

# Nene Valley news

YOUR LOCAL INDEPENDENT COMMUNITY NEWSPAPER FOR EAST NORTHAMPTONSHIRE

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**NENE PARK'S MONTHLY  
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COMPETITIONS  
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## NEWS IN BRIEF

### Call for patient transport drivers

A publicity campaign aimed at recruiting volunteers from all age groups as patient transport drivers has been launched across North Northamptonshire.

Volunteers aged 18-80 are sought. They must hold a full driving licence and have the use of their own car. Volunteers are asked to make a regular commitment to the role, which is flexible. They can offer as many as 39 hours a week or as little as one hour.

A DBS check will be required and paid for, and training will be given. For volunteers who are already qualified to drive a minibus, a Cat D Minibus licence will be required. Volunteers will be paid 45p in expenses for every mile driven for the scheme.

Organisations include:

- Serve <https://serve.org.uk/01933315555>
- Shire Community Services <https://shirecommunityservices.org.uk/01933223636>
- Volunteer Action Oundle <https://www.volunteeractionundle.org.uk/01832275433>
- Rushton Minibus <https://www.rushtonparishcouncil.org.uk/rushton-community-minibus/07850236833>
- Soon-to-be-reinstated Corby Carpool 01933 223 636

# Bedes Day celebrated

*The annual Bedes Day in Higham Ferrers was held on 20th December.*

After a procession from the Town Hall, a short service was held in the Chantry Chapel, followed by lunch in the Bede House.

Guests included The Vice Lord-Lieutenant of Northamptonshire, Mrs Morcea Walker MBE, the Town Mayor and Mother Louise of St Mary's who conducted the service – marking her first Bedes Day.

The day was organised by the Trustees of Higham Ferrers United Charities and thanks are given to the volunteers from Hope Methodist Church who together helped prepare the excellent customary roast beef dinner.

The organisers also thank the many businesses and individuals of Higham Ferrers whose generous donations ensure the continuation of this 600-year tradition.



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## Cllr Helen Harrison steps down from Council's Executive

*Cllr Helen Harrison will leave her position on North Northamptonshire Council's Executive with immediate effect.*

Cllr Harrison, who is the authority's Executive Member for Adults, Health and Wellbeing, will continue to work as a ward councillor for the Oundle area.

An announcement on who will replace Cllr Harrison on the Executive will be made soon.

Cllr Jason Smithers, Leader of North Northamptonshire Council, said: "I would

like to thank Helen for her hard work and commitment as a member of our Executive – she has been with us since the authority came into being in April 2021.

"The position as lead member for Adults, Health and Wellbeing is an important component of the Executive and we will move swiftly to fill the vacancy."

## GENEALOGY JOTTINGS

WORDS BY  
JAN PEARSON

**A little late, but Happy New Year to you all! Mind you, it is still January...**

Just before Christmas, I spent a week in hospital with pneumonia. But at least I am now on the road to recovery, albeit a rather long one for this impatient patient! However, if this had happened a hundred years ago – or even 70 years ago – chances are that I would not be here now writing this column.

Amongst other drugs, I was given paracetamol, which did not come into common use until the 1950s; I also used a nebulizer, which similarly did not come into use until the 50s. And although penicillin was discovered in 1928, again antibiotics were not in widespread use until the 50s. However, an oxygen tent was in use in the 1920s, so that could have helped. I was on oxygen for a week until they were able to see that I could get by without it.

It certainly made me think how lucky I have been compared with my ancestors. I have a couple who died from pneumonia and I certainly know first-hand the suffering that they experienced.

My great grandfather, John Smith, was a farm labourer. I have mentioned him before as being a ringleader of the North Essex Agricultural Labourers' Strike of 1914. As well as being a horse-keeper on the farm, he also spent time working the fields. One day, he was scything, lost concentration and managed to scythe through his boot and his big toe. Ouch! What did he do? He tore off a piece of his shirt, wrapped it round his foot and carried on working. No anti-tetanus shots in those days – another one introduced in the 1950s, which seems to have been a highlight decade for medicine. Oh yes, he was known as 'Toe-Rag' Smith after that!



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

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**Articles to the editor by: Wednesday 7th February**

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## ENGAGEMENT LAUNCHED ON RAPID ELECTRIC CHARGING POINTS

**A survey has been launched on potential locations for rapid on-street charging points in six towns across North Northamptonshire.**

Seven sites are being considered in Burton Latimer, Corby, Kettering, Raunds, Thrapston and Wellingborough. The potential sites would have rapid chargers, meaning users could charge their electric vehicle to 80% in 20-40 minutes depending on the model's battery capacity and starting state of charge.

Properties near the proposed sites will receive a letter with more detail and how to complete the survey. The letter will be from Believ, who are running the project working with North Northamptonshire Council and the project is privately funded.

Cllr Matt Binley, the council's Executive Member for Highways, Travel and Assets, said: "With a rise in users of electric vehicles, it is important that we continue to look at charging points in locations that are easy for residents to access and use.

"These proposed locations are close to local facilities which is why rapid chargers have been chosen – meaning more drivers can make use of the points and charge their electric vehicle quicker. "As with previous sites identified, those currently being looked at have been selected following detailed analysis and recommendations."

Cllr Jason Smithers, Leader of the Council, said: "More and more people are turning to electric vehicles for their environmental benefits and it is important that we reflect this by improving the

number of charging points across the area.

"As we look to be more carbon neutral in all we do, having the right infrastructure in place is a key priority for us and we are always trying to find ways to make it easier for residents to access an electric vehicle charging point.

"But we also listen to residents and businesses and want to make sure points are where they are needed and will be used, which will hopefully in turn encourage more residents to consider an electric vehicle as a more sustainable mode of transport. I would encourage people to have their say and complete the survey."

All feedback will be reviewed by NNC and before installation can go ahead, residents and businesses will have a further opportunity to comment on the designation and operation of the bays through the Traffic Regulation Order process.

If you would like to respond to the engagement survey, you can do so via the online survey. The deadline for comments is 12th February 2024.

### THE SITES ARE AS FOLLOWS:

**Corby** - Opposite 47 High Street, NN17 1UU

**Corby** - 109 Elizabeth Street, NN17 1PN

**Kettering** - Opposite 29 Meadow Road, NN16 8TL

**Burton Latimer** - 12 Churchill Way, NN15 5RU

**Raunds** - Opposite 73 Brook Street, NN9 6LL

**Thrapston** - The Bridge Hotel, Bridge Street, NN14 4JP

**Wellingborough** - Church Street, NN8 4PA

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# DATE OF WELLINGBOROUGH BY-ELECTION ANNOUNCED

*The by-election for the parliamentary constituency of Wellingborough will take place on 15th February following the result of the recall petition in December.*

Residents living in the Wellingborough constituency, who are registered to vote, will start to receive their poll cards around 19th January.

The poll cards include information on how to arrange a postal or proxy vote for those who cannot make it to their polling station on 15th February.

The deadline for eligible residents who are not registered to vote, but wish to vote in the Wellingborough constituency by-election is 30th January and information about how to register to vote is on the North Northamptonshire Council website.

#### Photo ID to vote

Following new legislation introduced in May 2023, all residents voting in person must remember to bring a form of photo ID with them.

Accepted forms of ID include a current or expired UK passport or photo card driving licence, including a provisional one. Expired IDs are acceptable, as long as the photo still bears a true resemblance. Only original documents are

accepted, photos of your ID, copies of digital versions or digital versions saved on phones and smart devices will not be accepted.

The list of all forms of approved photo ID is shown on the poll cards. Further details are also available on the Elections pages of the NNC website.

If you don't have any form of photo ID from the accepted list, or your ID no longer looks like you, you can apply for a Voter Authority Certificate. Applicants must already be registered to vote. The deadline to apply for a Voter Authority Certificate for the up-coming by-election is 5pm on 7th February.

You can apply online for a Voter Authority Certificate via the Government website.

**More information about the by-election, including deadlines for applying for postal and proxy votes, can be found on the dedicated Wellingborough constituency by-election web page.**





## 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](mailto:gemma.hager@serve.org.uk) | 01933 315555  
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### 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.

**18-22 MARCH  
HOUSE PARTY & ABBA TRIBUTE – ALL INCLUSIVE**

The Winnock Hotel, Drymen. Full Board including Excursions and Entertainment, Free Bar 7.30pm - 10.30pm £479 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. Entertainment each evening including Abba Tribute.

**29 MARCH-1 APRIL  
EASTER in BATH & BRISTOL – £439.00pp**

The 4 star Mercure Bristol Grand Hotel is set in a historic Grade II listed building in the heart of Bristol city centre. This holiday is Half Board including Excursions. Bristol was the first British city to be named European Green Capital. The city straddles the River Avon with a prosperous maritime history. Its former city-centre port is now a cultural hub, the Harbourside, where the M Shed museum explores local social and industrial heritage. The harbour's 19th-century warehouses now contain restaurants, shops and cultural institutions such as contemporary art gallery The Arnolfini.

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### 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

### MARCH 2024

Tue 5 Springfields OR Spalding  
 Thu 7 Cotswold Tour  
 Sat 9 National Railway Museum OR York  
 Sat 9 Jorvik Viking Centre  
 Tue 12 Derbyshire & Peak District  
 Tue 19 Saffron Walden  
 Wed 20 Seasonal Mystery Trip  
 Fri 22 Ideal Home Show  
 Fri 22 Stratford Upon Avon  
 Sun 24 Tottenham Hotspur Stadium Tour  
 Tue 26 Barnsley Gardens & Cream Tea  
 Tue 28 Canterbury  
 Thu 28 Canterbury Cathedral & Free Time  
 Sat 30 Greenwich & The Cutty Sark

### JULY 2024

Mon 29 Abba Voyage

### SEPTEMBER 2024

Mon 2 Abba Voyage

### OCTOBER 2024

Thu 3 Abba Voyage

### NOVEMBER 2024

Sun 24 Thurstford Christmas Spectacular  
 Fri 29 Thurstford Christmas Spectacular

### DECEMBER 2024

Sun 1 Thurstford Christmas Spectacular  
 Thu 5 Thurstford Christmas Spectacular  
 Mon 9 Thurstford Christmas Spectacular  
 Sun 15 Thurstford Christmas Spectacular

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# Spotlight on >Health & Wellbeing

## > SILVER STRENGTH

We are getting older, it's a fact, and muscle loses size and strength as we get older, which can contribute to fatigue, weakness and reduced tolerance to exercise. We all know how important exercise is for both our physical and mental health. Physical activity triggers a release of dopamine and serotonin, which can improve our mood as well as our fitness. But it's harder as we age.

I run Silver Strength and Move To The Beat exercise classes. One is an Otago strength and balance class designed to help posture, improve your core and reduce the risk of falls. And one is a chair-based exercise class to music. A fun, effective but safe workout for those who for whatever reason cannot attend the usual classes.

Nobody is turned away, we are inclusive for all.

Otago classes are in Rushden on a Friday morning and Earls Barton on a

Thursday morning, and also Higham Ferrers on a Thursday afternoon.

Move To The Beat classes are on Rushden Tuesday mornings, Raunds Tuesday afternoons, Wellingborough Monday mornings and Wednesday early evenings.

For more details please give me a call on 07872694717 or facebook @silverstrength or email: niki.dunkley@yahoo.co.uk

Be brave, you never know where it may lead you.

## >MUSCLE AND JOINT PAIN UNDER THE LASER SPOTLIGHT

Muscle and joint problems can drag on for ages.

Arthritic pain can be, well... a pain. Very few interventions combine pain relief with massively improved healing. Laser therapy does just that.

Laser is a truly amazing tool for fixing muscle and ligament damage, as well as helping reduce the pain of osteoarthritis.

Quite apart from its astonishing healing power, it has the huge advantage of being non-invasive: no needles, no scalpels, not even an osteopathic elbow pressing into the muscles. Just a comfortable, warm feeling while the laser works its magic.

And no drugs.

But don't be deceived – this is hi-tech stuff. It's not 'red light' or infra-red therapy. To be effective it needs to be a 'Class IV', medical-grade laser, which focuses deep into your muscles, stimulating your body's natural healing processes at a cellular level.

The best on the market

is K•Laser. Why? It works deeper, faster and better than any other laser, meaning patients get back to normal activity quicker.

Witchcraft? No – there's a mountain of high-quality research showing how laser therapy is one of the best tools around for repairing damage to your body, everything from Repetitive Strain Injuries to Fibromyalgia. Sports injuries, such as Achilles



tendon damage or shoulder problems, respond particularly well.

It's all about stimulating your body's own healing powers. The laser light dives deep into your tissues, improving oxygenation, circulation and function. This is what helps them repair and regenerate so quickly.

So, no hocus-pocus involved (although the device does look a bit like a magic wand!) And the benefits? Reduced pain, decreased

inflammation and improved mobility.

Plus, it's perfectly safe – even during pregnancy. You do have to wear special glasses for eye safety, but hey, everyone looks cool in shades! It's possibly the closest thing to a magic bullet in healthcare – except it's a laser beam, and it's scientifically proven.

K•Laser is available at The Ashgrove Clinic in Higham Ferrers. If you'd like to know more, call on 01933 469043. Free 20-minute appointments are available to assess your suitability for laser treatment.



**SILVER STRENGTH Stronger Seniors**  
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**The Ashgrove Clinic**



### > DISCOVER THE BENEFITS OF HOT TUBS FROM BESTBUYS – THE GREAT OUTDOOR STORE

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.

At Bestbuys, our 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, our team of award-winning engineers are on

hand to offer expert after sales service and advice.

If running costs are a concern, we 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.

## New funding programmes for Northamptonshire

The county's leading independent grant-making charity has started the year with the announcement of new funds and new challenges.

Northamptonshire Community Foundation has also announced that over £1.8 million has already been awarded to groups across Northamptonshire since April 2023, and it is on target to award at least £2.5 million by April this year in grants to small, local charities, volunteer-led organisations and community groups.

Rachel McGrath, CEO of Northamptonshire Community Foundation, said: "Our exciting 2024 plans starts with the launch of our new Corporate Giving Network, which will enable local businesses to collaborate in supporting vital projects across the county.

"We will also be launching new funding programmes this year; we'll keep working with donors to provide strategic responses to local need including tackling poverty, resourcing legal aid and environmental philanthropy, we'll host a number of community celebration events including a collaboration with the historic 78 Derngate, and we'll continue our ongoing work to champion our brilliant local charities with initiatives such as the Rose of Northamptonshire Awards

in partnership with our local councils."

Northamptonshire Community Foundation awards grants to organisations across all four corners of the county. Recent grant awards include £5,000 to Manna House Trust to establish a counselling and suicide-prevention service for the Gypsy, Roma and Traveller communities in Northamptonshire; £3,000 to The Shack Food Project to fund their Community Christmas parcels for 300 families, and £3,000 to The Never Alone Project to sustain their Warm Welcome initiative.

Northamptonshire Community Foundation has recently launched its first dedicated Rural Community Needs Fund, a result of the foundation's Shining a Spotlight on Rural Community Needs appeal. The appeal, which aims to ensure rural communities get

their fair share of funding, has so far raised over £137,000.

Alex Rex, Grants Manager at Northamptonshire Community Foundation, said: "The Rural Community Needs Fund will award grants of up to £10,000 for projects that will better the lives of those living in our local rural communities."

As well as the launch of a new fund, 2024 is the year of a new challenge.

The foundation is taking part in the Franklin's 50 Challenge initiative, run by Franklin's Solicitors.

Local businesses can sign up to support their chosen charity, from a selection of six, and must then use the £50 starter provided by Franklins to fundraise as much as they can.

Any amount fundraised on behalf of Northamptonshire Community Foundation will go to the Rural Community Needs Fund.



To find out more about Northamptonshire Community Foundation, visit the website: [www.ncf.uk.com](http://www.ncf.uk.com)

## BESTBUYS HOT TUBS

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## MOULTON COLLEGE OFFERS SOLAR INSTALLATION COURSE IN CONJUNCTION WITH LOCAL ENERGY FIRM

Moulton College has teamed up with Northamptonshire based firm GenCarbon and JobCentre Plus to deliver a bespoke solar panel installation course. It follows growing interest in solar, with data from the industry's accreditation body, MCS, revealing that more than 1.3 million UK homes already have panels installed.

As the first of its kind, the Solar Installer Foundation course has been drawn up in conjunction with specialist renewable energy installation firm GenCarbon. Over a three-week period, the course delivers practical, hands-on instruction on the installation of photo voltaic (PV) solar panels, alongside health and safety and teamwork skills.

The first course has just been completed and was attended by a group of local job seekers, many of whom have since secured full-time employment with GenCarbon.

Matt Smith, Executive Director of Skills & Business Development at Moulton College explains:

"Moulton College works with local businesses to deliver courses that can lead to employment opportunities and fill key skills gaps. As the UK heads towards Net Zero, there is a burgeoning interest in solar and a growing need for trained and qualified personnel to install and maintain solar units. By joining forces with GenCarbon, we have been able to create a course suited for the needs of the industry."

Tools and equipment were kindly donated by GenCarbon, K2 Systems, VDV Mounting Systems, Jack Pennington Limited, CEF and Midfix to ensure students are trained using the very latest in industry equipment and technology. In preparation for the course, GenCarbon also constructed a commercial roof test rig for the students to practice their installation techniques on.

Richard Wakeford, Director

of GenCarbon, says: "We are delighted to be supporting the College in the delivery of this course, which is the only formal solar installer skills-related programme to be delivered nationally in the last 12 months."

"The result is a tailored course that equips future industry employees with the techniques required for solar panel installations. We have been very pleased with the quality of new employees that came from the first course and look forward to the output of subsequent courses."

Matt adds: "The Department for Work and Pensions and JobCentre Plus helped to recruit a cohort of committed and enthusiastic learners. To have seven of them secure long-term, high-value employment with GenCarbon is a fantastic outcome for everyone. Roll on the next course!"

**To discuss your bespoke training course requirements with Moulton College, please contact Rebecca Mulholland, Business Development Manager, at [rebecca.mulholland@moulton.ac.uk](mailto:rebecca.mulholland@moulton.ac.uk)**

## Making a Will is one of the most important things you can do...

**A Will allows you to take control of who you leave your possessions and money to when you die.**

A Will does not have to be legally drawn up and as cost may be a factor, the cheaper options of writing your own Will, or pre-printed homemade Will packs may seem preferable.

Homemade Wills can be risky and a Will may be rendered invalid if an individual's situation is not straightforward. At Wilson Browne, we have sadly seen many homemade Wills that have included errors such as incorrect use of legal terms, not being executed correctly and not disposing of the entire estate which often leads to a partial intestacy. So instead of thinking everything will be dealt with as you wish, it could instead lead to family disputes, the Will being challenged, or your estate being distributed under the laws of intestacy.



These are laws which dictate a certain order of distribution to next of kin which may not have been intended.

Solicitors are then required to rectify Wills or deal with challenges to a Will, which

can cost more than paying a solicitor to prepare a Will in the first place. Solicitors are fully trained and regulated with a broad range of knowledge to advise on all matters for Wills.

**If you would like to discuss making a Will, Wilson Browne Solicitors are offering 20% off in February. Simply call 0800 088 6004 on Monday 5th February quoting "Purple Monday" to secure your appointment at a reduced rate. Terms and conditions apply, visit [www.wilsonbrowne.co.uk/purple-monday/](http://www.wilsonbrowne.co.uk/purple-monday/)**

### OUNDLE FARMERS MARKET

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### 2024 DATES

13 January	13 July
10 February	10 August
9 March	14 September
13 April	12 October
11 May	9 November
8 June	14 December



### STALLS INCLUDE:

**PIES, BEEF & LAMB, SWEET TREATS, HOMEMADE CHUTNEYS, CHEESE, SOURDOUGH BAKERY, TURKISH STREET FOOD, FISH, EGGS, CHICKEN & DUCK, PORK, COFFEE, CUT FLOWERS, HOUSEPLANTS & BOUQUETS, STUFFED FLATBREADS, SEASONAL FRUIT, BACON, SAUSAGE ROLLS, GOURMET MUSHROOMS, HOG ROAST & PORK PIES**

## PURPLE MONDAY

# 20% off Wills in February.\*

**Make this the year you make a Will or update your current Will.**

Making a Will need not be as daunting as you might think and could prove crucial to those you leave behind.

A professionally-drafted Will ensures that your wishes are carried out regarding your assets, guardianship of your children and any specific gifts you wish to make.

It can also help to reduce your dependants' liability for Inheritance Tax.

If you need to update your Will ask for our Free Will health check.

**[wilsonbrowne.co.uk](http://wilsonbrowne.co.uk)**

**0800 088 6004**

Quote PM1 when calling.

\*Appointments must be booked on Monday 5 February 2024 for an appointment within 28 days. Other terms apply – see [wilsonbrowne.co.uk/terms](http://wilsonbrowne.co.uk/terms) or call for details.

**wilson browne**  
SOLICITORS

# YOUR HEALTH – THE JANUARY DIET

*Have you signed up for no booze? Or no meat? Or low carbs?*

**WORDS BY CLAIRE SHORT**

**Let's be honest, it's hard and most of us give up in the first week.**

But there's good news! January isn't special. If you've already broken all your resolutions, don't beat yourself up. Just start again. You don't have to wait for the 1st of the year, 1st of the month, Monday... You can start today and you can start in whatever way you want.

Here are some of our thoughts for sticking to healthy eating in whatever way you chose to approach it:

- You don't have to label it Veganuary or a New Year's Resolution, you can simply choose to eat healthily.
- Don't just cut out food – you'll just end up hungry.

- You don't need advice on what is healthy – you already know. Pre-packaged food (like breakfast cereals) and sugars don't give you nutrition.
- Aim for colour on your plate. If you look down and see brown and beige, go to the fridge and find some bright coloured veg.
- If you're cutting out carbs remember that you're likely to feel a bit rubbish for a week or so as you're still going to have sugar cravings.
- Build good habits. Plan in advance how you're going to avoid those energy drops.

If you get really stuck, talk to one of your local hypnotherapists – Christian Baker in Higham Ferrers and Caroline Prout in Thrapston. Both of them can help you find new habits and new ways of thinking.

Here's to 2024 being full of colourful plates of food!



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

## PUBLIC SPACE PROTECTION ORDER FOR RUSHDEN RECOMMENDED FOR INTRODUCTION

**North Northamptonshire Council's Executive was asked to approve the introduction of measures to tackle anti-social behaviour in Rushden town centre at a meeting held at Corby Cube on 18th January.**

Following a consultation in late 2023, a report recommends that a new Public Space Protection Order (PSPO) is brought in. Of those who completed the consultation, 84% agreed or strongly agreed with a PSPO being introduced in Rushden.

A PSPO is a power under the Anti-Social Behaviour, Crime and Policing Act 2014 that allows a council to impose restrictions in particular areas to tackle nuisance or problem behaviour. For this PSPO, it would include areas such as alcohol consumption, rowdy or inconsiderate behaviour and begging.

It would cover Rushden town centre and the surrounding area and has been designed to cover

antisocial behaviour hotspots in the town centre, preventing it from moving from the town centre to nearby parks and public spaces.

If the PSPO is approved for introduction, NNC will work with the Police to make sure people are aware of the order and the area it covers, so it is clear which behaviours and activities are not allowed in the area and individuals who carry on committing anti-social behaviour could be fined through a Fixed Penalty Notice.

Cllr Mark Rowley, the council's Executive Member for Housing, Communities and Levelling Up, said: "Rushden town centre has been experiencing anti-social behaviour in the area covering the High Street and War Memorial Gardens, but also extending to other areas of the town centre.

"PSPOs are widely regarded as useful tools in the prevention of anti-social behaviour in public

spaces, including town centres.

"If approved, this new PSPO will give authorised officers the ability to use enforcement powers to respond to anti-social behaviour within Rushden town centre, which in serious cases could result in a Fixed Penalty Notice being issued."

Cllr Jason Smithers, Leader of the Council, said: "In 2023, I met, alongside council officers, with the Police and Fire Crime Commissioner, Northants Police and Rushden Town Council to look at problems with anti-social behaviour.

"It was agreed that that the possibility of creating a PSPO for the town centre would be looked at, as part of our commitment to make communities across North Northants safer.

"Following a public consultation, I am pleased we are now in a position to discuss the proposed PSPO further and, hopefully, introduce it as soon as possible."



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For details of our events, visit [facebook.com/TheHawthornsNorthampton](https://facebook.com/TheHawthornsNorthampton)

# Men United in Song, supporting Prostate Cancer UK – **Launching March 2024!**

New Year, same old? Why not mix things up and try something new? Be part of Men United in Song 2024 supporting Prostate Cancer UK!

Launching in March, this popular pop-up singing project will give 40 or more local men the opportunity to get involved and do

something extraordinary... and YOU could be one of them!

Working over nine weeks towards a fantastic live performance in St Mary's Church, Higham Ferrers on 11th May 2024, you'll learn to sing; meet new people; challenge yourself; perform live on stage AND raise

money for a much-loved and very important charity – what's not to like?

No previous singing experience is necessary - just a willingness to step outside your comfort zone, get stuck in and give it a go. Everyone will be in the same boat and it's all about the journey! Last year's project was an overwhelmingly positive experience for the men who took part, with comments including:

- 'The hard work paid off! Thanks for finding something in us that most didn't know we had!'
- 'Amazing, I never thought in a million years I'd ever sing in front of hundreds of people!'
- 'Fantastic experience from the first rehearsal... thanks for getting us all through the journey!'
- 'We did it! What an amazing feeling... I'm so grateful to have been part of it all!'
- 'What a great experience, I'd do it all again in a heartbeat!'

George, from Northampton, says: "I've always loved singing and I'm always humming or singing under my breath. I'd seen Men United in Song advertised and finally mustered up the courage to take the leap and apply. My

experience was one I'll never forget and I thank the team for seeing potential in me and having me along for the ride. From learning the songs we sang, to meeting the people I sang with, it was a great time from start to finish! I'd absolutely encourage anyone interested to give this fantastic opportunity a chance!"

Men United in Song kicks off with Information & Sign-up Evenings, 7-9pm in Northampton Museum, 4-6 Guildhall Road, Northampton NN1 1DP on Wednesday 28th February and Wednesday 6th March (Parking St John's Car Park NN1 1HA).

To find out more - why not come and enjoy a free beer/soft drink while you meet the team and some of the other men who'll be taking part.



This is NOT an audition and there's no big red buzzer! It's just an opportunity to find out more and get involved.

If you're looking for a fresh challenge and you'd like to know more, get in touch today to book your time slot and start YOUR Men United in Song journey!

Men United in Song

2024 rehearsals will be on Wednesday evenings, 7-9 pm from 13th March at Moulton Community Centre, Sandy Hill Lane, Moulton NN3 7AX.

The Men United in Song 2024 charity event supporting Prostate Cancer UK will take place in St Mary's Church, Higham Ferrers on Saturday 11th May 2024.

## AN EVENING WITH **TIM STUBBS**

Tim Stubbs, the recently retired landlord of the Red Lion in Warmington, returns to bring his hilarious one man show to Cotterstock Village Hall, PE8 5HD, on Friday 1st March at 7.30pm. Tim's show 'Reflections of Life' is being organised to raise money for Cancer Research UK.

Tim will share his stories gathered over many, many years from being a master baker, to auctioneer, antiques expert and latterly the popular publican of the Red Lion in Warmington.

Tickets are £10 (cash only) which includes a glass of wine or juice in the interval and are readily available from Stu-Pots in the Market Place, Oundle. Stu-Pots also have gift aid envelopes which you are encouraged to complete and then your £10 will turn into £12.50, compliments of the tax man! Tickets are limited due to the size of the hall.

There will be a quality, cash only raffle prize draw on the night with lovely prizes kindly donated by local businesses.

A night of fun and laughter is guaranteed and all the proceeds will go to Cancer Research UK. TOGETHER WE WILL BEAT CANCER.



## Men United In Song

### 40 MEN WANTED!

We want **YOU** to perform live on stage in a charity event at St Mary's Church, Higham Ferrers.

- 9 week project
- Starting from scratch in March 2024
- Your chance to learn to sing
- No previous experience needed
- Professional direction and support
- Great social opportunities

Find out more at one of our introductory sessions at Northampton Museum, 4-6 Guildhall Road, NN1 1DP (Parking St John's Car Park NN1 1HA) on either

- Wednesday 28th February 7pm - 9pm
- Wednesday 6th March 7pm - 9pm

For more information call **NOW!** on 07999 942390

Or email [marc.bentley23@gmail.com](mailto:marc.bentley23@gmail.com) #MenUnitedInSongNorthants

Or scan this QR with your smartphone



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

> **TUESDAY 13TH FEB,**  
**10AM-1.30PM**

**Pancake Race Day – open morning at the museum**

See us out and about in costume enjoying Olney's Pancake Race event. Museum Shop with Pancake Race volunteer homemade gifts for sale! Flower Garden and Summer House Garden. Viper Barn with introductory video. (The museum historic rooms remain closed until the new season officially begins on Tuesday 20th February 2024). Volunteering opportunities! If you are thinking of volunteering with us this year, pop into our shop to speak to our volunteers who will be able to tell you more about this rewarding role. Free entry to

the gardens and also a great time to purchase your annual pass for the coming year – only £10!

> **TUESDAY 20TH FEB,**  
**11AM-4.30PM**

**Museum and Gardens open for the new season**

Welcome back to the Cowper & Newton Museum! This is our first day open for the 2024. 'Historic townhouse, tranquil gardens and some of the greatest stories of the era'. What's to see? New exhibition: 'Night and Day, costumes from our collections'. Enjoy our 18th-century historic site which has a kitchen, a parlour and Cowper's bedroom. Learn the story of the Slave Trade

and 'Amazing Grace'. Enjoy finding out about lacemakers and Georgian life. There's a dressing up room for all ages to have fun with. Our shop sells unique gifts, many beautifully handmade by our talented volunteers. Breathe in the aromas of the plants in our Flower Garden and Summer House Garden – a perfect place to relax. Bring a picnic! Spend the rest of your visit looking around Olney with its beautiful 14th-century church, Georgian architecture, nearby country park at Emberton, unique gift and boutique shopping, and a great choice of eating restaurants, cafés and bars. As Cowper says "Variety's the very spice of life"! (Usual admission applies).

**COME TO A TALK**

*Reflections of Life*

with

**TIM STUBBS**

A night of fun and laughter as Tim, master baker, auctioneer, publican and great raconteur shares his observations on life.

**FRIDAY 1 MARCH**

7.30 p.m.

**Cotterstock Village Hall,  
PE8 5HD**

Tickets £10 cash only (includes complimentary wine or juice in the interval)  
Available from Stu-Pots, Market Place, Oundle  
or  
[davehistory21@outlook.com](mailto:davehistory21@outlook.com)

★ **QUALITY RAFFLE PRIZE DRAW** ★

All proceeds to  
**CANCER RESEARCH UK**



## COTTERSTOCK POP-UP CAFÉ

A pop-up café opens again in Cotterstock Village Hall, PE8 5HD on Monday 5th February from 10am-12 noon. Drop in whenever you like, there will be a lovely selection of cakes and bakes for you to enjoy.

If you choose to stay for the last 30 minutes, Elizabeth Ward will lead a chair yoga session. Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing whilst using a chair for

support. Benefits of chair yoga can include improved flexibility, better concentration, increased strength, a boost to your mood, and reduced stress and joint strain. Elizabeth is a qualified, patient, welcoming yoga teacher so you will hopefully feel invigorated and relaxed after the session.

This is a not-for-profit venture which is why the cost is amazingly just £3 (cash only) for any or all of



a drink, cake and the chair yoga session too. Do come if you are able and tell your friends and neighbours – everyone will be very warmly welcomed.

An event provided by Raunds Town Council

### Raunds Coffee Afternoon

at Saxon Hall, Raunds  
Wednesday 7th February  
2024 Refreshments served  
1:30pm – 3pm

### BINGO

Get your dabber at the ready!  
Come along and meet new friends

£1 entry  
(includes tea/coffee and cake)

Email [info@raunds-tc.gov.uk](mailto: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.instagram.com/RaundsTC) [@raundstowncouncil](https://www.instagram.com/raundstowncouncil)

## RUSHDEN TOWN COUNCIL EVENTS

# 2024



SAVE THE DATE!

**20** APRIL HIGH STREET ARTISAN MARKET  
Saturday AT 10am – 3pm

**9** JUN SOAP BOX DERBY  
Sunday

**13** JULY PARTY IN THE PARK  
Saturday

**7** SEP PROMS IN THE PARK  
Saturday

**8** SEP BARK IN THE PARK  
Sunday

**22** SEP HERITAGE DAY  
Sunday

**10** NOV REMEMBRANCE DAY  
Sunday

**30** NOV RUSHDEN LIGHTS SWITCH ON  
Saturday

[www.rushdentowncouncil.gov.uk](http://www.rushdentowncouncil.gov.uk)

North Northamptonshire Council

WARM SPACES SCHEME

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# NENE PARK'S MONTHLY PHOTOGRAPHY COMPETITIONS RETURN FOR 2024

*Nene Park Trust is delighted to announce that the ever-popular monthly photography competitions will continue throughout 2024, giving visitors the opportunity to share their talents.*

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

Each month, the Nene Park judges will choose their top three entries and put them forward for a public vote on social media to choose the winner, adding that extra element of excitement and participation to the competitions.

Each winner will enjoy the accolade of their photograph

being shared on the Nene Park social media pages, displayed in the annual winter photography exhibition in Ferry Meadows and featured in the 2025 Nene Park Trust fundraising calendar. At the end of 2024, all twelve winning photographs will be entered into a final vote to choose the Nene Park Photo

of the Year, with a hamper full of exciting goodies from the Visitor Centre awarded to the winning photographer.

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

Photography Competition Terms & Conditions:

- By submitting photographs,

entrants agree to their images being used on the Nene Park website, social media and print material in the future.

- When submitting an entry, please include your name, the date the photograph was taken and the location of the photograph.
- Entrants are welcome to submit up to five photos per month.
- Landscape format images are preferred and full-sized, high quality images are

required. Please ensure the image file is attached to the email, not embedded.

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



Leva Kariniauskiene, January



Steve Dytham, October



Clare Ratcliffe, December

  
furniture centre  
stylish home furniture



# Nene Valley news

## CLASSIFIEDS

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

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## Family NOTICES



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

## PUBLIC NOTICES

### NORTH NORTHAMPTONSHIRE COUNCIL

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14  
(THORPE ROAD, ALDWINCLE)  
(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2024  
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 Thorpe Road, Aldwinckle as set out below.  
**LENGTH OF ROAD TO WHICH RESTRICTION APPLIES:** That length of Thorpe Road, Aldwinckle from one side of the water to the other (bridge).  
**REASON FOR RESTRICTION:** The restriction is required for safety during installation of new air valve.  
**PERIOD OF CLOSURE:** The proposed Order will come into effect on 13th February 2024 and will continue in force for a period of eighteen months. An application may be made for the approval of the Secretary of State for Transport for the Order to be extended if this proves necessary. However, the restriction specified will have effect only at such times and to such an extent as is indicated by the display of signs prescribed by the Traffic Signs Regulations and General Directions 2016.  
**EXPECTED DURATION:** It is expected that the road will be restricted for one day.  
**ALTERNATIVE ROUTES:** use Lilford Road, Stoke Doyle Road, Pilton Road and Aldwinckle Road.  
If you require any further information please contact Steve Fowler  
ref:- 23/24 – N492 Steve.Fowler@northnorthants.gov.uk PKG/T24/067

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14  
(BROOK STREET, HARGRAVE)  
(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2024  
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 Brook Street, Hargrave as set out below.  
**LENGTH OF ROAD TO WHICH RESTRICTION APPLIES:** That length of Brook Street, Hargrave from footpath NA8 Brook Street to the junction with Raunds Road.  
**REASON FOR RESTRICTION:** The restriction is required for safety during overhead BT works.  
**PERIOD OF CLOSURE:** The proposed Order will come into effect on 14th February 2024 and will continue in force for a period of eighteen months. An application may be made for the approval of the Secretary of State for Transport for the Order to be extended if this proves necessary. However, the restriction specified will have effect only at such times and to such an extent as is indicated by the display of signs prescribed by the Traffic Signs Regulations and General Directions 2016.  
**EXPECTED DURATION:** It is expected that the road will be restricted for one day.  
**ALTERNATIVE ROUTES:** use Raunds Road.  
If you require any further information please contact Steve Fowler  
ref:- 23/24 – N493 Steve.Fowler@northnorthants.gov.uk PKG/T24/068

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14  
(CHAPEL LANE, IRTHLINGBOROUGH)  
(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2024  
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 Chapel Lane, Irthlingborough as set out below.  
**LENGTH OF ROAD TO WHICH RESTRICTION APPLIES:** That length of Chapel Lane, Irthlingborough from Spinney Rise to Duck End.  
**REASON FOR RESTRICTION:** The restriction is required for safety during pipe repair works.  
**PERIOD OF CLOSURE:** The proposed Order will come into effect on 30th January 2024 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 Peg's Lane and Freemans Lane.  
If you require any further information please contact Steve Fowler  
ref:- 23/24 – N425 Steve.Fowler@northnorthants.gov.uk PKG/T24/001

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14  
(SCHOOL LANE, DENFORD)  
(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2024  
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 School Lane, Denford as set out below.  
**LENGTH OF ROAD TO WHICH RESTRICTION APPLIES:** That length of School Lane, Denford from midpoint of School Lane.  
**REASON FOR RESTRICTION:** The restriction is required for safety during stop tap replacement.  
**PERIOD OF CLOSURE:** The proposed Order will come into effect on 29th January 2024 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 Ringstead Road and Church Lane.  
If you require any further information please contact Steve Fowler  
ref:- 23/24 – N419 Steve.Fowler@northnorthants.gov.uk PKG/T24/004

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14  
(BROOKS ROAD, RAUNDS)  
(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2024  
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 Brooks Road, Raunds as set out below.  
**LENGTH OF ROAD TO WHICH RESTRICTION APPLIES:** That length of Brooks Road, Raunds from the junction with Midland Road.  
**REASON FOR RESTRICTION:** The restriction is required for safety during installation of new pipes.  
**PERIOD OF CLOSURE:** The proposed Order will come into effect on 22nd January 2024 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 six weeks.  
**ALTERNATIVE ROUTES:** use the opposite entrance.  
If you require any further information please contact Steve Fowler  
ref:- 23/24 – N426 Steve.Fowler@northnorthants.gov.uk PKG/T24/015

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14  
(ROAD TO MERE FARM, RAUNDS)  
(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2024  
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 the road to Mere Farm in Raunds as set out below.  
**LENGTH OF ROAD TO WHICH RESTRICTION APPLIES:** That length of the road to Mere Farm, Raunds from outside Mere Farm.  
**REASON FOR RESTRICTION:** The restriction is required for safety during logger to monitor changes in water pressure.  
**PERIOD OF CLOSURE:** The proposed Order will come into effect on 25th January 2024 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 two days.  
**ALTERNATIVE ROUTES:** use Raunds Road, Church Road, Kimbolton Road and Shelton Road.  
If you require any further information please contact Steve Fowler  
ref:- 23/24 – N437 Steve.Fowler@northnorthants.gov.uk PKG/T24/016

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14  
(OUNDLE ROAD, BARNWELL)  
(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2024  
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 Oundle Road, Barnwell as set out below.  
**LENGTH OF ROAD TO WHICH RESTRICTION APPLIES:** That length of Oundle Road, Barnwell from exit of A605 Thrapston Road.  
**REASON FOR RESTRICTION:** The restriction is required for safety as underground access is required.  
**PERIOD OF CLOSURE:** The proposed Order will come into effect on 31st January 2024 and will continue in force for a period of eighteen months. An application may be made for the approval of the Secretary of State for Transport for the Order to be extended if this proves necessary. However, the restriction specified will have effect only at such times and to such an extent as is indicated by the display of signs prescribed by the Traffic Signs Regulations and General Directions 2016.  
**EXPECTED DURATION:** It is expected that the road will be restricted for one day.  
**ALTERNATIVE ROUTES:** use A605 Oundle bypass.  
If you require any further information please contact Steve Fowler  
ref:- 23/24 – N453 Steve.Fowler@northnorthants.gov.uk PKG/T24/017

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14  
(MAIN STREET, THURNING)  
(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2024  
NOTICE IS HEREBY GIVEN that North Northamptonshire Council have made an Order the effect of which is to prohibit traffic from proceeding along that length of Main Street, Thurning as set out below.  
**LENGTH OF ROAD TO WHICH RESTRICTION APPLIES:** That length of Main Street, Thurning from the junction with Barnwell Road to outside dwelling (The Wheatsheaf).  
**REASON FOR RESTRICTION:** The restriction is required for safety during installation of logging meter.  
**PERIOD OF CLOSURE:** The proposed Order will come into effect on 25th January 2024 and will continue in force for a period of eighteen months. An application may be made for the approval of the Secretary of State for Transport for the Order to be extended if this proves necessary. However, the restriction specified will have effect only at such times and to such an extent as is indicated by the display of signs prescribed by the Traffic Signs Regulations and General Directions 2016.  
**EXPECTED DURATION:** It is expected that the road will be restricted for two days.  
**ALTERNATIVE ROUTES:** use Thurning Road, Winwick Road and Loddington Road.  
If you require any further information please contact Steve Fowler  
ref:- 23/24 – N454 Steve.Fowler@northnorthants.gov.uk PKG/T24/018

Dated this 20th day of January 2024

ADELE WYLIE  
Executive Director of Customer & Governance (Monitoring Officer)

### NORTH NORTHAMPTONSHIRE COUNCIL

ROAD TRAFFIC REGULATION ACT 1984  
(CROSS LANE, ALDWINCLE)  
(30MPH SPEED LIMIT) ORDER 2024  
NOTICE IS HEREBY GIVEN that North Northamptonshire Council propose to make 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 that length of Cross Lane, Aldwinckle as specified in the Schedule below.  
A COPY of the proposed Order, together with a plan showing the exact length of road to which it relates and a statement of the Council's reasons for proposing to make the Order, may be inspected on the Council's website at [www.northnorthants.gov.uk](http://www.northnorthants.gov.uk) (search traffic regulation orders) and may also 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.  
**OBJECTIONS** to the proposed Order, stating the grounds on which they are made should be sent in writing to the Traffic Orders Section, Kier Highways, Highways Depot, Harborough Road, Brixworth, Northampton NN6 9BX or by email to: [NNCParkingenquiries@kier.co.uk](mailto:NNCParkingenquiries@kier.co.uk) no later than the 10th of February 2024.  
Dated this 20th day of January 2024  
ADELE WYLIE,  
Head of Executive Director of Customer & Governance P/1958

#### SCHEDULE

Cross Lane, Aldwinckle – from a point 128 metres west of its junction with Main Street extending 101 metres in a westerly direction.



## Higham Ferrers Town Council



@HighamFerrersTC



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[www.instagram.com/highamferrers](https://www.instagram.com/highamferrers)

### Higham Ferrers Town Council

Town Hall, Market Square, NN10 8BT

Telephone: 01933 312075

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

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

**Town Council Meeting - Tuesday 30th January, 7.30pm**

**Planning & Development Committee Meeting - Tuesday 13th February, 6.45pm**

**Policy and Resources Committee Meeting - Tuesday 13th February, 7.30pm**

**Town Council Meeting - Tuesday 27th February, 7.30pm**

**Farmers Market - Saturday 27th January, 9am - 1pm - Market Square**

**Farmers Market - 24th February, 9am - 1pm - Market Square**

### ELECTED COUNCIL MEMBERS

* Cllr Bert Jackson Email: <a href="mailto:bertjackson@highamferrers-tc.gov.uk">bertjackson@highamferrers-tc.gov.uk</a>	* Cllr Jennie Bone Email: <a href="mailto:jenniebone@highamferrers-tc.gov.uk">jenniebone@highamferrers-tc.gov.uk</a>	Cllr Barry Prigmore Email: <a href="mailto:barryprigmore@highamferrers-tc.gov.uk">barryprigmore@highamferrers-tc.gov.uk</a>	Cllr Tony Reading Email: <a href="mailto:tonyreading@highamferrers-tc.gov.uk">tonyreading@highamferrers-tc.gov.uk</a>
Cllr Gary Salmon Email: <a href="mailto:garysalmon@highamferrers-tc.gov.uk">garysalmon@highamferrers-tc.gov.uk</a>	Cllr Peter Tomas Email: <a href="mailto:peteromas@highamferrers-tc.gov.uk">peteromas@highamferrers-tc.gov.uk</a>	Cllr Pam Whiting Email: <a href="mailto:pamwhiting@highamferrers-tc.gov.uk">pamwhiting@highamferrers-tc.gov.uk</a>	Cllr Tina Reavey Email: <a href="mailto:tinareavey@highamferrers-tc.gov.uk">tinareavey@highamferrers-tc.gov.uk</a>
Cllr Chris O'Rourke Email: <a href="mailto:chrisorourke@highamferrers-tc.gov.uk">chrisorourke@highamferrers-tc.gov.uk</a>	Cllr Angela Gardner Email: <a href="mailto:angelagardner@highamferrers-tc.gov.uk">angelagardner@highamferrers-tc.gov.uk</a>	Cllr Nigel Brown Email: <a href="mailto:nigelbrown@highamferrers-tc.gov.uk">nigelbrown@highamferrers-tc.gov.uk</a>	Cllr Barry Spencer Email: <a href="mailto:barryspencer@highamferrers-tc.gov.uk">barryspencer@highamferrers-tc.gov.uk</a>
Cllr Vijay Paul Email: <a href="mailto:vijaypaul@highamferrers-tc.gov.uk">vijaypaul@highamferrers-tc.gov.uk</a>	Cllr Paul McCann Email: <a href="mailto:paulmccann@highamferrers-tc.gov.uk">paulmccann@highamferrers-tc.gov.uk</a>	Cllr Gerald Kelly Email: <a href="mailto:geraldkelly@highamferrers-tc.gov.uk">geraldkelly@highamferrers-tc.gov.uk</a>	Cllr Sean Prosser Email: <a href="mailto:seanprosser@highamferrers-tc.gov.uk">seanprosser@highamferrers-tc.gov.uk</a>

\* North Northamptonshire Councillors



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# Elizabeth School of London revamps derelict building, investing millions in high-quality education and local **community initiatives in Northampton**

*The Elizabeth School of London is proud to announce the successful completion of a transformative project in Northampton, where an old derelict building has been revitalised to serve as a beacon of education and community development.*

With a significant investment of millions of pounds, the Elizabeth School of London has not only restored the building to its former glory but has also made a lasting impact on the local area.

The Elizabeth School of London, renowned for its commitment to excellence in education, recognised the potential of the neglected building in Northampton and seized the opportunity to create a positive change.

Through meticulous planning and execution, the school has transformed the structure into a state-of-the-art educational facility, equipped with modern amenities and resources to foster a conducive learning environment.

The investment made by the Elizabeth School of London extends beyond the building itself. Recognising the importance of community engagement, the school has actively sought partnerships with local businesses, organisations and residents to ensure a holistic approach to revitalisation.

By collaborating with various stakeholders, the school aims to create a positive ripple effect that will benefit the entire community.

Furthermore, the Elizabeth School of London is committed to bringing back education to the area and empowering the local community. In addition to offering high-quality education to students, the school has plans to implement various initiatives that will further enhance the educational landscape in Northampton.

These initiatives include community outreach projects, all aimed at fostering a culture of lifelong learning and personal growth. "We are thrilled to have had the opportunity to revamp this derelict building in Northampton and invest in the local community," said Dr Ian Luke, provost at the Elizabeth School of London.

"Our vision is to not only provide exceptional education but also to be an active contributor to the development and well-being of the community. We believe that education is a powerful tool for positive change, and we are committed to making a lasting impact in Northampton."

The Elizabeth School of London's commitment to excellence, community engagement and educational empowerment

sets a remarkable example for other institutions. By revamping the derelict building in Northampton, investing millions,

and planning further initiatives, the school is demonstrating its dedication to creating a brighter future for the local community.



## OPEN EVENTS

### Higham Ferrers Campus

**Saturday 27 January 2024 and  
Saturday 16 March 2024  
9am-12noon**



Discover your perfect career route



Take a tour of our excellent facilities



Meet our tutors



Find out about our transport service

Interested in Animal Welfare, Business, Equine, Land-based, Professional Bakery, Sport, Supported Learning or Uniformed Public Services studies?

Visit our Moulton Campus Open Events also taking place at the same time!

**Moulton**  
COLLEGE

**HIGHAM FERRERS CAMPUS**  
Chelveston Road, Higham Ferrers,  
Northamptonshire NN10 8HN

**MOULTON CAMPUS**  
Gate 3, Moulton College,  
Pitsford Road, Moulton,  
Northampton, NN3 7SX



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



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