

Nene Valley news

YOUR LOCAL INDEPENDENT COMMUNITY NEWSPAPER FOR EAST NORTHAMPTONSHIRE

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NEWS IN BRIEF

Council supports Armed Forces Week

As part of Armed Forces Week (24th-29th June) representatives from North Northamptonshire Council came together to pay tribute to those who protect the UK today and those who came before them.

Armed Forces Day flags were raised at all four of the council offices, with a small ceremony taking place at the Corby office. Representatives from Cadet Forces, organisations supporting those in the armed forces community and Council officers who have either served, been Reservists or Cadet Force Adult Volunteers attended the event, alongside HM Lord-Lieutenant for Northamptonshire, the Chair of North Northamptonshire Council and representatives from NNC.

James Saunders Watson, Lord-Lieutenant of Northamptonshire said: "We should be proud to support our Armed Forces and it is a time when the nation unites to honour the selfless service of the entire Armed Forces family."

Find out how NNC supports the Armed Forces on their dedicated Armed Forces Covenant web pages.

GORGEOUS GARDENS GALORE

Fabulous ferns and flowers, a beautiful Bridgerton bower and even a terrific treehouse.



Bridgerton Beauty: Heather and Alan Avey hosted a stream of appreciative garden-lovers

It was all on show in all its glory at Higham Ferrers Tourism's recent Secret Gardens of Higham Ferrers, when local garden-lovers, armed with a map, toured the nine private and four community gardens that were on display for the day.

One of the most popular – and photographed – gardens was that of Heather and Alan Avey.

Nine years in the making, their picture-perfect walled garden at their home in the busy High Street is a peaceful sanctuary divided into three separate gardens.

It features a Bridgerton-themed garden complete with a secluded wisteria-covered arbour, a dramatic green-and-white garden with a pond and a dining area with deep pink planting.

As visitors could be heard saying "Wow", it is no wonder that the details



A dramatic palm is among the tropical trees and ferns and an old olive tree in Brenda Phillips's garden

that accompanied the map described their garden as a "hidden gem." The couple explained that they are never short of ideas for what to do

next and are never finished.

Apart from digging the pond, they have done everything themselves.

Continued on page 2

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Continued from page 1

While Alan builds the structures – and the one around the pond is impressive – Heather does everything else.

Over at Roland Way, Ryan and Hazel Wright were on duty showing visitors around their fascinating garden, with its hidden summerhouse, seaside beach spot for children wanting to make sandcastles and best of all – a treehouse.

“It was a project during lockdown when we could not see the grandchildren and it was ready for them when they could visit,” Ryan explained.

Former professional gardener, Sandra Hynes of Churchside, off Midland Road, who has more than 30 years of experience, was showing off her prairie-style garden featuring shrubs, ferns, grasses, climbers and perennials.

With visitors declaring her garden as “so neat”, she too said she was never finished coming up with new ideas.

“What is so lovely living here is that I have stone walls which make such a perfect backdrop to whatever I decide to grow,” she said.

Dominica and David Jones in Saffron Road were kept busy showing people around what visitors described as “a gorgeous garden” with its colourful Mediterranean theme, complete with vines, lemon and olive trees and a greenhouse bursting with vegetables and herbs.

Brenda Phillips, in Castlefield Close, proudly showed off her colourful garden, full of tropical plants and palms, and boasting a colourful summerhouse which was painted pink on the inside and yellow on the outside.

Liz Barnatt, chair of Higham Ferrers Tourism, said that a team of volunteer gardeners had worked hard to make two of the community gardens – the Chichele College Garden and the adjoining Duchy Barn Garden – look wonderful for the day.

Some 200 visitors had enjoyed the event, with some even suggesting that it be spread over two days next year.

The proceeds from the sale of the maps will go towards the summer and winter displays in the troughs around the town.

Photographs: Liz Barnatt

GENEALOGY JOTTINGS

WORDS BY
JAN PEARSON

Last time, I mentioned that less is sometimes more when searching the censuses. Names that begin with an ‘H’ might actually lose the ‘H’ because of the way that they were said. Therefore, a search for the name HALLETT might show up as ALLETT. Worth thinking about perhaps using that asterisk at the front – just in case!

Another thing to bear in mind is the use of nicknames or abbreviated names. John can become Jack, Henry can become Harry and even Mary can become Polly! I have yet to discover what the reason is for the Mary/Polly change, so if you know, please contact me via the Nene Valley News! I could not find one of my great aunts whom I always knew as Nell. Her real name turned out to be Florence Mary Helen....

If you still cannot find your ancestor in the census but you know that they had a child in a year close to census time, try to track down the birth certificate for that child. It will have

an address on it, which may help to narrow down the location of your ancestor during the census. Some commercial providers have the facility that you can search the census just using the address – worth a go! The Library has access to Find My Past on their computers, giving you the chance to have a good old rummage for free.

As I mentioned before with Robert Austin, people moved around the country looking for work so they can have the tendency to pop up where you least expect them. If you see a name of someone as a domestic servant at the other end of the country to where they were born, don’t write them off without investigating further. My Great Grandfather moved from Kent to Humberside and then down to Hertfordshire – all in the name of finding work.

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Keepers urged to register their poultry or captive birds

North Northamptonshire Council is reminding everyone who keeps poultry or captive birds to register with the Animal and Plant Health Agency before 1st October 2024.

From the beginning of October, all bird keepers who keep their captive birds or poultry outdoors – regardless of the size of their flock – will be required to officially register their birds.

Currently those keepers with fewer than 50 birds can voluntarily register – this will change from 1st October.

The new rules cover owners of backyard flocks, birds of prey and pigeon fanciers, but do not affect caged pet birds (excluding any poultry species) kept inside a domestic dwelling – like a parrot, canary

or budgie.

Registering their birds will mean that keepers will receive important updates relevant to them, including details of local avian disease outbreaks, any associated restrictions and information on how to help protect their flocks. This will help manage future, potential disease outbreaks (including bird flu) and help to limit spread.

Keepers will also be able to keep up to date with the latest national and regional guidance.

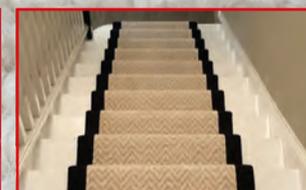


Keepers can register their birds and poultry on the Gov.uk website



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“Fascinating discovery” unearthed at Northamptonshire heritage site by university student

Six complete Roman pots were discovered at The Chester House Estate during archaeological excavations last June by a student at the University of Leicester. Davidson Copeland, a third-year student at the University of Leicester, took part in the four-week long excavation at this nationally significant heritage site. It was his first time taking part in an excavation and he wasn't expecting to find one complete pot, let alone six.

The pots have been analysed by archaeological ceramic specialist Dr Adam Sutton from Aurelius Archaeology, and have been confirmed as beakers, a small flagon,

two jars and an imported samian ware bowl dated to the 2nd century AD.

The samian ware bowl is particularly interesting, as this will have been imported

from what is now modern France around AD 130 or just after, and is stamped with a mark which identifies the pot's maker as Dexter, who was working in central France during this time.

Within the Estate lies one of the best-preserved walled Roman small towns in Britain, known as Irchester. Excavations are taking place in the suburbs, revealing houses, workshops and cemeteries. The pots were discovered at the bottom of a deep pit in the suburbs suggesting they had been carefully placed.

The holes in the sides of some of the pots indicate they may have had a practical purpose such as money boxes or as a religious offering.

Sarah Scott, Professor of Archaeology at the University of Leicester, said: "It is fantastic for our students and Chester House Estate volunteers to have the opportunity to work together at this nationally significant site.

"This fascinating discovery has generated huge interest and excitement amongst team

members and visitors alike. Uncovering the pots was a painstaking process. The successful excavation was the result of exceptional teamwork and expert guidance. It was an incredible experience for our student Davidson, and we are very proud of his efforts.

"The pots provide a tangible link to the past but have also sparked new friendships and a sense of community in the present. The ongoing investigations are a testament to the value of a collaborative approach to archaeological research. We welcome visitors on weekdays between 17th June – 12th July. We hope you will join us to view the pots, see excavations in progress and talk to our amazing team."

The Irchester Field School is a long-term collaborative project between the Estate and the University of Leicester that supports local community and school involvement in archaeological research, with finds such as this providing exciting insights into the lives of the town's inhabitants.



The excavation is taking place between Monday 17th June and Friday 12th July, and is free for people who just want to visit and see a live dig. If you are looking to get involved with the summer excavation, the Irchester Field School programme, or to find out more about the history at The Chester House Estate, visit www.chesterhouseestate.org

Parson Latham's Oundle Educational Grants

Grants of up to £400 are available to students (of all ages) who are residents of Oundle and Polebrook. Grants are awarded to students towards apprenticeships and degrees, music lessons, extra-curricular subjects, computer software, sports and much more.

Successful applicants need to have spent at least 2 years or more of their education at a state school.

To apply for a grant, download an application form from the website- www.parsonlathamscharity.org.uk

Return the completed form to the Clerk- **Zara Shacklock**

Email- clerk.lathams@outlook.com

Or by post to **Parson Latham's Hospital, 24 North Street, Oundle, Peterborough PE8 4AL**

All Applications to be received by Monday 9th September 2024.

RB Travel

01536 791066

JULY	
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

AUG	
Thu 1	Black Country Museum
Thu 1	Dudley Zoo
Fri 2	Chester
Fri 2	Chester Zoo
Sat 3	Buckingham Palace & Afternoon Tea
Sun 4	Sheringham
Mon 5	Chesterfield Market Day
Tue 6	Cromer
Wed 7	Hovercraft Experience to Ryde
Wed 7	Haworth & KWVR
Thu 8	Southwold
Thu 8	Liverpool
Thu 8	Liverpool's Open Top Bus
Thu 8	Liverpool Afternoon Tea Cruise
Fri 9	Butterfly Farm & Stratford Upon Avon
Sat 10	Broadstairs
Sat 10	Margate
Sun 11	Skegness Carnival Day
Mon 12	Norfolk Broads River Trip
Tue 13	Kennet Vale Horse Drawn Boat Trip
Wed 14	Rutland Belle River Cruise & Oakham
Thu 15	Windsor OR Windsor Castle
Fri 16	Canterbury OR Whitstable
Sat 17	Eastbourne Airshow
Sat 17	Hunstanton
Sun 18	Great Yarmouth
Tue 20	Cleethorpes
Wed 21	Wye Valley Cruise & Lunch
Thu 22	London Free Time OR Museums
Thu 22	Kensington Palace
Fri 23	Clacton Airshow
Sat 24	Weston Super Mare
Sun 25	Shakespeare Express Train
Sun 25	Mablethorpe
Mon 26	Skegness - Bank Holiday
Wed 28	Leamington Spa & Guide Dogs
Wed 28	Dolly - Hello Dolly West End Show
Thu 29	Kew Palace & Gardens
Fri 30	Cirencester Market Day
Sat 31	Chessington World of Adventure, Zoo & Aquarium

SEP	
Sun 1	Skegness
Tue 3	Springfields
Tue 3	Spalding
Sat 7	Buckingham Palace & Free Time
Mon 9	Bakewell Market & Haddon Hall

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

TAURUS Holidays

AUGUST	
16-19 AUGUST	LYTHAM 1940'S WEEKEND - £389.00pp
Clifton Park Hotel, with leisure centre including swimming pool and Jacuzzi. Half Board including Excursions. St. Anne's on Sea gives the gentle feel of a bygone age and is slowly being supplemented with an exciting range of new shops and restaurants. It is a haven of tranquillity with four championship golf courses on the doorstep. The promenade of Blackpool is only minutes away, with a vast array of amusements, shops, piers, and of course, the 'Blackpool Tower'.	

OCTOBER	
11-14 OCTOBER	ROBIN HOOD WEEKENDER - £399.00pp
Mercure Nottingham Sherwood Hotel. Half Board including Excursions. A green city with a legendary past, a vibrant culture and a bright future. A creative destination of rebels and pioneers, and the home of Robin Hood. Nottinghamshire is one of the UK's top destinations and a warm welcome always awaits. In the enchanting Sherwood Forest you can walk in the footsteps of Robin Hood, learn of castles torn apart by civil war, or enjoy a cocktail in one of the city's cave bars.	

OCTOBER	
21-25 OCTOBER	AUTUMN MYSTERY - £509.00pp
Half Board including Excursions. On the way to our chosen hotel we stop usually for morning refreshments and somewhere for lunch and arrive at our 'mystery' hotel in plenty of time before dinner. On the 2 - 4 day, after a leisurely breakfast and usually much discussion about what the day might have in store, we depart for a full day excursion. On the final day, we make our way home via another place of interest. A different experience every time.	

NOVEMBER	
8-10 NOVEMBER	A TOUCH OF THE IRISH MUSIC WEEKEND IN BLACKPOOL - £299.00PP
The Grand Hotel, Blackpool. Half Board including Entertainment. Get your dancing shoes on and enjoy the variety of foot tapping, sing along Irish music from their special guest entertainers. Blackpool is hailed as one of the UK's favourite seaside resorts. Enjoy a stroll along the promenade whilst tucking into traditional fish & chips. Visit the iconic Blackpool Tower and brave the SkyWalk, this five-centimetre-thick glass viewing platform allows you to look out into the Irish Sea and see the famous Blackpool Promenade below.	

2025 HOLIDAY BROCHURE LAUNCH
 Sunday 25th August, 10.00-16.00
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Spotlight on > Summer days out



> TRY A NEW SPORT

Are you looking forward to this summer's Olympic and Paralympic Games in Paris? Want to get more physically active, or try a new sport but not sure where to go nearby? 2024 is the perfect time to kickstart your journey to a healthier lifestyle.

North Northamptonshire Council is teaming up with local sports clubs and physical activity providers this summer to showcase the benefit of being active and what is available locally. With the Paris 2024 Olympics and Paralympic Games in full swing, free events will be taking place at Rushden Lakes and Corby town centre, Willow Place.

There will be a host of fun and family-friendly activities on offer, with the chance for people to try a new sport and find out where they can go locally to take part on a more regular basis.

Everything on offer will be free to take part in, with giveaways and demonstrations also taking place. No booking is required and as an added bonus you can also enjoy everything else on offer at two of



the county's premier shopping destinations.

If you are already a member of a sports club and would like to get involved in future events, why not join the North Northamptonshire Sports Network?

Membership is free with opportunities for support with funding, club development and network events, as well as the chance to work with others from across the sporting landscape.

Visit the website for more information: <https://www.nnleisure.co.uk/north-northamptonshire-sports-network>

> JOIN ACTIVE FAMILIES FUNDAYS

The summer holidays are here across North Northamptonshire and there's another exciting summer of activities for young people to take part in, from sports and crafts to outdoor free events. Active Families Fundays will be taking place in Kettering, East Northants, Corby and Wellingborough and turn up and play sessions in local parks.

The Olympics and Paralympics will also be celebrated by holding I Can We Can You Can events at Rushden Lakes and Corby




North Northamptonshire Council

SUMMER

HOLIDAY

ACTIVITIES

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

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

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Wellbeing Walks are fun, friendly and FREE local walking groups, open to all ages and abilities.

Led by North Northamptonshire Leisure, the volunteer run walks, offer **over 20 walks across North Northamptonshire**, and we are actively looking to set-up more! The walks are in a variety of locations and range in length, so there is a suitable walk for everyone.

Walking is a low-impact activity that is easy on your joints and can be done at any age or fitness level. Walking has many health and wellbeing benefits including:

- maintaining a healthy weight
- reducing symptoms of anxiety and depression
- improving your mood
- boosting self-esteem
- connecting you to nature, which is proven to reduce stress, lower your blood pressure and boost immune function.

A significant benefit of joining a walking group is the social aspect. Our Wellbeing Walks can help you meet new people, build friendships, and provide a sense of community.



Whether you are looking to improve your physical health and mental wellbeing, or simply looking to meet new people, a walking club can provide a supportive and enjoyable environment to achieve your goals.

We are now looking for volunteer walk leaders!

Do you enjoy walking? Why not share your passion and become a walk leader?

Walk leaders provide a safe, supportive, and welcoming space for participants of all abilities to enjoy low-level activity, to meet new people and enjoy paths and greenspaces within their local area.

If you are interested in finding out more, visit: www.northnorthants.gov.uk/wellbeingwalks or scan QR code



Town Centre. For more information about the events and this year's summer programme, visit the North Northamptonshire Council website <https://www.northnorthants.gov.uk/holidayactivities#summer>

> FUN FOR ALL THE FAMILY AT BOSWORTH'S GARDEN CENTRE!

Yes, we deliver all of your gardening needs at Bosworth's Garden Centre, but we also deliver on fun for all of the family!

Visit us with the little ones this summer as we host another of our fun activity trails around the garden centre. Having explored birds and Easter eggs in previous trails, we will be learning all about pollinators this time around! Pop down, grab a sheet at the entrance and get hunting... Hand your sheet in at the end to be entered into our prize draw!

An extensive events calendar also awaits. Whether you're eager to learn more about making the most of your garden on our Garden & Grow Workshops, keen to explore the UK on one of our Coach Trips, or ready to create your own masterpiece at our Art Workshops – we are sure to have something on offer that will interest you.

Pick up a 'What's On'



leaflet instore or visit our website for more information: www.bosworthsgc.co.uk/events-page

> FAMILY FUN AT RUSHDEN CLASSIC CAR SHOW

Rushden Classic Car Show, Hall Park, Rushden Sunday 4th August, 11am-4pm.

Bring the family along to view over 400 classic cars and a small selection of motorbikes. There will be 40 local craft stalls, a variety of hot and cold food, a licensed

car, classic film shows in the hall, live music from the Mainline Big Band, children's amusements and more.

Public entry is by donation – we politely recommend £3 per person or £10 per family. On site parking is available for £10 per car – this will include your entry donation.

Registration for classic cars is now closed. Exhibitors on the day who have not registered will not be accepted. For more info see rhts.co.uk or email administrator@rhts.co.uk



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Higham peregrine **confusion**

The peregrines are back, but with some unusual housemates!

After last year's tragic events when all the chicks, and one of the adults, were lost to bird flu, residents of Higham Ferrers are delighted to see these famous birds back at the church.

St Mary's Church very kindly allowed the team at The Ashgrove Clinic in Higham Ferrers to clean out the 'scrape box' and install a second camera at the start of the year. The end result was a home ideally suited to a young peregrine couple – it's detached with astounding views, no noisy neighbours and since they don't drive, parking isn't an issue.

Despite all this, the birds didn't move in. Instead of using the scrape box, the young

female made her nest in one of the downspouts of the church! It seems that any eggs she laid either fell down the spout or didn't hatch so they eventually moved out.

While the peregrines were nesting in a spout, a couple of pigeons spied an opportunity and moved into the scrape box.

We now have a confusing situation where the pigeons sit on their nest of twigs for a while (there are no eggs) before the peregrines pop in and the pigeons fly away.

This setup is very risky for the pigeons, but so far they seem to be co-habiting!

The great news is that the UK was declared bird flu-free as of 31st March this year.



You can see the livestream at <https://ashgrovehealth.co.uk/falcons/>

CANDO RECEIVES SUPPORT FROM THE NATIONAL LOTTERY

Sarah Kent from The National Lottery presented a cheque for £120,879 to Cando's Managing Director Kathleen Meredith at their day centre in Irthlingborough Library.

Sarah was so impressed by the work they do for their service users that she was only happy to support Cando Care with the process.

This tremendous support from the National Lottery Community Fund will not only go towards funding a fourth Carer but will also help with added costs that go with employing a staff member and to do more for their Service Users in the centre and in the community.

Co-founder of Cando Care and MD Kathleen Meredith said: "Last month we celebrated 10 years and this funding over the next four years will make such a difference for all the Service

Users and their families and to us as a team."

Cando Care is a not for profit company which supports the vulnerable, lonely, elderly and those with dementia.

Along with their four Carers they have a good team of volunteers who help in the centre, as well as voluntary drivers.

Many thanks to the millions of National Lottery players for helping to make this happen.

If you are interested in volunteering in the centre, or as a driver picking up Service Users, or would like more information on what Cando Care does, contact Kath on 07741 651170 or follow on Facebook.



MD Kathleen Meredith receives the cheque from Sarah Kent along with staff members, some of the volunteers and Service Users



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MEDIEVAL MUSINGS, MONKS, MUSIC AND A SPECIAL MENU

Higham Ferrers schoolchildren enjoyed a special history lesson recently – and some of them even sampled a recipe from a bygone era. They had been invited along to the town's medieval Chichele College and the neighbouring Duchy Barn Garden by Higham Ferrers Tourism to celebrate The Great Big Green Week.

"We organised creative activities for them in keeping with the medieval origins of Chichele College when the college was a monastery and was home

to monks who grew herbs and plants for cooking. The herbs and plants were also used to cure people of sickness," said Carol Fitzgerald, a Tourism

Committee member and chair of the sub-committee, the Chichele College Management team.

More than 150 children from Higham Ferrers Junior School and the Henry Chichele Primary School visited Chichele College over two days and the pupils from the Higham Ferrers Junior School also got the chance to sample pottage, made from vegetables grown at the time the college was a monastery. Made by two guest chefs, the pottage was flavoured with medieval herbs that are still grown in the college garden.

"It was a different type of taste and although not everyone enjoyed it, most did," Carol said.

Pupils also got creative and made medieval-style pendants with the help of members of HiFars, the Higham Ferrers Archaeology



Members of the Gateway Club also got creative as they painted bees, butterflies and flowers to mark The Great Big Green Week

and Research Society. And they helped to make music with percussion instruments as they accompanied the visiting folk group, 2 Steps 4 Words.

Then, to encourage biodiversity, the local "Hedgehog Mother", Jackie Bestwick, told them how to encourage hedgehogs into their gardens and how to make hedgehog nests.

And not to be left out of The Great Big Green Week, members of The Gateway Club – which caters for adults with a learning disability and who meet up at Chichele College and the Duchy

Barn Garden – had a special painting session. Their paintings of bees, butterflies and flowers have been on display at Chichele College,

alongside the artwork of local schoolchildren who recently entered Higham Ferrers Tourism's children's art competition.



Jack (left) and George, of Henry Chichele Primary School, get a lesson in how to make a hedgehog nest from "Hedgehog Mother" Jackie Bestwick



Pupils of Higham Ferrers Junior School got the chance to taste medieval pottage

RAUNDS SKATE PARK PLANS ROLL INTO ACTION AS PLANNING APPLICATION SUBMITTED

The development of a new skate park for Raunds has taken another step forward with the submission of the planning application by Raunds Town Council.

The application marks a significant milestone for the project, which has seen the Town Council work closely with a dedicated public working group, Raunds Ramps, to ensure the final design reflects the needs and desires of the local wheeled sports community.

Taking into account valuable feedback from the working group, the initial plans have been refined to include several enhancements. Notably, the new design boasts:

- Increased Ramp Heights: Catering to the skillset of more experienced skaters;
- Separate Pump Track: Offering a dedicated space for younger riders to develop their skills; and
- Accessible Footpath: Connecting the skate park to the car park, ensuring the new facility is fully inclusive and easy to access for all users.

As a direct result of public feedback, the plans also now include an extension to the Amos Lawrence car park, which will significantly increase capacity and help to alleviate the long-standing issue of obstructive parking along Stanwick

Road, promoting safety and convenience for park users and the wider community.

Councillor Ollie Curtis, Chairman of Raunds Town Council's Environment, Leisure and Recreation Committee said: "We're thrilled to have submitted the plans for the new Raunds skate park. Throughout the consultation phase, the feedback from the public working group and the wider Raunds community has been invaluable. We have listened intently to their ideas and indeed their concerns, and we're confident that the final design now offers something for all skill levels whilst providing a welcoming and fully inclusive space for the community to enjoy."

Karen Woolley, on behalf of the Raunds Ramps group, said: "We are grateful to the passionate members of our group for their continued efforts to bring this project to life. It has been great to collaborate with Raunds Town Council and for our members, which range from ages 4 to 21, to feel supported in their passion. The team have ensured the plans they helped build are coming to light and we're particularly pleased that the



final design incorporates some exciting additions, based on the constructive feedback we provided.

"We believe this park will be a fantastic asset to the community and there is a real buzz and excitement within the group to watch the development of this long-awaited project as it is built."

North Northamptonshire Council will now consider the planning application. Residents are encouraged to stay tuned for updates on the project's progress.

NENE VALLEY NEWS - EVENTS

> **SUNDAY 7TH JULY, 10.15AM**

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

> **SUNDAY 14TH JULY, 10.30AM**

Countryside Walk: 'Walking in Earnest near Milton' - A three-mile walk in and near Milton Ernest. Meet at Milton Ernest Garden Centre (MK44 1SH) in time to leave at 10.30. Organised by Whitefriars Church, Rushden - all welcome. Details from Andrew Presland, 01933 316927.

> **SUNDAY 14TH JULY, 2PM-5PM**

Summer Picnic - Bassfords, Raunds

> **MONDAY 15TH JULY**

Nene Valley Astronomical Society - A presentation by Professor Julian Onions, 'Crazy Interstellar Rockets'. Chelveston Village Hall, Caldecott Road, Chelveston NN9 6AT. 8pm. Admission £5, including tea/coffee. For more information see, www.nenastro.org.uk, or call Kevin on 07731890594. This will be a light-hearted, entertaining and informative presentation suitable for all.

> **WEDNESDAY 17TH JULY, 7 FOR 7.30PM**

Beer & Hymns - The Swan, Church Lane, Newton

Bromswold, NN10 0SR. Organised by the Church of England in Higham Deanery. All welcome.

> **WEDNESDAY 17TH JULY, FILM STARTS AT 1.30PM**

Film Afternoon - The Colour Purple - Saxon Hall, Raunds. Entry £2.

> **SATURDAY 20TH JULY, 2PM**

Butterfly event - At Midshires Covert, Kelmars Road, Harrington NN6 9ND. Guided walk followed by food cooked on the campfire. All welcome. Details from Andrew Presland, 01933 316927.

> **SATURDAY 20TH JULY**

Raunds Saturday Market - Stalls trading from 9.30am.

> **SUNDAY 25TH AUGUST, 12NOON TILL 4PM**

Art Exhibition featuring local artists - Masonic Hall, Wellingborough Road, Rushden NN10 9YJ. Free entry. Car parking and wheelchair access available.

> **MONDAY 26TH AUGUST, 10 TILL 4PM**

Art Exhibition featuring local artists - Masonic Hall, Wellingborough Road, Rushden NN10 9YJ. Free entry. Car parking and wheelchair access available.

Summer Nights at Ferry Meadows: a programme of open-air cinema and theatre

This summer, we're excited to present an incredible line-up of open-air cinema and theatre, all part of our ongoing mission to offer diverse events that invite more visitors to enjoy Ferry Meadows. Spanning three weekends in July and August, join us for family-friendly movies, timeless classics and action-packed blockbusters on the big screen, plus two literary productions by Chapterhouse Theatre Company, all in the heart of Ferry Meadows.

Here's what we have in store:

Outdoor Cinema

Sit back, relax and enjoy our evening outdoor cinema screenings at Ferry Meadows. With films including family-favourites Back to the Future and Barbie, musical showstoppers The Greatest Showman and Beauty and the Beast, timeless classics Pretty Woman and The Lost Boys,

Bollywood action thriller Pathaan and more recent blockbusters Top Gun Maverick and Meg 2, our full line-up (shared below) has something for everyone. Spread your blankets out on the grass in front of the big screen and enjoy the film! Don't miss the FREE screenings on Saturday 17th August, as our friends at Gateway Film Festival bring the much-loved animated movie Tangled, plus The Talking Heads concert movie Stop Making Sense, to our outdoor cinema.

Magical Theatre

Enjoy the timeless charm of two classic literary productions, brought to life with period costumes and musical scores, as we welcome Chapterhouse Theatre Company to our open-air theatre at Ferry Meadows. The talented cast will present the love story of Pride and Prejudice on 15th August, followed by the heartfelt tale of Little Women on 18th August.

Full Line-Up

Date	5pm	7.30pm
Friday 5th July	The Greatest Showman (PG)	Meg 2: The Trench (12A)
Saturday 6th July	Back to the Future (PG)	Top Gun Maverick (12A)
Sunday 7th July	Sing 2 (U)	Dirty Dancing (12A)
Thursday 15th August	Chapterhouse Theatre Company: Pride & Prejudice - 7pm	
Friday 16th August	Barbie (12A)	Bob Marley One Love (12A)
Saturday 17th August	Tangled (PG) - FREE showing	Stop Making Sense (PG) - FREE showing
Sunday 18th August	Chapterhouse Theatre Company: Little Women - 7pm	
Friday 23rd August	Beauty and the Beast Sing-Along (PG)	Pretty Woman (15)
Saturday 24th August	Trolls Band Together (U)	The Lost Boys (15)
Sunday 25th August	The Wizard of Oz (U)	Pathaan (12A) (Hindi audio with English subtitles)

Find the full details of Summer Nights at Ferry Meadows on our website at www.nenepark.org.uk/summer-nights. We look forward to welcoming all of Peterborough to enjoy an incredible line-up of cinema and theatre in the great outdoors this summer!

RAUNDS FILM AFTERNOON

Come & meet new friends

Showing at Saxon Hall, Raunds on **Wednesday 17th July 2024**

Refreshments served from **12:45pm**
Film starts at **1:30pm**

£2 entry (includes tea/coffee & cake)

Email info@raunds-tc.gov.uk or Ring 01933 622087 between 9:00am - 2:30pm to reserve your seat.

Nene Valley news EVENTS

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.

Your Health – Tendons in Paradise

**WORDS BY
CLAIRE SHORT**

On one of the live OsteopathyTV shows we stream from Higham Ferrers we were told the following:

“A tendon’s day in Paradise is when nothing changes.”

The reason tendons don’t like change is that it takes them a while to adapt to it. If you make changes too fast, they become inflamed and painful. The trick is to increase or decrease activity slowly enough for them to get used to it. Slowly enough for them to stay close to Paradise.

Common areas of tendinopathy:

- Lateral & medial epicondylitis (elbow)
- Patellar tendon
- Achilles tendon
- Rotator cuff

The pain is usually quite localised, sometimes with an ache that radiates around the area. It can be very sharp on certain movements and is usually aggravated by increased activity.

If you have recurrent tendon problems, it’s worth getting a professional opinion as they can be harder to fix if you let them become chronic. Laser treatment is particularly helpful for tendon injuries, but hands-on and exercises can help too. Lots of ice when it’s painful can reduce the inflammation too.

As you can imagine, a lawnmower can aggravate tendon problems. Pushing the machine can irritate both Achilles and elbow tendon problems, so leave the lawnmower in the shed if you’ve got either of these issues!

I hope your tendons spend this week in Paradise!



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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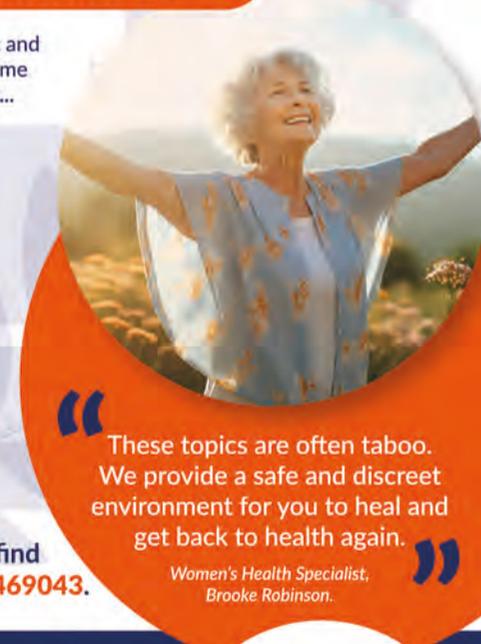
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New bus shuttle service to Ferry Meadows at weekends over the summer holidays

Nene Park Trust is pleased to announce the launch of a new shuttle bus service, running on Saturdays and Sundays in the summer holidays, which will drop visitors off right in the heart of Ferry Meadows.

'Your Community Greenbus' will run from Herald Way in Gunthorpe all the way to Ferry Meadows, calling at bus stops in Paston, New England and Millfield along the way. The buses will run every 90 minutes from 9am to 6pm on Saturdays and Sundays from 20th July – 1st September 2024. The bus fare will be £2 per person with under 10s going free.

This bus is being run by Vectare bus company but has been organised by Nene Park Trust, thanks to funding from The National Heritage Lottery Fund through the 5-year Your Community Greenspace project.

There is no current bus service that comes right into Ferry Meadows, making Park accessibility limited

to those reliant on public transport. The aim of the Your Community Greenspace project is to make the Park more accessible to all and so by introducing this bus service, which stops in the main car park of Ferry Meadows, Nene Park Trust is hoping to improve Park accessibility for those living on the other side of Peterborough and offer a sustainable travel option for all.

This summer holiday bus service will be closely evaluated throughout the summer to see whether a permanent bus service into the Park is a viable option going forward.

Jen Marscheider, Head of Marketing for Nene Park Trust, says: "We are really pleased

£2 per person, children under 10 go free

NENE PARK SUMMER SHUTTLE BUS
Herald Way > Paston School > Occupation Road > Craig Street > Nene Park, Ferry Meadows

SATURDAY & SUNDAYS
The Nene Park Summer Shuttle Bus operates on Saturdays and Sundays between 20th July 2024 and 1st September 2024. The Shuttle Bus will stop at every bus stop along the route, but only main stops are shown on the map and timetable. You must signal clearly to the driver to indicate that you wish to get on the bus.

Buses towards Nene Park, Ferry Meadows						
Herald Way	9:00	10:30	12:00	14:00	15:30	17:00
Paston School	9:06	10:36	12:06	14:06	15:36	17:06
Occupation Road	9:13	10:43	12:13	14:13	15:43	17:13
Craig Street	9:19	10:49	12:19	14:19	15:49	17:19
Nene Park, Ferry Meadows	9:35	11:05	12:35	14:35	15:55	17:35

Buses towards Herald Way						
Nene Park, Ferry Meadows	9:40	11:10	12:40	14:40	16:30	17:40
Craig Street	9:55	11:25	12:55	14:55	16:25	17:55
Occupation Street	20:01	11:31	13:01	15:01	16:31	18:01
Paston School	10:08	11:38	13:08	15:08	16:38	18:08
Herald Way	10:13	11:43	13:13	15:13	16:43	18:13

For the latest updates, search us on Facebook & X (Twitter) f | X

we are able to offer this bus service to our Park visitors this summer. Please spread the word far and wide about 'Your Community Greenbus' so we

can make sure it's well used and we can continue to offer sustainable and accessible travel options to our Park visitors after the summer too."

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LOCAL AUTHOR LAUNCHES LATEST NOVEL

Local author Thomas Richard Brown launched his latest novel, *Feeding the Pigs*, to a capacity attendance at The Dalton Hall on 24th May. This follows the success of his first three novels *Mary Knighton*, *Thisbe* and *A Knock at the Door*.

His latest book is set in the freezing winter of 1963 when the country practically ground to a halt. It tells of a young man's year working on a stock farm at Toddington just off the M1 before going up to university to read for an agricultural degree. After gruelling days working in the intense cold, Peter becomes involved with the local Young Farmers' Club and their attempts to put on a play in the local school. Villagers and people with whom he works and even an enormous boar are drawn into the production of the play and the drama that ensues around it. Villainy is afoot and unwittingly the principal characters join in the mayhem that this causes.

The story is written in the author's relaxed style and keeps the reader moving with the plot and eager to turn the page, while the final chapters race to an exciting and unexpected ending. Shortly before the launch, Richard was interviewed on both BBC Radio Northampton and Huntingdon Community Radio where he talked about his books and especially *Feeding the Pigs*. Friends were invited to read from each of his books and they were introduced by Dr. Mike Muncaster a local historian. During the reading, Mike produced on a screen pictures



as a backdrop to the storyline of each novel. Also present was another local author, Mary Matthews, who writes as Georgia Rose and has herself published eight successful novels. Mary has been largely responsible for bringing all of Richard's books to print.

The evening was deemed to have been a great success, confirmed by the fact that all available copies of *Feeding the Pigs* were sold during the author's question time. Mary Knighton, *Thisbe*, *A Knock at the Door* and now *Feeding the Pigs* can be bought on Amazon either as paperbacks or in Kindle versions.

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PUBLIC NOTICES

NORTH NORTHAMPTONSHIRE COUNCIL

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

(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, Ringstead as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of High Street, Ringstead from outside no.18 to outside no.33.

REASON FOR RESTRICTION: The restriction is required for safety during a new water connection.

PERIOD OF CLOSURE: The proposed Order will come into effect on 8th July 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 and Carlow Street.

If you require any further information please contact Steve Fowler ref:- 24/25 – N145 Steve.Fowler@northnorthants.gov.uk PKG/T24/367

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14
(FINEDON ROAD, IRTHLINGBOROUGH)

(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 Finedon Road, Irthlingborough as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Finedon Road, Irthlingborough for its entire length.

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

PERIOD OF CLOSURE: The proposed Order will come into effect on 29th July 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 weeks.

ALTERNATIVE ROUTES: use A6 and Addington Road.

If you require any further information please contact Steve Fowler ref:- 24/25 – N149 Steve.Fowler@northnorthants.gov.uk PKG/T24/372

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14
(THE HEDGES, HIGHAM FERRERS)

(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2024
NOTICE IS HEREBY GIVEN that North Northamptonshire Council have made an Order the effect of which is to prohibit traffic from proceeding along that length of The Hedges, Higham Ferrers as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of The Hedges, Higham Ferrers from Handcross Way Footpath to outside no.41.

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

PERIOD OF CLOSURE: The proposed Order will come into effect on 15th July 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 St. James Close and Handcross Way.

If you require any further information please contact Steve Fowler ref:- 24/25 – N150 Steve.Fowler@northnorthants.gov.uk PKG/T24/373

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14
(WEST STREET & BRIDGE 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 those lengths of West Street and Bridge Street, Kings Cliffe as set out below.

LENGTHS OF ROADS TO WHICH RESTRICTION APPLIES: Those lengths of West Street and Bridge Street, Kings Cliffe – from Blatherwycke Road and West Street junction to Park Street and Bridge Street junction.

REASON FOR RESTRICTION: The restriction is required for safety during carriageway patching.

PERIOD OF CLOSURE: The proposed Order will come into effect on 12th July 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 roads will be restricted for up to two days.

ALTERNATIVE ROUTES: use Blatherwycke Road, A43, Southwick Road, Bulwick Road, Main Street, Woodnewton Road, Oundle Road, Apethorpe Road and Kings Cliffe Road.

If you require any further information please contact Steve Fowler ref:- 24/25 – N163 Steve.Fowler@northnorthants.gov.uk PKG/T24/386

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 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 High Street, Rushden as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of High Street, Rushden from the junction of Church Street to outside Dominos.

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

PERIOD OF CLOSURE: The proposed Order will come into effect on 24th July 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 Newton Road, A6 and Bedford Road.

If you require any further information please contact Steve Fowler ref:- 24/25 – N164 Steve.Fowler@northnorthants.gov.uk PKG/T24/387

Dated this 6th day of July 2024

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

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HERMITAGE HOUSE CARE HOME HOSTS FIRST DOG SHOW IN THRAPSTON

Hermitage House Care Home recently held its first Dog Show. Attended by residents, families and members of the Thrapston community, the event was a great success with over 100 attendees, who also enjoyed browsing stalls and sampling delicious refreshments.

"In preparation for our event, residents made dog biscuits to give to our canine attendees. They also handmade 1st place rosettes to present to the winning pooches along with their certificates," explained Wellbeing Coordinator, Jessica Bennett.

"Our dog show categories included Loveliest Lady, Fabulous Fella, Cutest Puppy, Golden Oldie, Best Rescue, Fluffiest Pooch, Best Young Handler, and Waggiest Tail. The Loveliest Lady category was particularly challenging

to judge with over 20 entries," said Customer Relations Manager, Jessica Grayson.

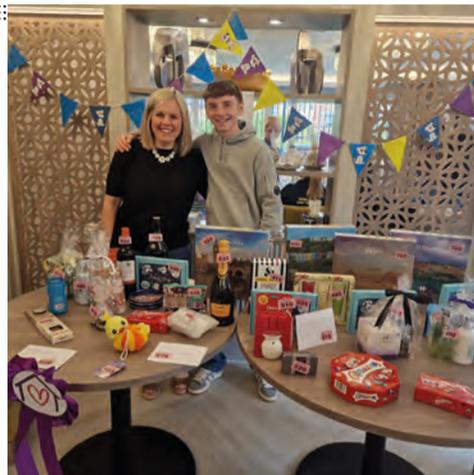
"Residents thoroughly enjoyed the atmosphere of the event. There were a lot of smiles, laughs and plenty of wagging tails. Residents also loved having the chance to judge a category in the dog show," added Jessica Bennett.

"Our staff were thrilled to bring their furry friends along, and visitors were impressed with the event's turnout. We had over 50 dogs and well

over 100 people join us. Many asked if we could make this an annual event, which we would love to do. For next year's event, we hope to include an agility course!" added Jessica Grayson.

Home Manager, Jolene Anderson said: "Thank you to everyone who attended, especially our wonderful stall holders: Katrina's Happy Dogs, The Soggy Doggy, first responders, Sarah's Sweet Tooth, Paws of Raunds Pet Supplies, resident Maureen with her handmade bracelets, and our own Tombola stall."

For more information about life at Hermitage House Care Home, please contact Customer Relations Manager Jessica Grayson at jessica.grayson@countrycourtcare.com or call 01832 430 084.



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