

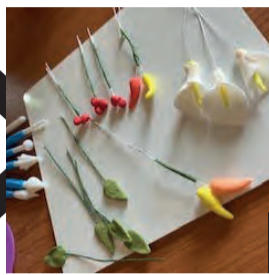
Nene Valley NEWS

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YOUR LOCAL INDEPENDENT COMMUNITY NEWSPAPER FOR EAST NORTHAMPTONSHIRE

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FLORAL MASTERPIECES COME TO LIFE AT THE SUGAR CRAFT WORKSHOP!

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MOVING MISSION TO FURTHER HONOUR HIGHAM FERRERS' HEROES AND HEROINE

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NEWS IN BRIEF

SEND student's passion for cooking lands him internship

A student from a SEND college has secured a supported internship within The Chester House Estate's catering team.

After two years at the Creating Tomorrow College, student Zec Taylor has progressed into his supported internship in The Farmhouse kitchen, working alongside professional chefs to make and serve food and drink to customers.

Currently, Zec supports day-to-day tasks including making barista-style coffee, preparing items on The Farmhouse's popular menu alongside professional chefs, and perfecting presentation skills on dishes.

Zec, 20, said: "My love for cooking started with making cakes at 10 years old. I started work experience in The Farmhouse in my first year at Creating Tomorrow College, washing up and clearing tables, and now in my internship I have been preparing sandwiches and practising my latte art. I even have my own chef whites!"

The wider Estate provides work experience for students on their Pathway to Employment study programme.

Northamptonshire charity's Annual Awards honouring over 40 charities and community heroes

Next month, Northamptonshire Community Foundation will celebrate more than 40 Northamptonshire-based charities, community organisations, volunteer-led groups and individuals at their Annual Awards event, taking place at the Royal Theatre.

Each year, the foundation hosts its Annual Awards to recognise the vital work carried out by the local organisations it funds. In 2024, the award categories include: Building Better Communities, Celebrating Culture and Heritage, Excellence in Education, Happy and Healthy Communities, Tackling Inequalities and the High Sheriff's Initiative Fund.

Awards for individuals who have made real, positive changes in their communities will also be presented. These include: The Avon Inspirational Woman Award, The Lady Juliet Townsend Award for Volunteering and the recently launched David Laing CBE Young People Poetry Award.

Rachel McGrath, Chief Executive of Northamptonshire

Community Foundation, said: "Our Annual Awards is a keynote event in our calendar and an opportunity for us to recognise and celebrate the vital contributions that local volunteers and charities across the county make to our local communities."

"We are so looking forward to being joined by our generous donors, sponsors, partners and friends for a celebration of the life-changing work carried out by so many remarkable charities and community champions. It is always an incredibly humbling and uplifting experience."

Just as in 2023, Scott Bader are the headline sponsors of the foundation's Annual Awards event this year: "We are pleased to be sponsoring the Northamptonshire Community Foundation Awards for a second

year running and are looking forward to celebrating those who make a significant impact throughout Northamptonshire."

The finalists for Northamptonshire Community Foundation's Annual Awards event 2024 include:

Building Better Communities

- Springs Family Centre
- Pattishall Park Events
- Northampton Youth Summit
- South Northants Volunteer Bureau

Celebrating Culture and Heritage

- Bardic Chair Northampton
- African Youth Arise
- Laugh Out Loud Theatre



- Northants Youth Music

Excellence in Education

- Read Easy Corby and Kettering
- Spring Charity
- Free 2 Talk CIC
- The Core at Corby Cube

Happy and Healthy Communities

- Dancemind
- Dementia Sings Out
- Home-Start Northampton
- Service Six

- The Curator Educator

Tackling Inequalities

- Peak Empower
- BAK UP CIC
- Northamptonshire Carers
- Northamptonshire Sport

Northamptonshire High Sheriff's Initiative

- Core at Corby Cube
- Basketball Northants
- Home-Start Wellingborough
- Ramgarhia Board

Northamptonshire Community Foundation is the county's leading independent grant-making charity. During the 2023/24 financial year, the foundation awarded £2.97 million in grants to charities, community organisations and volunteer-led groups across all four corners of the county. For more information, visit www.ncf.uk.com

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Bluetongue restriction zone extended into North Northamptonshire

The bluetongue restriction zone has been widened to incorporate North Northamptonshire, meaning farmers in the area must now follow restrictions on moving animals.

Anyone can check whether they are in the restricted zone through the interactive map on the DEFRA website.

Bluetongue is a notifiable animal disease spread by midges which affects ruminants, as well as camelids (llamas and alpacas), and cases of the viral disease (BTV3) have been confirmed across the East of England. It does not affect humans, horses or pigs. If farmers suspect a case, they must report it to the Animal and Plant Health Agency immediately on 03000 200 301. Symptoms vary across susceptible species but include fever, lesions, redness of the mouth, eyes, nose, reddening of the skin above the hoof, excessive salivation and

nasal discharge. Some animals may show few or no clinical signs.

Cllr David Brackenbury, North Northamptonshire Council's Executive Member for Growth and Regeneration, said: "Restrictions like this are introduced to hopefully prevent further cases of Bluetongue and we must do all we can to try and stop this very infectious disease from spreading further across the country."

Jason Smithers, Leader of the Council, added: "This is worrying time for farmers across the country and I would urge anyone who might be impacted to take a look at the guidance online, check whether you are in a restricted area and keep an eye out for updates."

The DEFRA website has the most up to date position across the country and you can also opt to receive email alerts for any updates.

GENEALOGY JOTTINGS

WORDS BY
JAN PEARSON

"Did you know... one Uncle Reg was a policeman and arrested another Uncle Reg for murder?" Really? I was told this when I was quite young and so was suitably impressed. However, it was not exactly true.

Yes, one Uncle Reg (married to my great aunt Nell) was a policeman. I can remember him putting his copper's cape on me and it being so heavy that it dropped me to the ground! But a murderer? The other Uncle Reg had been married to Nell's sister, Millie. Millie had been evacuated to Scotland during the last war where she died in hospital. Meanwhile, this Uncle Reg was away fighting in the army. Fast forward five years. The war is over and Reg is in lodgings. The next we hear is that he is charged with manslaughter, having killed his landlady and stuffed her body in a wardrobe. Uncle Reg the policeman was not involved with the arrest at all.

I have mentioned before that my Dad swore

that his grandfather threw himself off the Sandridge Road railway bridge in St Albans.

Research shows that his grandfather did kill himself but by walking out in front of a train at Smarden in Kent. Dad was born in St Albans in 1927 and the death happened in 1922. The family were still talking about it years later but Dad just assumed that it happened in St Albans.

These examples just go to show that, although the stories were sworn to be true, there were only elements of truth in them, so beware of family recollections that can lead you astray!

However, I have yet to discover if my Irish Granddad really was thrown out of home because he decided to join the British Army – the Connaught Rangers, to be precise.

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NNClimate24 – how will North Northamptonshire face up to a changing climate?

Just how will the people of North Northamptonshire prepare for the effects of climate change and what can be done to reduce our carbon emissions are the themes of this year's online climate conference – NNClimate24.

The North Northamptonshire Council-organised sessions on Thursday 21st November will be virtual, taking place online to reduce the carbon footprint of the event. They will be broadcast live on YouTube for anyone to watch.

The whole-day event, which starts from 9.30am, will be split into three parts:

Session 1: Health Effects of Climate Change – adopting a public health approach to tackling climate change with keynote speaker Dr Ebenezer Laryea, Associate Professor of Sustainable Development

Law at the University of Northampton.

Session 2: Sustainable Living – the power of the circular economy and sustainable waste management will be presented by Dr Margaret Bates, Head of UK EPR Scheme Administrator, Resources and Waste, Department for Environment, Food and Rural Affairs.

Session 3: Engaging Communities for Climate Action – from grassroots to local impact. The keynote speaker is Mark Thomas, Headteacher and Designated Safeguarding Lead, St Peter's School, Kettering, while Matilda Crane, East Midlands Regional Hub Manager for the Climate Ambassadors Scheme will also present.

Each session will be followed by a panel discussion. This is the fourth such forum that the Council has convened, building

on the success of conferences over the past three years.

Cllr Harriet Pentland, the Council's Executive Member for Climate and the Green Environment, said: "I'm very excited about this year's conference and it is great to have such a high-quality ensemble of speakers to present on what is the biggest challenge facing the world at the moment."

"Though this is a global problem, we need to act locally and raising awareness and highlighting solutions is imperative if we are going to have a positive future for generations to come."

More information is available on the council's website: www.northnorthants.gov.uk/nnc

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International recognition for Northampton College's outstanding green credentials

Northampton College is celebrating after its green efforts were praised on the international stage.

The organisation was the only further education college to reach the final of the Sustainability Institution of the Year category at the prestigious International Green Gown Awards where it was in competition with leading universities from the UK, Spain, Singapore, Australia, Peru, Morocco and Malaysia.

Although it missed out on winning the top prize, it was a huge achievement for the college to reach the finals of the awards which are supported by the UN Environment Programme and recognise universities and colleges with world-changing sustainability projects and award-winning solutions to environmental challenges.

Jason Lancaster, Principal of Northampton College, said: "Our students and staff have been inspirational in the way they've embraced a huge variety of green initiatives which run throughout the heart of our college and are dramatically reducing our carbon

footprint.

"We expect every curriculum area to embed sustainability elements in the delivery of their courses and our students benefit from working with green technologies in our cutting-edge facilities and with professionals who are at the forefront of sustainable practices. These opportunities are teaching our students skills above and beyond their course requirements and are giving them an important edge as they move into their future careers.

"We were thrilled to win Sustainability Institution of the Year at the UK & Ireland Green Gown Awards last November and to be the only further education college to have made it through to the finals in our category of the International Green Gown Awards this year is incredible."

The international awards final came just days after Northampton

College officially opened its new Green Skills Centre. The £500,000 renewable energies education and training facility is helping students to learn about air source heat pumps, ground source heat pumps, solar PV, solar thermal, wind generation, the electrification of vehicles and EV charging.

It will also be used to reskill adults who want to move into the construction industry, upskill existing professionals in the sector and to introduce hundreds of Northamptonshire secondary school students to sustainable practices through a variety of green projects.

All three of Northampton College's campuses in Northampton and Daventry are sustainable and generate a low carbon footprint. During the past few years the organisation has also introduced a wide range of innovative green activities including:

- Launching the Big Switch Off campaign, which has resulted in a 22 per cent reduction in its electricity use
 - Installing a green sedum room and photovoltaic panels
 - Committing to send no waste to landfill
 - Introducing a bus pass bursary scheme for students, secure on-site cycle points and electric vehicle charging points
 - Separating all food waste from the College's kitchens so it can be used as biofuel
 - Creating gardens and a protected conservation area
 - Fully recycling all the College's waste metals
 - Replacing single use plastic water bottles with reusable bottles in College canteens
 - Providing hundreds of paper recycling points.
- Hundreds of the College's

own Construction students are also involved in the design and construction of its new eco-classroom.

The International Green Gown Awards are delivered by EAUC and the event's headline partner is Allianz Global Investors.

Diane Mak, Head of Impact Strategy at Allianz Global Investors, said: "As a partner of the Awards, it has been fantastic to see the many inspirational projects across the globe that are providing sustainability solutions, addressing diverse environmental and social challenges.

"Our heartfelt congratulations to all the finalists – beyond delivering positive change within your institutions and communities, your projects are raising awareness around sustainability issues and will help inspire others to contribute to a more sustainable future."

To learn more about the International Green Gown Awards, visit <https://www.greengownawards.org/international-green-gown-awards>. For more information about Northampton College visit www.northamptoncollege.ac.uk



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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.

JANUARY

27-31 JANUARY YORKSHIRE DELIGHTS - £379.00pp

Burn Hall Hotel Huby, York. Half Board including excursions. Yorkshire is known for its Roman and Viking heritage, as well as its Norman castles, medieval abbeys, and 2 national parks. The largest area is North Yorkshire which covers nearly 3500 square miles and is known by the locals as 'God's own county', it is celebrated for its varied landscape. York, founded by the Romans, is home to the 13th-century cathedral York Minster, Tudor houses and medieval walls. The interactive Jorvik Viking Centre recalls the area's 9th-century Norse occupation.

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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
Sat 14 Hyde Park Winter Wonderland
Sat 14 Manchester Christmas Market
Sun 15 Stratford Upon Avon Christmas Market
Sun 15 Thursford Christmas Spectacular
Mon 23 Abba Voyage
Sat 28 Skegness

JANUARY

Fri 3 London's Christmas Lights & Fish n Chips
Sat 4 Boundary Mills, Grantham
Sun 5 Birmingham January Sales & Primark
Wed 15 Seasonal Surprise
Sat 18 Strictly Come Dancing

FEBRUARY

Sat 1 York's Ice Trail - free event in the town
Wed 15 St Albans Market Day
Sat 8 Warwick & Leamington Spa
Sun 9 Birmingham International Tattoo
Wed 12 Boston Market & Baytree Garden Centre
Sat 15 Houses of Parliament
Sat 15 London Museums OR Free Time

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SOLICITORS

Floral masterpieces come to life at the Sugar Craft Workshop!

Rushden Town Council was pleased to provide a sugar craft workshop in collaboration with The British Sugar Craft Guild, bringing together creativity and craftsmanship.

Held in the charming setting of Rushden Hall, the event brought together sugar craft enthusiasts of all skill levels for an afternoon of creativity and learning under the expert guidance of the Guild members.

The atmosphere was friendly as participants exchanged tips and ideas while working on their masterpieces and the room was filled with an array of breath-taking sugar-crafted flowers.

"Thank you to those very talented ladies from the British Sugar Craft Guild for hosting the event and to the members of the community who joined us and took part.

"It was a sweet success..."



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YOUR VOICE MATTERS...

CONSULTATION LAUNCHED ON CORBY STATION PARKING COSTS

Following a pre-consultation exercise which North Northamptonshire Council ran in Summer 2024, a consultation has been launched on proposed changes to car parking costs at Corby station.

The proposals are to bring the parking fees in line with other stations in the local area and residents have until 3rd November to have their say.

The pre-consultation received 90 responses, which expressed the need for an off-peak tariff and options for parking charges, alongside the need for additional parking spaces.

The revised proposals include an off-peak rate and proposes to increase the number of parking spaces, as well as making a section of the entrance/exit one way.

Once the consultation has closed, all responses will be reviewed by North Northamptonshire Council

and any changes would be introduced from Monday 2nd December 2024.

Cllr Matt Binley, the council's Executive Member for Highways, Travel and Assets, said: "Following our pre-consultation earlier in the year, we have taken on board the feedback received and the proposals now include off-peak rates as well as changes to the number of car parking spaces.

"The proposals would bring Corby station in line with the lowest priced station parking charges in the area and residents should be assured that we have considered all options very carefully before going out to consultation on proposed rises."

Jason Smithers, Leader of the Council, said: "It is

important that people have their say on issues that impact them and we know that a lot of people use Corby station daily – often travelling in by car.

"With this in mind, we want to hear from residents, businesses and visitors about the proposed changes and I would urge people to have their say before 3rd November."

Your Voice Matters...

All consultation and engagement activities can be viewed online via North Northamptonshire Council's Consultation and Engagement Hub and the consultation on proposed changes to car parking charges at Corby Rail Station is open until 3rd November.

Anyone wishing to comment can email trafficeenforcement@northnorthants.gov.uk or post comments to Corby Rail Station Charges consultation, The Cube, George Street, Corby NN17 1QG



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Nene Valley News - EVENTS

> SUNDAY 27TH OCTOBER, 10.15AM

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

> FRIDAY 1ST NOVEMBER, 1.30-3.30PM

Rushden Whitefriars Church Retireds' Group - Some members sharing memories of their early life, at the Bridge Community Office, Whitefriars Primary School, Boughton Drive, Rushden NN10 9HX. Free admission. Details from Celia Underwood (01933 676989).

> SUNDAY 3RD NOVEMBER, 10.15AM

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

> SATURDAY 23RD NOVEMBER, 7.30PM

Rutland Sinfonia Concert - St Peter's Church, Oundle. Tickets £5-£15. www.rutlandsinfonia.org.uk. Mozart Piano Concerto No. 24, Bruckner Symphony No. 4 ('Romantic').

> SUNDAY 24TH NOVEMBER, 10AM-4PM

Art & Craft Fayre - Masonic Hall, Wellingborough Road, Rushden NN10 9YJ. Free entry, car parking available. "There will be a variety of stalls from Waxology, jewellery, pottery, crafts and beautiful art from local artists to homemade cakes and goodies, tombola and a children's colouring competition. Plus this year we are providing refreshments too."

Yarwell and Nassington Britannia Band

The band's next concert is not too far away, in Elton Church on Friday 8th November, 7.45pm (doors open at 7pm). They will be playing the best of a recent programme as well as some new pieces reflecting a remembrance theme.

They are also hoping to have the Elton School band playing with them. If you have been to some of the concerts before, you will know how talented and enthusiastic they all are. Tickets are £10 and are available from the Elton Stores as well as from Richard Webb on 01832 280702 or from any Church Steward or band member. There will be a

bar so please go along and support the band and Elton Church.

The Christmas Concert will be back in Nassington Church on Sunday 8th December at 3pm with lots of mince pies and cups of tea. A great way to start your advent celebrations. The concert is free but donations will be taken for local good causes.

And then for those that really enjoy their brass bands, Stamford Brass are putting on a concert with one of the country's top 10 brass bands, Carlton Main Frickley Colliery Band, on Saturday 2nd November in Oundle School Great Hall.

Full line-up confirmed for spooky fun at the Chester House Estate this October

'Carve' out some time this Halloween and take a visit to the Chester House Estate, as the site's popular Halloween experience returns for 2024.

The spooky line-up for this year has just been released - packed full of favourites from previous years, alongside some new additions to keep the whole family entertained.

Across the week, there will be different themed days and activities, including creepy critters, pumpkin carving and birds of prey shows.

CLr Helen Howell, Deputy Leader for North Northamptonshire Council and Executive Member for Sport, Leisure, Culture and Tourism, said: "Halloween is always a special time for the team on site, with the site having opened three years ago near Halloween.

"This year, we are going bigger and better, with the traditional Halloween activities, pumpkin carving and lots of spooky surprises, alongside some new additions like fantastic bird of prey shows and our Autumn Food Festival. I am sure there will be a real atmosphere and I would encourage everyone to head over to the Chester House Estate's new website to find out more and book your tickets."

The Estate are renowned for their SEND friendly sessions, this year expanding to have a 'quiet hour' every day of their programme where individuals can carve and paint pumpkins, enjoy the scarecrow trail and take part in the costume competition. There is also a SEND slot for the Creepy Critters event.

Jason Smithers, Leader of the Council, said: "The team are always striving to improve the offering on site and making sure that all visitors are catered for, which is why this year there will be 'quiet hours' every day so visitors with additional needs can come along and take part."

The full line up for the week:
Saturday 26th - Thursday 31st October:
Spooky Halloween Passport - Take part in

pumpkin carving and painting, with special toolkits and paint pens to keep the mess at bay. Included in the £6.99 passport, children aged 2 - 12 years can take part in a scarecrow trail around the spooky woods, and a costume competition will take place to find the best Halloween outfit.

Monday 28th October: Creepy Critter Show - Perfect for kids with curious minds, this unique event offers the chance to meet and greet some of nature's creepiest creatures! From snakes to spiders to scorpions, an expert animal handler will guide you through fascinating facts and thrilling stories about these critters.

Tuesday 29th October: Falconry Day - Fly high this Halloween with the bird of prey shows at The Chester House Estate. Watch live demonstrations of falcons, hawks, and owls in flight, and learn fascinating facts about the birds from experienced falconers.

Wednesday 30th and Thursday 31st October: Villain Ball - From Hocus Pocus, to Maleficent, to Aurora - come and meet your favourite villains and princesses at the Villain Ball. Take part in games, activities, and dress-up competitions.

Friday 1st and Saturday 2nd November: Murder Mystery evenings - Back by popular demand - a night for over 18s solving ghost hunt and wizarding murder mysteries. With a two-course meal included, it's the perfect treat for a birthday, hen do or celebration this November.

Saturday 2nd and Sunday 3rd November: Autumn Food Festival - Indulge in autumn food and drink from local suppliers and live music at the weekend-long food festival.

Find out more about Halloween at the Chester House Estate

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What's on at the Cowper & Newton Museum

> FRIDAY 1ST NOVEMBER TO 18TH DECEMBER - USUAL OPENING HOURS

Georgian Christmas Festive Display
Beautiful, festive decorations in the 18th-century rooms. Smell the fruity aromas and delicious spices. Find the museum's most elegant dress in the Georgian Life room. In Cowper's day the Parlour would have been warm from the yule log blazing in the fire. The rooms will be tastefully decorated throughout with greenery from the gardens - a wonderful way to get into the Christmas spirit. Experience Christmas joy in the Flower Garden and Summer House Garden with the magical twinkling fairy lights illuminating the trees and Cowper's Summer House festively decorated too. Usual admission applies.

> SATURDAY 2ND NOVEMBER 7PM-10PM

Quiz Night with Fish and Chips - The Olney Centre, High Street, Olney, Bucks MK46 4EF
Test your trivia knowledge! Multiple rounds on general knowledge, history, pop culture, and

more. In teams of 8, enjoy a fun-filled evening all while raising money for the Cowper & Newton Museum! Prizes for the winning team. Tickets £15 per person includes fish and chips (tickets sold from the Museum Office in advance of evening). Or £6.50 without food. Teams of 8 people. Not in a team? Don't worry! Teams can be made up on the night. Tickets available from the Museum Courtyard Office. Bring nibbles and drinks.

> FRIDAY 29TH NOVEMBER 5-7PM

Magical Christmas lights switch on by Father Christmas - Join in with a magical evening in the museum gardens awaiting the arrival of Father Christmas. Help with the countdown before Father Christmas switches on the festive lights all around the Flower Garden and the Summer House Garden. He will be greeting the children in his grotto too before returning to the North Pole to prepare for the night before Christmas! More details to follow. Usual admission applies.



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Your Health – Stretching

WORDS BY CLAIRE SHORT

Whether you're an athlete, a dog walker or a gardener, you've probably been told to stretch your legs after exercise. But did you know that these days stretching is quite controversial? Some say it's essential, while others claim it's overrated. So, what's the view of Higham's senior sports therapist, Jay Sheridan?

Why Stretching Matters

After a hard workout, your muscles are like tight rubber bands. Stretching helps lengthen them, which can:

- Increase flexibility – possibly reducing the risk of injury even in day-to-day activities such as lifting a full washing basket or making a sudden dash to catch a falling jam jar/child/ball.
- Boost circulation – getting fresh blood to your muscles to speed up recovery.
- Improve range of movement – this is especially helpful when you're trying to increase your yoga poses, improve your football kick or just bending to pick up something you've dropped.

Is Stretching Necessary?

Here's where things get interesting. Some studies suggest that stretching might not prevent injuries as much as we thought, and others question whether it really helps with soreness. The good news is that most experts agree that stretching



can still benefit your muscles if done properly – the key is not to overdo it.

The Most Important Muscles to Stretch

Unless you play racket sports, it's good to focus on the key leg muscles that tend to tighten up after sports activities and desk work:

- Hamstrings: These are the big muscles at the back of your thighs. They can feel like guitar strings after a run.
- Quadriceps: The front of your thighs. Stretch these after cycling or running.
- Calves: Often overlooked. Stretch them to avoid that dreaded morning limp after a long hike, a game of football or crouching to weed the garden.
- Hip flexors: Sitting all day shortens these muscles, and sports don't help.

Bottom Line?

While the jury's still out on whether stretching is the ultimate post-sports solution, in Jay's opinion it's certainly not a bad habit to get into.

Have a bendy week!

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

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PUBLIC NOTICES

NORTH NORTHAMPTONSHIRE COUNCIL

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (HARLEY WAY, BRIGSTOCK)

(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 Harley Way, Brigstock as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Harley Way, Brigstock for its entire length.

REASON FOR RESTRICTION: The restriction is required for safety during resurfacing of passing places.

PERIOD OF CLOSURE: The proposed Order will come into effect on 19th November 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 4 days.

ALTERNATIVE ROUTES: use Causin Way.

If you require any further information please contact Steve Fowler ref:- 24/25 – N513 Steve.Fowler@northnorthants.gov.uk PKG/T24/677

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (RICHARDSONS LANE, LODDINGTON)

(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 Richardsons Lane, Loddington as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Richardsons Lane, Loddington from the junction with Orton Road.

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

PERIOD OF CLOSURE: The proposed Order will come into effect on 28th 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 up to 3 days.

ALTERNATIVE ROUTES: use Main Street and Harrington Road.

If you require any further information please contact Steve Fowler ref:- 24/25 – N344 Steve.Fowler@northnorthants.gov.uk PKG/T24/573

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (CHURCH 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 Church Street, Hargrave as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Church Street, Hargrave from the junction with Brook Street to outside Pinewood.

REASON FOR RESTRICTION: The restriction is required for safety during replacement of sluice valve and chamber.

PERIOD OF CLOSURE: The proposed Order will come into effect on 30th 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 up to 3 days.

ALTERNATIVE ROUTES: use B645, Shelton Road and road to Mere Farm.

If you require any further information please contact Steve Fowler ref:- 24/25 – N349 Steve.Fowler@northnorthants.gov.uk PKG/T24/577

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (KINGS MEADOW LANE, 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 Kings Meadow Lane, Higham Ferrers as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Kings Meadow Lane, Higham Ferrers from the junction with North End to The Walnut Tree.

REASON FOR RESTRICTION: The restriction is required for safety during new gas connection works.

PERIOD OF CLOSURE: The proposed Order will come into effect on 4th November 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 19 days.

ALTERNATIVE ROUTES: n/a cul-de-sac location.

If you require any further information please contact Steve Fowler ref:- 24/25 – N444 Steve.Fowler@northnorthants.gov.uk PKG/T24/652

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (CHURCH STREET, OUNDLE)

(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 Church Street, Oundle as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Church Street, Oundle from outside The Cripps Library.

REASON FOR RESTRICTION: The restriction is required for safety during stop tap replacement.

PERIOD OF CLOSURE: The proposed Order will come into effect on 6th November 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 3 days.

ALTERNATIVE ROUTES: n/a cul-de-sac location.

If you require any further information please contact Steve Fowler ref:- 24/25 – N446 Steve.Fowler@northnorthants.gov.uk PKG/T24/654

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (UPPER GEORGE STREET, 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 Upper George Street, Higham Ferrers as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Upper George Street, Higham Ferrers from outside no.42.

REASON FOR RESTRICTION: The restriction is required for safety for up 3 days.

PERIOD OF CLOSURE: The proposed Order will come into effect on 5th November 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 3 days.

ALTERNATIVE ROUTES: use George Street, Simpson Avenue and Newman Lane.

If you require any further information please contact Steve Fowler ref:- 24/25 – N453 Steve.Fowler@northnorthants.gov.uk PKG/T24/658

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (FOOTWAY INKERMAN WAY, OUNDLE)

(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 footway Inkerman Way, Oundle as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Inkerman Way, Oundle from outside numbers 55-61.

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

PERIOD OF CLOSURE: The proposed Order will come into effect on 26th 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 up to 9 days.

ALTERNATIVE ROUTES: use Victoria Yard.

If you require any further information please contact Steve Fowler ref:- 24/25 – N488 Steve.Fowler@northnorthants.gov.uk PKG/T24/679

Dated this 26th day of October 2024
SANJIT SULL, Director of Law & Governance (Monitoring Officer) (Interim)

MOVING MISSION TO FURTHER HONOUR HIGHAM FERRERS' HEROES AND HEROINE

Tracking down descendants of 11 Higham Ferrers WW1 servicemen and a suffragette has been a satisfying – and a moving – experience.

“When you look at how many served and the age they died and the fact that some families ceased to exist, it is moving,” said Gary Salmon, Deputy Mayor of Higham Ferrers, who with local WW1 historian and author Geoff Moore, have spent some six months researching and trying to find living relatives of the local heroes and heroine.

“I hope that young people come along to the special exhibition that we are having for the 12 and appreciate what they did for their country,” the Deputy Mayor added.

The hero servicemen and militant and imprisoned, hunger-striking suffragette, Alice Maud Shipley, are being immortalised by having roads named after them at a new housing estate being built in the town by HarperCrewe developers.

After being approached by the North Northamptonshire Council (NNC) about this, Higham Ferrers Council selected names from the war memorial.

The council later agreed to fund a plan for the exhibition that will pay tribute to the 11 servicemen and suffragette Shipley (who died in 1951 aged 82) - and Salmon and Moore then turned detective to trace as many living relatives as possible to invite them to the event.

Now, as well as honouring the 12 by naming roads after them, HarperCrewe has also agreed to put up an information board about them at the entrance to the estate. The Deputy Mayor and historian will prepare it.

“We have been able to trace several descendants and after the BBC ran the story on its website, we were contacted by a relative of two of our heroes – Reginald and Thomas Litchfield – who lives in Canada, and who plans to visit her Higham Ferrers relatives next year,” the Deputy


Mayor said.

Several descendants will converge on Higham Ferrers on Saturday 9th November (from 9.30am-1pm), to visit the public exhibition in the town’s Methodist Church Hall in the High Street.

Special boards have been prepared telling the stories of the servicemen and suffragette. The Council’s assistant town clerk, Emily Arrow, had been a great help in putting the exhibition boards together, the Deputy Mayor said.


The boards will be on display at the same time as the Girls’ Brigade hold their coffee morning, which is likely to attract more people to the exhibition, he said.

The exhibition will involve a local re-enacting family – Ria Jefferies, her son Thomas (7) and her father, William Chalmers. Ria will be dressed as a suffragette, complete with a ‘Vote for Women’ rosette and her son and father will be in civilian clothes of



**PASHLER
CLOSE**

Dennis Edward Mayhew Pashler
6 Thrift Street, Higham Ferrers
A/201219 Sergt Kings Royal Rifle Corps
Died 10th March 1918, aged 25
Tyne Cot Cemetery, Belgium



Bertram Hugh Pashler

North End, Higham Ferrers
R/5797 A. B. Hood Battalion. R.N.V.R.
Died 11th April 1918, aged 27
Pozières Memorial, France


Dennis was living in Thrift Street, Higham Ferrers before the war and is recorded as the only son of Mr and Mrs George Pashler. He was employed by Messrs Charles Parker of Higham Ferrers and for many years was an NCC in the St Mary's Church Lads Brigade, and a member of the Parish Church Choir. We do not have conclusive evidence of his relation to Bertram Pashler but it is highly likely they were related in some way. Dennis enlisted sometime in 1915 and had been deployed to France for around a year at the time of his death. He died just a fortnight after returning to France from being home on leave.

Mrs Pashler was informed of her son's death via letter from one of his comrades dated 11th March 1918, detailing that Dennis was killed around 7pm the previous day. The soldier wrote "...we found him always so willing, and he was a great favourite with all who he came into contact with. We have lost a friend of the very best, one who will be missed greatly by us all for his cheery disposition". The soldier comforted Dennis' parents by assuring them he was buried with "all the reverence" and a few of his personal friends at his graveside, and that the battalion had erected a cross over his grave.

Bertram married in Higham Ferrers before the war and had 2 children. He was recorded as being very involved with the working community in the town, and at various points worked at the Higham Ferrers Co-operative Boot Productive Society, as a teacher in the Sunday School, a War Savings Collector at the Co-operative factory, and a Higham Ferrers Special Constable. Bertram also took a keen and active interest in the work of the Higham Ferrers Wesleyan Methodist Church. He joined the Naval Division in August 1917 and went to France in November of the same year.


Bertram's wife was informed of his death via letter on 11th April. Her husband was described as "a good and brave soldier, and died at his post, faithful to the last". The Mayor at the time, Alderman Thomas Patnall, wrote to his widow with his personal condolences, saying "...he was a splendid fellow, highly esteemed and respected for his beautiful character and genuine Christian life, and beloved in the church for his usefulness in both school and society, as well as a faithful and honoured citizen".

The presence of Bertram's name on the Pozières Memorial suggests his body was never recovered.



**DAWES
GARDENS**

Henry Dawes
29 Wellingborough Road, Higham Ferrers
22007 Pte Bedford Reg.
Died 1st July 1916, aged 16
Dantzig Alley British Cemetery, France

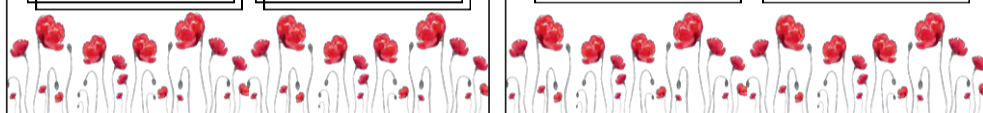


Bert Dawes

29 Wellingborough Road, Higham Ferrers
20202 Pte Royal Berks Reg.
Died 10th November 1916, aged 20
Dernancourt Cemetery, France

Henry was the younger brother of Bert Dawes. Henry sadly lost his life on the first day of the Battle of the Somme - July 1st 1916. The Commonwealth War Graves Commission recorded Henry as aged 19 when he died but a search of the 1911 census confirms him as 11 years of age and therefore at the time of his death he was actually only 16 years old. July 1st 1916 saw the worst casualty figures for a single day at any time past or present - 20,000 soldiers were killed and a further 40,000 wounded. Henry is buried at the Dantzig Alley British Cemetery in France. He was the youngest resident of Higham Ferrers to die in the war.

Henry's older brother Bert had worked at Messrs B Denton and Sons boot factory in Rushden prior to the war. Bert was wounded on the same day as Henry was killed but he recovered from this injury only to die from internal injuries inflicted in a later battle. Bert died on 10th November 1916 - a week before the Battle of the Somme ended. He is buried at Dernancourt Cemetery in France, just 10km from where Henry is buried.



If any reader has information to pass on, the Deputy Mayor can be contacted on garysalmon@highamferrers-tc.gov.uk and historian Geoff Moore on glmhfl@hotmail.co.uk

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