

Nene Valley NEWS

YOUR LOCAL INDEPENDENT COMMUNITY NEWSPAPER FOR EAST NORTHAMPTONSHIRE

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NEWS IN BRIEF

Unsung heroes honoured

Northamptonshire Community Foundation has again partnered with the North and West Northamptonshire Unitary Authorities to open nominations for the Rose of Northamptonshire Awards 2024.

The awards recognise community heroes, those who go above and beyond for their neighbours. Local residents can submit their nomination by completing a short form on the Northamptonshire Community Foundation website: www.ncf.uk.com/our-work/rose-of-northamptonshire-awards

This awards initiative is supported by Northamptonshire Lord-Lieutenant James Saunders Watson, who said: "This year, we are keen for you to put forward people in your communities, whether it's because nothing happens in your village unless one person orchestrates it, or maybe it's the person in your community who beavers away quietly to deliver a vital service. These people need to be recognised and we need to thank them... these awards give us the opportunity to celebrate everything they do."

PEREGRINES, PILOTS AND A PAPERBACK

...plus a varied programme for the Higham Ferrers Arts Weekend.

Prize-winning artist Ophelia Redpath knew exactly what she was going to paint to celebrate living in Higham Ferrers for two years.

Having returned to the town for the day, she and guest of honour, Lisa Rowley from the Wildlife Trust, unveiled her latest work which features two peregrine falcons which had made a home at the St Mary's Church spire during her time in the town.

"This work is a tribute to living in Higham Ferrers. It is really a lovely place to have a home," Ophelia told the audience at the Chantry Chapel, next to the church.

Ophelia, the 2021 Sky Landscape Artist of the Year, put the final touches to her peregrine painting just before leaving from her new home in

Norfolk for the town's first Arts Weekend, where she was one of the speakers.

The special weekend, which featured several events, was organised by The Friends of St Mary's – a secular group dedicated to the preservation of the exterior of the town's Grade I listed buildings (the Church, the Chantry Chapel and the Bede House).

The afternoon with Ophelia and a friend, author Artem Mozgovoy, was organised by Higham Ferrers Tourism, which partnered with The Friends of St Mary's for the inaugural Arts Weekend.

Ophelia plans to put a photograph of the peregrines on her website and will sell prints of the birds, with a percentage of the proceeds going towards the costs for

the restoration of St Mary's bellcote.

Ophelia gave her talk in the Bede House before everyone moved across to the nearby Chantry Chapel where her peregrine painting had been under wraps.

She spoke about her life as an artist and the various styles and techniques which had influenced her, including those of her grandparents, who were both acclaimed painters.

When Artem – a prize-winning writer and journalist from Siberia – took over the microphone, it was to tell the audience that he had written his book Spring in Siberia 10 years ago, but it was only after Sir Stephen Fry had read the manuscript that he finally found an agent and a publisher. Sir Stephen has hailed the book



Old friends, artist Ophelia Redpath and author Artem Mozgovoy, met up again at the Higham Ferrers Arts Weekend

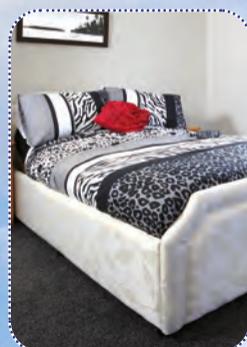
as "touching and... genuinely compelling."

Launched in London a year ago, Spring in Siberia, is labelled as a novel, but Artem said it was more a family story. Artem moved to Europe

in 2011 when Russia began legalising its persecution of gay people and he had a series of jobs – including being a magician's assistant – before settling in Brussels, Belgium.

Continued on page 02

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Continued from page 01

He read extracts from his book and afterwards, he was kept busy selling – and signing – copies.

Artem volunteers at the Ukrainian Refugee Centre in Belgium and his next book, which will be published in September, is based on the stories he has collected in his diary while volunteering.

The Arts Weekend also included 'An Evening with the Wellingborough Community Gospel Choir' and a talk by Victoria Wickes, granddaughter of the prolific author, H.E. Bates, CBE, which focused on his time as an RAF officer.

Victoria recounted how H.E. Bates had written under the pseudonym of Flying Officer X and had produced 24 stories portraying the lives of bomber and fighter pilots.

In keeping with the wartime theme, several people in the audience were dressed in 1940s-era clothing. Meanwhile, in the kitchen, Ria Jeffers and her mother, Jane Chambers, part of the wartime re-enactment group Family At War, prepared to serve WW2 fare, corned beef and cheese and onion pies, and other delights. They had already baked dozens of Spitfire-shaped biscuits.

Ria's son, Thomas (7), part of the Family At War group, was also there, and dressed up as a wartime pilot.



Victoria Wickes, right, who gave a talk about her famous grandfather, author H.E. Bates, is congratulated by Brenda Lofthouse, chair of the Friends of St Mary's, with Thomas Jeffers (7), part of the Family At War group of wartime re-enactors, completing the picture

GENEALOGY JOTTINGS

WORDS BY
JAN PEARSON

Talking of censuses, as I was last time, do you know how they were taken? We might have the vision of a frock-coated chap wending his way from house to house with the 19th century equivalent of a clip-board in his hand, writing down whatever he heard. Erm... not quite.

A few days before the census was due to be taken, a form was delivered to each house – rather like more modern times – and it was the responsibility of the head of the house to ensure that it was completed with the details of whoever was staying in the house on the night in question. This is where some misunderstandings occurred.

I have seen people enumerated more than once – in their own home (even though they were absent) and again in the house where they were visiting.

I have one chap in my tree who was a policeman. He is recorded at home by his wife, at the Police Station where he was working that night plus at the house of the criminal that he caught!

Back in the day, illiteracy amongst adults was fairly common and so children, who had attended school, were tasked with the job of recording who was there. On some occasions, however, there were no literate children or even neighbours who could help and so this is where the enumerator would step in. Oh yes – the man was the head of the house, never the woman! Not unless you were Queen Victoria, of course, or the "Head of the House" was elsewhere... prison, perhaps?

Once the schedules were collected, the information was then transferred over to the enumerator's records. Check marks and ticks on the pages can also make things difficult to read, such as ages – not to mention the handwriting! If ever you are at a loss, you can always ask for a second opinion of a record at my forum – details under my name.

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ONLINE HGV DRIVERS HEALTH AND WELL-BEING CONFERENCE HOSTED BY NORTH NORTHAMPTONSHIRE COUNCIL

North Northamptonshire Council (NNC) teamed up with partners across the county and the UK recently, to host an online HGV Drivers health and well-being conference.

The event attracted 120 people and showcased the previous award-winning work of NNC with industry leaders. It also raised awareness nationally in supporting this transient and often invisible community which is so vital to this country's economy.

Last year the council's Community and Well-being, Environmental Health and Public Health teams reached the final of the MJ Awards 2023 in the Transforming Lives category for their work alongside Welcome Break in supporting HGV drivers using Rothwell Truck Stop.

This conference builds on that work which aimed at improving the mental and physical well-being within the driving community.

HGV drivers commonly experience mental health issues such as anxiety, depression and stress, all of which impact their ability to work effectively and safely. Their physical health can also be affected due to the sedentary nature of their work.

Speaking at the conference were leading professors from the Universities of Northampton and Manchester, Cllr Matthew Binley Executive member for Highways, Travel and Assets, officers from NNC's Public Health, Community Wellbeing and Environmental Health teams, representatives from the Road Haulage Association, Kettering MIND and Welcome Break.

North Northamptonshire Director of Public Health Jane Bethea, said: "The previous event received national recognition with the work being Highly Commended at the MJ Awards and the team have built on this success with this year's event.

"It was wonderful to hear so many people from all over the country talking about North Northants Council being a leading light in this area of work. We were described as innovative and forward thinking, which is exactly what we want to be known for."

Cllr Gill Mercer, the council's Executive Member for Adults, Health and Wellbeing, said: "HGV drivers are the lifeblood of the UK industry and with drivers being in such short supply, maintaining a strong and healthy workforce to drive the haulage industry is essential to success.

We hope showcasing the impact of our initiative and others to stakeholders from across the UK may provide inspiration and motivation to make facilities a better place for HGV drivers."

Jason Smithers, Leader of the Council, said: "It is well established that HGV drivers are exposed to a number of health-related risk factors such as shift work, long periods of sitting, which contribute towards chronic conditions and I'm delighted that NNC have been so prominent in leading this work.

"The welfare of driver's health and wellbeing is a key issue for not only existing drivers and employers, but also for supporting to increase recruitment and retention to the profession."

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TOWN COUNCIL

Have your say on improving walking and cycling routes in Wellingborough, Rushden, Higham Ferrers and Raunds

Residents are being encouraged to give their ideas for walking, wheeling and cycling routes in Wellingborough, Rushden, Higham Ferrers and Raunds, to help shape a new Local Cycling and Walking Infrastructure Plan (LCWIP).

LCWIPs provide a strategic approach to identifying cycling and walking improvements at a local level, enabling a long-term approach to developing networks for the next ten years. They also form a vital part of the government's strategy to increase the number of trips made on foot or by cycle.

By creating a good network plan for safe cycling, walking, scootering and wheeling in the area, the council will also be in a stronger position to bid for and win government funding or acquire funding from other sources to implement these changes.

A good network gives local people of all ages and abilities better options on how to travel for everyday journeys

such as to work, education, healthcare, shopping, social or leisure activities. It will help reduce carbon emissions, reduce wear on roads and congestion, improve air quality, improve access, boost health and well-being and improve quality of life for everyone.

Following early engagement with the local community and other stakeholders, initial ideas have been developed covering 31 specific routes across the area.

Working with Brightwayz social enterprise and Pell Frischmann, the council is now seeking the views of local people on these proposals for the routes they know and are interested in. This means the route plans can be tweaked

or changed where needed before being included in the final stages of the LCWIP.

Cllr Matt Binley, the Council's Executive Member for Highways, Travel and Assets, said: "I would encourage as many people as possible to have their say as we really need feedback from local people to help shape what sort of sustainable transport infrastructure would best suit the towns and to help apply for funding.

"Active travel, which covers walking and cycling particularly and whether it be for leisure, commuting or appointments, is an essential component of creating a sustainable transport infrastructure in North Northants and vital if we are going to reach carbon

neutrality by 2030."

Jason Smithers, Leader of the Council, said: "An active travel network that connects communities is a key priority for the council. By creating safe and accessible infrastructure for walking, cycling, and wheeling, we're not just reducing pollution, we're also empowering residents to embrace healthier lifestyles.

"Regular physical activity is well-documented to improve

physical health, but the mental health benefits are equally significant. Spending time outdoors and getting exercise can significantly reduce stress, improve mood and boost overall well-being."

This preliminary consultation is to ensure public views can help shape the plan at this relatively early stage with a more formal, final, consultation on proposals scheduled to take place in the autumn.

Following this the LCWIP for Wellingborough, Rushden, Higham Ferrers and Raunds would be approved and adopted by the authority.

Residents with queries about the proposals can email wellrush@brightwayz.co.uk while they can have their say online: <https://survey.zohopublic.com/zs/32COVe>

This preliminary consultation stage closes at midnight on Friday 31st May 2024.





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JULY	Sat 6 Llangollen Motorised Boat Trip Sat 6 Llangollen Railway/Classic Transport Show Sun 7 Hampton Court Garden Festival Tue 9 Bicester Shopping Village Sat 13 Skegness Sun 14 Hunstanton Mon 15 Bakewell Market Wed 17 Rutland Belle River Cruise & Oakham Sat 20 RAF Fairford Tattoo Thu 25 Shropshire & Little Switzerland Fri 26 London Zoo Fri 26 Postal Museum, London Sat 27 Southend on Sea Sun 28 Whitby Sun 28 Weymouth Tue 30 Trentham Estate & Monkey Forest Wed 31 Sandringham Flower Show
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16-19 AUGUST
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Spotlight on > Health & Wellbeing



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One of the common pelvic problems is incontinence, which often starts after childbirth or surgery, or as we get older. If you’re affected, you don’t need me to tell you how distressing it is to worry about social occasions, or coughing.

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emotional upheaval – loss of confidence, anxiety and psychological stress. Getting help can be life-changing!

For both men and women, talking about things like incontinence, prolapses, sexual dysfunction or other pelvic problems can be really embarrassing. The team at The Ashgrove Clinic understand this and will provide you with a friendly, reassuring environment for treatment. As Brooke says, “My job is not just to treat the problems, but to provide support and to help find the right exercises so that you can help yourself. It’s an absolute joy to hear women tell me that they’re getting back to sport, lifting children, or gardening without fear. Moving away from pain and embarrassment gives you so

much freedom.”

The Ashgrove Clinic has been helping women for nearly 20 years, so women’s health issues aren’t new to the clinic. The team is now even better able to help women with pelvic problems get back to living their best life! The service includes treatment though pregnancy, check-ups for mum and baby, as well as treatment for unsettled babies.

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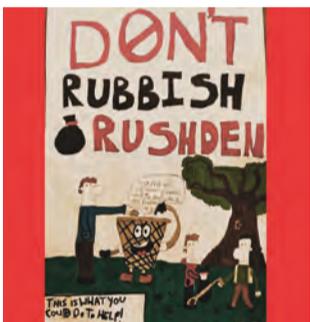
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Winner of the 'Don't Rubbish Rushden' poster competition!

Rushden Mayor, Cllr Tracey Smith awarded Samuel Shane his prize during an assembly at Rushden Academy.

The school also received a book voucher in recognition of Sam winning the competition.

Sam's poster, along with all the other entries are currently being displayed around the town, on the Council noticeboards and in local establishments. Do take time to search them out as they are testament to the work and effort of local children and the important message they are keen to share. Rushden Town Council would like to reiterate the importance of keeping the town clean and tidy.



Your Health – a weird experience

WORDS BY
CLAIRE SHORT

I thought I'd share something rather personal this week. I hope that's OK.

I started seeing an acupuncturist recently because I've got an electrical fault in my heart. I wanted to get some whole-body support to help me recover.

I've had acupuncture in the past and find it really helpful. Normally my energy improves, my health improves and generally it helps me feel more balanced.

This time, the acupuncturist asked me about the scars on my left leg. Now, it's no secret that my poor left leg has had rather a lot of injuries and that they've all left their mark. The injuries were:

- At 15 I fell off a horse and landed on my left knee.
- At 24 I was knocked off my bicycle by a car that hit my left knee.
- At 30 I had a motorbike accident which broke my left leg and I had to have several lots of surgery, all through my left knee. My left leg has a patchwork of scars, plus,



since the surgery, if you touch the inner part of my knee I can feel the sensation on the outside of my knee. And when I get an itch on the outside part of my knee, I have to scratch the inside of my knee to make the itch go away. Weird, yes?!

While I was having my most recent acupuncture treatment for my heart problems I mentioned my knee to the acupuncturist, who proceeded to put three needles in my right elbow (you read that correctly). Since then the sensation in my left knee has been pretty much normal. Amazing!

I might even be nice to that horrid lawnmower to celebrate.

Have a great week – incorporate acupuncture into it and see how you feel.

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

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Reed bed habitat creation project progressing well in Gunwade Lake, Ferry Meadows

Nene Park Trust is proud to share that the exciting new reed bed habitat creation project in the Park is well underway and will soon provide improved habitat for fish as well as other amphibian, bird and invertebrate species.

Regular visitors to Ferry Meadows over the past year would have noticed the huge mound of earth sitting next to Gunwade Lake, left over from the new car park construction at Lakeside. Thanks to funding from Valencia Communities Fund through the Landfill Communities Fund and from the Environment Agency Fisheries Improvement Programme, in partnership with the Environment Agency and Peterborough and District Angling Association (PDAA), the soil has now been moved into the lake by contractors, The Fen Group, and phase one of the project is now complete.

'Burying' this mound of earth in Gunwade Lake has created a large underwater soil bed, which, once settled, will then be planted with common reed, which thrives in shallow water. Over time, the reed will establish itself to create a large reed bed, currently a scarce habitat in the Park. This will improve the biodiversity of the lake as well as helping filter the water. Once established, this new reed bed habitat will support a wide variety of species. The dense

tangle of submerged reed stems and roots will provide secure spawning sites for fish as well as a refuge for small fish, keeping them safe from predatory fish and birds.

The project began in mid-January with the movement of the soil into the lake. There is now a period of settling needed. By the summer this year, contractors will return to finesse the bed structure, in order to maximise the benefit to wildlife and to plant the reed rhizomes to speed up the establishment of the reed bed.

In the meantime, the grass area which was covered with the mound of earth for over a year will soon be reseeded with a wildflower mix to create a wildflower meadow, which will benefit pollinator species. A bee and butterfly bank is also being created. This part of the project has been kindly funded by Big Motoring World.

Chris Rollason, Deputy Park Manager said: "The creation of a new reed bed in the Park will provide a rare and extremely valuable habitat for wildlife. The work is part of our wider fish habitat improvements but has the potential

to benefit a whole host of different species and increase the biodiversity of the lake and its margins. We have been working with our partners the Peterborough & District Angling Association and the Environment Agency on a number of exciting habitat improvement initiatives and hope to deliver even more over the coming years."

Gareth Williams, Operations Manager at Valencia Communities Fund said: "The creation of a reed bed, once widespread and in decline, provides an important natural habitat for birds and fish. Valencia Communities Fund are pleased that our funding has helped to slow this decline."

Hugh Bunker, local Environment Agency

Fisheries Technical Officer, has been working with Nene Park Trust and Peterborough & District Angling Association for over 20 years, delivering a range of rod licence funded fisheries projects. He adds: "In 2023 we not only supported the reed bed creation project but supported the development and delivery of additional fisheries habitat improvements within the park. These improvements have been specifically designed to improve spawning areas and to mitigate predation on fish populations. These projects would not have been possible without our successful partnership with Nene Park Trust and Peterborough & District Nene Angling Association."




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Storytelling imagination runs riot in Higham Ferrers – best-selling author highly impressed

Higham Ferrers schoolchildren have wonderful, imaginative minds and some of them are destined to become authors, a best-selling writer has predicted.

Famed children's author Chris Smith told Higham Ferrers primary school pupils and their parents this when he held a creative storytelling workshop at St Mary's Church, one of the events in the town's first Arts Weekend.

Chris had earlier run similar workshops at Higham Ferrers Junior School and Henry Chichele Primary School, where he discovered that the pupils had the "most amazing imagination".

While many children might be thought to have a limited attention span, "the children of Higham Ferrers are incredibly different... they are absolutely engaged and their parents should be super proud" of them, he said. Chris added that

he was "absolutely blown away" by the stories that their imaginations had conjured, with their adventure stories including super-heroes, magical lands, evil kings, goblins, castles, tap-dancing unicorns, talking horses and chickens riding guinea pigs.

"I think we have discovered some brand-new authors today. They are very switched on," he added.

Chris believes the air around Higham Ferrers is full of stories and says they had inspired the famous locally-born author H.E. Bates.

Chris got his own first literary success when he was just 8 years old, clinching first prize in an H.E. Bates short story competition with his tale about a biscuit-loving dinosaur.

London-based Chris, who grew up in nearby Raunds, recalled ringing the bells in Higham's St Mary's Church. Now he is making a big noise in the children's storytelling world.

Together with co-author Greg James, he has produced a string of best-selling Kid Normal books, as well as writing solo.

The pair have been commissioned by the Roald Dahl Story Company to write a new story inspired by Dahl's original works.

They have spent six months writing *The Twits Next Door* and have introduced new characters. The book is due out in August and the Higham Ferrers audience of schoolchildren and parents, as well as guests

and organisers of The Arts Weekend, got a sneak preview, with Chris reading a never-before-heard extract.

Chris, a former BBC news presenter, has been writing full-time for eight years. He is the Primary School Alliance Ambassador for the National Literacy Trust and has played a key role in raising awareness that more needs to be invested in primary school libraries.

Three prizes were awarded to both schools, with first place at Henry Chichele School (for literature, English and "across the board"), going to Jake Dowsett, second place going to Isabelle Andrew and third spot to Isobel Betts.

The competition was judged on poetry at Higham Ferrers Junior School with first place going to Lara Angeline Cabrera, second to Georgina Nicholls and third to Josie Stapleton.

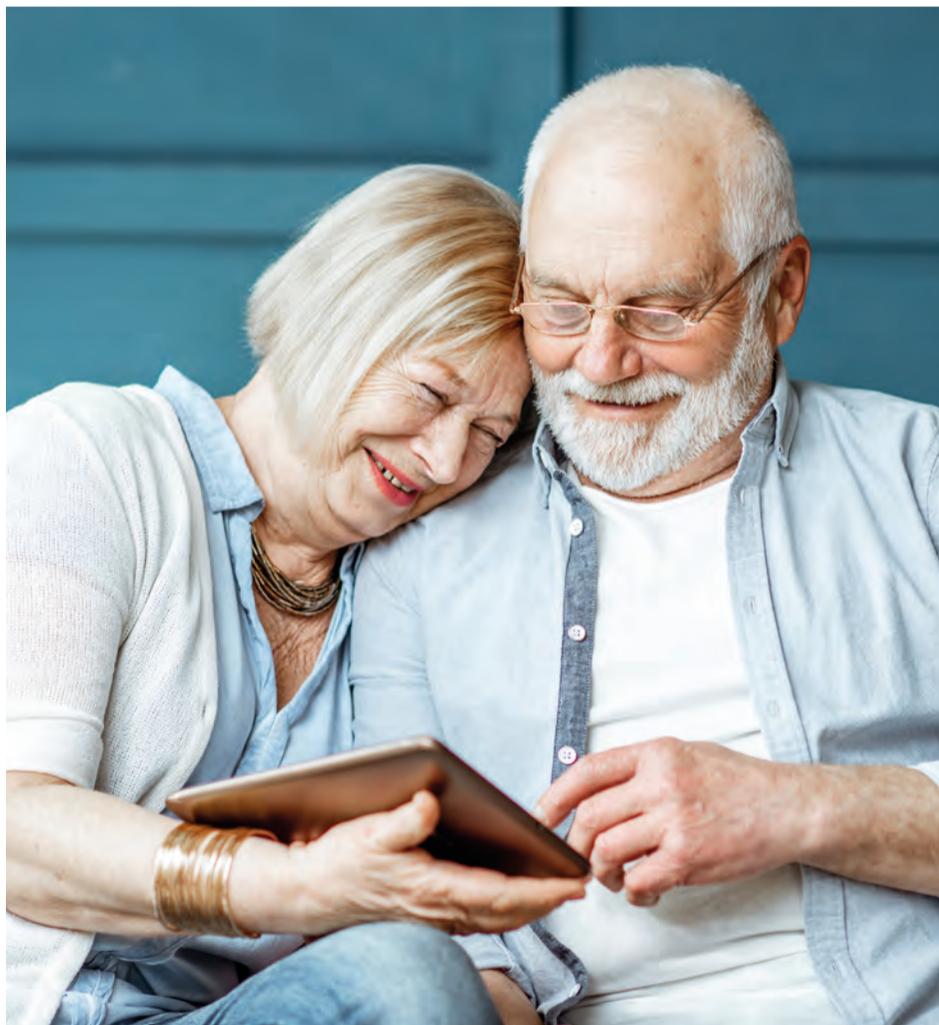


Hayden Smith (9) of Henry Chichele Primary School, Higham Ferrers, took his Kid Normal books along to get the author, Chris Smith, to add his signature. Photo by Jenny Smith

The Arts Weekend was the brainchild of Brenda Lofthouse, the new chair of the Friends of St Mary's, a secular organisation dedicated to the preservation of the exterior of Grade I listed buildings in the town. The three-day event was organised by the Friends of St Mary's, with Higham Ferrers Tourism organising one event with artist Ophelia Redpath and Arlem Mozgovoy, in the

spirit of partnership. Guest Morcea Walker, former Vice Lord Lieutenant of Northamptonshire, told the audience that "because of the energy level in Higham Ferrers", she would be inviting both schools to take part in the national Poetry Together event later in the year.

All the action from the creative workshops was captured on camera and will soon feature on YouTube.



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May half term adventures at Nene Park

Get ready for a jam-packed May half term at Nene Park! Full of outdoor adventures, holiday clubs and family activities – there's something for everyone to enjoy from 25th May to 2nd June.

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

> HOLIDAY CLUBS

Acorn Explorers Holiday Club:

Open from 27th-31st May at Lynch Farm in Ferry Meadows, the Acorn Explorers holiday club is packed full of nature-based activities and creative outdoor fun. It's the perfect opportunity for younger children aged 5-8 to explore the great outdoors in a safe and supportive environment. Each day will have a different theme, from superheroes to survival! Individual days are £35, or book the whole week and save 20%!

Oak Adventurers Holiday Club:

Open from 28th-31st May at Nene Outdoors in Ferry Meadows, this multi-activity holiday club for 8-13 year olds offers a fantastic opportunity for kids to experience a variety of water

and land activities. From kayaking and paddleboarding to climbing and bushcraft. Individual days are £43, or book the whole week and save 20%!

> ACTIVITIES ON EVERY DAY

Pay & Play Watersports at Nene Outdoors:

Open daily between 11am and 5pm, choose from dragon and swan pedalos, row boats, stand-up paddleboards, kayaks and canoes. Book online to avoid the queues!

Book a camping trip! Enjoy a night or more under canvas on the peaceful banks of Gunwade Lake! The Park's pitch your own and bell tent campsites are perfect for families, ideally located in the heart of Ferry Meadows to take advantage of all the exciting activities on offer at Nene Outdoors.

Daily Boat Trips: Enjoy a tranquil trip around Overton Lake and onto the River Nene on an electrically-powered

passenger boat. The 45 minute pre-bookable trips will depart at regular times each day from the Visitor Centre Jetty. Suitable for all ages, it's £9 per person, free for under 3s and wheelchair spaces are available.

Complete the Holiday Trail: To celebrate National Children's Gardening Week, collect a gardening themed trail sheet from the Visitor Centre for just £1 and then hunt for questions as you walk around Ferry Meadows. Return to the Visitor Centre to claim your tomato or radish seeds prize to grow at home.

Ride the Ferry Meadows Railway: Sit back and enjoy the ride! Trains will be running daily, weather permitting.

> FAMILY EVENTS & WORKSHOPS

Tuesday 28th May - Bug Hunt at Ferry Meadows

Follow us on a bug hunt around Ferry Meadows to discover the amazing creatures living around the Park. Suitable for children aged 2 and over, it's £5.50 per child.

Tuesday 28th May - Climbing Wall

The climbing wall will be back at Nene Outdoors, with sessions running throughout the day. Great fun for both adults and children aged 4 and over. Who will reach the top first? Sessions are £12 per person.

Wednesday 29th May - Wildlife Boat Trip

Join the expert ranger on the Park's electric passenger boat for a guided

trip of Overton Lake and the River Nene, learning all about the wonderful wildlife spotted along the way! Suitable for children aged 5 and over, it's £15 per person.

Wednesday 29th May - Sensory Craft Session at Nene Nursery

Visit the peaceful Nene Nursery and have a go at learning some new craft skills, from Branch Weaving to Slow Stitching. Free to attend, these crafts have an emphasis on mindfulness and are suitable for any age. Children to be accompanied by adults.

Thursday 30th May - Archery

Unleash your inner Robin Hood or Maid Marian! Archery sessions are 45 minutes long and take place at Nene Outdoors. Sessions are £12 per person and suitable for ages 8 and over.

Thursday 30th & Friday 31st May - Youth RYA Sailing - Stage 1

This two day beginners course will take you through the basics of dinghy sailing, getting you to a standard where you are able to enjoy the freedom of sailing! All safety equipment, including wetsuits and buoyancy aids are provided. Suitable for 8-15 year olds, £190 per person.

Friday 31st May - Nature Tots

Discover things that fly and kites in this family group for toddlers and their guardians! Each session includes themed crafts and fun activities exploring the beautiful outdoors. Suitable for 2-5 year olds, it's £5.50 per child.

Friday 31st May - Wild Home Educators

For home-schooled children and their families, the Wild Home Educator groups follow inspiring forest school and natural themes, operating a flexible approach where children are actively encouraged to take the lead. Suitable for children aged 11-14, it's £7.50 per child.

Friday 31st May - Meet the Roman Professor

Fifty years ago, Professor Stephen Upex and his team discovered a rich Roman history where Ferry Meadows now stands. In this session, he'll share pottery from the area's Roman history. Bring your questions!

Saturday 1st June - Nene Nursery Herb Distillation Day

Louise from Mentley Farm in Hertfordshire will be visiting to demonstrate the process of distilling herbs for essential oils and floral waters, using her copper distillers. Plus free activities to take part in! Suitable for any age, children to be accompanied by adults.

Visit Longthorpe Tower

Have you discovered Peterborough's hidden historical gem yet? Be amazed at the medieval wall paintings there, widely considered to be the best in a domestic setting in western Europe! Book your ticket here to enjoy a tour with the knowledgeable volunteers. Available every Saturday and Sunday!



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

NENE VALLEY NEWS - EVENTS

> SATURDAY 11TH MAY, 5.15PM

Forest Church service - Outdoors at Hargrave Church (Church Road, Hargrave, NN9 6BW) with Alison, the Archdeacon of Oakham and John, Bishop of Brixworth. Part of the Thy Kingdom Come prayer walk around Peterborough Diocese - all welcome.

> SUNDAY 12TH MAY, 10.30AM

Countryside Walk: a 'Melchbourne Meander - A four-mile walk on footpaths between Melchbourne, Swineshead and Upper Dean. Meet at 10.30am in Park Road, Melchbourne, the road to Melchbourne Park, below

the Church (MK44 1BB). Organised by Whitefriars Church, Rushden - all welcome. Details from Andrew Presland, 01933 316927.

> TUESDAY 14TH MAY, 6.10PM

Higham Ferrers Footpath Group - Saffron Road car park for car sharing. Contact Maxine 07906 435983. 3.5-mile evening walk in the Woodford area.

> SUNDAY 19TH MAY, 10.15AM

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

> MONDAY 20TH MAY, 8PM

Nene Valley Astronomical Society - A presentation by Mike Frost. Chelveston Village Hall, Caldecott Road, Chelveston NN9 6AT. Admission £5 including tea/coffee. For further information call Kevin on 07731890594. Mike will demonstrate how Solar Eclipses have been depicted in Science, History, Literature and Art.

> SUNDAY 26TH MAY, 10.15AM

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

> SATURDAY 1ST JUNE, 12 NOON-5PM

Raunds Mayor's Show 2024 - Bassfords, Recreation Ground. A FREE, family-friendly event packed full of fun including stalls, live music, fun fair, falconry show, football workshops, crazy golf, children's races and more.

> SUNDAY 2ND JUNE, 9.30AM

Event: Higham Ferrers Footpath Group - Saffron Road car park. Please note the earlier start time. Contact Julie 07796 281247. A 6-mile circular walk from Higham Ferrers to Stanwick.

> THURSDAY 6TH JUNE, 6.30PM

Event: Higham Ferrers Footpath Group - Saffron Road car park. Contact Claire 07505 855116. Join Claire for a 3-mile evening circular walk from Higham Ferrers.

> SUNDAY 9TH JUNE, 2PM TO 5PM

Newton Bromswold Open Gardens - Newton Bromswold. Admission fee: Family Ticket £5 includes 2 adults and 2 children, Adult £3. Contact Helen Lines 01933 315864.

Refreshments and programme available from Village Hall.

To submit your event please contact us via our website www.nenevalleynews.co.uk or call 01522 692542. Please supply in the following format: Date, event, place, time, admission fee (if applicable), contact information, 15 word description.

2024 OUNDLE FRINGE FESTIVAL

Music will invade the pubs, restaurants, cafes and courtyards of Oundle from 4th to 13th July as more than 40 performers liven up the normally sleepy Northamptonshire market town.

Tribute bands, bluegrass, heavy

metal and R & B acts, ukulele strummers, a flute ensemble, classical guitarists, singing groups, a full orchestra plus folk musicians and dancers will all perform during Oundle's Fringe Festival. Almost all events are free!

A Treasure Trail, art exhibition,

Regency Tea Dance, open mic nights, poets and drama slots and a quiz add to the celebrations. Prepare to be entertained from noon 'til night!

For further details see: www.oundlefringe.org/events/



D-DAY80 PROJECT

Calling all knitters and crocheters that decided to take part in a knitting and crochet project commemorating the 80th anniversary of D-Day - it is time to return your designs so the display can be assembled.

Return to: The Council Offices, Rushden Hall, Hall Park NN10 9NG. We thank you in advance for

contributing your time and effort to this momentous occasion in history.

Crafters were invited to create a 15cm figure of their choosing portraying a WW2 soldier.

The woollen exhibition will be displayed at Rushden Hall, showcasing representations of WW2 soldiers.

If you need your designs collected then please call on 01933 316216 or email info@rushdentowncouncil.gov.uk

Raunds Coffee Afternoon

at Saxon Hall, Raunds
Wednesday 5th June 2024
 Refreshments served
1:30pm – 3pm

Live Singer
 Commemorate D-Day

£1 entry
 (includes tea/coffee and cake)

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

[f](#) @RaundsCouncil [X](#) @RaundsTC [i](#) @raundstowncouncil

Rushden Hall
D-DAY80
 Knitting Project

Attention all knitters and crocheters!

Please return all completed designs to
Rushden Hall, Hall Park.NN10 9NG
 by
Friday May 17th

Or visit:
www.rushdentowncouncil.gov.uk

www.rushdentowncouncil.gov.uk
 01933 316216 | info@rushdentowncouncil.gov.uk [i](#) [f](#) [t](#) [@rushdencouncil](#)

Raunds Town Council
D-DAY 80

Live 1940s Music from Maddie

Join us to commemorate 80 years since the D-Day Landings of World War II

Thursday 6 June 2024

7pm - 9pm at Saxon Hall

Guest Speaker

Lighting of the Beacon 'LIGHT OF PEACE' 9.15pm outside the Town Hall

Refreshments served by the Raunds WI

[f](#) @RaundsCouncil [X](#) @RaundsTC [i](#) @raundstowncouncil www.raunds-tc.gov.uk

Julia Jarman – Widows on the Wine Path

Friday 5th July, 7.30pm - 8.30pm, Music School House, The Old Music School, 49 West Street, Oundle PE8 4EJ, tickets £12.00



Julia writes to entertain and to empower. She has written over 100 children's books and her first series of novels for adults begins with *The Widows' Wine Club*, published in August 2023. This book is the second in this fabulous series.



Viv, Janet and Zelda know all about facing the wobbly first year of becoming a widow as their friendship was forged when they ran away from the same dreary support group. Forming instead the much livelier widows' wine club – The Muscateers – they welcome

new member Libby with open arms.

Libby feels lost without Jim, her husband of more than thirty years, but the warmth, friendship and fun the women wrap her up in inspires her to begin to look to the future. When a solo trip to the theatre brings a blast from the past back into her life, things are looking up.

But as cravat-wearing, smooth-talking Monty Charles sweeps Libby off her feet, the women of the Muscateers smell a rat. They know only too well that the first year of widowhood is prime for making mistakes, and they're determined to protect their friend. And as Monty soon finds out to his

cost, never underestimate a Widow on the Wine Path...

Julia Jarman is back with her latest big-hearted tale of love and laughter, friendship and finding your feet.

'Three women meet as they're choosing coffins for their husbands and their stories grow from that day. The result is a book full of humanity, heartache and humour. I loved it!' Adèle Geras

'What a brilliant premise for a novel! Julia's writing is a sparkling delight.' Sophie Hannah

Join Authors in Oundle for this exciting event. Ticket price includes a glass of wine or a soft drink. Enquiries contact info@authorsinoundle.co.uk



AUTHORS IN OUNDLE

Julia Jarman: *Widows on the Wine Path*
Friday 5th July, 7.30pm - 8.30pm
Music School House, The Old Music School,
49 West Street, Oundle PE8 4EJ

This book contains humour, heartache and humanity. The characters' camaraderie and resilience remind us that age is no barrier to pursuing dreams, especially when the people around you are supportive. 'What a brilliant premise for a novel! Julia's writing is a sparkling delight.' *Sophie Hannah*
Tickets £12, including a drink.



[@authorsinoundle](https://www.facebook.com/authorsinoundle) [@authorsinoundle](https://www.instagram.com/authorsinoundle) [@authorsinoundle](https://www.tiktok.com/@authorsinoundle)

For tickets: www.ticketsource.co.uk/null/julia-jarman-widows-on-the-wine-path/2024-07-05/19:30/t-pqkxkdr

DOWNTIME AT THE DUCHY AND THE SUPPORT CONTINUES

A new Higham Ferrers men's social group has been given a boost which will help to make their weekly get-togethers even more beneficial.

All the members have long-term health conditions and meet at the town's Chichele College and neighbouring Duchy Barn every Thursday.

Members of Downtime at the Duchy, they have been brought together by Spring, a social prescribing and well-being service

and community-driven support network to help people manage their various health conditions. It is run by the Northamptonshire Carers Association.

"Often men in our social prescription groups have previously felt lonely and isolated because of their health issues. They might have

other struggles as well and we link them up with appropriate services and support," explained Lauren Mackin, the social prescribing team leader for the Northamptonshire Carers Association.

"When we were looking for a green space so that we could run a gardening group, Carol Fitzgerald, chair of the Chichele College Management Committee – a sub-committee of Higham Tourism – said she was happy to offer the College facilities, with the blessing of English Heritage."

Downtime at the Duchy has been running since November and with numbers gradually increasing, Lauren said that men sit and chat with a biscuit, play cards and dominoes and support each other.

"They have just taken part in a podcast when the guys had a real open and frank talk about their conditions and what the weekly group means to them. The camaraderie among them is wonderful," Lauren said.

They are looking forward to warmer days when they can go into the Chichele College and Duchy Barn's grounds and turn their hands to gardening.



Some of the men in the Higham Ferrers social prescription group, who get together at Chichele College and the Duchy Barn every Thursday

However, because of their various health conditions, they might have to take a breather and sit down now and then.

Now, thanks to the generosity of the Higham Ferrers Co-op and other funders, they will be getting an all-in-one circular picnic table and bench where they can rest while taking a break from their gardening duties.

And they will be building it themselves.

The Co-op manager, Jug Hobbs and the Co-op member pioneer, Jonathan

Hornett, have just presented Liz Barnatt, chair of Higham Ferrers and Carol Fitzgerald, chair of the Chichele College Management Committee, with a cheque for £150 for the bench.

"We like to support the community wherever we can," Jug said.

Within days, the remaining balance needed to pay for the cost of the bench had come in from other funders.

"Now we will be making plans for the guys to get together to build the bench," Lauren said.



Jug Hobbs (second right), the Higham Ferrers Co-op manager, and Jonathan Hornett, Co-op member pioneer (left), presented Liz Barnatt, chair of Higham Ferrers Tourism (second left) and Carol Fitzgerald, chair of the Chichele College Management Committee (right), with the funds for the Downtime at the Duchy group's much-needed outdoor bench

CINEMA SCREENING FOR CLIMATE ACTION

As issues of climate change become ever more urgent to address, Fermynwoods Contemporary Art will be hosting an outdoor screening powered by an electric pedalled cinema at Irchester Country Park, Northamptonshire on Friday 17th May at 8.30pm.

Artist Chiara Dellerba has worked with imagery produced by children across Northamptonshire schools to produce a Climate Change Toolkit – which will be unveiled on the evening – alongside an animation exploring issues of Climate Change – which will provoke conversations around food, the waste we produce and our human relationship to the planet.

Funded by Northamptonshire Community Foundation's Creative Climate Action Fund.

Electric Pedalled Cinema Climate Action!
Friday 17th May 2024

Irchester Country Park
Gipsy Lane, Irchester
Wellingborough
Northants
NN29 7DL

Outdoor Bike Powered Screening
Family Friendly Free Event
8.15pm for an 8.30pm start

Artist Chiara Dellerba has worked with imagery produced by children across Northamptonshire schools to produce a Climate Change Toolkit – which will be unveiled alongside a Climate Action Animation screened via an electric pedalled cinema...
Bring something to sit on and whatever you need to stay warm and dry.

fermywoods contemporary art

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Sunday: 9am to 4pm

Family NOTICES

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

Walker, Aaron/Hunt, Nicola
Married on April 2 2014, at St Andrews Church. The couple had their honeymoon in Paris.

Happy 1st Birthday
Chloe Booth have a wonderful day.
Love from Mummy, Daddy, Nanna & Grandad xxx

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

PUBLIC NOTICES

NORTH NORTHAMPTONSHIRE COUNCIL

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (MIDLAND ROAD, HIGHAM FERRERS) (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 Midland Road, Higham Ferrers as set out below.
LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Midland Road, Higham Ferrers from Victoria Drive to Castlefield Close.
REASON FOR RESTRICTION: The restriction is required for safety during sewer repairs.
PERIOD OF CLOSURE: The proposed Order will come into effect on 3rd June 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 five days.
ALTERNATIVE ROUTES: use Wood Street, College Street and Kimbolton Road.
If you require any further information please contact Steve Fowler ref:- 24/25 – N059 Steve.Fowler@northnorthants.gov.uk PKG/T24/293

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (A6 LIBERTY WAY, RUSHDEN) (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 A6 Liberty Way, Rushden as set out below.
LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of the A6 Liberty Way, Rushden from John Clarke Way to Newton Road.
REASON FOR RESTRICTION: The restriction is required for safety during pre-surface dressing patching.
PERIOD OF CLOSURE: The proposed Order will come into effect on 29th May 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 seven days.
ALTERNATIVE ROUTES: follow diversion.
If you require any further information please contact Steve Fowler ref:- 24/25 – N034 Steve.Fowler@northnorthants.gov.uk PKG/T24/270

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (WANSFORD ROAD, 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 Wansford Road, Oundle as set out below.
LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Wansford Road, Oundle from Sulehay Road to Wansford CB.
REASON FOR RESTRICTION: The restriction is required for safety during pre-surface dressing patching.
PERIOD OF CLOSURE: The proposed Order will come into effect on 28th May 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: follow diversion.
If you require any further information please contact Steve Fowler ref:- 24/25 – N038 Steve.Fowler@northnorthants.gov.uk PKG/T24/274.

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (STANTON ROAD, BRIGSTOCK) (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 Stanton Road, Brigstock as set out below.
LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Stanton Road, Brigstock from outside no. 40 to 100 metres from the junction that joins the A6116.
REASON FOR RESTRICTION: The restriction is required for safety during excavation of road crossings for LV connection.
PERIOD OF CLOSURE: The proposed Order will come into effect on 13th May 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 twelve days.
ALTERNATIVE ROUTES: use A6116, Sudborough Road, Lyveden Road and Stable Hill.
If you require any further information please contact Steve Fowler ref:- 24/25 – N588 Steve.Fowler@northnorthants.gov.uk PKG/T24/208

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (ST MARY'S AVENUE, 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 St Mary's Avenue, Rushden as set out below.
LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of St Mary's Avenue, Rushden from the junction with Wellingborough Road roundabout to outside number 3 (Fish & Chip shop).
REASON FOR RESTRICTION: The restriction is required for safety during manhole cover replacement.
PERIOD OF CLOSURE: The proposed Order will come into effect on 21st May 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 Church Street, High Street, High Street South, Wymington Road and Hall Road.
If you require any further information please contact Steve Fowler ref:- 24/25 – N600 Steve.Fowler@northnorthants.gov.uk PKG/T24/231

Dated this 11th day of May 2024
ADELE WYLIE, Executive Director of Customer & Governance (Monitoring Officer)

Regent Wrought Iron Ltd

The Regent Street Wrought Iron Works

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MOULTON COLLEGE HOSTS PRESTIGIOUS SUSTAINABILITY COMPETITION

Further Education students from colleges across the South East Midlands gathered at Moulton College on Wednesday 24th April, to battle it out in a prestigious environmental competition.

The Green Future Challenge event is part of an initiative run by Moulton College, Milton Keynes College, Northampton College and Tresham College to educate students in the local area about the importance of sustainability.

The competition was the culmination of a challenge that saw students present ideas on how the Further

Education sector can become more sustainable.

Individuals and teams of up to four students were tasked with developing ideas and pitching them Dragons' Den style to a panel of leading lights in sustainability, including Steve Frampton MBE, Sustainability Consultant for the Association of Colleges; Michelle Hemmingfield, from the charity,

Students Organising for Sustainability; Paul Thompson of SEMLEP, which delivers sustainable economic growth in the South East Midlands; and Lauren Gallyot, Sustainability Lead at Milton Keynes College Group, who works with students, staff and local communities to coordinate College-led initiatives.

Competitors from Northampton and Milton Keynes Colleges were crowned joint winners, receiving a prize of £150 and the coveted Eco Trophy, while Moulton College's finalist, Level 3 Construction Management student Connor Stevens, was praised for his innovative ideas and presentation skills.

Lauren Gallyot said of the event: "The depth of knowledge and enthusiasm that the students across all colleges showed towards their sustainability projects was incredibly inspiring and I look forward to seeing their projects being brought to life."

Matt Smith, Executive Director for Business & Skills at Moulton College, adds: "Moulton College was delighted to host this exciting event, which is



Moulton College's Connor Stevens presents his ideas

helping local colleges and the Further Education sector shine the spotlight on the importance of sustainability.

"We wanted to collectively put together an initiative to help our students and their respective colleges find ways to drive down their carbon footprints and better contribute to the social and economic sustainability of their communities.

"The competition has been a tremendous experience for our own students and their peers from other colleges, enabling them to hone a range of skills, from presenting and communication to numeracy and teamwork. Most importantly, it has also helped foster an awareness of sustainability and the role we can play as individuals and as a sector."

To find out more about Moulton College's commitment to Net Zero and its sustainability practices, visit www.moulton.ac.uk



Green Future Challenge 2024 joint winners from Northampton College and Milton Keynes College



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