

Nene Valley

news

YOUR LOCAL INDEPENDENT COMMUNITY
NEWSPAPER FOR EAST NORTHAMPTONSHIRE

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NEWS IN BRIEF

Kettering Library roof project

Following Council approval, a project to replace the 120-year-old roof on the heritage Grade II listed Kettering library building has now entered the 'delivery' phase.

At the December meeting of North Northamptonshire Council's Full Council, Members agreed to the funding allocation. Since then council officers have been working behind the scenes on the next steps to ensure the project runs smoothly and Cornerstone is able to fully open as soon as possible.

Residents may see preparation work and surveys starting on site, ahead of scaffolding and the tenting of the existing roof. Scaffolding will not proceed until the council has gone through a full procurement exercise, obtained the necessary approvals from Natural England of bat mitigation works and Historic England/ NNC approval for the plans.

Whilst the roof repair works are undertaken, the library has temporarily relocated into the upper floor of the modern extension of Cornerstone, adjacent to the existing library. NNC will keep under review moving the library services back into its permanent home to allow Cornerstone to open in full.

NEW APP BRINGS PET CARE DIRECT TO YOUR HOME

Pet owners nationwide are being urged to download a new mobile app – called zumi – to help bring professional pet care into the comfort of your own home.

The free-to-download app is aimed at relieving stress for pets and owners, who can call on qualified Registered Veterinary Nurses (RVNs) to visit pets and carry out a huge variety of pet services including: drop-in visits, 1-1 muzzle training and XL Bully support, nail clipping, teeth brushing, pet arthritis management, weight control, help with animal behaviour, pet sitting, dog walking and end of life guidance and care, among many others.

Veterinary nurse Hannah Shepherd, who has worked in veterinary practice for 35 years, has developed and now launched zumi, to help provide

the best professional at-home care for pets.

Hannah, from Kettering, said: "I am thrilled at the response to zumi so far with more than 500 vet nurses having already downloaded the app in the first few weeks. I am now urging pet owners and RVNs across the country to download and use zumi to help change pet care for the better, together.

"Vet nurses are worth their weight in gold with a wealth of knowledge to share. The skills and experience they have working with animals in veterinary practices works brilliantly when taken into people's homes.

"Through zumi I am hoping that our community

of vet nurses can help more pet owners in our local neighbourhoods to guide them through their best pet care options, and also better identify any pets needing veterinary attention.

"Veterinary nurses can help care for pets in their own home after operations, for example, offering guidance and options to lessen stress for pets and owners. They can also carry out non-clinical services such as nutritional advice, pet physiotherapy, rehoming guidance, and pet bereavement, which frees up valuable time and resources for vet practices.

Continues on page 2



Hannah with her rescue terrier Loula

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Continued from page 1

"This service is not to be used instead of going to the vets. We are working together by having vet nurses out in the community.

"We are experiencing an animal welfare crisis, largely because of the increase in the cost of living, a lot of medical pet issues are being left unseen which could be picked up by vet nurses when they visit people's homes."

zumi has been launched nationally and already hundreds of vet nurses from the south of England to Scotland, Wales and Northern Ireland have joined the app, which is now available for pet owners to download to find their local vet nurse.

The app is free to download on iOS and Android and easy for everyone to use. Pet owners can create profiles for their pets including uploading photos and even writing a bio about their pets. They can click on a map on the app and search for a qualified and reliable vet nurse in their local area, use the in-app calendar to book an appointment with their local RVN, and even send a personal message to the vet nurse with any further questions or details.

Veterinary Surgeon, Dr Matt Flavell, Practice Principal and Lead Vet at The Kettering Vets in Barton Seagrave, said: "I think the zumi app is a

great idea. Having RVNs out in the community helping our pet owners and encouraging proactive healthcare is wonderful."

Deborah Simpson, from Burton Latimer, loves the zumi app and what it brings. She said: "I think zumi is a great idea. I'm not very tech savvy, but it was easy to set up a profile and click on the map to find local vets nurses.

"Having Hannah come to my house to look after my budgie and two guinea pigs has been a godsend. She not only clips their claws and gives the piggies a haircut, but she really cares about my little ones and is always there for advice."

Hannah has worked in veterinary practices in Kettering and London and alongside her practice work, she has been visiting pets in their homes for the past three years, where she quickly discovered the benefits of having vet nurses out and about, working together with local veterinary practices to support and promote animal health and welfare.

Whilst carrying out non-clinical care in pets' homes, Hannah regularly picks up on issues that need checking by a vet including skin complaints, mobility and dental issues, and directs them back to their own veterinary practices.

This led Hannah to explore the possibility of creating an app, accessible for everyone,

New zumi user Debbie Simpson's guinea pigs Mabel and Betty



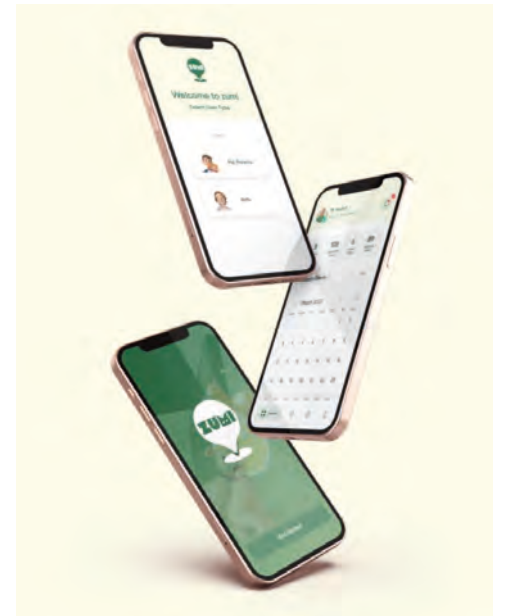
connecting pet owners with veterinary nurses.

And so, after three years of development, zumi was born. The name zumi comes from zoomies, where dogs, such as Hannah's rescue terrier-cross Loula, race around excitedly in circles!

As well as being a mum to three grown-up children, Hannah is a pet parent to 13-year-old rescue dog Loula, rescue cat Toast, and Stinky the rescue Stinkpot turtle. With 34 million pets in the UK and more than 19,000 RVNs, Hannah hopes that zumi will help connect them all.

All RVNs are bound by the Royal College of Veterinary Surgeons Code of Professional Conduct, and the zumi app, being a non-clinical service, is not intended to replace any veterinary surgeon's advice.

Download zumi now from the App Store or GooglePlay and follow its progress with animal and RVN stories on Instagram @wearezumi and on Facebook: zumi app.



GENEALOGY JOTTINGS

WORDS BY
JAN PEARSON

What sort of books do you have at home?

Mine are related to genealogy in some way or another. Mind you, even my collection of Agatha Christie books involves detective work, which is not a million miles away from the type of research that is involved in tracking down your family history!

One of the best reference books that I have is a copy of Ancestral Trails by Mark Herber. Published in association with the Society of Genealogists, this weighty tome will guide you through what to look for and point you in the direction of finding it. There is a copy to be seen in the reference section of Oundle Library and it is certainly worth a peek, the next time that you visit.

As well as books, I also have reference CDs adorning my bookshelves. These range from copies of Parish Registers to historical directories of where my family used to live, and even Tithe Maps of the areas. Okay, I know that they might be looked on now as a bit "old hat"

but they still work and the information has not changed. Not everything is on the interwebby! For Northamptonshire ancestors, have a look at <http://www.northants-fhs.org/> – there are lots of publications to put on your wish-lists!

When I started researching my family history, it involved a lot of footwork – travelling all over the place to research in Record Offices and County Archives. There was none of this internet malarkey. However, these days, the list of websites that hold genealogical information seems endless. With some, you have to pay for subscriptions, such as Ancestry and Find My Past, but many are free. However, visiting your local Library again, and using their computers, will enable you to use some of the subscription website for free (I like the word 'free'!).

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MAYOR'S AWARDS 2023-2024

Rushden Town Council is seeking nominations for the Mayor's Awards for Services to the Community for the year 2023 / 2024. The Mayor's Award is given to an individual for their work and commitment within the community of Rushden over a number of years. (Group nominations will not be eligible for an award.)

Please submit the name and address of nominees, together with details of the reason for their nomination, to the Town Clerk at Rushden Town Council, Rushden Hall, Hall Park, Rushden, Northants, NN10 9NG, or e-mail the Town Clerk at info@rushdentowncouncil.gov.uk. All nominations should be received by **Monday 25th March 2024**.

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Bosworth's staff named Greatest Garden Centre Christmas Team in the East Midlands at GTN Xtra Awards

Bosworth's Garden Centre in Burton Latimer, Northamptonshire is proud to announce that it has been voted The Greatest Garden Centre Christmas Team in the East Midlands at GTN's Greatest Christmas Awards 2023. Bosworth's Garden Centre consistently ranked in the top 3 throughout the voting process and came 3rd overall, but received the highest number of votes for the East Midlands area.

The GTN Xtra Award is a testament to Bosworth Garden Centre's unwavering commitment to providing an outstanding Christmas experience for its customers. The accolade reflects the

tireless efforts of the entire team in creating a festive atmosphere and delivering exceptional service throughout the festive season.

The public's vote for Bosworth's Garden Centre as

the top garden centre in the East Midlands is a testament to the strong rapport and positive impact the garden centre has within its community. This recognition further solidifies Bosworth's Garden Centre's standing as a beloved destination for all things Christmas and gardening-related in the region.

In response to their recognition, the team at Bosworth's Garden Centre expresses deep gratitude to the public for its unwavering support and acknowledgement.

This accolade will serve as further motivation for the team to continue delivering excellence and exceptional experiences for all visitors.



PHOTOGRAPHY: GTN EXTRA

Verve to mark 20 years of creating vibrant workplaces

A Northamptonshire business which has been at the cutting-edge of workplace design for decades will celebrate a landmark anniversary this year.

Since Verve Workspace launched 20 years ago, its dedicated team has designed around 12,000 floor plans and completed about 8,000 projects for commercial clients of all sizes across the UK.

This year the award-winning firm will work on a variety of projects for businesses needing its expertise to create workspaces which are 'worth the commute', but it will also set time aside in its busy schedule to hold a special 20th anniversary celebration in May.

Verve Workspace founder and managing director Steve Allan, who has been in the industry since the early 1990s, said: "We're really looking forward to our 20th anniversary year.

"Lots more clients are bringing their staff back to the office for three to four days a week so they can improve productivity by increasing opportunities for in-person collaborations.

"At the same time many companies are taking steps to reduce their physical office space by up to 30 per cent and the combination of these things [means] bosses are investing in higher grade workspaces which are 'worth the commute' for their staff.

"It's great to be working on innovative designs for clients but this year will also be a time for us to reflect on all that we've achieved during the past 20 years.

"We started in a small office in Northampton and over the years we've moved several times as our own business has grown. For the past three years our headquarters has been based in Milton Malsor, where we've created a workplace that showcases our fantastic work.

"I'm so proud of everything our dedicated team has achieved and can't wait to celebrate with them later in the year."

During 2023, the firm worked on a wide variety of projects, including transforming a technology company's offices into collaborative and flexible workspaces, modernising an accountancy firm's working environment and giving a marketing company a full refresh to help staff embrace new ways of working.

For further information about Verve Workspace, visit <https://www.verveworkspace.co.uk>



Wellingborough Rural Transport

Volunteer Drivers Needed

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Victoria Centre, Palk Road, Wellingborough, NN8 1HR
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FEBRUARY 2024

Tue 20 Melton Mowbray
 Wed 21 Seasonal Mystery Trip
 Thu 22 Ely
 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 Barnsdale Gardens & Cream Tea
 Thu 28 Canterbury
 Thu 28 Canterbury Cathedral & Free Time

APRIL 2024

Mon 1 Great Yarmouth - Bank Holiday
 Tue 2 Black Country Museum
 Tue 2 Dudley Zoo
 Sat 6 Norwich
 Wed 10 London Museums or Free Time
 Wed 10 Tower of London
 Thu 11 Fakenham & Sheringham
 Fri 12 Cannon Hall Farm
 Thu 18 Banbury
 Sun 21 Skegness
 Wed 24 Hereford
 Wed 24 Hereford Cathedral
 Fri 26 Southwold
 Sat 27 Oxford OR Oxford Castle

MAY 2024

Wed 1 Bury St Edmunds
 Sat 4 Bury (Lancashire) Market Day
 Sun 5 Lincoln
 Mon 6 Bakewell Market - Bank Holiday
 Wed 8 Phantom of the Opera
 Thu 9 Lincolnshire Aviation Heritage Centre
 Fri 10 Stamford Market & Grantham
 Sat 11 Malvern Spring Show
 Sat 11 Springfields
 Sat 11 Spalding Flower Parade
 Sun 12 Hunstanton
 Mon 13 Derbyshire & Peak District
 Wed 15 Wye Valley River Cruise & Lunch

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MARCH

**29 MARCH-1 APRIL
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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.

APRIL

**12 -14 APRIL
 MOTOWN, 60S & SOUL WEEKEND
 £299.00pp**

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**13-19 APRIL
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Best Western Inverness Palace Hotel & Spa, includes Excursions. Inverness, known as Scotland's 'Highland Capital', has a rich variety of historic buildings and one of the most beautiful riverside settings in Britain. Enjoy a stroll to Inverness Castle, currently used as a courthouse and St Andrew's Cathedral, which dominate the River Ness.

**24-28 APRIL
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Spotlight on > Homes and Gardens



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Showroom Open: Monday to Saturday 9am - 5pm, Sunday 10am - 4pm

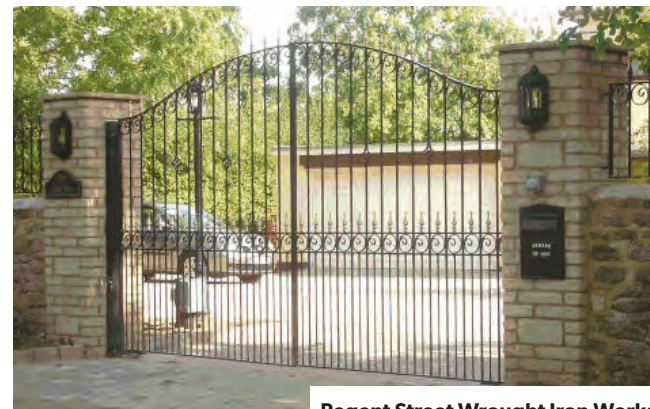
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Living Day on 2nd March. This event promises a day filled with exciting offerings, including live product demonstrations and exclusive deals. Bring the whole family for complimentary face painting for the little ones and indulge in free archery and axe throwing activities. Tantalise your taste buds with delicious food options from Burger Boulevard, and don't miss the delectable treats from Dovely Bakery, with proceeds supporting The Daylight Centre in Wellingborough. It's a day dedicated to transforming your outdoor living experience, and we look forward to welcoming you to Samson Outdoor Living, located at Ise Valley Industrial Estate, 6-8 Meadow Cl, Finedon Rd, Wellingborough NN8 4BH.

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KEY FINDINGS FROM SURVEY

In Autumn 2023, Northamptonshire Children's Trust conducted a survey seeking residents' views on a proposed new way of delivering activities and respite (short breaks) for disabled children in Northamptonshire. It was important that we gave as many people the opportunity to feedback via an electronic survey and through face-to-face sessions.

Conducted throughout October and November, the survey received an overwhelming response, with 150 individuals contributing their valuable insights and a further 134 attending the various workshops. We want to thank all those who took part and are immensely grateful for the enthusiastic participation of our community. These responses have proven instrumental in addressing key issues that currently exist.

Key Findings include:

- The idea of a single referral pathway is beneficial to help avoid families having to tell their stories repeatedly.
- Any assessment that is already in place should be used for access to the short breaks services. Some

respondents did want to keep self-referrals.

- Respondents agreed with the principle of reallocating funding, however, they did not agree with closing the residential short breaks unit one day a week.
- That daytime activities preferred included swimming, activities involving animals, cooking or musical activities.
- The need for better links with activities already taking place in communities and support for children and young people to access them.
- The need for 1:1 or 2:1 staffing, followed by secure environments and small groups to access services.
- The Sleep Service should not be added to the short breaks group of services.
- Sensory Impairment services should not be

added to the short breaks group of services.

- Adding personal care and support services to the short breaks group of services would be positive.
- That, in general, respondents agreed with some parts of the proposals but not all.

The survey covered a broad spectrum of topics allowing us to review the entire provision and receive appropriate feedback. Thanks to this, a new model of short breaks and respite will be implemented; this will consist of:

- A single referral route into the short breaks services.
- Existing assessments being used to access the short breaks services and allowing parents to self-refer.
- Residential short breaks unit reducing the bed

capacity rather than closing one night a week; analysis shows this will still enable the need to be met.

- The Sleep Service (and budget) will not be included in the Short Breaks group of services.
- The Sensory Impairment services will not be included in the short breaks group of service
- Consideration of adding PCaS services during the 2nd year of the contract after modelling the viability of this.

The next steps of the process are:

- Commissioning the new services to be in place by November 2024.
- Complete a whole service review of the Sleep Service and agree a joint plan to reduce the waiting list.
- Ensure the transition from the current services to



the new services are as smooth as possible to avoid any negative impact on children, young people and their families.

Your voice has made a difference in how the new model is going to look. We want to continue listening and supporting you as we go through the next stages. Keep in touch with us

at Sufficiency@nctrust.co.uk if you have any questions.

The complete survey report is available online. Whether you are a stakeholder, industry professional, or simply curious about the trends shaping our world, we encourage you to explore the report and gain valuable insights into the current landscape.



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sustainable and measurable benefits to communities. Grants from The Rotary Foundation support thousands of projects every year.

> SUPPORTING DEMENTIA UK

The Rushden Club's support for Dementia UK was boosted by the result of December's Trolley Dash Raffle held at the Waitrose Store. The magnificent sum of £3,000.00 will be presented to the Charity at a forthcoming club meeting.

The lucky winner was Lesley Broadhurst and her husband who managed to get £400.00 worth of Waitrose items into her trolley, with a little help on the way! Rotary Club President, Patrick Nunley, said: "What a splendid result for the Dementia Charity, aided by the good nature of the Waitrose shoppers and the excellent support from the Waitrose Staff."

> CALVERT TRUST

Rotarian Mark Winfield, a member of the Rushden Club, spoke to the Club Meeting outlining the aims and aspirations of the Calvert Trust, of which he is the Rotary District supremo. He emphasised that the Trust sets out to "enable people with disabilities to achieve their potential through the challenge of adventurous activities in the countryside in order for them to develop, change perceptions and make positive and lasting changes to their lives".



Founded in 1976, The Lake District Calvert Trust is the inspiration of John Fryer-Spedding, whose vision was to enable people with disabilities to benefit from outdoor activities in the countryside.

Today Calvert Lakes provides adventure breaks and holidays for people with disabilities. A not-for-profit based in the Lake District, they help children and adults with a range of disabilities overcome challenges and experience the benefit of the great outdoors.

From their specialist residential centre on the

outskirts of Keswick, they offer individuals, families and school groups the chance to experience everything the Lake District has to offer in a safe and supportive way.

At Calvert Lakes, they see the person, not the disability. Their highly-trained staff use their experience and empathy to break down barriers and truly connect with people, creating a fun, inclusive environment that gives them the confidence to try new things. Their breaks include everything their visitors need, including food, drink, accommodation and equipment. While the expert team carefully adapts the range of outdoor activities around the individual.

Their goal is to help more and more disabled people access the benefits of outdoor activity. By building on the committed support of their team, trustees and funders, they will continue to create connections and friendships and become a beacon at the

heart of the community.

Each year the Rushden Clubs organise two disabled young people to visit the Lake District Calvert Trust to enjoy the outdoor challenges.

> WINDSOR CASTLE VISIT

In December members of the Rushden Club were transported by RB Travel to Windsor Castle for a tour of the decorated rooms for Christmas. It was a great show of opulence in all of the rooms which prompted the comment "how the other half lived!!"

The next cultural offering by the Club will be the play The Hound of the Baskervilles by Arthur Conan Doyle but this time adapted as a side-splitting comedy! The performance is courtesy of the Sharnbrook Mill Theatre on Tuesday 5th March at £17 each including a drinks reception. Anyone interested should contact John Garley by email: johngarley08@gmail.com or call 01933 312668.

Consistently excellent.

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OF THE YEAR 2022**

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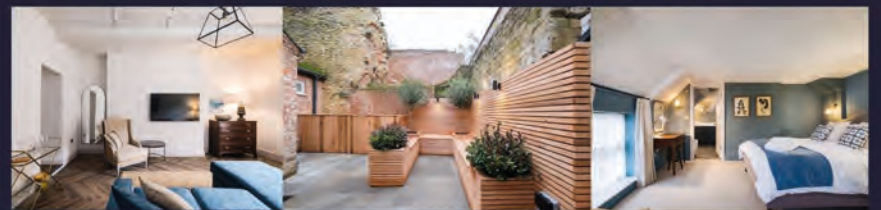
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Nene Valley News - events

> **SATURDAY 17TH FEBRUARY, 10AM TO 12.30PM**

Community Litter Pick in the Blackfriars area of Rushden

Starting on the grassed area between Blackfriars and Priors Close. Organised by Whitefriars Church, Rushden, but all are welcome to join in at any time during the morning. Equipment will be provided. Details from Andrew Presland, 07943 307873.

> **SUNDAY 18TH FEBRUARY, 10.15AM**

Whitefriars Church Morning Worship

Whitefriars Primary School, Boughton Drive, Rushden NN10 9HX. All are welcome. Details from Andrew Presland, 01933 316927.

> **SUNDAY 18TH FEBRUARY, 9.25AM**

Higham Ferrers Footpath Group



Saffron Road car park for car sharing. Contact: Marion (07754 810902). A 7-mile circular walk starting from Lowick via the villages of Sudborough, Slipton and Twywell.

> **MONDAY 19TH FEBRUARY, 8PM**

A presentation by Dr Robin Catchpole, 'From Here to the Edge of the Universe'

Chelveston Village Hall, Caldecott Road, Chelveston NN9 6AT. £5, including tea or

coffee. Doors open from 7.45pm. Visit the website www.neneastro.org.uk for more information. Robin is an Astronomer from the Institute of Astronomy, Cambridge.

> **SUNDAY 25TH FEBRUARY, 10.15AM**

Whitefriars Church Morning Worship with Holy Communion

Whitefriars Primary School, Boughton Drive, Rushden NN10 9HX. All are welcome. Details from Andrew Presland, 01933 316927.

> **SUNDAY 3RD MARCH, 9.30AM**

Higham Ferrers Footpath Group

Saffron Road car park for car sharing. Contact: Donna (01933 350038). A 4.5-mile walk in the Harrold area.

> **SUNDAY 17TH MARCH, 9.35AM**

Higham Ferrers Footpath Group

Saffron Road car park for car sharing. Contact: Angela (07981 049380). A 5-mile walk in the Barton Seagrave area.

> **SATURDAY 23RD MARCH, 7.30PM**

Oundle and District Choral Society

Performing Duruflés' Requiem and Stainer's Crucifixion, in St Peter's Church, Oundle. Tickets £10 on the door or in advance from choral society members. All very welcome.

> **SUNDAY 31ST MARCH, 9.45AM**

Higham Ferrers Footpath Group

Saffron Road car park for car sharing. Contact: Daphne (07709 569415). A 6-mile Easter Sunday Circular Walk: Rushden, Wymington, Irchester, Rushden.

Artists present climate installation in local church

Pale Blue Dot Collective (artists Louise Beer and John Hooper) have spent the last four months in residency with Fermynwoods Contemporary Art, to create an immersive photographic and sound based installation that will be installed in All Saints Church, Aldwinckle from Sunday 24th March until Sunday 7th April 2024.

The artists use installation, film, photography and sound to examine our place within the universe, framing the impact of the climate emergency through the eyes of evolution and the immense time period it has taken for each form of life to arrive at this point.

The work, funded by Northamptonshire Community Foundation's Creative Climate Action Fund, combines images, sound and light to transport the viewer to an imagined forest environment. With the artists' interest in the deep time nature of our existence on the planet, they have developed an installation that explores both the fragility and the miraculous nature of Earth.

Sound recordings from Fermyn Woods, made with a variety of homemade and professional microphones, are combined with their own archive of field recordings collected from around the world. The final composition transports the audience to a forest outside of our experience. Images taken under moonlight during their residency are installed in the central body of the church, juxtaposed with astronomical imagery that prompts us to consider our own place in the wider cosmos.

www.fermywoods.org



PALE BLUE DOT COLLECTIVE

An immersive audio visual installation
Sunday 24th March - Sunday 7th April
All Saints Church, Aldwinckle, NN14 3EA
www.fermywoods.org



COFFEE, CAKES, CHATTER AND MORE

Followed by a talk from local author, Kathryn Baird.

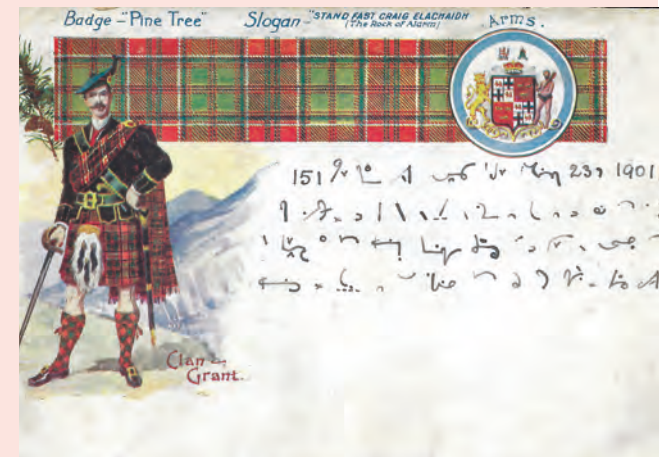
A pop-up café opens again in Cotterstock Village Hall, PE8 5HD on Monday 4th March from 10am-12noon, drop in whenever you like. There is always a delicious selection of cakes and bakes for you to enjoy. Toni Millward, customer adviser for Oundle library, will be there with a display and leaflets telling people more about the library and what they offer.

For the last 30 minutes, if you choose to stay, Kathryn Baird, who recently published a delightful book 'Fifty Mysterious Postcards: Pitman Shorthand Messages from the Golden Age of the Postcard' will give a talk. Kathryn is a captivating speaker, she learned to write Pitman Shorthand in the 1970s and



taught it during the 1980s. It was at this time that she purchased a postcard with a message written in shorthand and ever since has amassed

a huge collection which she has transcribed. Her talk will reveal stories of love, loss and possibly an unrequited love too!



The cost is just £3 (cash only) for any or all of a drink, cake and the talk too. Everyone will be warmly welcomed.

RAUNDS FILM AFTERNOON



Come & meet new friends

Showing at Saxon Hall, Raunds on
Wednesday 28th February 2024

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Film starts at **1:30pm**

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TRAFFIC ENFORCEMENT MEASURES TO BE INTRODUCED ON GEORGE STREET, CORBY

From early March, enforcement measures will be introduced to deter drivers from using a section of George Street in Corby as a cut-through.

Following a consultation in late 2023, the traffic regulation order (TRO) will be replaced with one that will enable North Northamptonshire Council to enforce vehicle access restrictions, using automatic number plate recognition cameras (ANPR).

It is hoped that the move will improve safety for pedestrians crossing the road by allowing only taxis, buses and cyclists to enter the main crossing section between the hours of 8am-6pm, Monday to Saturday. These works will significantly improve the accessibility and mobility for pedestrians and cyclists moving between the town centre retail area and the leisure quarter, as well as improve the attractiveness of the public realm and reduce noise from road vehicles. It will encourage more independent movement and provide safety for shoppers on this section of George Street during busy times.

Anyone found to be breaching the order would face a fine of £70 (reduced to £35 if paid within 21 days). There will be a grace period in place for the next six months, in which anyone driving through the section of George Street will receive a warning letter but not be fined, on the first occasion only. If they continue to flout the rules, a fine will be issued. Once the six-month grace period has finished, anyone not permitted

to drive through the section will receive a letter and fine.

Cllr Matt Binley, the council's Executive Member for Highways, Travel and Assets, said: "We have had comments and concerns from residents about the safety of this particular stretch of road for pedestrians. Following this feedback, earlier in the year, Executive agreed to replacing the current TRO with one that would allow enforcement of vehicle access restrictions. This was followed up by a public consultation and measures will now be introduced from March.

"The introduction of enforcement measures is always a last resort, but we hope that by amending the TRO and using ANPR will help reduce the number of vehicles using George Street, making a significant improvement to the area."

Cllr Jason Smithers, Leader of the Council, said: "Although we are introducing enforcement measures on this stretch of George Street, for the next six months there will be a grace period, with anyone driving unpermitted receiving a warning letter, which will give drivers time to adjust to the change.

"I would also like to mention that buses, taxis, private hire and cyclists will still be able access the section, so pedestrians should still be aware when using the crossing."

An exact go live date for the traffic enforcement measures will be published on NNC's channels in late February/early March.

Take part in a guided walk with the Wildlife Trust BCN

Planet Patrol, a leading environmental movement tackling pollution on UK waterways, is holding a guided walk and litter pick around Summer Leys Nature Reserve in Wollaston on Sunday 3rd March at 10am.

It's free for people to participate and volunteers are invited to sign up by heading to the Planet Patrol website to reserve a spot.

Summer Leys Nature Reserve is one of The Wildlife Trust BCN's most popular reserves, the wetland site providing a home for a range of species. Volunteers can enjoy spotting wildlife and learning about the site and its inhabitants, whilst cleaning up and taking action for the planet.

After the litter pick volunteers will return to base to record everything recovered in the free Planet Patrol app.

Recording litter data in the app helps to gather important information about the types, materials and distribution of litter but also, importantly, the

brands so Planet Patrol are better able to hold the big offenders to account through hard facts.

Planet Patrol founder, Lizzie Carr MBE, said: "By combining people power with data collection we can build evidence about litter pollution on a mass scale that would otherwise be impossible to capture.

"We want to break the cycle by holding the offending brands to account and we can

only do that through robust evidence – which is what these clean up sessions help provide."

There will be further clean ups taking place, on paddleboards and yoga sessions in various locations across the UK.

Book now through the Planet Patrol website. Spaces are limited and allocated on a first come, first served basis. Visit planetpatrol.co/ for more information



Your Health – Chairs

WORDS BY
CLAIRE SHORT

We often get asked what chair you should buy, particularly now when more of us are working from home and more employers are trying to make sure office chairs are comfortable.

What we normally see in the clinic is someone comes for treatment with back, shoulder, wrist or neck pain. They've had no accident or obvious trauma, and they say they have bad posture and a bad chair.

The posture part we'll come to another day, but one thing is very clear to me, and I need you to pay attention to this: you cannot rely on a 'good' chair to stop your pain.

The problem is that we are not designed to sit for hours on end. Our bodies want to move around. They want to walk, run, play and pootle. Some of them even want to walk up and down gardens pushing a lawnmower (personally I'd rather run a marathon in a daffodil costume while carrying three angry crocodiles on my back).

But, most of us do have to sit for part of the day. When we sit for long periods of time our postural muscles fatigue. And then we slouch in the chair. This is the time when a good chair is important: when you're tired of sitting still, but you're not prepared to get up and move. A good chair will support you when your

postural muscles have had enough.

You need a chair that is comfortable, the right height, adjustable and with short arm rests.

In my experience gym balls, knee chairs and other strange posture gadgets have their place, but none of them will support you when you're tired. If you're starting to fade then move to a proper chair.

Of course, the best thing to do is take a rest or Movement Snack. Get up, move around and then get back to work.

Top tip: a Movement Snack can be something as simple as rolling your shoulders around or standing up to wriggle a bit.

Have comfy week!



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

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SPECIALIST SCHOOL GROUP TO OPEN FIRST SITE OUTSIDE OF WEST COUNTRY IN NORTHAMPTON

Nazareth House, former home to Bosworth Independent College, has been acquired by specialist school group, Spaghetti Bridge Ltd.

The Grade II listed building, situated on Barrack Road, Northampton, consists of 17 classrooms, an exam hall, common room/café, staff room, tutorial rooms, office stores, toilets and main school reception and office. There is a car park to the rear with 18 spaces, which is accessed off Marriot Street.

The new school, which will be named Hampton Bridge School, is the ninth site in Spaghetti Bridge's growing portfolio, and the first that they have opened outside of the South West. The school will be registered for children aged 6 to 19 with SEMH/ASC and associated needs.

Dan Alipaz, CEO of Spaghetti Bridge, said: "We are happy to announce that we are adding a ninth site to our group of schools. We are excited to start working with new local authority partners and families as we grow into the midlands, and bring with us our

unique pedagogical approach called 'Enterprise Learning' – a research based method which aims to spark students' curiosity through engaging in real world questions and allowing them to create new knowledge."

Spaghetti Bridge is a progressive and research based independent school group which caters to young people with an Educational Health Care Plan, for whom mainstream education is not suitable.

They take pride in offering their unique education approach, whereby children are placed as active participants in a well structured process that is project based in order to answer real world questions collaborating in small groups.

Throughout this process, students benefit from well informed and invested relational support strategies worked into a 'Three Stage Curriculum', to ensure they feel safe, form meaningful relationships and trust, in order for their learning to proliferate. Additionally, the curriculum offers students the

opportunity to achieve a variety of qualifications, ranging from functional skills to GCSEs. The unique curriculum and relational support process is celebrated by all key stakeholders including Ofsted.

Spaghetti Bridge owns six other schools across the South West. They run Preston Bridge School, which operates two sites, Chapel Bridge School and Heather Bridge School in Devon, Silver Bridge School and Chilton

Bridge School in Somerset, as well as Meadow Bridge School in Wiltshire. They recently acquired an eighth site, the

upcoming Valley Bridge School in Gloucestershire, that will open its doors for students in the next academic year.

For information about Spaghetti Bridge and their schools please see their website: www.spaghettibridge.co.uk

THE CHESTER HOUSE ESTATE & CREATING TOMORROW TRUST COMMIT TO NEW FIVE-YEAR PARTNERSHIP

Following a successful two years, the Creating Tomorrow Trust has agreed a new five-year lease on a classroom space at the Chester House Estate.

The partnership between the Estate and Creating Tomorrow College, alongside the Creating Tomorrow Trust, has been in place since the site opened to the public in October 2021.

In this unique collaboration, students with special educational needs work alongside Estate staff and volunteers on all aspects of the site.

As part of the growing partnership, students are granted invaluable opportunities for hands-on learning within the setting of Chester House, where they

actively engage in roles that span customer service, education delivery, archaeology, events delivery, food preparation, and retail management. This immersive learning experience not only enriches their academic knowledge but also equips them with practical skills that are essential for future employment.

There is also a strong focus on mentorship with the Estate team playing a pivotal role in guiding and nurturing students.

Cllr Helen Howell, the council's Deputy Leader and Executive Member for Sport, Leisure, Culture and Tourism, said: "It is great news that we have extended our partnership for another five years.

"This decision highlights the progress and work that has been achieved on both sides. The students who work and learn alongside our Estate team are an enormous asset and in return we, look to provide them with the skills and knowledge they need to thrive in their chosen career."

Gareth Ivett, Principal of Creating Tomorrow College commented: "We are really excited to have extended our partnership with the Chester House Estate.

"Both organisations have not only had a positive impact on each other over the first two years, but also the local community and most importantly our students."

A video about the partnership is also available on YouTube.



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Nene Valley News RECIPES

If you're looking for meat free alternatives, these heartwarming vegan recipes from Denby are perfect for family and friends to enjoy.

> **VEGAN BEAN STEW**
Serves 4 – Ready in approx 60 minutes

INGREDIENTS:
4 tbsp olive oil
2 onions, chopped
3 tbsp chilli paste
2 tins chopped tomatoes
4 garlic cloves, crushed
1 leek, cut into chunks
2 stock cubes
1 can butter beans
1 can pinto beans
1 can cannellini beans
1 tbsp balsamic vinegar
1 tsp salt
3 fresh rosemary stems
1 tbsp lemon juice
400ml water
2 peppers
1 green chilli

METHOD: Add 4 tablespoons of olive oil into the casserole dish and fry the onions over a low heat until soft. Stir in the chilli paste and cook for 1 minute.
Add in the remaining ingredients, give it a good stir. Bring to a boil, then cover with a lid and cook over low heat for around 45-60 minutes
Serve with rice, potatoes or on its own.

> **VEGAN SWEET POTATO AND BEAN CASSOULET**
A warming sweet potato and bean dish using vegan sausages by food blogger @imserenalee.

Serves 4 – Ready in approx 1 hour

INGREDIENTS:
1 sweet potato
3 small carrots
5 large cavolo nero leaves – de-stemmed
3 tins of organic cannellini beans
15 cherry tomatoes
2 onions
4 cloves of garlic
100ml red wine
1 stock cube
3 tablespoons of cooking olive oil
6 vegan sausages (we used Meatless Farm)
2 bay leaves
5 sprigs of oregano
1 stick of celery

METHOD:
Pour the olive oil into a large pan – we used the Denby Cast Iron Shallow Casserole. Let the oil warm up on a medium heat.
Add chopped onions and fry until they darken. Just before they get to this stage, add the sausages. Both the sausages and onions should be brown.

Remove sausages and put aside. Add garlic, chopped celery, chopped cavolo nero and let cook for a few minutes, stirring regularly.
Cut the tomatoes, splitting them, and add to pan. Press them while stirring, releasing juices. Continually stir.

Add the wine, chopped sweet potato, and chopped carrots and continue to mix. Don't let the mixture dry out. If it does, add a splash of water.
A few minutes later, add beans with the liquid from the tins. Add stock and salt.

Add bay leaves and oregano; the dish should have a sweet smell of wine. If not apparent, add more wine. Add boiling water to cover the ingredients in the pan. Cover and let it cook on a medium-high heat for 30-40 minutes, or until carrots are tender. Let some of the water boil off and evaporate. You don't want a watery soup, but more of a stew-type consistency. If the water level is too high, remove some with a spoon.
Once ready, add sausages from earlier, and serve alongside roasted vegetables, grains and a good loaf of bread.

> **CHICKPEA CURRY WITH ROASTED BUTTERNUT SQUASH**
Serves 4-6

INGREDIENTS: CURRY
3 jars of butter curry sauce
2 medium onions, thinly sliced, plus extra for serving
1 small red pepper, thinly sliced
1 small red chilli, thinly sliced
3 x 400g cans of chickpeas
1 large butternut squash
1 teaspoon of chilli flakes
A splash of extra virgin olive oil
Freshly ground black pepper and salt to taste
A good handful of fresh coriander leaves, chopped
1 pilau rice pouch, cook as

per packet instructions
1 basmati rice pouch, cook as per packet instructions
2 naan breads of your choice, cook as per packet instructions.

INGREDIENTS: TOMATO SALAD
A selection of seasonal cherry tomatoes, halved
1 small red onion, finely sliced
1 lime, halved and juiced
A small handful of fresh coriander leaves, chopped
A good splash of extra virgin olive oil
Freshly ground black pepper and salt to taste

METHOD CURRY:
Heat the oven to 400°F / 200°C and prepare a Denby oval casserole dish with a splash of olive oil. Cut both ends of the butternut squash, remove the skin and cut lengthways. Scoop out the seeds with a spoon and cut into equal sized chunky pieces about 1.5cm thick.
Pop in a large Denby roasting tray, with a good glug of olive oil, chilli flakes, salt and pepper. Place in the oven for 25 to 30 minutes until softened and just starting to brown.

Whilst it's cooking, prep your curry. Place the Denby oval casserole dish over a medium heat on the hob and cook the chopped onions, red pepper and red chilli. Stir for a few minutes until nicely softened. Add the curry sauce and cook for 3 to 5 minutes. Bring to a gentle simmer and add the chickpeas and cook for a further 5 minutes.

Arrange the roasted butternut squash pieces half in and half out of the curry and place in the oven for 15 to 20 minutes.
Add the naan breads to the oven for the last 5 minutes. Remove the casserole and top with fresh coriander and red onion. Serve with a mix of pilau and basmati rice, naan breads and tomato salad. Enjoy!

METHOD TOMATO SALAD:
Layer the tomatoes and onion in a Denby serving dish. In a jar with a tight-fitting lid, combine the remaining ingredients and shake well. Drizzle over the salad and top with fresh coriander.

Nene Valley news

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PUBLIC NOTICES

NORTH NORTHAMPTONSHIRE COUNCIL

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

(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 The Lane, Oundle as set out below.
LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of The Lane, Oundle for its entire length.
REASON FOR RESTRICTION: The restriction is required for safety during installation of BT duct box.
PERIOD OF CLOSURE: The proposed Order will come into effect on 4th March 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 Church Street, High Street and West Street.
If you require any further information please contact Steve Fowler ref:- 23/24 – N509 Steve.Fowler@northnorthants.gov.uk PKG/T24/085

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14
(HIGH STREET, RUSHDEN)

(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 High Street, Rushden as set out below.
LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of High Street, Rushden from Church Street to Skinners Hill.
REASON FOR RESTRICTION: The restriction is required for safety during repair to a sluice valve.
PERIOD OF CLOSURE: The proposed Order will come into effect on 26th 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 up to three days.
ALTERNATIVE ROUTES: use Skinners Hill, Newton Road, Liberty Way and Bedford Road.
If you require any further information please contact Steve Fowler ref:- 23/24 – N478 Steve.Fowler@northnorthants.gov.uk PKG/T24/022

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

(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 Cranford Road, Great Addington as set out below.
LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Cranford Road, Great Addington – adjacent to No.9.
REASON FOR RESTRICTION: The restriction is required for safety during leak investigation works.
PERIOD OF CLOSURE: The proposed Order will come into effect on 26th 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 up to three days.
ALTERNATIVE ROUTES: use Woodford Road, High Street, Mill Road and Kettering Road.
If you require any further information please contact Steve Fowler ref:- 23/24 – N470 Steve.Fowler@northnorthants.gov.uk PKG/T24/028

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14
(WEST STREET, KINGS CLIFFE)

(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 West Street, Kings Cliffe as set out below.
LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of West Street, Kings Cliffe from opposite No.72 to opposite No.62 West Street.
REASON FOR RESTRICTION: The restriction is required for safety during fire hydrant repairs.
PERIOD OF CLOSURE: The proposed Order will come into effect on 27th 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 Wood Road and Park Street.
If you require any further information please contact Steve Fowler ref:- 23/24 – N489 Steve.Fowler@northnorthants.gov.uk PKG/T24/064

Dated this 17th day of February 2024
ADELE WYLIE,
Executive Director of Customer & Governance (Monitoring Officer)



KM Media & Marketing

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EMPOWERING SCHOOLS TO TAKE ENVIRONMENTAL ACTION

Developed by the environmental charity PECT, Climate Education is a new online platform helping schools embrace sustainability and inspire the next generation.

Climate change is one of the biggest and most pressing issues we face as a society, and we all have a role to play, including schools and students. The DfE's Sustainability & Climate Change in Education Strategy now requires schools to have a Sustainability Action Plan to evidence their contributions towards the reversal of climate change.

Climate Education is a new online platform that aims to inspire the next generation with knowledge and tools to champion sustainability for a lifetime.

As part of the Climate Education dashboard, members have access to an interactive action and target-setting tool, supporting them in setting and keeping track of their progress. This can also be shared with other staff,

leadership, and governors to ensure that all stakeholders work together in a whole school approach.

"From our experience working with schools, we know that teachers need a flexible support programme, enabling them to tackle issues which are most important to their students," says Stuart Dawks, CEO at PECT. "Through our new Climate Education website and dashboard we are able to offer part of the solution to addressing climate change challenges within busy school environments."

Climate Education is centred around five core themes of sustainability: Zero Waste &

Sustainable Living, Carbon & Climate Change, Our Natural Environment, Sustainable Travel, and Sustainable Food & Health. The platform's flexible approach allows schools to tailor their sustainability journey to their unique needs and priorities.

Each area of Climate Education is linked to the global Sustainable Development Goals (SDGs). By aligning core themes with the SDGs, Climate Education helps schools understand how their efforts directly contribute to world issues. It shows students the impact they can make and empowers them to actively participate in creating a sustainable future.



Memberships start from £149 for an annual licence per single school site, with an introductory £99 special offer for the 2023/24 academic year. Head to www.climateeducation.org.uk for more information on full membership benefits and bespoke pricing for local authorities and academies.

OPEN EVENTS

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**Saturday 16 March 2024
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