

# Nene Valley NEWS

YOUR LOCAL INDEPENDENT COMMUNITY NEWSPAPER FOR EAST NORTHAMPTONSHIRE

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ON HEALTH

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NENE PARK MONTHLY  
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RETURN FOR 2023!

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## NEWS IN BRIEF

Men's choir  
supporting charity

The award-winning Northampton Male Voice Choir (NMVC) works tirelessly in support of great causes and from its fundraising activities during 2022 the choir has made donations of £830 to Parkinson's UK and £1,000 to Prostate Cancer UK.

A further estimated £6,000 was raised last year by other charitable organisations from the proceeds of concerts in which NMVC performed on their behalf.

NMVC Chairman, Mark York, said: "Our nominated charity for 2023 is the Motor Neurone Disease Association, which is doing magnificent work in its fight against MND and we are determined to raise as much money as possible to help MNDA continue its fight. As part of our major recruitment project this year we'll be challenging men in Northamptonshire and surrounding areas to join our new Charity Choir, led by NMVC Musical Director, Stephen Bell, and take part with us in our fundraising concert for MNDA."

To find out more about this project contact NMVC's Co-ordinator, Marc Bentley on 07999 942 390. Visit <https://www.nmvc.co.uk>

## FIRM FRIENDSHIPS FORGED BETWEEN HIGHAM FERRERS AND OXFORD

Two medieval colleges which were both founded by Higham Ferrers's most famous son, Henry Chichele, have come together for the first time in decades.

It is 60 years since there was a relationship between people involved in the two colleges: Chichele College in Higham Ferrers and All Souls College in Oxford.

Now however, following recent historical milestones in Higham Ferrers, that old friendship has been resurrected.

Chichele College, which recently celebrated its 600th anniversary, had invited Professor Peregrine Horden, the Fellow Librarian at All Souls College, across to Chichele College to witness the planting of a special tree.

The hazel tree had formed part of the Tree of Trees sculpture outside Buckingham Palace during the Queen's Jubilee celebrations. And Chichele College was one of just three sites in the county to receive a tree – part of the Queen's Green Canopy – as a lasting legacy to Her Majesty.

Professor Horden readily accepted

his invitation to the tree-planting ceremony – then returned the favour by inviting his hosts to visit All Souls College.

And just a few weeks later, they did just that.

The trip was organised by Chichele College Management Committee, a sub-committee of Higham Ferrers Tourism, which looks after the day-to-day management of the Chichele College building and site, including the neighbouring Duchy Barn Garden, on behalf of English Heritage.

The professor had coffee and cakes waiting for his guests and the leader of the local party, Carol Fitzgerald, chair of the Chichele Management Committee, told how a party from All Souls College had visited Higham back in 1962, presenting Chichele College with the oak gates which face College Street.

The professor said that All Souls



All Souls College, Oxford, was founded by Higham's Henry Chichele

still has a lot of woodland, which had always been part of the college income.

Higham Ferrers-born Chichele, a long-serving Archbishop of Canterbury, founded All Souls College in the centre of Oxford 16 years after he founded Chichele College.

But whereas just 18 had a home at Chichele College – it was partly destroyed during the Reformation – the

local guests were amazed by the size of All Souls, which has developed over the centuries and today boasts almost 70 Fellows with 24 visiting Fellows as well as some 36 Emeritus (retired academics) Fellows. In keeping with long tradition, it is a centre for post-graduate work and research and does not take in undergraduates like other Oxford colleges.

Continued on page 02

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# WILDLIFE NEWS

WORDS BY  
ROY BURRELL

"The month of the berry" might turn out some day to be a headline for an up-and-coming writer, but the phrase is an effective description of what is going on in the natural world. The limited time available during daylight hours means that outside exercise is restricted and the low temperatures add little to any urge to go out and face winter's armoury of wind, rain, fog and ice. This is made even less tempting by the lack of light and colour – these are literally the "dark months", when even nature's delights are hiding for the season.

But of course for many animals and plants life continues. Some species, like insects, will have been hidden away as eggs, waiting for temperatures to fall, though they will have to wait for that time is still months away; a few lucky ones will have the ability to hibernate in suitable shelter. Many of the bird species use their mobility to travel to warmer environments – but remember that there is also the chance for others to make the journey in an alternative direction, and our country becomes a winter target.

Perhaps, though, we should consider how plants contribute essential and unique services to the

countryside. It does not require much observational skill to see that the berries which can be found on many types of plants, from low-growing or soft-stemmed climbers to the solidity of oak or ash, will make for collections of food to be taken (sometimes to store) rather like the mixture of foods (and other items) which we see every day in our supermarket trollies.

Their variety of colour means they can either hide (camouflage) or show themselves (advertising), and it does not take extensive searching to find examples of the two extremes in our fields and hedges. Take the yew tree. Over the years this evergreen shrub has become associated with churches, so much so that many churchyards, especially those which have been around for a hundred or more years, are likely to have one or more somewhere in the grounds. The covering tint of red berries against the dark green is a reminder of the attractive fruit that can be found in our hedges. But the yew, once used for old-time bows and arrows, also reminds us what damage can be done, especially if we are silly enough to eat its berries, which are just as dangerous – the wrong sort of fame.

# GENEALOGY JOTTINGS

WORDS BY  
JAN PEARSON

It is very tempting to think that everyone you meet is interested in family history, but there are some people who tend to equate it to roundabout spotting or brick collecting and do not understand how fascinating it can be. If I start talking about genealogy in the presence of a certain relative of mine, he will instantly fall asleep. But finding out about the history of your family is a fairly isolating pastime and so when you do crawl out from under the certificates and censuses, you want to share your discoveries with others.

The answer is to find like-minded folk – but how? There might be a county Family History Society (FHS) relevant to the area that you are researching that has regular meetings that you could attend. I know that the Northamptonshire FHS also has meetings on Zoom – if you are internet savvy – as do others, so there is no need to travel! The website GENUKI has a very comprehensive list of places where you can ask for assistance. Check out the list at <https://www.genuki.org.uk/Societies> and click on the links for further details of FHSs in specific areas.

If you are retired, or semi-retired, then you might want to meet up with members from the local U3A – they have genealogy groups locally for people who are just starting out on their genealogical journeys as well as those who are well along the road.

Mixing with like-minded people can be very rewarding and two brains are often better than one. Many a time I have been in a record office, and either I or another person has had difficulty in reading old handwriting. It is so good to be able to get a second opinion!

Check out Family History magazines as well – many of them publish lists of surname interests. You could end up collaborating with a distant relative!

**Genealogy Specialists, Tracing Our Past, Discovering Our Genes (TOP DOG)**  
[www.genealogy-specialists.com](http://www.genealogy-specialists.com)

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PHOTOGRAPHY: ROBERT BARNATT

**Higham Ferrers visitors discovered that it took more than 100 paces to walk from one side of the college library to the other. The library holds 180,000 books**

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When talk turned to the life of Henry Chichele, Carol Fitzgerald explained that she was due to give talks to Higham Ferrers Junior School about the lives of Chichele, Wykeham, Ferrers and Lancaster – the names of the various houses – aligning them to curriculum values.

The professor said that both Chichele and Wykeham (who became Clerk of Works to Edward III) were local boys from humble circumstances who had made good, with the support of patrons.

Chichele had been a champion of the poor.

He "wanted an educated priesthood and founded All Souls for the training of poor scholars who would become priests and lawyers."

One visitor, Rachel Smyth, was in for a surprise when the tour reached the reference library which boasts 180,000 books and is one of the longest libraries in the UK.

Rachel was responsible for the design of a local history book, Higham Ferrers 1251-1914, which was written by

Brenda Lofthouse, with the picture research done by Gwen Tobin.

Professor Horden had the book open on display and presented Rachel with a "thank you" card for having earlier presented the book to the library. She will be passing on similar cards to Brenda and Gwen, who are due to make the trip to Oxford themselves soon, along with Liz Barnatt, Chair of Higham Ferrers Tourism and Jenny Burt, the instigator of the medieval style garden at Chichele College.

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# Help us to name our **gritting fleet!**

With North Northamptonshire Council on standby to deal with wintry weather over the coming months, the authority is giving people the chance to name 10 gritting lorries that will be keeping our roads safe, with winning entries printed on the front of the trucks.

The competition runs until Wednesday 25th January and is open to schools, classes or individuals. The winning entries will have the name painted onto a gritter.

In North Northamptonshire a total of 821 miles of road receives precautionary gritting – almost

the same distance as between London and Dundee and back. This service is carried out by highways service provider Kier Highways.

Entries should be sent to: NNCCcommunications@kier.co.uk or tweet @NNCHighways and include:

- A suggested name of the gritter
- Applicant's name
- Applicant's contact details
- And be clean, original and creative

#### About the gritting service

The Council has reserves of 2,500 tonnes of salt, with 643 grit bins across the region filled for use on public roads and footpaths.

The gritters are powered by sustainably sourced Hydrotreated Vegetable Oil (HVO), which reduces the carbon produced from combustion engines by up to 90% compared to diesel. The move demonstrates Kier and

NNC's shared commitment to achieving net-zero carbon emissions by 2030.

Enhanced weather forecasting and temperature readings are taken via weather stations and sensors set out along North

Northamptonshire's roads, with updates sent every 15 minutes.

Through route-based forecasting, routes will be treated if the temperatures are forecasted to drop below 0.5C.

The gritters are also fitted

with advanced GPS technology which requires only one person to operate the vehicle in clear conditions, by accumulating route data and reporting back to the office to ensure that works are safely delivered.



If grit bin salt stocks run low, you can report that they need refilling via the Street Doctor service at [www.northnorthants.gov.uk/roads-and-paths-maintenance/grit-bins](http://www.northnorthants.gov.uk/roads-and-paths-maintenance/grit-bins) For more winter information and how to stay safe, please visit [www.northnorthants.gov.uk/roads-and-paths-maintenance/gritting](http://www.northnorthants.gov.uk/roads-and-paths-maintenance/gritting) People can keep up to date with highways and travel news for North Northamptonshire Council highways on Twitter and Facebook via @NNCHighways To learn more about Kier Highways, visit [www.kier.co.uk/expertise/highways/](http://www.kier.co.uk/expertise/highways/)



**Higham Ferrers  
Town Council**

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Telephone: 01933 312075  
Email: [info@highamferrers-tc.gov.uk](mailto:info@highamferrers-tc.gov.uk)

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**FORTHCOMING MEETINGS** ALL MEETINGS WILL BE HELD AT THE TOWN HALL UNLESS OTHERWISE NOTIFIED

**Town Council Meeting - Tuesday 31st January, 7.30pm**

**Planning & Development Committee Meeting - Tuesday 14th February, 6.45pm**

**Policy and Resources Committee Meeting - Tuesday 14th February, 7.30pm**

**Town Council Meeting - Tuesday 28th February, 7.30pm**

**Farmers Market - Saturday 28th January, 9am-1pm - Market Square**

**Farmers Market - Saturday 25th February, 9am - 1pm - Market Square**

ELECTED COUNCIL MEMBERS			
* Cllr Bert Jackson Email: <a href="mailto:bertjackson@highamferrers-tc.gov.uk">bertjackson@highamferrers-tc.gov.uk</a>	* Cllr Jennie Bone Email: <a href="mailto:jenniebone@highamferrers-tc.gov.uk">jenniebone@highamferrers-tc.gov.uk</a>	Cllr Barry Prigmore Email: <a href="mailto:barryprigmore@highamferrers-tc.gov.uk">barryprigmore@highamferrers-tc.gov.uk</a>	Cllr Tony Reading Email: <a href="mailto:tonyreading@highamferrers-tc.gov.uk">tonyreading@highamferrers-tc.gov.uk</a>
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\* North Northamptonshire Councillors



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**FEBRUARY**

Sat 4 Warwick & Leamington Spa  
Wed 8 St Albans Market Day  
Sat 11 London Museums or Free Time  
Sat 11 Houses of Parliament  
Tue 21 Melton Mowbray  
Wed 22 Seasonal Mystery Trip  
Thu 23 Ely  
Sun 26 Orchids at Kew Gardens  
Tue 28 Chippenham Park Snowdrops

**MARCH**

Thu 2 Cotswold Tour - New route  
Tue 7 Springfields or Spalding  
Thu 9 Seasonal Mystery Trip  
Sat 11 National Railway Museum or York  
Sat 11 York's Chocolate Story  
Tue 14 Derbyshire & Peak District  
Fri 17 Ideal Home Show  
Tue 21 Saffron Walden  
Thu 23 Canterbury or Whitstable  
Fri 24 Stratford Upon Avon  
Wed 29 Imperial War Museum Duxford  
Thu 30 Wembley Stadium

**NOVEMBER**


Fri 24 Thursford Christmas Spectacular  
Mon 27 Thursford Christmas Spectacular

**DECEMBER**

Fri 1 Thursford Christmas Spectacular  
Thu 7 Thursford Christmas Spectacular  
Mon 11 Thursford Christmas Spectacular  
Sun 17 Thursford Christmas Spectacular

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**APRIL**

**10th-14th APRIL 2023 - KELPIES, LOCHS & GLENS - ALL INCLUSIVE**  
The Winnock Hotel, Drymen, All Inclusive, £499pp. Drymen is an attractive village located in the beautiful Loch Lomond and Trossachs National Park. The park consists of 40 mountains ranging from 2500ft to over 3000ft, 22 lochs, 50 rivers and two forest parks, The Argyll Forest Park and the Queen Elizabeth Forest Park. The Campsie Fells hills are to the west of Drymen. The lovely village boasts spectacular views of Dumgoyne to the east and is just a short way from Loch Lomond to the west. Excursions include Kelpies with guided tour, Edinburgh, Aberfoyle Sheep Dog Display, Cruise on Loch Katrine with afternoon tea, and the Balmaha to Luss Cruise (one way), Inveraray.

**15th-21st APRIL 2023 - SCOTTISH HIGHLANDS - ALL INCLUSIVE**  
Palace Hotel, Inverness, includes excursions, £759pp. 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 a stroll to Inverness Castle, currently used as a courthouse and St Andrew's Cathedral which dominate the River Ness.

**MAY**

**30th APRIL - 5th MAY - ISLE OF SKYE**  
Dunollie Hotel, Broadford. Half board including Excursions, £629pp. The village of Broadford is the second largest on Skye. This beautiful, tranquil town is a great place to stay while taking part in various outdoor activities like walking and climbing. The area is dominated by the magnificent Red Cuillins mountains, while the views over the bay extend across to Applecross mountains on the mainland. There is some wonderful wildlife in the area like otters, seals, sometimes Orca whales, Whooper swan, Brent geese and many other marine and bird life.

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## Sciatica treatment in Higham

Do you have an unresolved slipped disc? Sciatica or nerve pain? Are you going from pillar to post looking for help with unresolved back or neck pain?

If you're suffering from a bulging or herniated disc where pain and dysfunction are your everyday reality you need to consider IDD therapy.

The IDD Therapy spinal decompression programme is a specialist non-surgical treatment which is targeted to the problem area of your spine, to relieve pain and help you get your life back.

The osteopaths, physiotherapists and sports rehab team at Ashgrove can relieve most joint and tissue problems with hands-on treatment and exercise, but where a back or neck issue needs something more, then IDD Therapy provides a safe, non-invasive alternative to



Stephen Small with Steve Bruce – IDD Therapy, Ashgrove Clinic

injections and surgery.

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.

The treatment is very comfortable. In fact, Steven Bruce, one of the clinic

owners, says that a lot of patients doze off because it's so comfortable!

The team are seeing great results in elderly patients with spinal degeneration and disc prolapses, but IDD can help with a number of conditions:

- Herniated or bulging discs
- Sciatica or nerve pain
- Degenerative Disc Disease
- Facet Joint Syndrome
- Chronic back pain or neck pain.

## People with long-term health conditions at serious risk from flu

Do you have a long-term health condition which makes you eligible for a free flu jab, but have not yet taken up the offer?

**Book yours today to protect yourself from flu.**

Those who have long-term health conditions are at a higher risk of catching flu and the life-threatening complications that can come with it which frequently lead to hospitalisation. These complications include pneumonia, septic shock, heart, brain or muscle tissue inflammation, or organ failure, such as lung or kidney failure.

Sadly, even with hospital treatment these can, and do, lead to death.

Yet there is a clear decline in the uptake of the flu vaccine, with just 47% of our at-risk population receiving their flu vaccination to date.

In addition to fewer people being vaccinated, lack of exposure to respiratory illnesses other than Covid-19 and reduced mixing and movement due to shielding and lockdowns is likely to have had an impact on immunity, making us more vulnerable to infections.

Dr Annapurna Sen, Consultant in Health Protection for North and West Northamptonshire Councils says: "This winter, as expected, we are already seeing a rise in flu and Covid-19 infections and around 49,000 residents within the 'At risk' group are still unvaccinated. If you have a long-term condition having the flu vaccine, as well as the Covid-19 injection will protect your immune system and help prevent serious illness and death.

"It's hugely worrying to hear that a high proportion of our hospital intensive care beds are currently occupied by seriously ill flu patients.

"Helping our local NHS is just one reason why those who are classified as clinically at risk should protect themselves by getting the flu vaccine as a priority, but it is a vitally important one."

The flu vaccine is free to individuals that are at risk, including those with:

- Respiratory conditions, such as asthma, COPD, bronchitis, or emphysema
- Diabetes
- Heart conditions, such as coronary heart disease or heart failure
- Chronic kidney disease
- Liver disease, such as hepatitis
- Some neurological conditions, including Parkinson's disease, MND, MS, cerebral palsy and those who have had a stroke
- Spleen problems like sickle cell disease (or if you have had your spleen removed)
- Those who have a BMI of 40 and above
- Weakened immune system due to conditions such as HIV, AIDS, or those who are taking medication such as steroid tablets or undergoing cancer treatment

We are asking all eligible individuals to get their flu jab today if they haven't taken up the offer of getting it already.

**If you have not had an invite from your GP and are in one of these groups – or a loved one you help care for is – call your surgery or visit [www.nhs.uk](http://www.nhs.uk) to find your nearest local pharmacy offering the flu jab today.**

## Northampton retirement village raises over £1,000 for county hospice

Richmond Villages recently welcomed representatives from the Cynthia Spencer Hospice to its Northampton village to collect a four-figure donation.

Richmond Villages Northampton has donated over £1,000 to Cynthia Spencer Hospice from its fundraising efforts throughout 2022.

When hosting its Christmas Fayre, a charity raffle was made up of generous donations from stall holders, with its proceeds and others throughout the year going towards helping to provide palliative care services across the West Northamptonshire council ward.

Cynthia Spencer Hospice provides multiple care options, including home hospice care to the South Northamptonshire region, while its sister hospice does the same for North Northamptonshire.

The festive fayre was just one of many fundraising events

hosted at the Northampton Village throughout 2022.

The total donation from Richmond's combined fundraising events for last year came to £1,059.33.

Tom Boarder, Village Manager at Richmond Villages Northampton, said: "I'm blown away by the amazing figure we have managed to amass for The Cynthia Spencer Hospice

which is such an important organisation.

"To achieve a four-figure sum to donate to an incredibly worthwhile cause is testament to the harmonious community spirit we have here at Northampton.

"It's great to pass on this rewarding sum to Jenny as we pride ourselves on giving back to the community.



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K Greenwood

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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:**

## > DEENETHORPE

Erect farm workers dwelling at Home Farm Lodge Deenethorpe Airfield Deenethorpe NN17 3AN (Info) (Part3) (Info) NE/22/01604/FUL (14 February 2023)

## > SUDBOROUGH

Part re-building and small extension to listed outbuilding at The Round House Main Street Sudborough NN14 3BX (LBRegs) (Info) NE/22/01436/LBC (LB/CA) (Info) NE/22/01484/FUL (14 February 2023)

## > HIGHAM FERRERS

Signage to advertise the name and nature of the business at 28 High Street Higham Ferrers NN10 8BL (LB/CA) (Info) NE/23/00006/ADV (14 February 2023)

## > OUNDLE

Proposed garage conversion, single storey rear extension and replacement ground floor window at 4A Benefield Road Oundle PE8 4ET (Info) (LB/CA) (Info) NE/22/01585/FUL (14 February 2023)

## > OUNDLE

External and internal alteration works including installation of new extractor flues, replacement roof windows, new bar, kitchen, and WC facilities at The

Post Office 5 New Street Oundle PE8 4EA (LB/CA) (Info) NE/22/01582/FUL and LBRegs) (Info) NE/22/01583/LBC (14 February 2023)

## > COLLYWESTON

Conversion of barn to annexe (revised resubmission to NE/22/00594/FUL and NE/22/00595/LBC ) at 8 High Street Collyweston PE9 3PW (Info) (LB/CA) (Info) NE/22/01589/FUL and (LBRegs) (Info) NE/22/01590/LBC (14 February 2023)

## > TITCHMARSH

Demolition of the existing garage and erection of a new annexe containing a three-car garage with living space above at The Horseshoes 2 North Street Titchmarsh NN14 3DH (Info) (LB/CA) (Info) NE/22/01621/FUL (14 February 2023)

## > THRAPSTON

Hybrid Planning Application: Full permission sought for the demolition of all existing buildings and structures and the re-alignment of an existing farm track; site infrastructure works, including groundworks, strategic landscaping and creation of development plateaus; and construction of a storage and distribution unit (Unit 01) (Use Class B8) with ancillary offices (Use Class E), including access, parking, servicing, landscaping and associated infrastructure. Outline permission sought for the construction of industrial distribution space (Use Class B8) with ancillary offices (Use Class E). All matters reserved except for site access. At Sand

And Gravel Quarry Land Pts OP4834 7882 And 8518 TL0178 Huntingdon Road Thrapston (Info) (Part3) (Info) NE/22/00151/FUL (14 February 2023)

## > THRAPSTON

Hybrid planning application comprising: Full planning application for the construction of a storage and distribution unit (Development Plot 1) (Use Class B8) with ancillary offices (Use Class E); creation of a principal estate road (including bus stop) and new access from the A605; construction and emergency access; highways improvements to Huntingdon Road and A605 roundabout and at Junction 13 of the A14; strategic green infrastructure; vehicular and cycle parking; pedestrian infrastructure; hardstanding; circulation areas; lighting infrastructure and all other ancillary, enabling and associated works including landscaping, drainage, earthworks, sub-station and boundary treatment. And - Outline planning application with all matters reserved for an employment park comprising Class B2, B8 and E uses with ancillary offices; creation of a new access from Oundle Road; vehicular and cycle parking; pedestrian infrastructure; hardstanding; circulation areas; lighting infrastructure and all other ancillary, enabling and associated works including landscaping, drainage, earthworks and boundary treatment. At Land Adjacent Haldens Parkway Thrapston (Info) (Part3) (Info) NE/22/00698/OUT (14 February 2023)

## > WOODFORD

Detached car port and garage to the

side of existing house (Re-submission of NE/22/00842/FUL) at 1 Church Green Woodford NN14 4EU (Info) (LB/CA) (Info) NE/22/01557/FUL (14 February 2023)

## > ISLIP

Proposed ground solar photovoltaic (PV) system installation at 31 High Street Islip NN14 3JS (Info) (LB/CA) (Info) NE/22/01619/FUL (14 February 2023)

## > RINGSTEAD

Ground floor extension at front at 4 Denford Road Ringstead NN14 4DF (LBRegs) (Info) NE/22/01600/LBC (14 February 2023)

**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 21 January 2023**

**Consultation deadlines will differ for each application. Please go to [www.east-northamptonshire.gov.uk/planningapplications](http://www.east-northamptonshire.gov.uk/planningapplications) for details.**

## Community grants available to help transform lives across North Northants in 2023

*Voluntary and community groups who are looking for a funding boost to kick-start a project in 2023 are being encouraged to apply for small grants to help improve the lives of residents in North Northamptonshire.*

### Community funding

Funding of up to £5,000 is being made available by North Northamptonshire Council.

The second funding round is currently open:

- Grants up to £2,500– deadline 6th February 2023
- Grants of between £2,500 and £5,000– deadline 6th February 2023

The scheme is open to community and voluntary sector organisations,

registered charities and not-for-profit organisations, with priority given to projects that support the council's key priorities and the strategic aims.

The council's six key priorities are:

- Active, fulfilled lives – helping people live healthier, more active, independent and fulfilled lives.
- Better, brighter futures – caring for young people,

providing them with a high-quality education and opportunities to help them flourish.

- Safe and thriving places – enable a thriving and successful economy that shapes great places to live, learn, work and visit.
- Green, sustainable environment – taking a lead on improving the green environment, making the area more sustainable for

generations to come.

- Connected communities – ensuring our communities are connected with one another so they are able to shape their lives and areas where they live.
  - Modern public services – providing efficient, effective and affordable services that make a real difference to all our local communities
- Examples of suitable applications could be a project encouraging wildlife in a local pocket park or sports and play equipment for a community group.
- Any groups that want to find out more, including available funding and criteria

for applying can do so via the council's website.

Alternatively, you can email [communityfunding@northnorthants.gov.uk](mailto:communityfunding@northnorthants.gov.uk) for more information.

### Members Empowerment Fund

NNC's grant scheme, known as the Member Empowerment Fund, is open to applications all year round.

Each councillor is allocated yearly funding for small community-based projects up to £2,000. Money can be awarded to parish or town councils, community groups, voluntary organisations and charities working in North

Northamptonshire. This allows members to be innovative in formulating proposals for the benefit of residents in their wards.

Applications must be made by a ward member.

If you need some financial help to make your project a reality and think it might be suitable for a Member Empowerment Fund grant, you should talk to your local North Northamptonshire Council Councillor who can submit an application.

Organisations cannot apply for both the Community Funding and Members Empowerment Fund at the same time.

# Country Court's luxury care home in Thrapston set to open in March 2023

Development of Country Court's latest luxury care home is well underway, bringing much-needed jobs and addressing the high demand for elderly residential care in the area. Country Court is the national operator behind the new home which will specialise in residential care, short-term respite care, and specialist dementia care for up to 67 people. It will provide an affordable luxury care offering in Thrapston, whilst retaining a sense of community.

Commenting on the development, Alykhan Kachra, Co-CEO at Country Court said: "We want to help people to stay in their communities and near their families and friends wherever possible and this new care home will enable just that. We are invested in this exemplary, modern care facility and hope that it will be a wonderful home to all who live here and a great environment for the care workers who will be central to making it a happy home."

The facilities in the home will be designed to make life comfortable and enjoyable, allowing people to live safely and as they choose; there will be numerous communal

lounges and dining areas, and themed activity spaces. The home will be led by Clare Hedge, an experienced Home Manager who has previously managed Lakeview Lodge Care Home in Milton Keynes, also part of the Country Court group. Clare is passionate about providing the very highest standards of person-centred care and support and is looking forward to getting to know the new residents and their families.

The new Care Home is part of the Country Court Group, a family-owned and run business founded in 1983, with the company philosophy "Our family caring for yours". Country Court has won numerous Great British Care

Awards. In 2015 the company was awarded Health Investor Residential Care Provider of the Year and is in the carehome.co.uk Top 25 Large Care Home Groups 2022.



To find out more about Hermitage House Care Home contact Senior Customer Relations Manager, Hannah Mills on 07745 541 057 or email [Hannah.mills@countrycourtcare.com](mailto:Hannah.mills@countrycourtcare.com)  
For more information contact: Lucy Bateson, Marketing Manager, Tel: 01733 571951/ 07872 542369  
Email: [marketing@countrycourtcare.com](mailto:marketing@countrycourtcare.com)

## Hermitage House Care Home

As a brand new care home, Hermitage House will provide the highest standards of family-led residential and dementia care. Our home is luxurious and beautifully furnished, whilst retaining a warm family atmosphere that will make Hermitage House feel extra special.

To find out more about life at Hermitage House contact our Senior Customer Relations Manager Hannah Mills on 07745 541 057 or email [hannah.mills@countrycourtcare.com](mailto:hannah.mills@countrycourtcare.com)

01832 430 083

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[www.countrycourtcare.com](http://www.countrycourtcare.com)

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AWARDED 2022  
TOP 20  
CARE HOME  
GROUP  
[carehome.co.uk](http://carehome.co.uk)

Opening  
March  
2023



# Nene Valley News - Events

## > SATURDAY 21ST JANUARY, 7.15 FOR 7.45PM

Fynnius Fogg charity concert in aid of the Encompass charity, at St Peter's RC Hall, Higham Road, Rushden. Tickets (£10) need purchasing in advance and are available from [info@encompasscharity.org.uk](mailto:info@encompasscharity.org.uk).

## > SUNDAY 22ND JANUARY, 10.15AM

Whitefriars Church Morning Worship with Holy Communion at Whitefriars Primary School, Boughton Drive, Rushden NN10 9HX. All are welcome.

## > SUNDAY 29TH JANUARY, 10.15AM

Whitefriars Church Morning Worship at Whitefriars Primary School, Boughton Drive, Rushden.

## > SUNDAY 29TH JANUARY, 9.25AM

Higham Ferrers Footpath Group Saffron Road car park for car sharing. Admission: Free. Contact: Daphne 01933 386839. 10-mile walk round St Neots and Paxton Pits Nature Reserve.

## > SUNDAY 29TH JANUARY AT 10AM

Christingle at St Peter's Church Newton

Bromswold. Raising funds for The Children's Society.

## > SUNDAY 5TH FEBRUARY, 9.25AM

Higham Ferrers Footpath Group Saffron Road car park for car sharing. Admission: Free. Contact: David 01933 663603. 6-mile walk around the Hardingstone area of Northampton.

## > SUNDAY 19TH FEBRUARY, 9.40AM

Higham Ferrers Footpath Group Saffron Road car park for car sharing. Admission: Free. Contact: Marion 07754 810902. 6-mile Winter Walk in the Wellingborough area.

## > SATURDAY 4TH MARCH, 7.30PM

Friends of Newton Church will be hosting a Quiz Night in The Swan, Newton Bromswold, entry fee is £10 for a team of 4.

## > SATURDAY 25TH MARCH, 8PM

Fundraiser in aid of "Young Lives vs Cancer". Barratts Club, Northampton.

# CHOIR'S 70TH ANNIVERSARY

Wellingborough Orpheus Choir reaches a landmark anniversary this year. Founded in 1953 by local publican Frank Stalvies, a musician who had previously worked on ocean liners, the choir's first public performance was of Handel's 'Messiah' in what was then the Congregational Church on Wellingborough's High Street. Today's choir will be celebrating its platinum jubilee with a performance of the same work in the same church (now the United Reformed Church) on Saturday 1st April.

The choir's chairman, Keith Jones said: "Our numbers have not yet returned to pre-Covid levels, so we have invited our musical director's other choir, the Camerata Singers from Kettering, to join us for the performance, but we hope that the opportunity to sing such a popular work as 'Messiah', with an orchestra, will attract both former members and new singers from the Wellingborough area. We are particularly short of tenors and basses but would welcome singers in all sections. You don't have to be able to sight-read music, there are no auditions,

and the first term's membership is free!"

The choir rehearses under the leadership of musical director Nicolas Moodie on Monday evenings from 7.30pm to 9.15pm at Wellingborough Methodist Church on Kingsway. For more information email [maureen@thejetty.eclipse.co.uk](mailto:maureen@thejetty.eclipse.co.uk), visit the choir's website at [www.orpheuschoir.org.uk](http://www.orpheuschoir.org.uk) or follow them on Facebook.

The anniversary concert is being supported by Wilson Browne Solicitors, BCC Telemarketing and Wellingborough Town Council.



# Chris Moore: Peter Scott and the Birth of Modern Conservation

Friday 24th February at 7.30pm-8.30pm,  
The Great Hall, Oundle School PE8 4GH.

Published in partnership with the WWT, this book charts the remarkable life of one of Britain's greatest conservationists.

Peter Scott was a remarkable man who led an extraordinary life. Writer, artist, broadcaster, conservationist, sportsman; in any one of his chosen fields he would have been remembered as someone who made a difference. That he excelled in all of these is perhaps the main reason why his life remains an inspiration to others more than 30 years after his death. To his chosen fields, Peter brought a restless energy, boundless enthusiasm, integrity and determination to succeed.

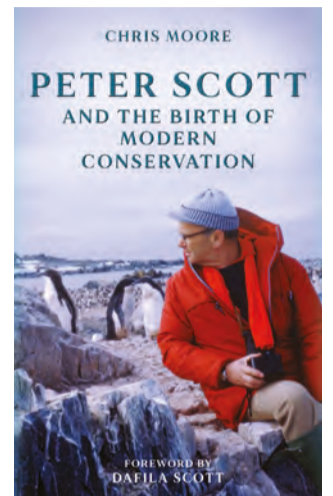
This new biography charts his life, from the young boy who grew up in the shadow of the tragic death of his famous father to the co-founder of the World Wildlife Fund and a major international figure in wildlife conservation. He attended Oundle School and therefore has a local connection. Along the way he became a passionate wildfowler, an internationally renowned artist, Olympic medal winner, wartime hero, British national glider champion and popular broadcaster who was heavily involved in the development of natural history programmes at the BBC.

The book draws in part upon previously unpublished letters

and papers discovered in his home during preparations to open it to the public, and casts a new light on some of the events that helped change a passionate hunter of wild geese into the most fervent champion for their survival.

With the current crisis of global warming and the threat of mass extinction of wildlife across the globe, Peter's story is a vivid reminder of the challenges we face and of what we stand to lose.

Following a career in cartography and publishing, Chris Moore joined the Wildfowl and Wetlands Trust in 2014 as a volunteer at their headquarters in Slimbridge, Gloucestershire. In 2017, he joined the team that worked for two years to convert Sir



Peter Scott's former home into a museum. The contents of the house were catalogued, cleaned and, where necessary, conserved. Since the Scott House Museum opened in 2019 he has been one of a team of volunteers leading groups of visitors through the house, telling the story of Sir Peter Scott's life and work.



Chris Moore

Tickets £8 (£6), Online: <https://oundlelitfest.org.uk/events/>  
Enquiries contact: [oundlelitfestival@hotmail.co.uk](mailto:oundlelitfestival@hotmail.co.uk)

# Raunds Coffee Afternoon

at Saxon Hall, Raunds  
Wednesday 1st Feb 2023  
Refreshments served  
1:30pm - 3pm

## CRAFTS

Come along, meet new friends  
& paint star tealight holders.

£1 entry  
(includes tea/coffee and cake)

Ring 01933 622087 between 9:30 am - 2pm to reserve your seat

# RAUNDS FILM AFTERNOON



Come & meet new friends

Showing at Saxon Hall, Raunds on  
Wednesday 15th February 2023

Refreshments served from 1:00pm  
Film starts at 1:30pm

No under 18's permitted without an adult

## FISHERMAN'S FRIENDS: ONE AND ALL

12

£1 entry (includes tea/coffee & cake)

Ring 01933 622087 between  
9:00 am - 2.30pm to reserve  
your seat.

An event provided by  
Raunds Town Council

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# Your Health – Marathon training

WORDS BY  
CLAIRE SHORT

It's that time of year. If you're not training for the London Marathon you probably know someone who is. Right now local marathon runners are getting into their stride with running technique, good nutrition and special training routines. And they're out there in the dark, running, when most people are asleep.

The incredible thing about marathons is that people who have never seen themselves as a runner sign up and push themselves to achieve their goal. It's inspirational.

Of course, there are often injuries along the way. We see a lot of tendon and ligament problems in February and March, and the knee pains usually start around the same time, but they're almost always fixable. I think our new laser machine is going to be working its socks off in February this year!

One of the problems with running is that there are so many approaches to technique. From mid-foot running to expensive support trainers; from arch supports to barefoot.

Jay Sheridan, Higham's Sports Therapy &

Strength and Conditioning specialist, says: "Every person has different foot mechanics. Many marathon runners have gait analysis with us to find out what technique will work best for them and to find out whether their gait is causing the shin splints, Achilles strains or plantar fasciitis. The machine assesses the individual's biomechanics of the foot in motion and shows up all manner of unusual mechanics!"

Top tips for marathon runners:

- Loosen up before you run – jog, jiggle or dance. Free things up gently before you start, then stretch afterwards.
- Choose running shoes and technique to suit YOU. Don't follow someone else as their feet might be completely different to yours.

If you're not training for a marathon, do support the people who are. With the right support, training regime and injury management most get through the arduous training and complete the race.

Just to clarify – pushing the lawnmower doesn't count as marathon training, and anyway it's too wet. Leave the nasty machine in the shed.

Have a great week!

Claire Short is a Registered Osteopath, and runs The Ashgrove Clinic in Higham Ferrers. Send your questions to [claire@ashgrovehealth.co.uk](mailto:claire@ashgrovehealth.co.uk)

## GETTING YOUR AFFAIRS IN ORDER WITH A WILL

With New Year plans in progress, we spoke to Solicitor Charlotte Pinkham at Wilson Browne Solicitors about getting your affairs in order with a Will.

### Do I really need a Will?

This is the most common question I get asked, especially from married couples as it is often assumed that everything will simply pass to the surviving spouse. However, if you do not have a Will in place, under the rules in England and Wales, you are deemed as passing intestate meaning it is then left to the intestacy rules to determine who benefits from your estate. Another aspect to note is that unmarried partners and co-habitees are not recognised under the intestacy rules and

so your partner would not benefit from anything in your estate. If you want control over who inherits from your estate and peace of mind knowing that your wishes will be respected after your death, then you need to have a Will in place.

### Do I need a Solicitor to write a Will?

The simple answer is no. You do not need a Solicitor to write a Will and can write one yourself. Whilst these are legal, they can lead to future problems. For example, if the wording can be considered ambiguous it could be contested or if it is not signed correctly it will not be deemed valid. By using a Solicitor to write your Will such problems will be

addressed and dealt with at the point of drafting the Will rather than when it's too late to rectify.

### What should I include in my Will?

Your Will should deal with how you wish everything you own to be distributed on your death. This is from the small things such as jewellery, personal belongings and car to the bigger assets such as your property, savings, investments, policies and much more. Within your Will you can state who you wish your beneficiaries to be and the percentage or amount you wish for them to inherit. This can include anyone of your choice from your spouse, children and friends, to charities, to name a few.

If you now feel it is time to write your Will then contact any member of the experienced Wills & Probate team at Wilson Browne Solicitors who will be more than happy to help. Call 0800 088 6004 for advice and to start the process today. "We look forward to meeting you and getting that box on your 'things-to-do list' ticked off."

## OVER 50 AND THINK YOUR FOOTBALLING DAYS ARE OVER? THINK AGAIN!

Walking football is a widely recognised sport across the world. It is ideal for the more mature men and women to take part in if they love the game, but instead of running, they walk and help minimise any risk of injury.

### Join us at AFC Rushden & Diamonds

AFC Rushden & Diamonds Walking Football are always seeking new players – particularly those over 60 – so why not come along, meet new friends and get to enjoy kicking a ball around again.

The rules of walking football are very similar to those of normal football, but they have just been tweaked slightly to help protect the health and stamina of players over 50.

It is very adaptable and suitable for both male and female players regardless of ability, great for



Our squad who took part in the 2022 Northants County Cup

keeping active, getting fresh air and improving strength, flexibility and above all, having some fun. Come down and give it a go – we're confident that once you've tried it, you'll love it!

Join us on Monday evenings at The Ferrers School in Higham Ferrers from 7.15pm for 7.30pm (until 9pm) for a taster session. To find out more email Alan Wookey at [alan.wookey@ntlworld.com](mailto:alan.wookey@ntlworld.com)

For more information about AFC Rushden & Diamonds Walking Football please contact Andy Sarson on 07773 366393 or email: [andrewsarson@gmail.com](mailto:andrewsarson@gmail.com)

## What's on at the Cowper & Newton Museum

### > TUESDAY 21ST FEBRUARY

The Cowper & Newton Museum re-opens for the new season. We're looking forward to welcoming you back to see our new displays. For more information [www.cowperandnewtonmuseum.org.uk](http://www.cowperandnewtonmuseum.org.uk)

### > SATURDAY 25TH FEBRUARY

Free Weaving and Craft Making - Visit our Dressing Up and Activity Room at the top of the museum, to test your craft making skills and have a go at weaving a spider's web. This activity is taking place in conjunction with the "Sierra-ously Surprising" exhibition that is currently on display in The Three-Hares Gallery. This is a free drop-in session suitable for children up to the age of 10. (Usual adult admission fee applies).

# 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](http://wilsonbrowne.co.uk)  
0800 088 6004

\*Appointments must be booked on Monday 6 February 2023 for an appointment within 28 days. Other terms apply – see [wilsonbrowne.co.uk/terms](http://wilsonbrowne.co.uk/terms) or call for details.

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# RESIDENTS CAN NOW SIGN UP TO NEW GARDEN WASTE COLLECTION SERVICE

Residents across North Northamptonshire can now sign up for the new optional, chargeable 12-month garden waste collection service.

The annual subscription charge for the fortnightly service, with collections starting on 3rd April, is £40 per bin and can be paid online via debit or credit card. More details about the service and how to sign up are available in the garden waste section of the council's website. People can sign up any time and, once payment is processed, will receive a new garden waste permit for sticking onto their bin so collection crews know to collect it.

## Alternatives

As part of the refreshed service, the council will also be offering an enhancement to the subsidised compost bin scheme, where residents can buy a home compost bin for £5 plus delivery. The authority will also be offering an ad hoc sack collection system, at £16.50 for 10 compostable sacks, for those not needing or wanting a bin. Residents can also take green waste to their nearest household waste recycling centre in the NNC area for free disposal.

## Those living in the former East Northants area

Up until now, people living in the former East Northants district area have had to pay an

annual charge of £55 for their collections, while the remainder of the council area have not. To acknowledge the historic disparity in charging for green waste collections, the council has decided that existing subscribers will be offered a first year £20 discount at their next renewal meaning they will pay just £20 for their first full year under the new scheme. This discount will be for the first year of the scheme only.

After this the annual cost will align with the rest of the North Northants area at £40 a year. The new charge for any new subscribers in East Northants is already in place and they will pay the new charge of £40.

## I live in the former Wellingborough area – what do I do?

The normal winter pause has applied this year in the former Borough Council of Wellingborough area with garden waste collections having stopped in November and due to restart in spring 2023. Garden waste collections – under the existing scheme – are due to start again in the weeks commencing Monday 13th March and 20th March.

When the existing scheme starts again, residents should put their garden waste bin out on the same day as their recycling bin. Residents will have to subscribe to the new paid-for service to be eligible

for collections from 3rd April.

The service will then run all year round in line with the rest of the NNC area.

## Further information

Details on all the garden waste services mentioned above are available on the council's website.

## JOIN FREE WEBINARS ON DIABETES AND CHILDREN'S HEALTH

Following on from its series of successful webinars, Northamptonshire Healthcare NHS Foundation Trust (NHFT) is encouraging people to join its latest online sessions.

On 2nd February from 4pm–5.30pm, there will be a webinar on Child and Adolescent Mental Health (CAMHS), with updates from NHFT Partner Governor, Sharon Womersley on the youth counselling service, REACH Collaboration, which offers professional and confidential support for young people aged 11-19 across Northamptonshire.

There will also be a chance to hear about the exciting work in CAMHS including the launch of a new interactive website about children's health services.

On 16th March from 4pm–5.30pm, there will be a webinar on Diabetes where participants will hear the latest updates about NHFT's diabetes service, with advice and opportunities

to ask questions. Currently in the UK, it is estimated that over 4.8 million people are living with diabetes, many of whom are undiagnosed, and that figure is expected to rise significantly over the coming years.

Book a free place on either webinar at [www.nhft.nhs.uk/membership](http://www.nhft.nhs.uk/membership) under 'membership events programme'.

Richard Smith, NHFT's Interim Director of Corporate Services, said: "These final two webinars in the 2022/23 series are not to be missed. Previous sessions, which have covered a range of topics including long Covid, volunteers and carers, dementia, mental health and wellbeing, have proved very popular. People have really appreciated being able to ask questions and learn about the services available to them."

Find out more at [www.nhft.nhs.uk/membership](http://www.nhft.nhs.uk/membership)

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**CLASSIFIEDS**

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

**Family NOTICES**



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

For help and information to place your notice please call 01522 692542 or visit [www.nenevalleynews.co.uk](http://www.nenevalleynews.co.uk)

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**PUBLIC NOTICES**

**LICENSING ACT 2003 APPLICATION FOR A PREMISES LICENCE (SECTION 17)**

Notice is hereby given that The Flower Company of Irthlingborough has applied to North Northamptonshire Council for the grant of a Premises Licence in respect of The Flower Company of Irthlingborough, 20 High Street, Irthlingborough NN9 5TN, 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 8th February 2023.

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.

Ryan Reece Director and Jennifer Reece  
Owner of The Flower Company of Irthlingborough  
The shop hours are Monday, Tuesday, Thursday and Friday 10am-4pm, Wednesday and Saturday 10am-1pm.

**NORTH NORTHAMPTONSHIRE COUNCIL**

**ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (SUDBOROUGH ROAD, SLIPTON)**

(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2023  
NOTICE IS HEREBY GIVEN that North Northamptonshire Council intend, not less than seven days from the date of this Notice, to make an Order the effect of which will be to prohibit traffic from proceeding along that length of Sudborough Road, Slipton as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Sudborough Road, Slipton near Chestnut Cottage.

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

PERIOD OF CLOSURE: The proposed Order will come into effect on 14th February 2023 and will continue in force for a period of eighteen months. An application may be made for the approval of the Secretary of State for Transport for the Order to be extended if this proves necessary. However, the restriction specified will have effect only at such times and to such an extent as is indicated by the display of signs prescribed by the Traffic Signs Regulations and General Directions 2016.

EXPECTED DURATION: It is expected that the road will be restricted for one day. ALTERNATIVE ROUTES: use Sudborough Road, Main Street, A616, Kettering Road and Islip Road.

If you require any further information please contact Steve Fowler ref: 22/23 – N417 Steve.Fowler@northnorthants.gov.uk PKG/T23/010

**ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (MAIN STREET, COTTERSTOCK)**

(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2023  
NOTICE IS HEREBY GIVEN that North Northamptonshire Council have made an Order the effect of which is to prohibit traffic from proceeding along that length of Main Street, Cotterstock as set out below.

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

REASON FOR RESTRICTION: The restriction is required for safety during the cleaning of manholes.

PERIOD OF CLOSURE: The proposed Order will come into effect on 30th January 2023 and will continue in force for a period of eighteen months. An application may be made for the approval of the Secretary of State for Transport for the Order to be extended if this proves necessary. However, the restriction specified will have effect only at such times and to such an extent as is indicated by the display of signs prescribed by the Traffic Signs Regulations and General Directions 2016.

EXPECTED DURATION: It is expected that the road will be restricted for two days. ALTERNATIVE ROUTES: use Main Street, Oundle Road, A605, Station Road, North Street, Market Place, New Street, Glapthorn Road, Cotterstock Road and Oundle Road.

If you require any further information please contact Steve Fowler ref: 22/23 – N399 Steve.Fowler@northnorthants.gov.uk PKG/T23/001

Dated this 21st day of January 2023  
DEBBIE CARTER-HUGHES  
Executive Director, Pathfinder Legal Services Ltd



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**Cobblers players help highlight suicide prevention**

*Players from Northampton Town Football Club had a new goal to aim for recently – highlighting suicide prevention and how to look out for those at risk.*

The squad took time out of their busy schedule to team up with Lisa Pearson and Andy Willis from Northamptonshire Healthcare NHS Foundation Trust (NHFT) for Suicide Prevention and Awareness Training at their practice ground.

The session kicked off with discussions about the importance of good conversations around suicide, as well as where people can go to get help if they need it. It also looked at some of the myths surrounding suicide, as well as who might be at risk and how best to intervene.

Northampton Town's first team players, and support staff (pictured with Andy and Lisa) took part in the training with many saying how useful it had been.

Cobblers winger Mitch Pinnock said: "I thought the session was good, it opens

want people to reach out and access our free training."

Suicide is one of the biggest killers of men, with males making up approximately 78 per cent of all suicide deaths, compared to 22 per cent for women.

It's also over 11 years since high-profile Welsh footballer Gary Speed took his own life. His close friend, and TV presenter, Dan Walker recently spoke candidly about the impact it had on him and the importance of seeking help if anyone has suicidal thoughts.

Andy Willis, former service user and trained peer supporter worker, who shared some of his personal experiences with the players, said: "It's been a really positive session, the attention of the players and the staff was magnificent and the contributions were really appreciated. It's such an important topic, mental health, and openly sharing and giving support particularly in the area of self-harm and suicide, whilst a complex topic, is one that has to be embraced."

everyone's mind up really just to make sure people are okay and, even if you're worried about asking them the question, because it might be a bit personal, it's going to benefit them and benefit you as well."

Last year, a similar session was held with the football club's Academy players, and following on from this latest session, the League Two club, which is currently chasing promotion, is encouraging other sports clubs to take part in Suicide Awareness Training.

Lisa Pearson, who runs the training, said: "It's been an excellent session, they've been really engaged. We're really pleased with the opportunity, and are keen to start engaging with as many community and sports clubs as we can. We know that you're more at risk of suicide if you're male, so we just



People are encouraged to visit [www.zerosuicidealliance.com/training](http://www.zerosuicidealliance.com/training) and take part in the free online suicide awareness module, which takes just 20 minutes, and provides the skills to ask about suicide.

Anyone who wants to know more about attending Suicide Prevention and Awareness Training, can contact Lisa Pearson at NHFT by emailing [lisa.pearson3@nhft.nhs.uk](mailto:lisa.pearson3@nhft.nhs.uk)

For more information about suicide prevention visit [www.nhft.nhs.uk/suicide-prevention](http://www.nhft.nhs.uk/suicide-prevention)

# Nene Park monthly photography competitions return for 2023!

*Nene Park Trust is delighted to announce that its ever-popular monthly photography competitions will continue throughout 2023, giving park visitors the opportunity to share their photography talents.*

Visitors are invited to enter photographs taken anywhere on the Nene Park estate – Ferry Meadows, Orton Mere, Woodston Reach, Thorpe Meadows or the Rural Estate, and can feature scenic views, our recognisable landmarks, seasonal nature or the wonderful wildlife that makes its home in the park.

New for 2023! Each month, the judges at Nene Park will choose

their top three entries and put them forward for a public vote on social media to choose the winner, adding an extra element of excitement to the competitions.

Each winner will receive a £20 voucher to spend in the park and enjoy the accolade of their photograph being shared on the Nene Park social media pages, displayed in the annual winter photography exhibition and

featured in the 2024 Nene Park fundraising calendar.

The January competition is open now, so what are you waiting for? Dust off your cameras, fire up your smartphones and get snapping in the Park, then email your photos to [marketing.NPT@neneparktrust.org.uk](mailto:marketing.NPT@neneparktrust.org.uk). We look forward to seeing your entries!

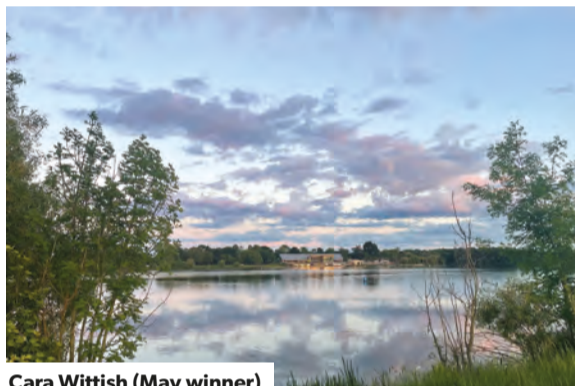
Photography Competition Terms & Conditions:



David Arthur (September winner)



Rob Walker (August winner)



Cara Wittish (May winner)

- By submitting photographs, entrants agree to their images being used on the Nene Park website, social media and print material in the future.
- When submitting an entry, please include your name, the date the photograph was taken and the location of the photograph.
- Entrants are welcome to submit up to five photos per month.
- Landscape format images are preferred and full sized, high

quality images are required. Please ensure the image file is attached to the email not embedded.

- To ensure the seasonality of the winning photographs correspond with the months in the calendar, photographs submitted ideally should have been taken within the month of the competition being entered.
- The entry submission window runs from the first day of the month until the last day of the month.

## OPEN EVENTS

Higham Ferrers Campus

Saturday 28 January 2023

8.30am – 12noon



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Gate 3, Moulton College,  
Pitsford Road, Moulton,  
Northampton, NN3 7SX



Pre-register at [moulton.ac.uk](http://moulton.ac.uk)

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