

Nene Valley

news

YOUR LOCAL INDEPENDENT COMMUNITY
NEWSPAPER FOR EAST NORTHAMPTONSHIRE

Telephone:
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so please submit your
news story or event at
www.nenevalleynews.co.uk**

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ON HEALTH &
WELLBEING**

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NEWS IN BRIEF

**Nene Valley
Crematorium
donates £12,000
to MIND**

The team at Nene Valley Crematorium have raised £12,000 for a local charity MIND.

The charity provides frontline mental health and wellbeing services. The raised funds will be utilised to allow hundreds of people to access crucial support services that can be lifesaving, including, counselling, crisis support, one-to-one support, encompassing support groups and peer support.

On behalf of the Company's Chair for the Board of Directors, Councillor Paul Bell, responsible for Wellingborough Bereavement Services, a cheque was presented on 20th June 2023 by the Operations Director (and NNC's Assistant Director for Regulatory Services), Iain Smith to MIND's Business Development Director, Dion Hunt.

These funds are a result of the crematorium's membership with the Institute of Cemetery and Crematorium Management. Since the opening of the crematorium on 19th September 2016, the team have nominated six local charities that have collectively benefitted from £77,000.

Hall Park, Rushden receives the coveted Green Flag Award

*In a record-breaking year, the park is
recognised as among the country's best.*

Rushden Town Council is celebrating after receiving the Green Flag Award for Hall Park.

The news that Hall Park has achieved the accreditation – the international quality mark for parks and green spaces – is testament to the hard work and dedication of the team that care for the site so that everyone can enjoy it.

Keep Britain Tidy's Green Flag Award Scheme Manager, Paul Todd MBE said: "I would like to congratulate everyone involved at Hall Park in achieving a Green Flag Award."

"Hall Park is a vital green space for the community of Rushden, bringing people

together and providing opportunities to lead healthy lifestyles. The staff and volunteers do so much to ensure that it maintains the high standards of the Green Flag Award and everyone involved should feel extremely proud of their achievement."

The Green Flag Award scheme, managed by environmental charity Keep Britain Tidy under licence from the Department for Levelling Up, Housing and Communities, recognises and rewards well-managed parks and green spaces, setting the benchmark standard for the management of green spaces across the United Kingdom and around the world.



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Proposed school move to Glenvale Park takes step forward

Following the receipt of two completed 'expressions of interest' for the relocation of an existing school into a new primary school at Glenvale Park, a panel has now met to consider the applications and recommend a school to move into the new facilities from September 2024.

The panel reviewed and assessed both applications from Little Harrowden Primary School and Wilby C of E VA Primary School recently. Both schools submitted strong applications and following a rigorous interview process a recommendation has now been put forward that Wilby C of E VA Primary School go forward to the next stage.

A formal public consultation will now be launched at the beginning of September, with the outcome informing the North Northamptonshire Council's Executive decision making process later in the year. If the recommendation is approved, it is anticipated that Wilby C of E School would move to the Glenvale Park development to

coincide with the start of the 2024/25 school year.

Cllr Scott Edwards, the council's Executive Member for Children, Families, Education and Skills, said: "Both applications we received were of a high standard and warmly received by the panel. After a long discussion and careful consideration, we have recommended that Wilby C of E Primary School move to the next stage and a public consultation will be launched in September so residents and parents can have their say on the recommendation."

The proposal to move an existing school to Glenvale Park was approved at Executive in June. Glenvale Park will provide an additional 3,000 new homes and in preparation for new families moving into the area, the school, which has been built by the developer Glenvale Park LLP, is due for completion this autumn.

Local schools were asked to express an interest in relocating to the Glenvale site and expanding to meet future need as required.

GENEALOGY JOTTINGS

WORDS BY
JAN PEARSON

Did you know... Although Oundle was granted a Market Charter in 1972, the market itself used to be held on a Saturday. It was a hundred years ago that the following notice was printed in the Stamford News of 11th July 1823:

"It is proposed to change the day of the market at Oundle, Northamptonshire, from Saturday to Thursday, that it may not be affected by Peterborough and other neighbouring Saturday markets."

I stumbled across this as I was having a rummage through the newspapers for something else! How easily sidetracked am I!

Talking of being sidetracked, I have a large piece of paper and a pen at one side of my laptop when I am searching online. I have a note (or three!) about what I am researching, which helps me to keep to one subject at a time. It also helps if I have gone off piste, so to speak, and reminds me of what I am meant to be looking for. This can be very useful if

you suddenly discover an interesting nugget of information. I was totally distracted by the discovery that the husband of one of my great aunts was in prison for the manslaughter of his landlady. I had just been searching for what had happened to their son when he suddenly appeared with his father.

Sometimes you can be looking for a death of someone as their spouse had remarried, stating that they were widowed. This is not always the case as, in the early days, to be divorced was a bit of a stigma and therefore not always owned up to. So, after banging your head against a brick wall and coming up with nothing, it is always worth checking if the "deceased" spouse went on to live elsewhere, popping up in later records.

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

Final preparations ahead of Rushden's new Alfred Lord Tennyson School opening

Final preparations are being put in place for the opening in September of Alfred Lord Tennyson School – the new Rushden primary school.

The opening of the school has come about after formal approval was given to amalgamate Tennyson Road Infant School and Alfred Street Junior School.

Both schools have distributed the new school uniform to all pupils which was funded by North Northamptonshire Council, as the local authority wanted to support families in the transition to becoming a new school.

The new uniform will be red and will feature the new school logo, based on designs created by pupils at the two existing schools.

Cllr Scott Edwards, North Northamptonshire Council's Executive member for Children, Families, Education and Skills, said: "As we reach the end of the school year, it is exciting that the opening date is getting closer. With final preparations underway, I am looking forward to the new school opening its doors to all young people and their families in September."

"The Council is committed to continuing to support the development of the new school and ensuring the very best outcomes for all of the pupils who go there."

The Headteacher for the new school will be Mrs Kelly O'Connor, who is the current headteacher of Alfred Street Junior School.

Mrs O'Connor said: "I'm honoured to be appointed as the Headteacher of the new school, Alfred Lord Tennyson, and I am excited about our new journey with the children, staff and parents."

"There's lots going on as we make final preparations for our opening in September and I'd like to thank all concerned in the school community for their hard work and commitment."

A school website is currently being developed for the new school and will be ready for the opening in September.

As outlined in the terms of the amalgamation, Tennyson Road Infant School will close on 31st August and the new school Alfred Lord Tennyson School will open on 1st September.

The new school will open on the two existing school sites on 1st September with Nursery, Reception and Years 1 and 2 at the old Tennyson Road site and Years 3 to 6 at the Alfred Street location. Staff, pupils, parents, carers and the wider school community are being kept informed of further developments from now until September.



John White Golf Club

Bedford Road, Rushden, Northants NN10 0SA

Nine hole par 3 course ideal for players of all levels. New members welcome, as well as pay and play visitors.

Membership now just £400 per year.

www.johnwhitegolfclub.co.uk



SILVER STRENGTH Stronger Seniors

NHS backed fitness program to improve balance and strength.

Part of the Northamptonshire Sport Get Up & Go Programme.

Otago Exercise program.

An exercise program by a qualified instructor aimed at the elderly to increase balance strength and help prevent falls by working not only on your physical ability but also working on your confidence.

To book your place call Niki on 07872 694717

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NEW BRIDGE TO REPLACE THE OLD 'RED BRIDGE' AT THORPE MEADOWS

Nene Park Trust is pleased to announce that the structure will be installed in the autumn, helping to reconnect Peterborough city centre and Thorpe Meadows.

For 38 years, the old 'Red Bridge' spanned an inlet from the River Nene to the rowing lake on the edge of Thorpe Meadows. The bridge was on a footpath that followed a picturesque riverside route from the city centre to the western edge of Peterborough and beyond but in 2021 it was deemed unsafe due to rotten wooden beams and was removed in 2022. Since then there has been no crossing point of the river in this location.

Thanks to a combination of funds from Peterborough City Council and Nene Park Trust, as well as generous donations from Tarmac Landfill Communities Fund and FCC Communities Foundation, Nene Park Trust

is now able to proceed with the bridge replacement.

This project will install a new 20m long, 1.2m wide steel and timber footbridge which will have a lifespan of 50-100 years, helping to build the resilience of this area of Nene Park.

The new bridge will reopen a popular walking route to Nene Park and the Boardwalks Nature Reserve from the city centre.

It will also provide a foot/cycle entry point to Thorpe Meadows Gateway, allowing pedestrians/cyclists to avoid having to use a busy main road.

It is anticipated that the reopening of the bridge will help encourage more people to visit Thorpe Meadows under their own steam to

enjoy the outdoors and feel the related health and wellbeing benefits.

Greg Higby, Nene Park Trust Park Manager said: "The opening of the new footbridge will be pivotal in reconnecting access between Peterborough city centre and Thorpe Meadows.

"The bridge will play a fantastic role in giving our local communities and visitors an extra incentive to walk to Thorpe Meadows and explore the wider Nene Park. Many thanks to our funders for helping to make this happen."

Colin Ellis, Operations Manager for Tarmac's South East operations, said: "I am happy to hear that the Thorpe Meadows Bridge replacement can now go



ahead due to the donation received from the Tarmac Landfill Communities Fund towards this project.

"I look forward to seeing the new bridge in place when it has been built."

Cheryl Raynor, FCC

Communities Foundation Grant Manager said: "We are delighted to support the Trust with this important project. It is exciting to think that once completed, the community will once again be able to safely cross the

river and visit the Park and reserve."

The new bridge works will take place in September-October 2023 with the new bridge expected to be open for use by the end of October.



Wellingborough Rural Transport

Volunteer Drivers Needed

To run our bus service for Wellingborough residents, we are looking for people who work part time, semi-retired or retiring to give time back to the local community.

The residents of Wellingborough need our support!
"Rewarding role and great people!"

Bring your partner/friend as an assistance escort and both have your lunch expenses paid, up to £25, every time you support a group going to a garden centre, cafe or pub lunch.

"Since retiring as a Class 1 Driver and then losing my wife, SERVE has become a second family to me. I have made lots of friends. I enjoy the days and enjoy helping others to get out to new places"

Rick -SERVE Volunteer Minibus Driver -12 years



Contact: gemma.hager@serve.org.uk | 01933 315555

www.serve.org.uk

Victoria Centre, Palk Road, Wellingborough, NN8 1HR
Charity Number 1043321 Company Number 2951827



RB Travel
01536 791066

AUGUST

Mon 7 Chesterfield Market Day
Tue 8 Cromer
Wed 9 Haworth & The KWVR
Thu 10 Liverpool Open Top Bus
Thu 10 Liverpool Afternoon Tea Cruise
Thu 10 Liverpool Free Time
Fri 11 Butterfly Farm & Stratford Upon Avon
Sat 12 Broadstairs OR Margate
Sun 13 Skegness Carnival Day
Mon 14 Norfolk Broads River Trip
Tue 15 Kennet Vale Horse Drawn Boat Trip
Wed 16 Rutland Bell River Cruise & Oakham
Thu 17 Windsor OR Windsor Castle
Fri 18 Canterbury OR Whitstable
Sat 19 Eastbourne Airshow
Sat 19 Hunstanton
Sun 20 Great Yarmouth
Mon 21 Lake District - Windermere & Keswick
Tue 22 Cleethorpes
Wed 23 Wye Valley River Cruise with Lunch
Thu 24 London Free Time OR Museums
Thu 24 Kensington Palace
Fri 25 Clacton Airshow
Sat 26 Weston Super Mare
Sun 27 Shakespeare Express
Sun 27 Skegness
Mon 28 Leamington Spa & Guide Dogs
Wed 30 Kew Palace & Gardens
Thu 31

SEPTEMBER

Fri 1 Cirencester Market Day
Sat 2 Buckingham Palace & Free Time
Sun 3 Skegness
Tue 5 Springfields OR Spalding
Wed 6 Skipton & Embsay Bolton Abbey Railway
Thu 7 London Museums OR Free Time
Thu 7 Beaulieu Motor Museum & Bucklers Hard
Mon 11 Bakewell & Haddon Hall
Wed 13 Sheringham & NNRW
Thu 14 Nottingham Cruise & Lunch
Fri 15 Southwold
Sat 16 Scarborough
Tue 19 Moreton & Bourton
Wed 20 Stratford Upon Avon
Wed 20 Stratford Gin and Cruise
Sat 23 Derbyshire Lunch, Cruise & Ashbourne
Sun 24 Malvern Autumn Show
Thu 28 Cotswold Tour
Sat 30 Milton Keynes Shopping
Sat 30 Bletchley Park Code Breakers

OCTOBER

Wed 4 Shrewsbury Cruise & British Iron Works
Fri 6 Gloucester Market Day
Fri 6 Gloucester Cathedral & Cream Tea
Sat 7 Knitting & Stitching Show
Sun 8 Skegness
Tue 10 Cambridge

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



OCTOBER

2nd - 6th OCTOBER AUTUMN MYSTERY

Half Board including Excursions, £479pp. On the way to our chosen hotel we stop usually for morning refreshments and somewhere for lunch and arrive at our 'mystery' hotel in plenty of time before dinner. On the 2-4 day, after a leisurely breakfast and usually much discussion about what the day might have in store, we depart for a full day excursion. On the final day, we make our way home via another place of interest. A different experience every time.

OCTOBER - NOVEMBER

30th OCTOBER - 3rd NOVEMBER VICTORIA'S BEAUTIFUL ISLAND

Channel View Hotel, Shanklin. Half Board including Excursions, £469 pp. The Victorians adopted the Isle of Wight as a holiday island, and tourism has been its bread and butter ever since. The high chalk downs and famous chines, or clefts, along the south coast appealed to the Victorians' sense of the picturesque; and the resorts they built have given the island a lasting appeal for lovers of Victorian architecture. Carisbrooke Castle dates from Norman times and brings history alive to many thousands of visitors each year. In Shanklin, located on the east side of the island, a lift takes you down to the sheltered sands and pier.

NOVEMBER

24th - 27th NOVEMBER TURKEY & TINSEL & EDINBURGH CHRISTMAS MARKET

The Winnock Hotel, Drymen. Half Board including Excursions and Entertainment, £349 per person. 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 The Argyll Forest Park and the Queen Elizabeth Forest Park. The Campsie Fells hills to the west host a variety of farmland, open moors, steep-flanked glens, attractive woodland and sparkling burns. Drymen boasts spectacular views of Dumgoyne to the east and is just a short way from Loch Lomond to the west.

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Spotlight on > HEALTH & WELLBEING

> SILVER STRENGTH

"The last few years have been tough not just on our physical health but also our mental health. It is hard to get ourselves back out there and can often be a little bit scary."

"I run Silver Strength – two groups of exercise classes aimed at those who for whatever reason cannot attend the usual exercise classes, whether that be age or ability. Here with us, everyone is included."

I have classes in Rushden, Raunds and Northampton. I am also happy to run classes at day centres and homes.

"Move to The Beat is a chair based exercise class to music. It is a safe, effective, fun class that really gets you moving but in a safe and purposeful way, suitable for absolutely anyone as you work to your own pace and ability."

"Silver Strength is an Otago based exercise class suitable for anyone who struggles with strength, balance and co-ordination. It is a set number of exercises that helps you build up your strength and confidence and helps prevent falls."

"Both classes are fun – you will meet friends, you will laugh, smile, even sing whilst getting fit and gaining confidence. Please contact me for more details."

niki.dunkley@yahoo.co.uk
01933 356499/07872 694717

> JOHN WHITE GOLF CLUB

Looking for a new hobby? Want to get fit? New to the area and want to make new friends? Then why not try golf! John White golf course is to be found on the outskirts of Rushden on the A6 south.

The course has been established since 1973 and has evolved into a par 3 nine-hole course of well-kept parkland suitable for all players. Ideal for those new to the game and for experienced players wishing to hone their short game skills, it has a friendly and active membership who enjoy a full and varied diary of men's, ladies and mixed competitions. Pay



and play golfers are welcome, please ring for tee times. Pay and play rates: £10 for 9 holes or £15 for 18 holes.

Annual Membership now just £400 per year. Other facilities include function room hire with catering for weddings, parties, funeral teas etc.

For more details please contact Alan Bowman on 01933 411140 or Jane Morgan on 01933 359819.

> 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?

Move to The Beat
(Whilst on a seat)

Chair based exercises to music for all who want to keep fit and stay motivated whilst having fun.

A fun filled exercise class to music that will keep you fit have you moving and using muscles you didn't know you had but in a safe and controlled way.

Suitable for any age and ability.

To book your place call Niki on 07872 694717



SUMMER HOLIDAY ACTIVITIES

Holiday Activities available across North Northamptonshire during the school summer holidays.

Find out more
www.northnouthants.gov.uk/holidayactivities

Do something cool with your Summer!



Follow us on social media



Higham Ferrers Town Council

Higham Ferrers Town Council

Town Hall, Market Square, NN10 8BT

Telephone: 01933 312075

Email: info@highamferrers-tc.gov.uk



Facebook/HighamFerrersTownCouncil



www.instagram.com/highamferrerstc

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

Town Council Meeting - Tuesday 29th August, 7.30pm

Planning & Development Committee Meeting - Tuesday 12th Sept, 6.45pm

Environment and Recreation Committee Meeting - Tuesday 12th Sept, 7.30pm

Town Council Meeting - Tuesday 26th September, 7.30pm

Farmers Market - Saturday 26th August, 9am - 1pm - Market Square

Farmers Market - Saturday 30th September, 9am - 1pm - Market Sq

ELECTED COUNCIL MEMBERS

* Cllr Bert Jackson Email: bertjackson@highamferrers-tc.gov.uk	* Cllr Jennie Bone Email: jenniebone@highamferrers-tc.gov.uk	Cllr Barry Prigmore Email: barryprigmore@highamferrers-tc.gov.uk	Cllr Tony Reading Email: tonyreading@highamferrers-tc.gov.uk
Cllr Gary Salmon Email: garysalmon@highamferrers-tc.gov.uk	Cllr Peter Tomas Email: peteromas@highamferrers-tc.gov.uk	Cllr Pam Whiting Email: pamwhiting@highamferrers-tc.gov.uk	Cllr Tina Reavey Email: tinareavey@highamferrers-tc.gov.uk
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* North Northamptonshire Councillors

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.

The Ashgrove Clinic in Higham Ferrers has 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 in Higham Ferrers on 01933 469043 or email Registered Osteopath, Claire Short with your questions at claire@ashgrovehealth.co.uk Alternatively you can tweet @AshgroveClinic

Your Health – Arthritic pains

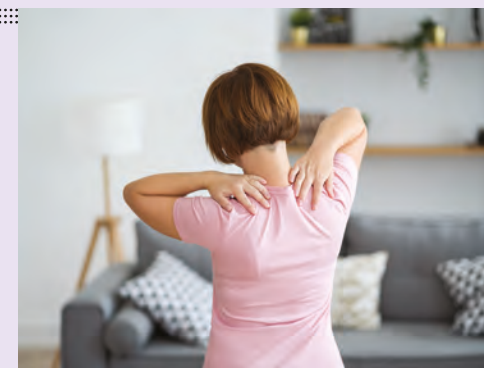
WORDS BY
CLAIRE SHORT

We've had more arthritic problems in the clinic recently. I'm hoping that this means more people are starting to understand that you don't have to put up with arthritic pains.

As you already know, osteoarthritis is a form of wear and tear in your joints, but did you know that the amount of wear and tear seen on an x-ray does not necessarily match the pain you're in? It's true. This matters because the research behind this has taught us that with help you can often stop or reduce the pain.

Two of the things we hear people struggle with most are men not being able to shave because of wear and tear in the elbow, and both men and women having difficulty walking due to knee or hip problems.

When you have these sorts of problems and pain it's easy to get frightened and to revert to the popular expression that I hate: "It's my/your/her age". Of course, there are times when it's appropriate to use these words, but only if you've tried working with a physical therapist to get yourself back on track. Don't give up at



the first sharp pain. Stay optimistic, stay active and find out what you can do to help yourself at home.

And you'll be amazed at how we can turn everyday movements into your rehab, so you don't have to spend hours doing exercises. Even mowing the lawn with that horrid machine can be rehab (if you can start the wretched thing, that is!).

I hope I don't have to tell you that you need to check with a rehab expert if your exercises are painful, but I hope this article encourages you to take those first steps towards reducing or stopping your pain.

Have a pain-free week!

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

Discover Northamptonshire – Online one-stop tourism hub goes live

A new website promoting the tourism offering across the local area has been launched, coinciding with the school summer holidays and following the opening of the Discover Northamptonshire hub at Rushden Lakes earlier this year.

The Discover Northamptonshire website provides a one-stop shop for anyone visiting, as well as residents of, Northamptonshire with information on a variety of areas to discover including:

- What's on and events across Northamptonshire
 - Accommodation
 - Days out
 - Arts, culture and heritage
 - Food and drink
 - Walking and cycling
 - Sports and leisure
 - Local towns
 - Jobs in the tourism sector
- Website visitors can also

create itineraries based on their interests and individual needs, adding specific attractions and events to an itinerary which can then be emailed to the user for future reference. The new Discover Northamptonshire website will continue to be developed in the future to showcase and highlight the tourism offering in Northamptonshire.

Cllr Helen Howell, North Northamptonshire Council's Deputy Leader and Executive Member for Sport, Leisure, Culture and Tourism, said: "We are delighted to unveil the new Discover Northamptonshire website. It is the perfect addition to the Discover family, alongside the tourism hub at Rushden Lakes, and really showcases the local area. We are growing the Discover Northamptonshire brand daily and the website will continue to develop to maximise promotion of the

tourism offering in Northants.

"The website is perfect for visitors to the area, as well as those residents across Northamptonshire who might not be able to visit our fantastic team in-person at Rushden Lakes, to discover the hidden gems we have on our doorsteps.

"With the summer holidays and longer days, now is the perfect time to head over to the new Discover Northamptonshire website and ask yourself 'Where next?'"

The Discover Northamptonshire hub is located next to the cinema at Rushden Lakes and is open Monday - Saturday from 10am-5pm and Sunday 11am-4.30pm. As well as the dedicated website, you can also find Discover Northamptonshire on Twitter, Facebook, LinkedIn and Instagram.

LOW BACK PAIN? NECK PAIN? CURRENT TREATMENTS NOT WORKING?

Do you suffer from...?

- ☐ Herniated or Bulging Discs
- ☐ Degenerative Disc Disease
- ☐ Posterior Facet Syndrome
- ☐ Sciatica
- ☐ Spinal Stenosis
- ☐ Spinal Arthritis
- ☐ Acute or chronic back pain



Find out if you are a candidate for IDD Therapy®

A comfortable, non-invasive back pain treatment with success rates reaching 92%.

01933 469043

www.ashgrovehealth.co.uk
reception@ashgrovehealth.co.uk

The Ashgrove Clinic, 11 Market Square, Higham Ferrers, NN10 8BT



Any business or attraction that wishes to be promoted on the Discover Northamptonshire website and at the new hub should email info@discover-northamptonshire.co.uk



**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:

> HARGRAVE

Single storey side extension, relocation of highway access including new boundary wall and new driveway/parking area, replacement of 2 windows and front entrance door, relocate soil stack and internal alterations to include stud partition on ground floor and installation of new sanitaryware to first floor shower room. At The Old Nags Head Church Street Hargrave NN9 6BW (LB/CA) (Info) (LBRegs) (Info) NE/23/00733/LBC (29 August 2023)

> WOODNEWTON

New front door and porch to the front of the property, a single storey kitchen extension to the rear with new entrance to utility, including two roof lights and skylight to the kitchen at 14 Main Street Woodnewton PE8 5EB (Info) (LB/CA) (Info) NE/23/00723/FUL (29 August 2023)

> WOODFORD

Ground and first floor extension to the rear, with replacement porch to the front elevation, and replacement windows at 3 The Moorings Woodford NN14 4HN (LB/CA) (Info) NE/23/00738/FUL (29 August 2023)

> COLLYWESTON

Repainting of external timber windows and doors. The application is made due to the property being within the boundary of the Collyweston conservation area at 12 Back Lane Collyweston PE9 3PJ (Info) (LB/CA) (Info) NE/23/00594/FUL (29 August 2023)

> RAUNDS

Regrading of existing external steps from High Street to include new balustrade. New paths to West of site around war memorial. Repair/replace broken railings and repair existing paths to match proposal. Street lamps to be relocated and replaced with a different style, with 1 additional street lamp installed. At St Peter's Church Church Street Raunds NN9 6JB (Info) (Info) NE/23/00570/FUL (29 August 2023)

> COTTERSTOCK

Extension and reconfiguration of the rear 20th-century extension, link extension between the dwelling and the outbuildings, attic conversion and addition of windows to the attic, internal reconfiguration of the dwelling's internal layout and renovation of the outbuildings (revised resubmission to NE/22/01117/LBC and NE/22/01116/FU) at Church Farm Main Street Cotterstock PE8 5HD (LBRegs) (Info) (LB/CA) NE/23/00627/LBC and NE/23/00626/FUL (29 August 2023)

> YARWELL

Demolition of existing concrete sectional garage, sun room extension and various garden walls and raised beds, to allow for construction of single storey rear extension and new garage. At 52 Main Street Yarwell PE8 6PR (LBRegs) (Info) NE/23/00721/LBC (29 August 2023)

> BRIGSTOCK

Demolition of existing conservatory, replaced with single storey rear extension, and conversion of

attached garage to habitable room at 11 The Syke Brigstock NN14 3HR (LB/CA) (Info) NE/23/00769/FUL (29 August 2023)

> RUSHDEN

Additional external doors and windows to the ground floor at Barclays Bank College Street Rushden NN10 0QQ (LB/CA) (Info) NE/23/00743/FUL (29 August 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.

**Graeme Kane, Interim Director
Of Place And Economy**

Dated 5 August 2023

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.northnouthants.gov.uk/privacynotices

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

Have your say on the future of sport and leisure

People are invited to have their say on the future provision of sport and leisure in the North Northamptonshire Council area.

The Council is reviewing how sport, physical activity and leisure meets the needs, and delivers health and wellbeing benefits, for residents in local communities.

The review will support the creation of a Leisure Strategic Framework that will shape the way these services are delivered in the future to support the wellbeing of our communities.

The plan has three main elements:

- Active Communities – to ensure residents have increased opportunities to be more active and build healthier active communities.
- Leisure Facilities – an assessment of current use

and future needs, focussing on quantity and quality in relation to supply and demand.

- Playing Pitches – an assessment of current use and future needs, focussing on quantity and quality in relation to supply and demand.

The Council is directly liaising with sports clubs, schools, national governing bodies and other stakeholders but every resident can have their say online.

Cllr Helen Howell, the Council's Deputy Leader and Executive Member for Sport, Leisure, Culture and Tourism, said: "We want North Northamptonshire to be somewhere where everyone

has the best opportunities and quality of life and we're delighted to have started this piece of work which aims at reviewing our sport and leisure offer to make sure we are providing a service that people want and is best for their health and wellbeing.

"I'd encourage as many people as possible to have their say as it's essential we get a broad view of opinions to help shape the strategy going forward."

Cllr Helen Harrison, the Council's Executive Member for Adults, Health and Wellbeing, said: "This approach is about looking at sport and leisure more broadly and how being active can play a key role in all of our lives to improve our wellbeing



right away and our health for the future.

"Choosing the right sort of activity is so important not only in improving physical health but our mental wellbeing too."

Cllr Jason Smithers, Leader of the Council, said: "As a relatively new Council this is the ideal time to test the water and make sure we're doing as much as we can to meet the needs of residents with

regard to sports and leisure.

"There are so many benefits to becoming more active – this framework will play a leading role in improving the health and wellbeing of our residents."

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NENE VALLEY NEWS - EVENTS

> SAT 5TH AUG, 11AM-2PM

Tudor Rose Fundraiser at Hermitage House Care Home - Join us at Hermitage House Care Home to see The Tudor Rose Wings who are a group of bikers who hold regular bike meets to raise money for their charity of choice. This fundraiser will be in support of the Air Ambulance. There will be stalls, a tombola, freshly made cakes and refreshments. For more information, contact Customer Relations Manager Sarah-Beth Preston on 07754 559 526 or email sarah-beth.preston@countrycourtcare.com

> SUN 6TH AUG, 10.15AM

Whitefriars Church Morning Worship -

Whitefriars Primary School, Boughton Drive, Rushden NN10 9HX. All are welcome.

> SUN 6TH AUG, 2PM-5PM

Churchyard Open Afternoon - St Rumbald Church, Stoke Doyle. Free. For more information contact emdoherty@sky.com. Lots of family fun with Trails and Bug Hunts plus tea and cake.

> 8TH AUG, 15TH AUG, 22ND AUG, 29TH AUG, 5TH SEP, 12TH SEP, 10AM-3PM

Devika Day Centres - Our Dementia Day Centre is here to provide support and care to those with additional personal care and behavioural needs. Situated on the 1st floor of Hermitage House Care Home in The Old Coach House Pub. Contact Caroline on 07760357095 or carolineignatius@devikacarecompany.co.uk or visit www.devikacarecompany.co.uk for more details.

> 9TH AUG, 16TH AUG, 26TH AUG, 2ND SEP, 2PM-3PM

Equanimity Yoga - Everyone is welcome to attend

chair based yoga. The sessions will be held in our Bamboo Bar. If you would like to attend please contact Vicky on 07554 852 566 via email on vicky@eqyoga.co.uk

> SUN 13TH AUG, 10.30AM

Countryside Walk: a 'Cogenhoe carry-on' - A four-mile walk in and near the village of Cogenhoe, in a scenic part of the Nene Valley. Meet at 10.30am in the car park at Cogenhoe & Whiston Village Hall in York Avenue, Cogenhoe NN7 1NB. Organised by Whitefriars Church, Rushden – all welcome. Details from Andrew Presland, 01933 316927.

> 16TH AUG, 30TH AUG, 6TH SEP & 20TH SEP 10AM TILL 12 NOON

Community Coffee Mornings - Bi-weekly on a Wednesday. Enjoy freshly made cakes, tea, coffee and a chat.

> WED 16TH AUG, 7PM

'Much Ado About Nothing' - St Rumbald Church, Stoke Doyle Tickets £15 from emdoherty@sky.com We are delighted to welcome 'This is my Theatre' group performing one of Shakespeare's best-loved comedies.

> SUN 20TH AUG, 10.15AM

Whitefriars Church Morning Worship -

Whitefriars Primary School, Boughton Drive, Rushden NN10 9HX. All are welcome.

> SUN 8TH OCT, 2PM

Brass Band Concert - Thrapston Town Band St Mary's Church Woodford NN14 4EX. £5 adults (U16's free) inc. light refreshments and nibbles. Jenny Mead - jennybunmead@hotmail.com

Unleash the Summer Magic: Standing in the Wings presents 'Summer Holiday Drama Club' in Rushden!

School's out, and the stage is set for an exhilarating journey filled with travel adventures and holiday activities! Standing in the Wings, popular and local theatre company, is thrilled to announce 'Summer Holiday Drama Club' for young performers aged 7 to 13. This exciting three-day theatrical extravaganza will transport children into a world of imagination, creativity and unforgettable memories.

The Summer Holiday Drama Club offers a unique opportunity for budding actors and actresses to hone their acting skills while exploring the thrilling theme of travel and holiday activities. Our seasoned drama teacher professional will guide the participants through an action-packed programme that includes drama games, improvisation exercises, character building workshops, and the creation of their very own travel-themed showcase!

Key highlights of the Drama Club:

1. Interactive Drama Games: Children will embark on a series of interactive drama games that foster teamwork, creativity and confidence. These games are designed to spark their imagination and boost their theatrical prowess.
2. Travel and Holiday Improvisations: Participants will be immersed in imaginary travel scenarios, from exploring ancient ruins to surfing on exotic beaches. This will ignite their creativity and inspire their performances.
3. Character Development Workshops: Our experienced teacher will lead engaging workshops that focus on character

development, enabling each child to breathe life into their unique roles.

4. Scriptwriting and Set Design: Children will collaborate to create their very own travel-themed showcase. From writing the script to designing the set, they will have the chance to contribute their creative ideas to the showcase.
5. Grand Finale Showcase: The three-day drama club will culminate in a grand finale showcase, where participants will perform their play in front of a supportive audience of family and friends.

Standing in the Wings is dedicated to providing a safe and inclusive environment for all participants. Our team is committed to nurturing each child's talents, building self-esteem and fostering a lifelong love for the performing arts.

Don't let your child miss out on this extraordinary summer experience! Enrol them in the 'Summer Holiday Drama Club' today, and let their creativity soar as they embark on a theatrical adventure like no other.

Dates: Tuesday 22nd - Thursday 24th August, 10am-4pm
Location: Rushden Athletic Club, Newton Road
Ages: 7-13, Cost: £25/day per child
Limited places are available, so early registration is recommended. To secure a spot or for further information, please visit www.standinginthewings.co.uk or contact kathryn@standinginthewings.co.uk / 07753 634985.

Nick Penny: Call of the Kingfisher

Call of the Kingfisher is the enchanting nature writing debut from composer and wildlife recordist Nick Penny. This love letter to a short stretch of Northamptonshire's River Nene celebrates all the wild things that live there, especially the kingfishers.

Nick Penny has walked the footpath by the River Nene near his home at Oundle in Northamptonshire for four decades. But a chance encounter with a kingfisher on New Year's Day inspired him to observe the waterway and woods nearby more closely. For a whole year he gave the waterway all the time it asked for.

Other strands are woven around the elusive feathered protagonist: explorations of local history and landscape, from Roman and Bronze Age sites to watermills and centuries-old stone churches; homages to naturalists from Gilbert White and John Clare to Dame Miriam Rothschild and Sir Peter Scott, who developed his love for nature while at Oundle School.

As a composer and wildlife recordist, Nick has a deep interest in sounds in the natural environment. From the precious song of nightingales to

recording the dawn chorus among the bluebells, Nick introduces the concept of soundscapes and sound walks reflecting on the importance of

birdsong when so much of modern life is affected by noise pollution. The book includes access to a number of high-quality birdsong recordings made alongside the river Nene – audio soundbites of nature's riches.

This is a book about the things that can be seen and heard when we approach nature with patience and curiosity. It celebrates people who have used that focus to help preserve wildlife and pass on their knowledge to future generations. Above all, Call of the

Kingfisher, serves as a call to appreciate what we've got, wherever we are, and to use our ears as much as our eyes when we experience the natural world.

Fri 15th September at 7.45pm-8.45pm
The Great Hall, Oundle School PE8 4GH
Tickets £8 (£6), £1 off early bird tickets until 8th September.
Online at oundlelitfest.org.uk/events/
Enquiries contact oundlelitfestival@hotmail.co.uk



Concert of favourite screen songs

The storms have passed, the wind has dropped and now the sun has come out. So it is time to enjoy the summer. Thank you to everyone who supported the Yarwell and Nassington Britannia Brass Band's St George's Day concert. A great success for us and for the Elton junior band.

We thoroughly enjoyed it under the baton of our guest conductor, Matthew Brown. But now the band are looking forward to the summer and beyond. We are still on the search for a permanent, new conductor but we are delighted that John Hudson is back conducting the band. We are currently planning for our October concert. We are in the early stages but we have listened to your requests and are bringing out all the favourite tunes from both the big and small screen. Lots of tunes to sing along to. A concert to lift the spirits. The

concert will be entitled "There's No Business Like Show Business" and it will be in Nassington Church at 7.45pm on Friday 20th October. Please put the date in your diary. Tony Cooper will be back as your compere for the night. Bad jokes and all. The bar will be open, run by our regular trusty trio. Tickets will be available soon either online, from the usual sources, or from band members. Please come and support us again and bring your friends.

The band have been busy since the spring with the King's Coronation celebrations, The Rolls Royce Enthusiasts Weekend at Burghley and a new venue for us – Bands on the Green at Ramsey.

But if you missed all of those, the band will be playing at the Wansford Show on Saturday 26th August and again at the Nassington Garden Show on Monday 28th August.

Free Tennis sessions at Spencer Park

Rushden Town Council has just launched 'free for all' tennis sessions at Spencer Park to coincide with the school holidays.

The new booking system, available to both children and adults, was launched last Sunday and has received a positive and appreciative response from users.

The newly implemented system guarantees an efficient booking process that ensures tennis courts are accessible when players want to use them, helping to avoid disappointment and unnecessary delays. Players can schedule their matches or practice sessions without worrying about availability ensuring a more organised, efficient and enjoyable tennis experience.

Management of the courts should also result in less vandalism and anti-social behaviour.

The courts were refurbished a couple of years ago and the aim is to maintain a good quality facility that meets the needs of the community and ensures an enjoyable and safe experience for all users.



Playing tennis offers a holistic approach to maintaining physical fitness, social interaction, and mental stimulation, making it an excellent sport for overall well-being.

Sessions are available every day from 11am-2pm and 5pm-8pm and are bookable online at <https://clubspark.lta.org.uk/spencer-park>
The scheme runs until 2nd September.
Any booking issues, please contact Rushden Town Council on 01933 316216 or info@rushdentowncouncil.gov.uk

TWIN WINS FOR HIGHAM FERRERS

Higham Ferrers has clinched two coveted awards and local volunteers behind the double win could not be more delighted.

At a special event at Chester House, representatives of Higham Ferrers Tourism as well as The Friends of St Mary's received awards from the Northamptonshire Heritage Forum.

And what made it particularly thrilling for the two organisations was that they have only recently joined the Heritage Forum.

The Tourism Committee, represented by chairperson Liz Barnatt and treasurer Kevin

Bird, received the Hindsight Award for the 'Best Published Work – Other Materials', which recognised the research and production involved in their committee's entry – a work on a historical aspect of Northamptonshire's heritage that had been made publicly accessible and had been published.

The Friends of St Mary's, represented by secretary Carol Fitzgerald and member Pam Webbley, were presented

with the award for their entry, judged to be the Best Project Delivered by a Group or Society.

"I feel absolutely thrilled that we won an award," said Liz.

"And I am still on a high," Carol added, the day after the awards ceremony, attended by the Heritage Forum patron, Lord Spencer.

The Tourism Committee's entry was their documentary entitled 'Chichele College Celebrates 600 years' which

is available on YouTube, and which details the day-to-day use of the historical scheduled monument – featuring all those who regularly visit and have cared for the site.

The documentary was made possible thanks to £500 provided by the Nene Valley Festival as part of the National Lottery-funded Nenescape initiative.

The Friends of St Mary's entry, entitled 'Gateway to the 600-Year History of the Bede House', detailed how members who are dedicated to the preservation and restoration of local medieval

buildings, raised £12,361 through grants and fund-raising to replace the ancient and locked access gate from Midland Road to the Bede House, the church and the Chantry Chapel with a new gate and pathway.

The project involved liaising with the church authorities, the carpenter and stonemasons, with the organisation's entry

explaining that gates through ancient sites were more than a convenience.

"They offer a journey into a town's fascinating past," they explained.

Complimenting all the winners, Lord Spencer said that the awards event was a celebration of history which was rich with stories of past communities.



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"Will you marry me?"

Jessica Leech of Wilson Browne Solicitors gives an honest response.

"Only if we sign a Prenuptial Agreement."

I am not a celebrity. I am not a millionaire. I do not drive a luxury sports car. I am just your regular 27 year-old, who also happens to be a Family Law Solicitor. And, despite my modest assets, I will absolutely be seeking a Prenuptial Agreement when the time arrives.

"Why?"

Marriage, to me, is something different to most lay people as a result of my experience in Family Law. Marriage is not just the ring, the dress and the venue. Marriage is a legally binding contract, the full terms of which I worry some don't fully understand until it is too late.

"What's mine is yours," isn't just a lovely sentiment but the starting point of the division of assets in the event of later separation and divorce. What you bring into the marriage, and acquire during the marriage, has a real possibility of being shared between you both, were you to separate.

An inheritance from a loved one? At risk. Your business? At risk. A lottery win? At risk. It doesn't matter if your partner has an affair, or the separation is "all their fault". The starting position remains an equal division.

Some think signing a prenuptial agreement is "unromantic". I argue the opposite. To agree to marry without the conjoining of all finances,

prioritises what I believe everyone really does marry for – Love.

A Prenuptial Agreement specifies what will happen to assets in the event of later divorce. While not legally binding in England and Wales, there is a strong possibility the Court will adhere to the terms if certain criteria are satisfied.

My Prenuptial Agreement will be my insurance policy. Hopefully never needed, but there for that worst case scenario.

Ultimately, it protects my hard work and the financial decisions I make.



Jessica Leech

Now I ask you this: If a Family Lawyer would have a Prenuptial Agreement, why aren't you considering one? For more information, contact our Family Law team on 0800 088 6004.

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Moulton College unveils plans for a T Level Construction Hub

Moulton College has revealed ambitious infrastructure plans to support students studying its new Construction T Level qualification. It follows Government investment through the T Level Capital Fund, which will see the college redevelop existing buildings into a next generation Construction Science & Technology Hub.

T Levels are technical qualifications introduced by the Department for Education as a new two-year post-GCSE option to prepare students going into skilled employment. Moulton College will launch its initial T Level in Construction in 2024-2025, with the first cohort able to make use of the brand-new Hub.

The investment will be used to repurpose and update an existing facility, which will be transformed into a new space able to deliver the requirements of the T Level qualification, supported by industry-standard specialist equipment.

The building will contain bespoke classrooms and practical skills spaces, including a construction science lab and a digital technology unit offering CAD software and leading virtual reality technology.

Corrie Harris, CEO and Principal of Moulton College adds: "We are delighted to have been successful in receiving a share of the UK-wide T Level investment funding. It will enable us to deliver a first-class curriculum in a modern, high quality and engaging learning space, inspiring our students to develop the cutting-edge practical and theoretical skills the construction industry requires."

Minister for Skills, Apprenticeship and Higher Education Robert Halfon says: "This boost of over £100 million is our latest investment in T Levels. These are robust, high quality technical qualifications providing a unique ladder of opportunity for students to gain both classroom



One of Moulton College's buildings to be redeveloped



A Moulton College student tests out VR technology

knowledge and on-the-job experience.

"T Levels will support young people into rewarding careers and back businesses with the skills of the future."

Moulton College will offer the Construction T Level from September 2024 alongside other T Levels in Electrotechnical Engineering and Arboriculture.

To find out more or discover the broad range of courses and apprenticeships on offer, visit www.moulton.ac.uk

Nene Valley news CLASSIFIEDS

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PUBLIC NOTICES

NORTH NORTHAMPTONSHIRE COUNCIL

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14
(NEW ROAD, OUNDLE)

(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 New Road, Oundle as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of New Road, Oundle from Station Road to Glapthorn Road.

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

PERIOD OF CLOSURE: The proposed Order will come into effect on 29th August 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 until 22nd January 2024.

ALTERNATIVE ROUTES: use Station Road, North Street, Market Place, New Street and Glapthorn Road.

If you require any further information please contact Steve Fowler
ref:- 23/24 – N164 Steve.Fowler@northnorthants.gov.uk PKG/T23/514

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14
(CRANFORD ROAD, GREAT ADDINGTON)

(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 Cranford Road, Great Addington as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Cranford Road, Great Addington from Rushwell Close to Rectory Farm.

REASON FOR RESTRICTION: The restriction is required for safety during the rebuilding of the wall to manor.

PERIOD OF CLOSURE: The proposed Order will come into effect on 7th August 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 until 4th September at off peak times only.

ALTERNATIVE ROUTES: use Woodford Road, Addington Road, High Street, Mill Road, Kettering Road and Thrapston Road.

If you require any further information please contact Steve Fowler
ref:- 23/24 – N141 Steve.Fowler@northnorthants.gov.uk PKG/T23/499

Dated this 5th day of August 2023

ADELE WYLIE

Executive Director of Customer & Governance (Monitoring Officer)

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DEVIKA DEMENTIA DAY CENTRE AT HERMITAGE HOUSE CARE HOME

Hermitage House Care Home in Thrapston is now regularly hosting Dementia Day Centre sessions. Facilitated by Caroline Ignatius and her team from Devika Care Company, the sessions provide meaningful, physical and mentally stimulating activities, plus opportunities for friendship and companionship for those living with dementia in the local community.

During the session, people enjoy a wide variety of activities from a personal training chair exercise session once a month from trained practitioner Rob Reinaldo, to playing Jenga and crocheting, followed by a refreshing cup of tea or coffee, biscuits and a chat. A light lunch is included.

The sessions also provide much needed respite time for people caring for or supporting someone living with dementia.

Devika Day Centre is led by Caroline Ignatius who named

the company after her mum, Devika, who has been living with dementia for 13½ years. Her dad has also recently received a diagnosis of vascular dementia, following a stroke in December 2022.

Caroline is passionate about dementia care and is devoted to providing support for others who may also be caring for a loved one at home, as this is something she has experienced herself.

Caroline said: "Our Dementia Day Centre is here to provide support and care to those living in the community with mid to late stages of dementia, who may need additional personal care and behaviour support. For five hours, we are in their world and we create an environment where they can just be themselves and feel seen and heard. We are so grateful to Hermitage House for allowing us to hold these sessions in such a beautiful and safe environment."

Home Manager Clare Hedge said: "The Devika Dementia Day sessions do not have a set activity itinerary. Instead they are led by their attendees and their feelings on the day.

"They also tailor their sessions to what everyone wants to do and they keep it in line with normal day-to-day activities like having a walk or having a conversation. It's proving very successful at Hermitage and the feedback we have received since the launch has been nothing but positive."

Caroline added: "We find that puzzles have been very popular with our attendees. They are great for concentration and teamwork. We also have things like a portable putting green, a safety dartboard, bowling, chair football and we throw bean bags into hoops, which is a much-loved sensory based, physical activity.

"Our activities do sometimes bring out everyone's competitive side, which is great

to see as this can increase self-esteem and self-confidence. Music plays a huge part in every session and we also have our amazing singer Amanda (The Singing Gardener) who joins us once a month for everyone to enjoy.

"We have had lots of positive feedback from our sessions. There's been one attendee in particular that had an assessment after coming to our sessions and had been said to have improved. It shows that what we are doing at Devika can really make a difference to people's lives. I'm constantly learning about dementia and its many shapes and forms through my own family's dementia journey.

"At Devika Dementia Day Centres, we aim to support those in their next chapter in life in any way that we can."



To enquire about a place or to find out more information, please get in touch with Caroline on 07760357095 or carolineignatius@devikacarecompany.co.uk or visit www.devikacarecompany.co.uk for more details.

Hermitage House Care Home

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

To find out more about life at Hermitage House contact our Customer Relations Manager Sarah-Beth Preston on 07754559526 or email sarah-beth.preston@countrycourtcare.com



01832 430 083



Kingfisher Road, Thrapston, Kettering, NN14 4GN



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