery".

Conditions we treat:

- Herniated or bulging discs
- Sciatica or nerve pain
- Degenerative Disc Disease

- Facet Joint Syndrome
 - Chronic back pain or neck pain
- Intervertebral Differential Dynamics or IDD Therapy is the non-surgical spinal decompression which relieves pressure on targeted spinal discs and gently restores mobility in the affected area.

The IDD Therapy machine that has just arrived in Higham is an Accu SPINA. You lie on the machine as part of the treatment. It is computer controlled and perfectly comfortable.

By decompressing (taking pressure off) an injured or bulging/herniated disc and gently stretching the soft tissues, we can relieve pressure on nerves, improve mobility in the spine and allow the body's natural healing mechanisms to operate more efficiently.

IDD Therapy is a gentle but dynamic treatment which is safe,



non-invasive and suitable for people over the age of 18.

Why choose IDD Therapy?

- Current treatment is not working
- Want to stop taking painkillers
- Seeking long-term pain relief
- Want to return to normal daily activities

Typical candidates for IDD Therapy are people who have back, neck pain or leg pain and may have tried various other treatments without success.

If you have a back pain or neck pain issue, symptoms in the legs or arms, then come and see us for an expert opinion and to find out which treatment is best for you.

Call The Ashgrove Clinic on 01933 469043.



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

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

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K Greenwood



Military personnel support EMAS with non-emergency responses

Arrangements have been made for 60 military personnel to support East Midlands Ambulance Service with responding to non-emergency patients in the coming weeks – due to continued demand on the service and the number of paramedics who are unwell or self-isolating due to Covid-19.

The military personnel will work alongside Urgent Care ambulance crews who attend non-emergency patients requiring inter-facility transfers or patients who have already been seen by a healthcare professional such as a GP who has decided that they need to go to hospital.

The aim of this proactive step is to reduce delays currently being experienced by non-emergency patients, enable emergency crews to focus on responding to emergency 999 calls, and help relieve some pressure in the wider NHS system.

Ben Holdaway, Director of Operations at East Midlands Ambulance Service, said: "As an ambulance service, the most important thing for us is that we are able to provide emergency care to

our patients when they need it.

"Transmission rates of Covid-19 in the community have continued to rise, and we have seen an increased number of EMAS staff needing to self-isolate or be absent due to testing positive for Covid-19.

"Combined with the intense pressure the whole NHS system is under, and the high demand on our service, some of our less urgent and non-emergency patients are waiting longer for an ambulance than they should rightfully expect.

"Our new military colleagues will bolster the Urgent Care part of our service which attends non-emergency patients.

"This in turn will ensure our emergency ambulance crews can focus on attending the life-threatening and serious emergencies

in our communities.

"While the introduction of military support has always been part of NHS plans in case of increased pressure, we are taking this proactive step now to safeguard the provision of a safe 999 service for our patients in the coming weeks.

"We look forward to making our new military colleagues feel welcome at EMAS."

The military colleagues will not be driving on blue lights and will wear their military uniform while supporting EMAS.

The 60 military personnel will complete a three-day EMAS familiarisation training course led by the Clinical Education team. They will be available to support Urgent Care crews 16 hours a day, 7 days a week.



They will follow the EMAS values and EMAS protocols, policies and procedures, including infection prevention and control (IPC) and the wearing of appropriate personal protective equipment, and will carry out support tasks such as:

- Driving the vehicles

- The safe moving and handling of adult patients and essential equipment
- Support in Adult Basic Life support including the use of automated external defibrillation
- Raising any safeguarding concerns as appropriate.

OPEN EVENT

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WHAT WILL YOU SEE DURING THE BIG GARDEN BIRDWATCH?

- **World's largest garden wildlife survey returns, 28th-30th January 2022.**
- **In 2021, more than a million people across the UK took part – making it the biggest Birdwatch ever!**
- **17 million birds were counted over a three-day period with the house sparrow topping the UK and the Lincolnshire rankings.**
- **Over its four decades, Big Garden Birdwatch has highlighted the winners and losers in the garden bird world, giving the RSPB an astonishing amount of insight into how our wildlife is faring.**

The world's largest garden wildlife survey returns, with hundreds of thousands of people watching and counting the UK's garden birds over the last weekend in January for the RSPB's Big Garden Birdwatch.

Over a million people took part in 2021, counting 17 million birds – making it the biggest Birdwatch ever! In the past year, we've seen how important the natural world is to our mental health and wellbeing. There has been a surge in interest in the nature on our doorsteps and many people have come to rely on garden birds to bring joy and comfort in these unsettling times.

This year's event takes place on 28th-30th January. People are set to get involved, spending just an hour of their time recording the birds that land as seen from their windows, balconies or gardens, and submitting their results to the wildlife charity.

Just 60 minutes every year, for the last four decades, has made the RSPB's Big Garden Birdwatch the largest garden wildlife citizen science project. Now in its 43rd year, over 150 million birds have been counted giving the RSPB an astonishing amount of insight into how our wildlife is faring.

Beccy Speight, the RSPB's Chief Executive, said: "We were blown away by the enthusiasm with which people took part in the Birdwatch in 2021. We know that for many people, garden birds provide an important connection to the wider natural world and bring enormous joy. Over the last year, there has been a broad and much-needed realisation that nature is an important and necessary part of our lives especially for our mental health and wellbeing. But nature needs us too.

"By taking part in the Birdwatch, you are helping to build an annual snapshot of how our birdlife is doing across the UK. It is only by us understanding how our wildlife is faring that we can protect it. We know that nature is in crisis but together, we can take action to solve the problems facing nature."

For four decades, Big Garden Birdwatch has highlighted the winners and losers in the garden bird world. Last year, the house sparrow was top of Lincolnshire's rankings as the most commonly seen garden bird. The blackbird and starling completed the top three.

House sparrows and starlings are the UK's most sighted birds, but a closer look at Big Garden Birdwatch data shows that numbers have in fact dropped dramatically since the Birdwatch began in 1979. House sparrows are down 58% while starlings are down 83%.

To take part in the Big Garden Birdwatch 2022, watch the birds in your garden or local park for one hour at some point over the three days. Only count the birds that land, not those flying over. Tell us the highest number of each bird species you see at any one time – not the total you see in the hour.

Beccy added: "Whether you saw one blackbird, twenty starlings or no birds whatsoever, it is really valuable information as it helps us build a picture of how our garden birds are faring from one year to the next."



Robin Erithacus rubecula, on magnolia tree by Andy Hay (rspb-images.com)

The parallel event RSPB Big Schools' Birdwatch is running until 21st February 2022. In 2021, it celebrated its 20th anniversary of connecting children with nature in their school grounds. Since its launch, over a million school children and teachers have taken part. Further information can be found at www.rspb.org.uk/schoolswatch

For your FREE Big Garden Birdwatch guide, which includes a bird identification chart, top tips for your birdwatch, RSPB shop voucher, plus advice on how to help you attract wildlife to your garden, text BIRD to 70030 or visit www.rspb.org.uk/birdwatch



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