

Nene Valley

news

YOUR LOCAL INDEPENDENT COMMUNITY
NEWSPAPER FOR EAST NORTHAMPTONSHIRE

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FOR NEW UNIT

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NEWS IN BRIEF

'Digital Front Door' opens

A new online portal offering easy-use access to many children's and family services in North Northamptonshire has been launched.

The 'Family Hubs Digital Front Door' is a platform that links services such as the Family Hubs, Start For Life, SEND Local Offer and Family Information Service functions into one digital platform, which is responsive and accessible from desktops, laptops and mobile devices.

The platform hosts a wide variety of content including an events booking system, a series of Family Hubs-funded service introduction videos, and NHS digital support content.

It is also a tool for professionals and partners who work with families to swiftly signpost them to information and support, and also, through artificial intelligence, can support a family to opt into automated care pathways.

Working in collaboration with Beebot AI, earlier in the year the council ran a series of focus groups and surveys to hear what young people and family members would like from an online service. This directly shaped the development of the platform.

ARCHAEOLOGY SURVEYS WERE A DREAM COME TRUE

Eagle-eyed Olwen Mayes will never forget the day she was walking to work and spotted something unusual on either side of a patch of grass.

"There was a long line of grass that was slightly drier than the grass around it. It was so distinct that I thought it could mean that there was something underground," she recalled.

And what she was hoping for was that it could be evidence of a stone wall that formed part of Higham Ferrers' own missing castle. And one that had royal connections too.

Now, 16 years later, Olwen has finally been part of a team that has just carried out a week-long series of detailed geophysical surveys in the hope of identifying the castle.

But the patient Olwen – chair of the Higham Ferrers Archaeology and Research Society (HiFARS) – will still have to wait another month until the results of the surveys, carried out on the town's protected Castle Fields and other areas, have been analysed.

"I can't begin to describe how that feels," she said.

Describing the recent surveys as "a dream come true", she recalled that soon after spotting that unusual feature at the edge of what is known as Castle Field 16 years ago, a proposal was

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Members of HiFARS receive resistivity training at the Castle Fields site from Graham Arkley, geophysical project supervisor at the Museum of London Archaeology

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STAIRLIFTS: FULLY GUARANTEED, FREE HOME SURVEY

Continued from page 1

successfully submitted to the Higham Ferrers Town Council by the newly-formed HiFARS to instigate a geophysical survey and excavation of the castle field site, which is a scheduled monument.

Part of the delay in getting the surveys done was that the necessary equipment was under development and was not approved.

HiFARS had also tried to get the necessary funding for the survey at a time when other charities were also seeking funds for archaeological and historical projects.

Then, several years later,

members dug a trench in a nearby garden and found evidence of a packed layer of stone above the natural bedrock. 'Was this another clue in helping to pinpoint various aspects of the castle?' they wondered.

One of the HiFARS committee members, Stephen Morris, who at the time worked for the Museum of London Archaeology (MoLA) asked Mark Holmes, also at MoLA at the time, to come and have a look at the trench.

It was then suggested that what had been unearthed in the trench could possibly be

a layer levelling the bedrock, upon which the castle wall could have been built.

Then, a couple of years ago, HiFARS received some good news. The MoLA team said they would be interested in carrying out a geophysical survey project at the castle site.

Stephen Parry, a director of his company, Finham Heritage, secured a grant of almost £10,000 from the Castle Studies Trust to carry out the all-important geophysical surveys in Higham Ferrers.

And recently, HiFARS members along with

members of Finham Heritage and with Stephen Parry as project leader, welcomed the MoLA team to the site for a week-long survey. A magnetometer was used to identify any substantial ditches around the castle as well as buried remains of internal features.

Ground-penetrating radar was also used to help locate the principal buildings to confirm – or otherwise – what documentary sources say. And that is that there was a substantial medieval building, including a hall, chapel, tower house, King's and Queen's chambers and three substantial gates.

A resistivity survey was also undertaken to try and provide further detailed information about any buried wall foundations or other structural remains.

It was thought that the surveys might identify evidence of pre-castle structures.

Olwen explained that the castle is thought to have been built not long after the Norman Conquest in 1066.

Fast forward to 1523 which saw the almost complete destruction of the castle after Henry VIII granted Sir Richard



Olwen Mayes

Wingfield – a diplomat and later Chancellor of the Duchy of Lancaster – permission to take materials from the site to rebuild Kimbolton Castle.

As to the outcome of the surveys, Olwen is hopeful of some interesting results, given the many buildings of the castle documented over the centuries.

While the data is still being processed by MoLA, the patient Olwen has her fingers crossed that at least one castle building can be identified.

"Then, after the results have been published on the Castle Studies Trust website, Stephen Parry will share the survey results with Higham Ferrers residents who are really interested in their local history. This will take place at a talk in the Bede House, next to St Mary's Church in the town," she said.

Meanwhile, HiFARS members have the loan of the resistivity equipment from MoLA and are continuing the survey over the Castle site until December.

GENEALOGY JOTTINGS

WORDS BY
JAN PEARSON

Have you ever looked at a census entry and completely dismissed it as it did not look right? A woman might show as having been widowed – but you knew that her husband was still alive so it cannot be her – right? Not necessarily. Where was the husband? If you find him, what does his marital status say? It may well be that the wife has decided on a fib as she does not like the circumstances – especially if the husband is in an asylum or even married to someone else. Bigamy was known as the "poor man's divorce".

I discovered an example of the latter being true when I was researching for someone else. The wife was living with the children at one address, whilst the husband was living just a couple of streets over with another woman – who had the same first name as the original wife. Thinking that the two women were the same person, the person who had been searching for them was wondering where the children had got to and, although they saw the entry for the 'proper' wife with the children, had dismissed it. For respectability's sake, the 'proper' wife was calling herself a widow.

By the way, if you do find a second marriage for a chap and his new wife has brought some children with her, beware of the entry in the

relationship column. You might see 'son-in-law' or 'daughter-in-law'. This does not always have the same meaning as today. 'Son-in-law' could also mean that they are considered their son – by law; in other words, their stepson, so not the husband of their daughter.

Other relationships that can catch people out are that of 'cousin', 'niece' and 'nephew'. One of my great grandfathers is recorded as having bought some buildings from his aunt. She was, in fact, his father's cousin, 'aunt' being a courtesy title. That took some working out, I can tell you!



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Young People Poetry Award launched to amplify young voices and honour the legacy of David Laing CBE

In commemoration of David Laing CBE, Northamptonshire Community Foundation has launched the David Laing CBE Young People Poetry Award.

Beneficiaries and volunteers from Northamptonshire Community Foundation-funded charities and community groups, aged 11-17 years old, are invited to enter a poem that relates to the theme Loving Living Life. The award winner will have



the opportunity to perform their poem at the foundation's Annual Awards event in November, at The Royal Theatre.

David Laing CBE amongst his many philanthropic, public service and community leadership roles, was a published poet who was inspired to write poetry that painted pictures using words. The theme of this inaugural Young People Poetry Award reflects the name of David's first published poetry collection, Loving Living Life.

Entries must be submitted to Northamptonshire Community Foundation, via enquiries@ncf.uk.com, by Monday 7th October 2024.

Rachel McGrath, Chief Executive of Northamptonshire Community Foundation, said: "David Laing CBE was a longstanding donor and supporter of the foundation and integral to its development. He touched so many people's lives through his public service and generosity. What may be little

known to some is that he was also a published poet. David's first poetry book was titled Loving Living Life, which is the theme for the award in 2024.

"This theme is all about the ways that love and life are connected. We want our young poets to think about what makes life fun, beautiful, and sometimes a bit tricky, all through the lens of love."

Mary Laing said: "I am delighted to announce the launch of the inaugural David Laing CBE Young People's Poetry Award.

"This award is a heartfelt celebration of David's deep love for poetry and a reflection of our unwavering commitment to nurturing the aspirations of young people in the arts. It's inspiring to think of the creativity and passion that will shine through in the submissions, and I cannot wait to read the voices and unique stories that young poets will share with us."

More information, including the eligibility criteria, can be found on the Northamptonshire

Community Foundation website: <https://www.ncf.uk.com/our-work/david-laing-cbe-young-people-poetry-award-2024>

Northamptonshire Community Foundation's permanent dedication to David Laing CBE can be found on their website: <https://www.ncf.uk.com/giving/tribute-david-laing-cbe>

FLETTON FIELD TO BE TRANSFERRED TO OUNDLE TOWN COUNCIL

North Northamptonshire Council has agreed to transfer Fletton Field, following a successful Community Asset Transfer application, to Oundle Town Council.

This transfer means that Fletton Field will remain as a public open space for the benefit of residents and continue to support community activity.

Fletton Field is former school land, and the use of the site had been uncertain since the land was released by the Department of Education. This transfer resolves the uncertainty and provides a long-term open space for the community.

Cllr Matt Binley, the council's Executive Member for Highways, Travel and Assets, said: "It has been quite a journey to reach this point, but I am grateful we have reached this point and are able to transfer this fantastic open space over to Oundle Town Council.

"Open spaces like this are valuable assets to

communities and residents and it is vital that we preserve them in any way we can. In this case that means that Oundle Town Council have taken over ownership and going forward will continue to work with local partners and volunteer groups to develop the site for generations to come."

Cllr Ian Clark, the Mayor of Oundle, said: "It is such positive news that we have finally secured the long-term future of Fletton Field as a public open space. Oundle Town Council needs to also pay due regard to all those members of the Fletton Field Association, past and present, whose tireless efforts over many years have made the transfer possible. We will continue to work with the Fletton Field Association to ensure the open space keeps benefitting the health and wellbeing of Oundle residents, including a community orchard, and will make sure we grasp the opportunity to improve local biodiversity."



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SEPTEMBER

Fri 20 Derbyshire Lunch & River Cruise
Sat 21 Bressingham Steam & Gardens
Sun 22 Hunstanton, Soap Box Derby
Tue 24 Constable Country
Wed 25 Skipton OR Skipton Cruise & Cream Tea
Thu 26 Cotswold Tour
Sat 28 Bletchley Park Code Breakers
Sat 28 Milton Keynes Shopping
Sun 29 Malvern Autumn Show

OCTOBER

Wed 2 Shrewsbury Cruise & British Iron Works
Fri 4 Gloucester Market Day
Fri 4 Gloucester Cathedral
Sun 6 Skegness
Tue 8 Cambridge
Sat 12 Knitting & Stitching Show
Sun 13 Emmerdale Tour
Sat 19 Bridgnorth & SVRW
Sat 19 Westonbirt National Arboretum
Fri 25 Watercress Line & Winchester
Sat 26 Blackpool Illuminations
Mon 28 Blists Hill Museum
Tue 29 West Midlands Safari Park
Thu 31 Black Country Museum OR Dudley Zoo

NOVEMBER

Fri 1 London Museums OR Free Time
Fri 1 Shard & Free Time
Sat 9 Birmingham Christmas Market
Fri 15 Chatsworth at Christmas
Sat 16 Nottingham Christmas Market
Sat 16 Chocolate Festival Melton Mowbray
Sun 17 Blenheim Palace Christmas Market
Wed 20 Kew Gardens at Christmas
Sat 23 Banbury Christmas Market
Sun 24 Skegness Christmas by the Sea
Sun 24 Thursford Christmas Spectacular
Thu 28 Bury St Edmunds
Fri 29 Worcester Christmas Market
Fri 29 Thursford Christmas Spectacular
Sat 30 Bath Christmas Market
Sat 30 Melton Mowbray Christmas Market
Sat 30 Cadbury World at Christmas

DECEMBER

Sun 1 Rochester Christmas Market
Sun 1 Thursford Christmas Spectacular
Tue 3 Bluewater Shopping Complex
Tue 3 Lakeside Shopping Complex
Thu 5 Christmas Lunch River Cruise
Thu 5 Thursford Christmas Spectacular
Sat 7 Nottingham Christmas Market
Sat 7 Stratford Upon Avon Christmas Market
Sun 8 Oxford
Sun 8 Stratford Upon Avon Christmas Market
Mon 9 Thursford Christmas Spectacular
Thu 12 Windsor OR Windsor Castle
Fri 13 Ambassador Cruise Liner, Lunch & Show
Sat 14 Hyde Park Winter Wonderland

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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.

**24-27 NOVEMBER
A DISNEYLAND ENCHANTED
CHRISTMAS - FROM £975.00 per room
(based on 2 people sharing)**

Dream Castle Hotel. Embark on a Christmas voyage to your favourite worlds from the Old West to Galaxies far far away, you'll be transported to the enchanted lands of the stories that you know and love from Disney, Pixar, Star Wars and MARVEL! Hop on stage with beloved Disney characters or float like a snowflake into the world of Frozen with a voyage to the heart of Arendelle! Create memories this Christmas to cherish forever. Includes all coach travel, ferry and 2 day pass to Disneyland.

**29 NOVEMBER-2 DECEMBER
BELGIUM CHRISTMAS MARKETS - £519.00pp**

Hotel Alize, Half Board. Mouscron is a Walloon city and municipality located in the western part of Belgium, near the border with France. Some of the tourist attractions you can find in Mouscron are Eglise Saint-Barthelemy, the largest church built in the 19th century in the neo-Gothic style. Parc du Chateau, a large park that surrounds a beautiful castle and Les Moulins de la Marliere, a group of windmills built in the 18th and 19th centuries to name just a few.

DECEMBER

**2-6 DECEMBER
A TASTE OF CHRISTMAS - £519.00pp**

Clifton Park Hotel, St Anne's on Sea. Full Board, including entertainment. St. Anne's on Sea gives the gentle feel of a bygone age 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', there is a lot to offer to people of all ages.

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Spotlight on > EDUCATION

> JOIN OUR FAMILY GROUPS AT FERRY MEADOWS!

Have you heard about the Nature Tots and Wild Home Educator family groups at Ferry Meadows? Led by the Nene Park Trust Education Team, these groups are designed to encourage children to learn and grow through exploring, play and hands-on experiences in the great outdoors, whilst most importantly, having lots of fun!

Nature Tots

For our youngest explorers, the Nature Tots group is ideal for pre-school children aged 2-5 and their guardians. Our groups meet every second week on Monday and Friday mornings, following a variety of nature-based themes. Each session includes hands-on craft activities, plus plenty of time to explore the wonderful wildlife around us.



Nature Tots

Nature Tots is a fantastic way to spark an early interest in nature and the environment, whilst making new friends and learning something new every time! Tickets are £5.50 per child, with accompanying grown-ups attending for free.

<https://www.nenepark.org.uk/nature-tots>

Wild Home Educators

Our Wild Home Educators groups are exclusively for home-schooled children and their families. We welcome children aged 5-11 on Monday afternoons, plus older children aged 11-14 on Friday afternoons, at our dedicated forest school site.

Both groups will meet bi-weekly, with inspiring themes and activities changing monthly. Sessions cover an exciting variety of topics such as tool use skills, wildlife identification, outdoor survival skills and sensory exploration. Our team operates a flexible approach, encouraging children to take the lead, while also having the option to take breaks as needed.

Places are £7.50 per child, with free places for accompanying grown-ups.

<https://www.nenepark.org.uk/home-educators>

Our family groups run all year-long, led by our friendly and experienced

education team, who are passionate about sharing nature-inspired learning experiences.

If you're new to our groups, you can try your first session for free. Email education@neneparktrust.org.uk and quote NVNTrial to book your place.

> THE FERRERS SCHOOL ANNUAL OPEN EVENING

"We warmly welcome you to our annual Open Evening from 5.30pm-7.45pm on 1st October. We can't wait to show you around so you can see what makes The Ferrers School so special. It is hard to describe, but we're confident that you will feel it when you visit!

"We encourage you to tour our faculties and House areas, talking to students and looking at the facilities available. Staff will be on hand to answer questions about our curriculum and the extensive enrichment opportunities we have on offer.

"We are a truly inclusive school and one that sits at the heart of the community we serve. We have high aspirations for our students and work tirelessly to ensure they strive for success in all areas of school life. We extend the boundaries of learning by offering a programme of extracurricular activities and special drop-down days.



The Ferrers School

We invite students to work through our Meridian Trust Pledges, asking them to participate, help organise and lead initiatives independently.

"We're proud of our learning environments and the way that our students continue to shape and influence the identities of the four main school Houses. From expressive arts showcases to Duke of Edinburgh expeditions and Combined Cadet Force overnight camps, we have so much going on. We are a thriving community and have much to celebrate!

"Most importantly, students tell us that they feel safe and happy here. They work hard and live our values of 'Aspire, Achieve, Acclaim' every day.

"We think there's never been a better time to be #TeamFerrers!"

> RUSHDEN ACADEMY

Rushden Academy is located on the outskirts of the market town of



Rushden Academy

Rushden. We were rated as 'Good' in all areas by Ofsted in September 2022 and we strive to continue that improvement journey in order to provide the very best education for the students within our care. We are proud to deliver a broad curriculum to help students excel in today's demanding society, and also to develop their imaginations to thrive and make excellent progress in their #TeamRushden journey.

> NEW WOODLAND WALKING ROUTE ARTWORK OPENS AT IRCHESHER COUNTRY PARK

Fermynwoods Contemporary Art has unveiled Intuition Maps, a new public artwork and walking route by artist Beccy McCray at Irchesher Country Park. Funded by the Northamptonshire Community Foundation's Creative Climate Action Fund, the project invites visitors to explore human and animal

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The Ferrers
School

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Open Evening
Tuesday 1st October 2024
5.30pm to 7.45pm



The Ferrers
Sixth Form

We warmly invite you to attend our
Open Evening
Thursday 7th November 2024
4.45pm to 7.00pm

#AspireAchieveAcclaim





Fermynwoods

instincts in the context of climate change.

Intuition Maps introduces a new walking route marked by neon waymarks that lead visitors on a journey through the landscape, which also provides sanctuary for butterfly species now overwintering in the UK due to climate change.

Co-created with local communities, the project involved workshops where participants explored migration routes, instincts, and climate scenarios. Their input, combined with local wildlife data, was processed by an AI algorithm to map out the new walking route, blending human and non-human intelligence.

Intuition Maps encourages visitors to contemplate the parallels between the instinctual movements of animals and human migration. It serves as both a walking path and a call to reconnect with nature and our instincts, fostering hope and solidarity in the face of environmental and political challenges.

A launch event and guided walk with Beccy McCray will take place on Sunday, 15th September at 2pm. To book a free place, visit www.fermyrwoods.org/intuition-maps

> MOULTON COLLEGE CELEBRATES LOCAL BUSINESS PARTNERSHIPS WITH 'SKILLS HEROES' EVENT

A host of local businesses and stakeholders were invited to Moulton College recently to

celebrate the role they play in developing the skills and employability of the College's students.

The Skills Heroes event celebrated individuals and organisations who have contributed to student life and learning over the last 12 months in a range of ways, including career talks, work placements and participation in Moulton College's Industry Skills Boards, which enable local employers to help shape the curriculum.

Oliver Symons, Principal & CEO of Moulton College says: "The Skills Heroes event was the perfect way for Moulton College to recognise the invaluable contribution the businesses involved have made to the skills development and career prospects of our students. It was also an opportunity for us to say thank you on behalf of the Moulton College community.

"Working with local employers and stakeholders improves our students' skills and knowledge and helps to ensure they leave us ready to succeed in the world of work. As a College, it is important that we engage with the local community and businesses to help fill local skills gaps, and we're always happy to hear from those interested in partnering with us in the future."

Those in attendance at the Skills Heroes event included representatives from companies in sport, food and drink, construction, animal welfare and renewable energy, including Astonlee Veterinary Surgery, Beech Tree Bunnies, Construction Industry Training Board, Gearys Bakeries, GenCarbon, Landex, Learning & Skills Academy, Moulton Parish Church, Nicholsons, Northampton Hockey Club, Northamptonshire ACRE, Pamper my Poochie, Restaurant Ember, the Titans Foundation and Wicksteed Park.

Rushden Academy

YEAR 6 OPEN EVENING 10th October 5pm - 8pm

Join us for a tour of the school and talk with the Principal. Talks at 5pm, 5.30pm, 6pm and 6.30pm.



Book today to reserve your place:
bit.ly/Year6Rushden2025

We are delighted to welcome Year 6 students and their parents to our school.

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OPEN EVENTS

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MINDFULNESS

WORDS BY
NICOLA SMITH
BAMBA registered
mindfulness teacher

Do you get to the end of a long day and wonder where the time went, and why you feel so dissatisfied? As your stresses build up, it gets harder to concentrate and harder to be kind to the people you love.

Mindfulness teacher Nicola Smith has some useful pointers to help you.

Mindfulness helps us understand more about our attention. This matters when we live in a world of constant distraction. These days, at any given time, we're surrounded by screens and sounds, all fighting for our attention and energy. It can be exhausting.

Your unique brain wiring, your hormonal changes in life, and the levels of stress you're under can also affect how you respond to difficult situations and people around you. So you need to find ways of managing your attention

to avoid feeling stressed, overwhelmed and exhausted.

Mindfulness offers practical and simple ways to reconnect with your own brain – with scientific explanations behind why the techniques work.

One useful thing to do is to spend a few minutes a day taking a pause and practising training your attention. It's not as easy as it sounds, but you'll see the benefits very quickly.

Just focusing on your breathing is another way

to regain control of your thinking. If this doesn't work for you, it might be that you're already in a high state of stress or overwhelmed and need more support to get control of your thoughts and emotions.

Bringing a mindful approach into your everyday activities can enhance your ability to focus, improve your sense of well-being and enhance your relationships. Try it now and see how you feel.



www.everydaymindfulnesswithnicolasmith.com

Don't miss your chance to nominate for the Active Communities Awards

There are just two weeks left to submit nominations for the North Northamptonshire Active Communities Awards 2024.

The awards, organised by North Northamptonshire Council, are a celebration event for health and wellbeing, physical activity and sport in North Northamptonshire.

They recognise local individuals, groups, clubs, organisations and projects which have either improved the lives of the community, or encouraged North Northants residents to get active.

However, we need your contenders to make the awards possible. Will you nominate your local sporting heroes?

The categories are:

- Community Club
- Community Team
- Community Organisation/ Group
- Community Activator
- Community Champion
- Health and Wellbeing Initiative
- Young Community Champion

- Get Active
- Disability Sports Performer
- Young Sports Performer
- Sports Performer
- Outstanding Recognition Award
- Sport School of the Year – Primary
- Sport School of the Year – Secondary

North Northamptonshire Council's Deputy Leader and Executive Member for Sport, Leisure, Culture and Tourism, Cllr Helen Howell, said: "I am delighted that we are once again hosting the Active Communities Awards. These awards allow us to recognise the legacy of the past year's sporting success and celebrate what our North Northamptonshire sporting heroes have achieved at local, national and international level.

North Northamptonshire has a strong and diverse community which we are incredibly proud of. There are many individuals, clubs, groups and organisations who support and enable North Northamptonshire residents

to be active and adopt healthy lifestyles, the awards are also a great opportunity to recognise and celebrate them."

The nomination process will remain open until noon on Sunday 29th September closely followed by shortlisting by a panel of judges.

Winners will be announced at an invite-only ceremony on Wednesday 20 November at Sywell Aerodrome.

Leader of North Northamptonshire Council, Jason Smithers, said: "I would like to thank our many sponsors for the Active Communities Awards who make this event possible.

This, rightly, is an event that all of those involved look forward to each year, so I am delighted that we are holding it once again in 2024, at such a great location.

If you, or your organisation are thinking of submitting an entry then there is still time. We would love to see you get the recognition you deserve at the awards."

Electronic nomination forms are available at www.nnactiveawards.co.uk

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Long-term future of Corby recycling site to be discussed by North Northamptonshire Council

Maintaining the long-term future of Corby's household waste recycling centre is due to be discussed at a meeting of North Northamptonshire's Executive.



Recommendations are to extend the lease at the current Kettering Road site for up to 25 years from when it is due to expire on 1st March 2025.

The new lease would also give the council an option to extend the area of the current site if required, subject to planning permission.

Another recommendation is for a business case to be prepared for potential future investment at the facility.

Cllr Matt Binley, the

Council's Executive Member for Highways, Travel and Assets, said: "A great deal of work has gone into looking at various options for the long-term provision of a recycling facility in Corby and this is by far the preferred choice in terms of continuity of service and the potential to expand."

"This is a greatly used facility and one of four which we have in North Northamptonshire that provide a vital service for our residents."

The Council has four Household Waste Recycling Centres (HWRCs) which are operated on a legacy contract which ends on 31st March 2025. The Council is currently engaged in a procurement exercise for future operation and management of the

HWRCs from 1st April 2025, with the contract award expected in December 2024.

Principal terms have been reached to secure a new lease for the current site footprint, with a 25-year lease being negotiated with an option to break the lease at 15 years, and subsequent three-yearly breaks, with a right to renew at the end of the lease term.

Jason Smithers, Leader of the Council, said: "Our HWRCs play an important role in helping our residents manage the waste they produce as well as helping to boost recycling."

"Our HWRCs are greatly valued by our residents and what we're proposing offers a great long-term provision, which also is the most cost effective for the tax-payer."

YOUR HEALTH – HOT FLUSHES

WORDS BY CLAIRE SHORT

Our acupuncturist has recently seen more women than usual struggling with the infamous hot flushes. Those sudden, unwelcome heatwaves that leave you feeling like you've just finished mowing the lawn under the midday sun. But fear not, here are some of her top tips to help you keep your cool, even when your body seems determined to turn up the heat.

1. Keep Your Cool - Literally!

It might sound obvious, but staying cool is key. Dress in layers so you can easily shed them when a flush starts creeping in. Natural fabrics like cotton and linen are your best friends here – they breathe better and won't leave you feeling like you're wrapped

in cling film. And keep a fan handy. Think of it as your personal breeze.

2. Sip Smartly

Hot drinks and spicy foods can be hot flush triggers. Switch to cooling herbal teas like peppermint or chamomile, which can help calm both your body and your mind. Save the fiery chili for when the thermostat isn't cranked up internally!

3. Mind Your "Qi"

From an acupuncture perspective, hot flushes are all about imbalances in your body's energy, or "Qi." To help maintain balance, try acupressure on the "cooling points." One easy spot is the "Inner Gate" on your wrist – just apply gentle pressure to the inside of your wrist, about three finger widths down from the base of your palm.



4. Stress Less

Stress can fan the flames of a hot flush faster than a broken lawnmower can ruin a Saturday afternoon. Practice deep breathing and mindfulness, to help keep stress at bay.

5. Acupuncture Magic

Finally, don't underestimate the power of acupuncture itself. Well known for helping with hormone/fertility issues, acupuncture can also help regulate your body's thermostat, reducing the frequency and intensity of those pesky flushes.

Have a lovely cool week!

Claire Short is a Registered Osteopath, and runs The Ashgrove Clinic in Higham Ferrers.



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Brooke Robinson.



Nene Valley News - EVENTS

> SATURDAY 14TH SEPTEMBER, 10AM-6PM Northamptonshire Historic Churches Trust (NHCT) Ride & Stride event

Many churches in the county taking part. A chance to be sponsored for cycling or walking between churches, with half the money raised going to NHCT and half to a church of your choice. Details on 07713396130 or at emdoherty@sky.com or <https://nhct.org.uk/Main/RideAndStride>

> SUNDAY 15TH SEPTEMBER

Morning Worship at Whitefriars Church

Whitefriars Primary School, Boughton Drive, Rushden NN10 9HX. Including commissioning of children's and youth leaders.

> MONDAY 16TH SEPTEMBER, 8PM

Nene Valley Astronomical Society

Chelveston Village Hall, Caldecott Road, Chelveston NN9 6AT. £5, including tea/coffee. For more information call Kevin on 07731890594. An evening of short presentations by members.

> SATURDAY 21ST SEPTEMBER, 10AM ONWARDS TO EARLY AFTERNOON

Volunteering event

Midshires Covert, Kelmash Road, Harrington NN6 9ND. Helping out with pruning and mulching etc, followed by food cooked on the campfire. All welcome. Contact Andrew Presland, 01933 316927.

> SUNDAY 22ND SEPTEMBER, 10.15AM

Morning Worship at Whitefriars Church

Whitefriars Primary School, Boughton Drive, Rushden NN10 9HX. Guest speaker from Urban Saints youth organisation.

> SUNDAY 29TH SEPTEMBER, 9.15AM

Higham Ferrers Footpath Group

Saffron Road car park for car sharing. Contact Barry 07800 849393. 10-mile walk in the Fernyn Woods area, rolling countryside and woodlands. No stiles.

> SATURDAY 5TH OCTOBER, 7.30PM

Corby Male Voice Choir in Glapthorn

St Leonard's Church, Glapthorn PE8 5BE. £15. For tickets text 07941 621937 or email paulineanddavidson@hotmail.co.uk. A programme of your favourite music.

> SUNDAY 6TH OCTOBER, 9.30AM

Higham Ferrers Footpath Group

Saffron Road car park for car sharing. Contact Cindy 07552 993777. 6.5-mile walk visiting Harrold Country Park, Woods and Lanes.

> SUNDAY 20TH OCTOBER, 9.05AM

Higham Ferrers Footpath Group

Saffron Road car park for car sharing. Contact Jan 07816 552200. 6.5-mile walk in the Welford area. Woods, canal towpath and a few inclines.

Revitalised choir packs huge punch at Last Night of the Proms concert

On Saturday 21st September, the award-winning Northampton Male Voice Choir (NMVC) conducted by Musical Director, Stephen Bell, will present its Annual Guest Concert joined by special guest soloist, 'The Tenor' - Joshua Daniel.

This promises to be a magical night simply bursting with music to entertain you, with a fantastic range of choral music from the choir's current repertoire featuring an exciting selection of fabulous, brand new songs - plus one or two surprises! The evening will end with a rousing, flag waving, 'Last Night of the Proms' sing-a-long with Joshua Daniel, including favourites such as 'Jerusalem', 'Rule Britannia' and 'Land of Hope and Glory'. Audience participation will, of course, be essential!

Musical Director, Stephen, said: "This is a real treat of a concert. NMVC is a new choir in many ways with the integration of 28 choristers from our 'Men United' campaign earlier this year. Now that we number over 70 choristers, our sound has developed significantly."

NMVC Chairman, Mark York, added: "Our Last Night at the Proms events are always hugely popular and this year, with the support of the truly amazing

NORTHAMPTON MALE VOICE CHOIR PRESENTS

LAST NIGHT OF THE PROMS




Musical Director - Stephen Bell




The Tenor - Joshua Daniel

7pm Saturday 21 September 2024
Christchurch, Northampton, NN1 5LL

Adults - £12
Concession and U16 - £10
Under 11 - FREE

Scan the QR code to purchase tickets at ticketsource.co.uk/nmvc
Contact Phil Temple for ticket enquiries on 07806846282

Joshua Daniel, we expect it to be even more so. Get your tickets now, as we anticipate another sell out concert. Don't miss out and

don't forget to bring your flags!" The concert will be held in Christchurch, Northampton NN1 5LL starting at 7pm.

Tickets: Available online from ticketsource.co.uk/nmvc
Adults - £12; Concessions and under 16s - £10; Under 11s - FREE. For ticket enquiries contact Phil Temple on 07806 846282.




RAUNDS GARAGE SALE

SATURDAY 21ST SEPTEMBER 2024
TRADING FROM 8.30AM



DOWNLOAD THE RAUNDS TOWN APP TO ACCESS THE MAP FOR FREE

Printed maps are on sale from the Post Office and the Town Hall from Monday 16th September

Or buy maps on the day from the Town Square at 8am

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GUESTS ENJOY MOVIES AND A MEDIEVAL BACKDROP – AND THE STAR OF THE SHOW WAS 602 YEARS OLD

It wasn't quite the Oscars, and the star of the show turned out to be more than 600 years old.

Taking centre stage at the screening of five films that were unveiled to a VIP audience in Higham Ferrers recently was the town's most famous feature that was named after its most famous son.

For the star was the 602-year-old medieval Chichele College. The

college and gardens, as well as the nearby Duchy Barn Garden, have been the venue of countless activities down the years and several short films have been made featuring some recent events.

The Chichele College Management Committee – a Higham Ferrers Tourism sub-committee – commissioned the films, which were funded by various

sponsors, and they were unveiled to special guests at a recent lunch in the college.

Members of the Higham Ferrers Social Prescription Group were the guests, along with the town's mayor Councillor Vijay Paul, the former mayor

Councillor Nigel Brown and Martin Gaskell, chair of the Northamptonshire Heritage Forum. The Mayor's Fund 2023, Higham Ferrers Tourism and Spring, the Northamptonshire Social Prescription Group footed the bill for the lunch.

The films featured different projects at Chichele College and in the town, in partnership with various community groups, and featured the 600th anniversary celebrations and Higham Ferrers Tourism Committee's Horticultural Show.



Attending the film shows were, from the back left: Carol Fitzgerald, chair of Chichele College Management Committee; Lauren Mackin, team manager of Spring (Social Prescription in Northamptonshire); Margaret Nyandoro, a member of the Higham social prescription group; Liz Barnatt, chair of Higham Ferrers Tourism, and Jacqui Kelly, the social prescription community development worker for Higham Ferrers. Seated from the left: Mayor Councillor Vijay Paul, past Mayor Councillor Nigel Brown and Martin Gaskell, chair of the Northamptonshire Heritage Forum

New Rushden rehabilitation service will boost care provision in North Northamptonshire

North Northamptonshire Council has welcomed a new specialist rehabilitation centre that has been set up by Kettering General Hospital for their patients – boosting care provision in the area.

Spinneyfields Specialist Care Centre in Rushden will be used by University Hospitals of Northamptonshire (UHN) – which runs KGH and Northampton General Hospital – so patients transferred there will be given care and support before being discharged from hospital care.

The unit will run alongside the Council-run Thackley Green in Corby which also provides re-ablement services for those leaving a hospital

setting and who are not quite ready to return home.

Cllr Gill Mercer, Executive Member for Adults, Health and Wellbeing, said: "Providing the best reablement for residents after they are discharged from hospital is a priority for the council and we are pleased that our in house re-ablement service was recently rated as good by CQC.

"We are pleased that KGH is using Spinneyfields to reshape the services provided and we look forward to seeing the positive impact this will have on people's experience of being discharged from hospital across North Northamptonshire.

"We remain committed to getting

the best possible outcomes for the residents of North Northamptonshire and will continue to work with partners to achieve this."

Jason Smithers, Leader of North Northamptonshire Council said: "We are committed to finding the best ways of providing care for the residents of North Northamptonshire and it's vital that we work with our partners to achieve this.

"This wonderful new facility is a terrific boost for North Northants and will help bolster the already excellent care which is provided for those leaving hospital, who aren't quite well enough to return home."

The Council took on the operation of Thackley Green in July last year.



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PUBLIC NOTICES

NORTH NORTHAMPTONSHIRE COUNCIL

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

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Wellingborough Road, Irlthlingborough from the junction with Presland Way.

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

PERIOD OF CLOSURE: The proposed Order will come into effect on 5th October 2024 and will continue in force for a period of eighteen months. An application may be made for the approval of the Secretary of State for Transport for the Order to be extended if this proves necessary. However, the restriction specified will have effect only at such times and to such an extent as is indicated by the display of signs prescribed by the Traffic Signs Regulations and General Directions 2016. EXPECTED DURATION: It is expected that the road will be restricted for one day. ALTERNATIVE ROUTES: follow signage.

If you require any further information please contact Steve Fowler
ref:- 24/25 – N266 Steve.Fowler@northnorthants.gov.uk PKG/T24/527

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14

(BROOK STREET, HARGRAVE)
(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2024

NOTICE IS HEREBY GIVEN that North Northamptonshire Council have made an Order the effect of which is to prohibit traffic from proceeding along that length of Brook Street, Hargrave as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Brook Street, Hargrave from Hillstone Barn to just past Bottom Farm.

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

PERIOD OF CLOSURE: The proposed Order will come into effect on 24th September 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 Raunds Road.

If you require any further information please contact Steve Fowler
ref:- 24/25 – N235 Steve.Fowler@northnorthants.gov.uk PKG/T24/480

Dated this 14th day of September 2024

SANJIT SULL

Director of Law & Governance (Monitoring Officer) (Interim)



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HERMITAGE HOUSE CARE HOME SUPPORTS INITIATIVE FOR NEW UNIT



Hermitage House Care Home in Thrapston recently supported Kettering General Hospital by donating to Northamptonshire Health Charity's 'Twinkling Stars Appeal'. As part of this contribution, the home rehomed 72 boxed bears from a 1990 magazine, gifting them to residents while supporting the appeal's goal of creating a more private and comfortable maternity bereavement unit.

"We're proud to support this incredible charity with a donation to their 'Twinkling Stars Appeal,' which is focused

on renovating the maternity bereavement unit at Kettering General Hospital," said Home Manager Jolene Anderson.

Nick Hayton, representing Northamptonshire Health Charity, said: "The charity has raised £300,000 so far for the 'Twinkling Stars Appeal'. Once we reach our target of £375,000 in 2025, the trust plans to top up the balance to support the progress of this new unit."

Fiona Stacey, a supporter of the appeal, expressed her gratitude: "Thank you for having us today—it's such a lovely home. When Customer Relations Manager Jess contacted me about re-homing the bears, and I learnt that the home was in Thrapston, where I grew up, I knew this partnership was meant to be."

Mayor of Thrapston, Cllr Andy McGovern, added: "It's a pleasure to be here today and support this fundraising journey. This charity is close to my heart, as I work at Kettering General

Hospital and have a background as a children's nurse. These bears are wonderful, and I'm sure they will bring you as much joy as they did their previous owners."

"Residents chose bears that reflected their careers, hobbies, and personalities. For instance, Pauline selected a teacher

bear, Dave picked a joker bear to match his comedic nature, Renee chose a Scottish bear, Stuart a mechanic, James a pilot bear due to his love of aircraft, and Yvonne chose a tennis player bear for her passion for sports," commented Customer Relations Manager Jessica Grayson.

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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