

Nene Valley news

YOUR LOCAL INDEPENDENT COMMUNITY NEWSPAPER FOR EAST NORTHAMPTONSHIRE

Telephone:
01522 692542

We want to hear from you,
so please submit your
news story or event at
www.nenevalleynews.co.uk

INSIDE
this issue



SPOTLIGHT
ON HEALTH &
WELLBEING

PAGE 04



MAGICAL
WINTER FESTIVAL
PROGRAMME
ANNOUNCED!

PAGE 12

NEWS IN BRIEF

Vaccination gives protection for pregnant women and their unborn babies

Pregnant women in Northamptonshire are encouraged to take up the free flu vaccine offer ahead of the winter months.

Pregnant women, and their unborn babies, are at a higher risk of complications and more severe symptoms such as pneumonia, as the immune system naturally weakens during pregnancy. Pregnant women are also more likely to be admitted to hospital due to flu than the general population.

Mara Tonks, Director of Midwifery at Kettering General Hospital NHS Trust says: "Getting the flu vaccination not only protects you, but also your unborn baby and can prevent serious health problems from occurring from catching the flu. Flu can have serious complications for pregnant people and there is good evidence that pregnant people have a higher chance of developing complications if they get flu, particularly in the later stages of pregnancy. Please do speak to your midwife or GP practice about how you can get your flu vaccination."

Volunteer Action recognises supporters for long service

Volunteer Action is a local charity supporting local residents who may be elderly, unwell, disadvantaged or have disabilities. By providing services to these valuable members of the community, their aim is to maintain independence and improve the quality of lives.

They held a well-attended support celebration event on the evening of 27th September, at Barnwell Village Hall.

Over 50 Volunteers and Friends of VA attended, alongside Councillors Helen Harrison (who provided a closing presentation), Wendy

Brackenbury and Geoff Shacklock.

Everyone was treated to a buffet donated by the Co-Op in Oundle and drinks were provided by Tesco of Oundle – who were thanked by Volunteer Action for their support. Lots of chatting was heard as volunteers finally met up with one another – it truly was an evening of laughter and good company!

Certificates for long service were provided on the night. Volunteers who have dedicated over 15 years to supporting the community received awards, alongside those receiving 5 Years and Special Recognition certificates.



- 15 Years of volunteering – Sheena Hill, Mel Lee and Alan Sinfield
- 5 Years of volunteering – John Barratt, Penny Smith, Emma Hanson, Sue Graham and Jane Finlayson
- Special Recognition certificates – Michael

Barnwell, Gill Currie, Jan Jerwood and Anne Plowright Volunteer Action also took the opportunity to welcome in their new Chairman, David Cashmore and provide a thank you to the exiting Chairman, Stuart Anderson, after nine years of service.

For more information:
www.volunteeractionoundle.org.uk/
admin@volunteeractionoundle.org.uk
01832 275 433



SHOWROOMS: 69-71 WASHBROOK RD • RUSHDEN • NORTHANTS NN10 6UR action2mobility.co.uk



Wet rooms
and easy access
bathrooms
supplied
and fitted

Action²Mobility
THE REGION'S LEADING MOBILITY AID CENTRE

Phone us for
delivery if you're
shielding*

Simply make your choice and
phone through your order to
0800 698 2588

*Limited to 25 miles radius from our
showrooms in Rushden

CALL FREE: 0800 698 2588

MON-FRI 8am-4.30pm

FREE PARKING

Stockist of Cosyfeet and Sandpiper shoes

STAIRLIFTS: FULLY GUARANTEED, FREE HOME SURVEY

GROWTH OF ELECTRIC VEHICLE INFRASTRUCTURE ON EXECUTIVE AGENDA

A meeting of North Northamptonshire Council's Executive will consider a report on government funding to boost the number of electric vehicle charging points across the local area.

NNC has been identified as eligible for nearly £3m of funding from government and must now submit a business case on or before the end of November on how the funding would be spent.

It is estimated that the number of charging points across the country will need to increase from 37,000 to 720,000 by 2030 and in March 2023 the government announced the Local Electric Vehicle Infrastructure fund, which is designed to improve the accessibility of charging points locally. The funding allocated to NNC is primarily to provide solutions for residents across North Northants without off-street parking.

NNC has been identified as eligible for funding in round 1 from government due to its ability to demonstrate commitment, capability and capacity to deliver an investment programme for North Northants.

Cllr Matt Binley, the council's Executive Member for Highways, Travel and Assets, said: "It is great news that North Northants has been identified in round 1 of this funding from central government and, if Executive approve, we must now look to create a robust business case which demonstrates a strong rationale for charge point locations and the route we would take to improve infrastructure across the local area.

"With the number of electric vehicle users growing, it is important that we look to the future and how the infrastructure needs to adapt to keep up with demand. We have already been considering this with the development of our electric vehicle infrastructure strategy and the funding received from Government would help facilitate the strategy."

Cllr Jason Smithers, Leader of the Council,

added: "Since we declared a climate and environment emergency in 2021, we have been working to develop our policies and identifying ways we can help residents. With the funding allocated from Government, we are now well positioned to extend the local electric charging network. I look forward to discussing this report and how we move forward with growing our electric vehicle infrastructure."

The Executive report will follow on from a consultation on NNC's draft electric vehicle infrastructure strategy, with comments taken on board before the final version is published.



GENEALOGY JOTTINGS

WORDS BY
JAN PEARSON

Have you ever noticed the buildings around you and wondered what they might have been used for in a former life?

When I was a child, I lived in Hertfordshire and each Saturday was taken into town to help with the weekly shopping. I would spend ages gazing up at the buildings in the town centre, realising that many people looked at the shop windows as they bustled past, but did not think to look above the shops themselves. Many a tale may be told of the history of a building – or at least questions asked – if time is taken to explore the structures.

For instance, did you know that Oundle Library is housed in what used to be the gatehouse of the Oundle Workhouse? The workhouse itself was where the Health Centre and Stronglands Court now sit. Built in 1836-1837, it replaced one that was in West Street. That latter building still exists, but is now a private house, having also been an antique shop along the way. When I first started working, my office was housed in an old

orphanage in Watford. You could even see the slight dips worn into the stone stairs up to the office caused by years of tiny feet trudging up and down them. No longer used as offices, many of the buildings have now been converted into flats. I wonder if the residents realise...

Sometimes, you can find these buildings in previous censuses, but remember: a house might have a number on the door now, but not all of them did back then – even though house numbers were introduced by an Act of Parliament in 1765.

The beauty of the market towns and villages in Northamptonshire is that many of the buildings have been in existence for hundreds of years and have seen many changes. Maybe you live in such a building. Have you ever explored its history? You never know – you may well be surprised!

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

Want to place an **advertisement** or submit an **article**?

If you wish to contribute or have any comments please email news@nenevalleynews.co.uk or call 01522 692542. To advertise, call 01522 692542. Alternatively you can email advertising@nenevalleynews.co.uk

If you are not receiving your copy of Nene Valley News, please email distribution@km-media.co.uk or telephone 01522 692542.

If you would like to receive this publication as a download, Nene Valley News is available online as a pdf at nenevalleynews.co.uk.

You can also subscribe to Nene Valley News for £1.50 per issue.

Nene Valley News is produced by KM Media & Marketing, County House, 9 Checkpoint Court, Sadler Road, Lincoln LN6 3PW.

Copy dates for Nene Valley News

Publication date: Saturday 28th October
Articles to the editor by: Wednesday 18th October

Publication date: Saturday 11th November
Articles to the editor by: Wednesday 1st November

km
KM Media & Marketing
Your partner in publishing

North Northamptonshire Council's Executive will meet on Thursday 12th October at 10am at the Corby Cube. The meeting will be live streamed on YouTube and the papers are available online.

Peterborough Opera
Est. 1969

Favourite Opera Scenes

A modern interpretation of opera scenes from Eugene Onegin, Fidelio, Tosca, Aida and more.

7PM 21st Oct
St Peter's Oundle

2pm 22nd Oct
St Thomas à becket Ramsey

Tickets available on the door
Adults £12; under 19s £5

PETERBOROUGHOPERA.CO.UK
REGISTERED CHARITY NO. 268192

SECUSMART
077 6050 1513

CCTV
SURVEILLANCE SECURITY

- 4K UHD NVR 30 DAYS+ STORAGE
- 3 YEARS WARRANTY & SUPPORT
- IP BASED WITH ETHERNET CABLE
- WATER & DUST PROOF IP67 CAMERAS
- LONG DISTANCE NIGHT VISION
- MINIMUM CABLE VISIBILITY
- APP REMOTE MONITORING
- AI HUMAN DETECTION
- REMOTE AUDIO PICKUP

INTRODUCING OUR PREMIUM CCTV & SECURITY SERVICES

WATER PROOF **4K ULTRA HD** **3 YEARS WARRANTY** **PoE**

+44 1223 92 6020
WWW.SECUSMART.CO.UK
SALES@SECUSMART.CO.UK

201, 4 BLENHEIM COURT, PEPPERCORN CLOSE, PETERBOROUGH, PE1 2DD

Are we on the right path? Consultations launched on North Northants Greenway

North Northamptonshire Council are asking residents and stakeholders for their views on two consultations around the Greenway in the local area. One of the consultations looks at an overarching strategy for the future of the Greenway in North Northants, whilst the other looks at a proposed route between Wellingborough and Rushden.

The strategy for the North Northamptonshire Greenway looks to grow on the work started in the legacy East Northants area and it complements the works being completed in the more urban areas of North Northants to improve walking, wheeling and cycling infrastructure.

The 1st consultation on the strategy asks for views on proposed routes, prioritisation of the routes, the vision of the Greenway strategy and funding options.

The 2nd consultation looks at a proposed route between Wellingborough and Rushden, including whether the suggested route is the most suitable and how likely residents are to use the route. Both consultations also ask for individuals to sign up to be 'Greenway Champions.'

Cllr Helen Howell, Deputy Leader of the Council and Executive Member for Sport, Leisure, Culture and Tourism, said: "The Greenway is a great asset that residents in the former East Northants area have seen grow and use over the years. With the Unitary Council covering a greater area, this now gives us the opportunity to look to expand the Greenway across the whole of North Northamptonshire, connecting our larger towns and the more rural areas by providing routes for walking, wheeling

and cycling safely, and access to employment whilst enjoying our fantastic countryside. Alongside improving the connectivity, the plans will help make our countryside more accessible, meaning more people can get out and about, enjoying our beautiful surroundings and improving their health and wellbeing.

"The vision is clear, but we need to hear from you – whether you currently use the Greenway or would like to see a route developed near you, this is your chance. We are also looking for 'Greenway Champions' – people who can help us spread the word about the benefits in their local area, please do get involved."

Cllr Jason Smithers, Leader of the Council, said: "We continue to work with partners on finding ways to develop the Greenway, alongside other more sustainable travel routes, but we also need residents to help shape the routes – take a look at both consultations and have your say before 1st November."

Your voice matters...

Both consultations can be completed online via North Northamptonshire Council's consultation hub and will be open until 1st November 2023. Alternatively you can email hawes@northnorthants.gov.uk or write to Greenway consultation response, North Northamptonshire Council, East Northamptonshire House, Cedar Drive, Thrapston NN14 4LZ.

Work to tackle ash dieback gets underway in local parks

Due to a fungal disease which affects ash trees across the UK, North Northamptonshire Council has started work this month (after the end of the nesting season) to remove potentially hazardous trees from several council owned parks and green spaces.

Ash Dieback is a fungal disease which it is estimated will result in the loss of a large proportion of ash trees across the UK. Across the country, there is ongoing work to ensure that all trees are as safe as possible and the work that is due to start in North Northants has been carefully considered, following national guidance, consultation with experts and with due diligence.

Instead of mass felling, NNC are taking a considered approach, removing individual, infected trees from King's Wood Local Nature Reserve, Irchester Country Park and East Carlton Countryside Park.

Firstly, any trees that pose a high health and safety risk by footpaths, highways and housing will be removed. By removing these trees, sunlight will be able to reach the woodland floor, encouraging new growth of flowers and other vegetation, which will support butterflies and other invertebrates.

"Doing this will not only make the woodland safer, but it will also make it more diverse and encourage a wider variety of wildlife into the area.

Felling and leaving diseased timber in situ is not a threat to other species but will have a high habitat value and such will be cut into 1m to 2m lengths and stacked up to create log piles, creating small habitats for newts, invertebrates and small mammals to hibernate or use as cover.

Cllr Harriet Pentland, the council's Executive Member for Climate and Green Environment, said: "It is very regrettable that we are in a situation where we have to remove mature trees. This is a national problem, faced by councils and landowners across the country and something we must tackle to protect our wider tree population and for the safety of residents and nearby infrastructure.

"Without carefully managed removal of certain infected trees, there is the very real risk that these will fall of their own accord, causing damage to nearby trees and residential properties or injury to the public.

"We have an extensive tree planting programme in North Northamptonshire which has seen more than 5,000 standard trees planted over the past three seasons as well as a replanting whip programme, with more than 7,000 whips planted in the same period."

Work started from early October and residents can read more about the work and why it is happening on the NNC website.



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



OCTOBER

Sat 21 Bridgnorth on Severn Valley Railway
Mon 23 Blists Hill Victorian Town
Tue 24 West Midlands Safari Park
Thu 26 Black Country Museum OR Dudley Zoo
Fri 27 London Museums or Free Time
Sat 28 Shard & Free Time

NOVEMBER

Thu 9 Tina Turner The Musical
Sat 11 Birmingham Christmas Market
Fri 17 Chatsworth at Christmas
Sat 18 Nottingham Christmas Market
Sat 18 Chocolate Festival at Melton Mowbray
Sun 19 Blenheim Palace Christmas Market
Wed 22 Kew at Christmas
Thu 23 Bury St Edmunds Christmas Market
Thu 23 Thurstford Christmas Spectacular
Sat 25 Cadbury World at Christmas
Sat 25 Bath Christmas Market
Sun 26 Skegness Christmas Market
Mon 27 Thurstford Christmas Spectacular

DECEMBER

Fri 1 Thurstford Christmas Market
Fri 1 Worcester Christmas Market
Sat 2 Melton Mowbray Christmas Market
Sun 3 Rochester Christmas Market
Thu 7 Thurstford Christmas Spectacular
Thu 7 Christmas Lunch River Cruise
Fri 8 Stratford Upon Avon Victorian Christmas
Sat 9 Oxford Christmas Market
Sat 9 Nottingham Christmas Market
Sun 10 Stratford Upon Avon Victorian Christmas
Mon 11 Thurstford Christmas Spectacular
Thu 14 Windsor OR Windsor Castle
Fri 15 Ambassador Cruise Liner, Lunch & Show
Sat 16 Hyde Park Winter Wonderland
Sat 16 Cheltenham Christmas Market
Sun 17 Thurstford Christmas Spectacular
Sun 17 Legoland at Christmas

JANUARY 2024

Sat 6 Boundary Mills Grantham
Thu 11 Mrs Doubtfire The Musical
Sun 14 Abba Voyage
Wed 17 Seasonal Mystery Trip

FEBRUARY 2024

Wed 7 St Albans Market Day
Sat 10 Warwick & Leamington Spa
Sun 11 Birmingham International Tattoo
Wed 14 Boston Market & Baytree Garden Centre
Tue 20 Melton Mowbray
Wed 21 Seasonal Mystery Trip
Thu 22 Ely
Fri 23 London Free Time OR Museums
Fri 23 Tower Bridge Tour & London Free Time
Sun 25 Orchids at Kew Gardens
Tue 27 Chippenham Park Snowdrops

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



JANUARY

22-26 JANUARY WINTER MYSTERY – £369.00pp

Our "Mystery Tour" is very popular, so early booking is essential to avoid disappointment. Our destinations are always a pleasant surprise. These tours represent excellent value for money and accommodation will be of a very high standard. If you haven't yet joined us for a Mystery Tour, then it's time to get on board! 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. Could it be country or coastal? Will it be North, South, East or West? We do know you'll be delighted when you get there. Half Board and excursions included.

FEBRUARY

12-16 FEBRUARY A CORNISH VALENTINE – £369.00pp – ROSEMUNDY HOUSE HOTEL

Tucked into a stunning and unspoilt spot on the coast, St. Agnes sits in both a designated Area of Outstanding Natural Beauty and a World Heritage Site. St Agnes is a picturesque village on the north coast of Cornwall. Steeped in mining history, the village retains a traditional friendly Cornish atmosphere and makes a wonderful base for a holiday, with four different beaches. There are dramatic coastal walks and breathtaking scenery filled with relics from the past, including the iconic Wheal Coates engine house. You will discover a thriving community with a choice of shops as well as galleries and craft workshops where beautiful gifts are made by hand. Sample the beautiful scenic coastline, fantastic beaches, arts and craft shops and mining heritage. Half Board and excursions included.

MARCH

11-15 MARCH TORQUAY'S HIDDEN TREASURES – £399.00pp

The TLH Carlton Hotel is a lovely 3 star hotel and Spa (TLH Leisure Resort) close to the sea front and town centre. Torquay is a seaside town located in Devon and is part of the stunning English Riviera. One of the UK's top holiday destinations since the Victorian times, Torquay has always been popular with tourist of all ages. The iconic palm trees, busy harbour and international marina create this beautiful town. There are 22 miles of coastline, cliffs, coves, beaches and walks with a climate that belongs much further south. Half Board and excursions included.

Open day to launch our NEW 2024 Taurus holiday brochure will be at Kettering, Corn Market Hall on Sunday 29th October – 1pm-5.30pm

**CALL NOW ON 01536 791066
TO GET OUR FREE BROCHURE!**
taurus@rbtravel.co.uk
www.taurusholidays.co.uk

Spotlight on > HEALTH & WELLBEING



> BESTBUYS – THE GREAT OUTDOOR STORE OFFERS RANGE OF HOT TUBS

A hot tub may seem like just a luxurious addition to your garden, but it actually offers many benefits beyond the obvious indulgence. Immersing yourself in the warm water can provide relief from pain, swelling, and stiffness while promoting joint mobilisation. Regular use of a Hot Tub can even lead to improved cardiovascular fitness, muscle strengthening and restoration, and better circulation.

So, if you're looking for a way to relax and care for your body, a hot tub could be the perfect investment for you.

Bestbuys' range of Hot Tubs will leave you feeling relaxed and revitalised, with jet formations to target each muscle group and features such as LED Mood Lighting, Water Fountains and Bluetooth Sound Systems.

You can relax in the knowledge that having

installed over 1,000 hot tubs locally, their team of award-winning engineers are on hand to offer expert after sales service and advice.

If running costs are a concern, Bestbuys now have Air Source Heat Pumps which can help reduce your hot tub's energy usage by up to 75%.

"Our hot tubs are currently in stock, so you can enjoy the benefits of a hot tub sooner than you think. Visit our showroom in Wellingborough to see our hot tub range along with other garden items including Outdoor Furniture and Gazebos, so you can create your own special garden oasis."

> 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."

New Class Thursdays 2.15pm at Ron Manning Day Centre Upper Kings Avenue, Higham Ferrers.

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

> YOUR HEALTH – GET CONTROL OF YOUR THOUGHTS AND WORRIES

"Do you often look back at the past with regret and wish you'd done things differently? Or do you worry about the future?

"It's quite natural to do both, but if you're already finding it hard to relax, and experiencing low moods, these thoughts about the past and the future can add

to your stress levels.

"What if you could notice sooner and respond differently to thoughts and feelings that are coming up?

"More and more people are finding Mindfulness can help them live in the moment and respond more appropriately to situations.

"There are many ways that Mindfulness can help you respond differently. Some of the things you learn are:

- Learn how to pay attention in each moment without judgement.
- Gathering the scattered mind – we all know what it feels like when our thoughts are scattered. Mindfulness can help you gather your thoughts and calm the chaos.
- Recognising reactivity – find ways to stay present and learn to respond appropriately to stressful situations.
- Responding skilfully even when your mood lowers or your stress rises.
- Waking up from autopilot – you know what I mean by this. Sometimes we respond without thinking

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

Do you suffer from...?

- | | |
|--|--|
| <input type="radio"/> Herniated or Bulging Discs | <input type="radio"/> Spinal Stenosis |
| <input type="radio"/> Degenerative Disc Disease | <input type="radio"/> Spinal Arthritis |
| <input type="radio"/> Posterior Facet Syndrome | <input type="radio"/> Acute or chronic back pain |
| <input type="radio"/> Sciatica | |



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



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.



New Class Thursdays 2.15 at Ron Manning Day Centre, Upper Kings Avenue, Higham Ferrers

To book your place call Niki on 07872 694717



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





and end up saying things we wish we'd not said.

"There are many ways to learn Mindfulness. If you feel like you're not in control of your thoughts try it. You'll be surprised at how focused you feel and how it improves your wellbeing and resilience to stress.

"Have a calm and focused week – Nicola."

Nicola Smith is a CBT practitioner and Mindfulness trainer. She runs Mindfulness courses at The Ashgrove Clinic in Higham Ferrers.

> PREGNANCY COURSES IN HIGHAM FERRERS

Women's Health specialist and former osteopath to The Northampton Saints, Brooke Robinson, has created a unique pregnancy course.

The course is 6 weeks and covers:

- Exercises specifically to help prepare for childbirth
- What changes happen to your body
- What the baby is doing at each stage
- Your options and choices about the birth, and what will happen at that time
- Exercises to help prepare you for after the birth, so



you are the best you can be during that time

- How to take care of your own emotional wellbeing
- How stress affects your body and your baby
- How to prepare for a good recovery so you feel great after the birth

And so much more.

The course is unique because the aim is to empower mums through pregnancy. So often the stories and support during pregnancy are negative or confusing. Brooke's goal is to help find the best ways for each individual to be as strong, confident and positive as possible, both physically and mentally. Feeling prepared for both the birth and afterwards means you can enjoy the changes happening to your body. The course is not just about breathing during birth!

There will be opportunities each week to ask questions, discuss concerns and find out more about your body.

Brooke Robinson, who runs the course, specialises in women's health, and has many years' experience treating through pregnancy and treating babies. She'll be helped by the rest of the

Empowered Pregnancy team at Ashgrove: Lynne Bell, Doula, hypnobirthing and baby massage expert; Tina Brayford, sports therapist and pregnancy massage therapist; and reflexologist Kim Whittet.

Brooke says: "Local support through pregnancy is really stretched. There aren't many places to learn about what's happening to both mum and baby, and what's going to happen. Nor are there many places to have your questions answered scientifically and kindly.

"It's desperately important to prepare physically and emotionally, and to understand your body, yet we don't have the facilities for this to happen. This course provides that support and a safe space for finding how to be your best."

The course will also include some treatments before and after the birth. You can join the course at any stage through the pregnancy.

To book on a course, contact The Ashgrove Clinic on 01933 469043 or email Brooke@ashgrovehealth.co.uk



BESTBUYS HOT TUBS

Northamptonshire's Hot Tub Experts



"Relax and feel the benefits of Hydrotherapy"

Why buy your Hot Tub from Bestbuys?

- Over 1,000 Hot Tubs sold and installed locally by our Award Winning Engineers
- Most Hot Tub models available from stock
- Over 20 years' experience servicing our customers' Hot Tubs
- Expert after sales service
- Advice on your Hot Tub and Chemicals

*Prices do not include Standard Delivery and Installation. Please ask in store for more details.

Hot Tubs from £6695 - Special Offers available in store



Perth - £7695

- 7 Seats
- 60 Jets (inc. 1 x 7" Power Jet)
- 3 Pumps = 6.5HP
- LED Lighting
- Bluetooth Sound System

Sydney - ~~£8495~~ SALE - £7995

- 5 Seats + 1 Lounger
- 62 Jets (inc. 2 x 7" Power Jets)
- 4 Pumps = 9.5HP
- LED Lighting
- Bluetooth Sound System
- Touch Screen Control Panel



➔ Air Source Heat Pumps - In Stock ⚡



***Save up to 75% on your Hot Tub's energy bills!**

See our live display model in action at our store.



*Savings vary according to outside air temperature and climate conditions.

01933 272699 www.best-buys.co.uk

BESTBUYS, NENE COURT, THE EMBANKMENT, WELLINGBOROUGH NN8 1LD

Normal Opening Hours: Mon-Sat 9:30am-6pm | Sunday 10am-4pm

All offers are subject to availability. Images are for illustrative purposes only. The management reserve the right to remove any offers without prior notice. Errors and omissions excepted. *Standard delivery is subject to installation access and pre-supplied appropriate power supply and base. Please ask a member of staff for more details.



**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:

>WOODFORD

Alteration works to 4 windows to allow for addition of traditional leaded lights in diamond/diaper pattern using existing glass in new lead canes/framing. At Manor House Farm 10 Addington Road Woodford NN14 4ES (LB/CA) (Info) (LBRegs) (Info) NE/23/00925/LBC (7 November 2023)

>GLAPTHORN

Variation of condition 16 to allow for amendments to the approved plans for barns 2, 3, 4 pursuant to 18/00895/FUL. Conversion and change of use of agricultural buildings to 3 no. residential dwellings; Removal of 2 no. modern agricultural buildings; Erection of 1 no. residential dwelling (resubmission of 17/01743/FUL). At Manor Farm Cotterstock Road Glapthorn (LB/CA) (Info) NE/23/00975/VAR (9 November 2023)

>BRIGSTOCK

Replacement of existing front lounge and two-bedroom windows at 35 The Syke Brigstock

NN14 3HR (LB/CA) (Info) NE/23/01004/FUL (7 November 2023)

>ALDWINCLE

Proposed part demolition of single storey rear wing and construction of new elements to create a single storey hipped roof structure with flat roof link with wild flower roof. Replacement windows in modern cottage and to rear to match original with an enlarged window opening to form a door to the rear and minor internal changes. At St Peters Cottage 57 - 61 Main Street Aldwinckle NN14 3EL (Info) (LB/CA) (Info) NE/23/00992/FUL (7 November 2023)

>WARMINGTON

Addition of burglar alarm including external sounder on north gable of house at 11 Hautboy Lane Warmington PE8 6TQ (LBRegs) (Info) NE/23/00860/LBC (7 November 2023)

>ALDWINCLE

Proposed part demolition of single storey rear wing and construction of new elements to create a single storey hipped roof structure with flat roof link with wild flower roof. Replacement windows in modern cottage and to rear to match original with an enlarged window opening to form a door to the rear

and minor internal changes. At St Peters Cottage 57 - 61 Main Street Aldwinckle NN14 3EL (LBRegs) (Info) NE/23/00883/LBC (7 November 2023)

>DENFORD

Internal alteration works to main dwelling and garage to allow for internal reconfiguration, new added roof lights and replacement of barn door at Manor House Old Manor Farm Ringstead Road Denford NN14 4EL (LBRegs) (Info) NE/23/00768/LBC (7 November 2023)

>BARNWELL

5 new dwellings comprising 2 no. semi-detached and 3 no. detached dwellings with associated amenity space including new vehicular access and alterations to Montagu Arms car parking. At Recycling Centre Montague Arms Car Park Main Street Barnwell PE8 5PH (Info) (LB/CA) (Info) NE/23/00998/FUL (7 November 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 14 October 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

October Half Term events at Nene Park

Join in the October half term fun at Nene Park, with autumnal activities and events on every day from Saturday 21st to Sunday 29th October. There is something for all the family to enjoy, from our scarecrow and broomstick making activities to a special wildlife boat trip, climbing and archery sessions and the ever-popular holiday trail. As always, daily watersports activities will be running at Nene Outdoors, along with regular boat trips on Overton Lake.



Find out what's happening and when, with our guide to half term family fun in the Park:

Activities on every day

Watersports at Nene Outdoors: Make a splash with our full range of watersports activities on Gunwade Lake, with activities available between 11am and 5pm each day. Choose from swan, dragon and junior pedalos, row boats, stand up paddle boards, kayaks and canoes, dinghies and windsurfing. Book your activities online to avoid the queues.

Complete a trail at Ferry Meadows:

Pick up a trail sheet from the Visitor Centre, Gift & Farm Shop for £1 and hunt for questions as you explore the Park. Return your completed sheet to the Visitor Centre to claim your prize to grow at home!

Take a boat trip: Take a relaxing trip around Overton Lake and onto the River Nene

and enjoy unique views and spotting the wildlife around Ferry Meadows.

Ride the Ferry Meadows Railway: Sit back and enjoy the ride! Trains will operate daily between 11am and 4.45pm, weather permitting.

Events by date

Saturday 21st October - Make a Scarecrow! Our popular scarecrow making activity returns, with all materials provided for you to make a spectacular scarecrow to be displayed in the Park for the half term week. Park visitors will vote for their favourite, with a prize awarded to the scarecrow (makers) with the most votes!

Sunday 22nd October - Longthorpe Tower Tour: Discover the finest set of medieval wall paintings in a domestic setting in Western Europe, giving a rare insight into the medieval mind. Book your one-hour tour with our knowledgeable team of volunteers.

Monday 23rd October - Nature Tots & Wild Home Ed Groups: Join our monthly Nature Tots or Wild Home Educator groups for nature-themed fun in the Park.

Tuesday 24th October - Tree Hunt & Broomsticks (Ferry Meadows): The wicked witch has lost her spooky belongings in the trees, and she needs your help to find them! As a thank you, you'll make your very own broomstick to fly away home on!

Tuesday 24th October - Climbing Wall: The team from Nene Outdoors will be getting our climbing wall out today! Are you brave enough to reach the top?

Wednesday 25th October - Wildlife Boat Trip: Join us on a specially extended wildlife boat trip with an expert ranger, who will make sure you don't miss a thing and help you learn more about the wildlife you observe.

Wednesday 25th October - Tree Hunt & Broomsticks (Thorpe Meadows): The wicked witch has lost her spooky belongings in the trees, and she needs your help to find them! As a thank you, you'll make your very own broomstick to fly away home on!

Thursday 26th October - Owls and their Pellets: Join our expert ranger and follow a trail to learn more about the fascinating world of owls and the amazing

things you can find by dissecting their pellets!

Thursday 26th October - Archery:

Unleash your inner Robin Hood or Maid Marian! Our archery sessions are 45 minutes long and take place at Nene Outdoors.

Saturday 28th October - Indian Block Printing Workshop:

Something for the grown-ups! Work with local multi-media artist Melanie Missin-Keating on this half-day workshop and learn a new skill. Indian Block Printing creates fabulous results and can be used on fabrics, papers, clothes and much more.

For more details on any of our Half Term activities, and to book your places, please go to www.nenepark.org.uk/News/october-half-term-events. Contact 01733 234193 or email visitor.services@neneparktrust.org.uk for more information, accessibility advice or directions.

Please donate if you can!
As you know, Nene Park Trust is a charitable organisation and relies on public support to manage the upkeep of our beautiful green spaces for all of the community to enjoy. Any support you can give to ensure the continuation of our services will help considerably. Please go to www.nenepark.org.uk/donate if you are able to make a donation.

GIVE THE GIFT OF JOY TO A PATIENT IN HOSPITAL THIS CHRISTMAS

Imagine it's Christmas, you're elderly and in hospital, isolated and alone. This scenario is a harsh reality for many elderly patients, some of whom may not receive any visitors or gifts. Northamptonshire Health Charity is launching its annual Christmas Gifts for Patients appeal, a heart-warming initiative that seeks to brighten the festive season for patients who find themselves in hospital during Christmas.

Alison McCulloch, Head of Fundraising for the charity said: "Our Christmas Appeal was started many years ago to support those elderly patients who have nobody. Bringing a little joy to them on Christmas Day really makes such a

difference. The support for the appeal from our local community has always been incredible and we are always so overwhelmed with donations of gifts that we can make sure that no inpatient in our local hospitals is forgotten on Christmas day."

The charity supports Northampton General Hospital (NGH), Kettering General Hospital (KGH) and the community and mental health hospitals under Northamptonshire Healthcare NHS Foundation Trust (NHFT).

Typical items that are perfect for patients include toiletries, slippers and socks, dominoes, small puzzle and colouring books, sweets and chocolates. To maintain infection control standards, all donations must be new, in their original packaging, and not gift wrapped. Additionally, an Amazon Wish List has been created for those who prefer to select items for donation online. Visit <https://www.amazon.co.uk/hz/wishlist/ls/2388BCLQ07H41> to have items delivered directly to the charity office.

You can also make a donation online via <https://northamptonshirehealthcharity.enthouse.com/cf/christmas> for the charity to purchase gifts for patients. This has proven invaluable in previous years, especially for topping up gifts, particularly for male patients.

Donors can drop off their gifts Monday to Friday between 9am and 4pm at the charity

office located at Springfield near the main and A&E entrances to NGH (Northamptonshire Health Charity, Springfield, Cliftonville, Northampton NN1 5BE).

Alternatively, when volunteers are present at the desk at the hospital's South Entrance, donations can be left with them to pass on to the charity. At KGH, gifts can be left with the reception at the main entrance or call the charity office on 01536 491569 to meet a member of the charity team.

Would you consider organising a Christmas gifts donation drive for the charity and help bring some festive cheer to patients this Christmas? For detailed information on how to get involved, please visit the charity's website at <https://northamptonshirehealthcharity.co.uk/christmas>

With your support, Northamptonshire Health Charity aims to ensure that EVERY patient in local NHS hospitals across the county receives a present on Christmas Day. For any enquiries, please reach out to the charity team by emailing greenheart@nhcf.co.uk or calling the Northampton office on 01604 626927.



Cedar Ward Pressies, pre-pandemic

Christmas Gifts for Patients

Donate a gift for a patient in hospital on Christmas Day



Follow Northamptonshire Health Charity on Twitter @NHCFGreenHeart and visit <https://northamptonshirehealthcharity.co.uk/> for the latest news.

<https://www.facebook.com/NorthamptonshireHealthCharity/>

<https://www.instagram.com/northamptonshirehealthcharity/>

<https://www.linkedin.com/company/northamptonshire-health-charity>



The Hawthorns

NORTHAMPTON

DISCOVER WORRY-FREE RETIREMENT LIVING

Live safe and well in a unique studio, 1-bed or 2-bed apartment at the Hawthorns, a warm and friendly all-inclusive rental retirement community for the over 70s.

- Includes quality dining three times daily, housekeeping, property upkeep, and utility bills
- Full calendar of events, exercise classes, day trips and activities
- Cinema, library, hair salon, therapy room and short mat indoor bowling
- Staff on hand 24/7

01604 358133 | hawthornsretirement.co.uk

For details of our events, visit facebook.com/TheHawthornsNorthampton

NENE VALLEY NEWS - EVENTS

> SUNDAY 15TH OCTOBER, 10.15AM

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

> SUNDAY 15TH OCTOBER, 9.35AM

Higham Ferrers Footpath Group
Saffron Road car park, Higham Ferrers for car sharing. 7.5 mile circular walk from Summer Lays Nature reserve. Admission free. Contact Mark 07462 422097.

> MONDAY 16TH OCTOBER, 8PM

Nene Valley Astronomical Society – A presentation by Dave Eagle, 'Deep Sky Photos'

Chelveston Village Hall, Caldecott Road Chelveston NN9 6AT. £5 including refreshments. Contact Kevin Burton at events@neneastro.com or 07731890594.

> SUNDAY 22ND OCTOBER, 10.15AM

Whitefriars Church Morning Worship with Holy Communion

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

> SATURDAY 28TH OCTOBER, 10AM TO EARLY AFTERNOON

Volunteering event

Midshires Covert, woodland between Harrington and Kelmash – including free food cooked on the campfire. All welcome – details from Andrew Presland (01933 316927) and on Facebook: Midshires Covert (aka Andy P's land).

> SUNDAY 29TH OCTOBER, 9.45AM

Higham Ferrers Footpath Group

Saffron Road car park, Higham Ferrers for car sharing. 11 mile circular walk around Chelveston. Admission free. Contact Marion 07754 810902.

> SUNDAY 5TH NOVEMBER, 9.30AM

Higham Ferrers Footpath Group

Saffron Road car park, Higham Ferrers for car sharing. 6.5 mile walk around Weekley. Admission free. Contact Gerry 07468 793181.

> SATURDAY 18TH NOVEMBER, 7.30PM

Rutland Sinfonia Concert

St Peter's Church, Oundle
<https://www.rutlandsinfonia.org.uk/>
Tickets from Oundle Bookshop or online
Music by Elgar, Dvořák and Vaughan Williams.

JENNY BOYD: JENNIFER JUNIPER - A JOURNEY BEYOND THE MUSE

Thursday 30th November at 7.45pm - 8.45pm, St Peter's Church, Oundle PE8 4AL. Jenny Boyd's extraordinary life is the stuff of movies and novels, a story of incredible people and places at a pivotal time in the 20th century.

As an up-and-coming young model, Jenny found herself at the heart of Carnaby Street in London, immersed in the fashion and pop culture of the Swinging 60s. With boyfriend Mick Fleetwood, sister Pattie Boyd, George Harrison and the rest of the Beatles, she lived the London scene.



Jenny became the inspiration for Donovan's famous song, 'Jennifer Juniper'. Her two marriages to Mick Fleetwood, founder member of Fleetwood Mac, brought her to the forefront of the rock

and roll world – constant touring coupled with fame, money, drugs and heartbreak.

Later in life Jenny went to college, achieving a master's in counselling psychology followed by a PhD in Humanities. She wrote a book on musicians and the creative process called, 'Musicians in



Tune', which was later retitled, 'It's Not Only Rock 'n' Roll'.

For the next twenty years Jenny worked in the addiction field, both in the States and the UK, as well as creating her own highly successful company.

'Jenny Boyd's is a fascinating tale of the Swinging Sixties... told with great verve, humour and humanity.' Philip Norman.

Tickets £9 (£7).

**Online at oundlelitfest.org.uk/events/
Enquiries: oundlelitfestival@hotmail.co.uk**

'BIRDS & SONG'

There will be a special evening of poetry and music at Oundle Library on Thursday 9th November at 6pm, which is being organised by the Friends of Oundle Library.

'Birds & Song' will include readings by Carry Akroyd, Adam Begley and Naomi Capron, with music performed by local musician and composer, Nick Penny. The poems will be a mixture of old and new, and have been chosen by the readers to evoke the wonders of nature.

Jennifer Anderson, Chair of the Friends of Oundle Library committee says: "Our poetry event last year was a great success, and we're so pleased our readers and Nick Penny are happy to return for another performance. The combination of poetry and music makes this a very special evening."



Tickets for 'Birds & Song' cost £6 and are available to buy in advance from Oundle Library. There will be refreshments.

An event provided by Raunds Town Council

Raunds Coffee Afternoon

at Saxon Hall, Raunds
Wednesday 1st November 2023 Refreshments served
1:30pm – 3pm

Beetle Drive

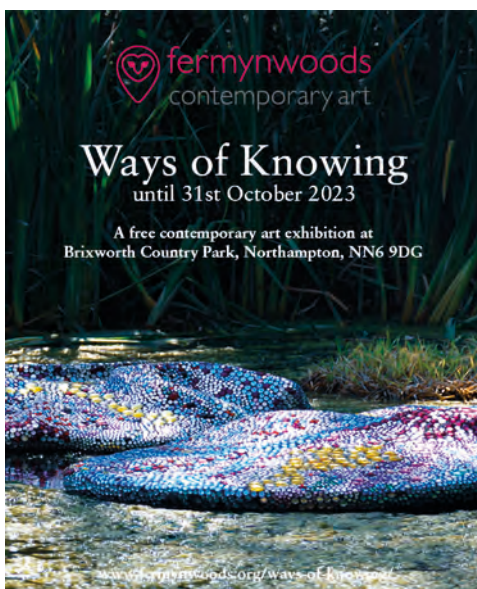
£1 entry
(includes tea/coffee and cake)

Email info@raunds-tc.gov.uk or Ring 01933 622087 between 9:00 am – 2.30pm to reserve your seat

[@RaundsCouncil](https://www.facebook.com/RaundsCouncil) [@RaundsTC](https://www.twitter.com/RaundsTC) [@raundstowncouncil](https://www.instagram.com/raundstowncouncil)

CONNECT WITH LOCAL NATURE

 **fermynwoods**
contemporary art



Get outside and get creative this autumn with a varied programme of activity from Fermynwoods Contemporary Art.

'Ways of Knowing', installed at Brixworth Country Park until 31st October, is a free outdoor exhibition featuring artwork from a selection of international artists.

The artists in the exhibition employ sound, human-made and natural materials to create physical and intellectual spaces that explore how and where we as individuals fit in the natural world, making connections between the environment and our physical bodies. Experiencing art in the natural environment can focus

attention on individual senses, which in turn affects our perception of the natural world. Drawing from the themes of this exhibition, Fermynwoods will be hosting a number of creative workshops.

On Saturday 11th November join sound artist David Birchall and multi-disciplinary artist Abbie Canning for a day in Fermyn Woods. Take a day to reconnect with the natural environment, creating your own circuitry and undertaking a guided walk to listen, record and sculpt the sounds of the woodland.

On Saturday 2nd December the workshops move online. 'The Future Sound of Nature' with

Ashley James Brown will provide an exciting pack of materials to build a hybrid birdhouse

sculpture containing analogue electrical components to produce otherworldly sounds.



To book on either 'pay what you can' workshop, please visit www.fermynwoods.org

Any Of Us... Because it really can be

That's the message of a powerful new fostering film by Northamptonshire Children's Trust (NCT) – any of us can foster a child or young person, if you have the capacity to care.

'Any Of Us' was launched on 26th September. It is the sixth film produced by a growing partnership of councils and children's trusts to promote local authority fostering. The 'Any Of Us' project will be the largest public sector fostering film collaboration yet, with over 80 participants from all over the UK. The film can be found on the NCT Fostering social media platforms or via the following URL: https://youtu.be/_pn4Jllo5rw

Julian Wooster, Chair of Northamptonshire Children's Trust, said: "We really care about the work that we do. It's all about giving children a chance to thrive and become the best person they can be.

Foster carers make such a difference to the lives of our children and young people by giving them loving family homes. The message is clear, it could be any of us."

'Any Of Us' looks at three very different people who all show some of the attributes needed to be a foster carer in incidents from their daily lives – Ayesha going to the aid of a pedestrian after a minor road accident, Neil calming down an aggressive situation in a snooker club, and Marsha identifying a young person showing signs of distress and intervening with them at school. Different individuals in very different scenarios, but each in their own way showing

the caring instinct that is fundamental to being a foster carer.

Cllr Fiona Baker, Cabinet Member for Children, Families and Education for West Northamptonshire Council, said: "This film highlights the fact that anyone who cares has the potential to become a foster carer. Across Northamptonshire, we need more people to step forward and become foster carers to help give our children and young people loving homes. If this could be you then we would love to hear from you."

Cllr Scott Edwards, Executive Member for Children, Families, Education and Skills for North Northamptonshire Council,

said: "It is great to see so many councils coming together to stand united in spreading the message about the need for more foster carers. Our children and young people across the county need stable and secure homes that they can rely on, which is what our amazing foster carers provide."

The film has been produced by Reel TwentyFive and project managed by CAN Digital/ Rachel Brown. Project Director, Rachel Brown explains the thinking behind the film:

"Whilst there is always a core message about the difference fostering makes within our films, 'Any Of Us' has been more ambitious in telling three different stories from diverse



foster carers, based around them sharing their experiences with people considering fostering.

"We hope that this will mean that the film and its messaging will appeal to as wide an audience as possible and encourage people to foster for their local authority.

"Fostering directly with your council or children's trust means that you can support your local community by working with a fostering service that is dedicated to supporting local children and young people who need a nurturing, safe fostering home."

THE EAST NORTHAMPTONSHIRE COLLEGE

The East Northamptonshire College combines knowledge, expertise and resources from Rushden and Huxlow Academies (both part of the TOVE Learning Trust) into one Sixth Form Partnership.



East Northamptonshire College

"We offer an extensive range of academic and vocational courses, uniquely offering the flexibility to combine academic and vocational courses.

"We have an excellent track record in examination results. Our students have successfully gained places at Russell Group universities including Oxford and Cambridge, local universities, apprenticeships and employment.

"Students who choose to study with us enjoy their time, feel valued, challenged and supported in their ambition to achieve the best they can be.

"However, we believe that being in the Sixth Form is not just about gaining academic qualifications. We pride ourselves on providing exemplary pastoral care and personal development opportunities to ensure that students have the skills, confidence and character to excel in their lives beyond TENC.

"Students are supported through a wide-ranging PSHE, careers and enrichment programme. We offer opportunities to participate in organised visits to conferences, skills shows and university open

days, in addition to talks from external speakers and other enrichment opportunities both on and off site.

"In Year 13 students will receive extensive support with university applications, apprenticeship or employment applications. Our Open Evening provides the perfect opportunity to meet with Sixth Form Leaders and subject teachers to discuss and discover the best courses for you.

"For further information, our prospectus can be viewed at www.tenconline.co.uk

"We look forward to meeting you."

The East Northamptonshire College

Sixth Form Open Evening
8th November 2023 at Rushden Academy
Welcome talks at 6pm and 7pm

Come and explore our wide range of
A Level and BTEC courses on offer

One Trust ■ Two Schools ■ One Vision of Excellence



A JOYFUL CELEBRATION OF QUEERNESS IS OPEN IN FERRY MEADOWS

The first of its kind here in Peterborough, Identities! Rainbow Walk is an experiential exhibition celebrating queer people living in Peterborough, Cambridgeshire and the Fens.



The installation consists of several coloured plinths in the park, making up a Rainbow Walk, and by visiting each one, visitors can gather information and learn more about local queer living history. The exhibition starts by the Lynch Lake Community Hub in Ferry Meadows and continues along the path towards Lakeside.

Launched on 1st October, the exhibition will be in place throughout the winter, with an additional installation launching on 1st December to commemorate World Aids Day. The exhibition will then close in January 2024.

Identities! is the work of Q Productions, supported by the Your Community Greenspace project, a five-year project being run by Nene Park Trust and funded by the National

Lottery Heritage Fund, with thanks to National Lottery players. The project aims to build bridges with the multicultural communities of Peterborough to make Ferry Meadows an inclusive community hub.

The Identities! project was first launched in May as part of Peterborough Celebrates Festival, with an installation in Lynch Lake Community Hub commemorating Marsha P Johnson and the Stonewall riots.

Talking about the project, Teddi, Creative Co-Director of Q Productions said: "A few years ago I looked around Peterborough and thought where is my community? I then thought of this idea about having a living queer history in Peterborough, not only to educate those outside of the LGBTQIA+ community,

but to create a safe space for those who need it. And our community really does. There were no books about Peterborough's queer history, nor was there any information, almost as if it were swept under the carpet. So we decided to change that."

Alex, fellow Creative Co-Director for Q Productions, added: "It's been a wonderful project for us to get stuck into. We hope visitors enjoy reading the stories and getting to know these individuals. Peterborough has a rich history, and we are excited to share this with everyone."

IDENTITIES!



For more information on Your Community Greenspace and the Identities! project, visit the project page on the Nene Park website www.nenepark.org.uk/YCGS


furniture centre
stylish home furniture



NEW
OSLO RANGE

We are a proud L A  B O Y stockist with many models available to try and order in store.

Higham Ferrers Town Council
Town Hall, Market Square, NN10 8BT
Telephone: 01933 312075
Email: info@highamferrers-tc.gov.uk

 @HighamFerrersTC  Facebook/HighamFerrersTownCouncil
 www.instagram.com/highamferrers

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

Town Council Meeting - Tuesday 31st October, 7.30pm

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

Environment & Recreation Committee Meeting - Tuesday 14th November, 7.30pm

Town Council Meeting - Tuesday 28th November, 7.30pm

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

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

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: petertomas@highamferrers-tc.gov.uk	Cllr Pam Whiting Email: pamwhiting@highamferrers-tc.gov.uk	Cllr Tina Reavey Email: tinareavey@highamferrers-tc.gov.uk
Cllr Chris O'Rourke Email: chrisorourke@highamferrers-tc.gov.uk	Cllr Angela Gardner Email: angelagardner@highamferrers-tc.gov.uk	Cllr Nigel Brown Email: nigelbrown@highamferrers-tc.gov.uk	Cllr Barry Spencer Email: barryspencer@highamferrers-tc.gov.uk
Cllr Vijay Paul Email: vijaypaul@highamferrers-tc.gov.uk	Cllr Paul McCann Email: paulmccann@highamferrers-tc.gov.uk	Cllr Gerald Kelly Email: geraldkelly@highamferrers-tc.gov.uk	Cllr Sean Prosser Email: seanprosser@highamferrers-tc.gov.uk
* North Northamptonshire Councillors			

Nene Valley news

CLASSIFIEDS

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

Family NOTICES

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



For help and information to place your notice please call **01522 692542** or visit www.nenevalleynews.co.uk

PUBLIC NOTICES

NORTH NORTHAMPTONSHIRE COUNCIL

ROAD TRAFFIC REGULATION ACT 1984 (COTTERSTOCK ROAD, OUNDLE) (30 MPH SPEED LIMIT) ORDER 2023

NOTICE IS HEREBY GIVEN that North Northamptonshire Council have made an Order under Sections 82, 83, 84 and Schedule 9 of the Road Traffic Regulation Act 1984 ("the Act") to prohibit any motor vehicle from travelling at a speed exceeding 30 mph along Cotterstock Road in Oundle as specified in the Schedule below. A COPY of the Order may be inspected at Kier Highways, Brixworth Depot, Old Harborough Road, Brixworth, Northants, NN6 9BX at a time and date specified by appointment only by calling 01604 529700. A copy of the Order can also be obtained on request by emailing NNParkingenquiries@kier.co.uk. If you wish to question the validity of the Order or of any provisions contained in it on the grounds that it is not within the powers conferred by the Road Traffic Regulation Act 1984, or on the grounds that any requirement of that Act, or of any instrument made under it has not been complied with in relation to the Order, you may, within six weeks from the date of this Notice apply to the High Court for this purpose. The Order will become effective on 16th October 2023.

Dated this 14th day of October 2023
ADELE WYLIE,
Executive Director of Customer & Governance Monitoring Officer P/1955

SCHEDULE

Cotterstock Road, Oundle – from a point 369 metres north of its junction with Glaphorn Road for a distance of 133 metres in a northerly direction.

NORTH NORTHAMPTONSHIRE COUNCIL

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (PARK ROAD, IRLTHINGBOROUGH) (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 Park Road, Irlthlingborough as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Park Road, Irlthlingborough from the junction of Wilson Crescent to the junction with Baker Street.

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

PERIOD OF CLOSURE: The proposed Order will come into effect on 1st November 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 up to three days.
ALTERNATIVE ROUTES: use Wilson Crescent and Baker Street.
If you require any further information please contact Steve Fowler ref:- 23/24 – N293 Steve.Fowler@northnorthants.gov.uk PKG/T23/631

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (WYKEHAM ROAD, HIGHAM FERRERS) (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 Wykeham Road, Higham Ferrers as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Wykeham Road, Higham Ferrers from the junction of Chichele Street.

REASON FOR RESTRICTION: The restriction is required for safety during gas main replacement.

PERIOD OF CLOSURE: The proposed Order will come into effect on 3rd November 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 up to fourteen days.
ALTERNATIVE ROUTES: use Lancaster Street and Kimbolton Road.
If you require any further information please contact Steve Fowler ref:- 23/24 – N295 Steve.Fowler@northnorthants.gov.uk PKG/T23/634

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (TITTY HO, RAUNDS) (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 Titty Ho, Raunds as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Titty Ho, Raunds from the junction of Wellington Road to the junction with London Road.

REASON FOR RESTRICTION: The restriction is required for safety during gas main replacements.

PERIOD OF CLOSURE: The proposed Order will come into effect on 16th October 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 December 2023.
ALTERNATIVE ROUTES: use Wellington Road and London Road.
If you require any further information please contact Steve Fowler ref:- 23/24 – N321 Steve.Fowler@northnorthants.gov.uk PKG/T23/651

Dated this 14th day of October 2023
ADELE WYLIE, Executive Director
of Customer & Governance (Monitoring Officer)

ABOVE
ALL ELSE...
YOU
MATTER MOST.

You are at the centre of our legal advice
- we are all the help you need.

0800 088 6004 | enquiries@wilsonbrowne.co.uk
wilsonbrowne.co.uk

wilson browne SOLICITORS

ACCOUNTANCY

Jon Essam & Co Ltd
Chartered Accountants

- Free initial consultation with fixed fee quotation
- Proactive accountancy and tax service for landlords, sole traders, partnerships and limited companies
- Tax planning and advice
- Registered auditor
- Bookkeeping, management accounts and VAT submissions
- Making tax digital (MTD) submissions
- QuickBooks Platinum ProAdvisor, Partner with Xero and Sage
- Payroll, auto enrolment and CIS bureau service



Email or visit our website to arrange a free consultation
23 Cottingham Way, Thrapston, Kettering, Northants NN14 4PL (behind the fire station)
info@essamca.co.uk | www.essamca.co.uk | 01832 730280

HOME SERVICES

Jon Spencer
Technical Drawing
Services
Plans drawn for planning and building regulation applications
01933 316044

KM
KM Media & Marketing
To advertise in
Nene Valley News call
01522 692542

MAGICAL WINTER FESTIVAL PROGRAMME ANNOUNCED!

Nene Park Trust is delighted to announce the full Winter Festival programme and shout about the wonderful partners it will be working with this December, to bring a magical event like no other to Ferry Meadows.

As visitors arrive at the Winter Festival, they will take a stroll through a beautifully lit woodland, with illuminated willow creatures at every twist and turn, created by Dragon Willow. This will lead onto our enchanted forest where visitors will encounter performers from Eastern School of Performing Arts

and an audio visual installation by Syntax Poetry Collective members (Mark Grist, Charley Genever, Lauren Kendrick and Sandy Wardrop) featuring brand-new poems inspired by their favourite forest creatures. Plenty of secrets and magical moments will be woven into the journey, to surprise and delight visitors of all ages.



The trail will lead to a unique travelling cinema provided by The Moving Cinema and supported by Gateway Film Festival, showing the much-loved Christmas classic *The Snowman (U)*. Traditional fairground stalls and festive food and drink by Meadow Brown will add to the experience, along with our very own pop-up Christmas shop, perfect for finding unique gifts and treats.

The Winter Festival will be running in Ferry Meadows every day from 1st to



Nene Park
WINTER FESTIVAL

FERRY MEADOWS | 1 - 24 DECEMBER 2023

FEATURING

LIGHT TRAIL

Discover the delights of the animal light trail by **Dragon Willow** in the Enchanted Forest

CINEMA
THE SNOWMAN (U)

Rediscover the Christmas classic with a seat inside **The Moving Cinema**

POETRY

Syntax Poetry Collective audio visual installations featuring works by:

MARK GRIST
CHARLEY GENEVER
LAUREN KENDRICK
& SANDY WARDROP

LIVE PERFORMANCES

By Eastern School of Performing Arts

ONLY £9.50 PER PERSON

Plus festive food, drinks and treats, traditional fairground stalls & our very own pop-up Christmas shop

LUX TECHNICAL **SAT-1** **academy** **MOVING CINEMA** **GATEWAY** **meadow brown restaurants** **ESPA**

24th December, with tickets priced at just £9.50 each (free for carers and under 3s) with free parking included. Sessions start at 4pm, 5.30pm and 7pm, with all

ticket proceeds going straight towards the upkeep of our beautiful Park, making this event our largest fundraiser of the year!

Book your tickets now at www.nenepark.org.uk/winter-festival



Hermitage House Care Home



Country Court

Our family, caring for yours

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.

Respite Care: Get 6 weeks for the price of 4

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



www.countrycourtcare.com