

Nene Valley NEWS

YOUR LOCAL INDEPENDENT COMMUNITY NEWSPAPER FOR EAST NORTHAMPTONSHIRE

Telephone: 01522 692542

We want to hear from you, so please submit your news story or event at www.nenevalleynews.co.uk

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GROUNDBREAKING CEREMONY KICKS OFF CONSTRUCTION OF RAUNDS SKATE PARK AND PUMP TRACK

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WINNERS OF NORTH NORTHAMPTONSHIRE ACTIVE COMMUNITIES AWARDS 2024 ANNOUNCED

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NEWS IN BRIEF

Warm this Winter Appeal

During the colder months, should our older and vulnerable neighbours have to choose between heating and eating? This is the question being asked by local grant-making charity Northamptonshire Community Foundation as it launches its Warm this Winter appeal.

Now entering its 14th year, the foundation's winter appeal has so far raised more than £267,000. Every penny donated goes straight to the Warm this Winter Fund, through which the foundation awards grants to charities and community organisations working to tackle fuel poverty and help vulnerable pensioners on a low income.

With changes to who will receive the Winter Fuel Payment this year, many pensioners on low incomes will struggle more than ever and with energy prices expected to rise again, it's set to be a tough winter.

To donate to the Warm this Winter appeal, visit the JustGiving page: <https://www.justgiving.com/campaign/warmthiswinter2024>

To find out more about Northampton Community Foundation's work, visit: <https://www.ncf.uk.com/>

Make a difference in 2025 with SERVE

Every day, our communities face struggles which make life difficult – difficulties no one should have to face alone. That's where you come in!

You have a fantastic chance to help SERVE – the East Midlands Regional Winner of the Great British Care Awards, 2024.

By hosting or participating in one of SERVE's events, you

can help bring about real change for people in need in Northamptonshire.

SERVE are dedicated to helping the elderly and those with disabilities lead

independent lives, and this year they need your help to raise the funds and awareness required to continue their mission.

From charity runs to virtual auctions – they need your help to make them a success!

Why get involved? By hosting or taking part in an event, you're not only supporting an incredible cause – you're becoming part of a community of change-makers. You will have fun, meet amazing people, and know that you're making a real difference.

> HOW YOU CAN HELP

• **Host an Event:** Whether it's a small gathering, a virtual fundraiser, or an activity which brings people together,



Race night held earlier this year

hosting an event is a great way to raise awareness and funds. SERVE will be with you every step of the way with resources and guidance.

• **Take Part:** Join them at an upcoming event! Every participant helps SERVE get closer to their goal, and they'd love to have you involved. Contact fundraising manager Nick Tite at nicholas.tite@serve.org.uk, or call 07738 190756, to find out more – if you have any questions or need more information, Nick has a host of ideas on how SERVE can work with you.

Nick said: "Thank you for helping us make a difference. We are immensely proud of our Great British Care Award and together, we can continue to create change which lasts."

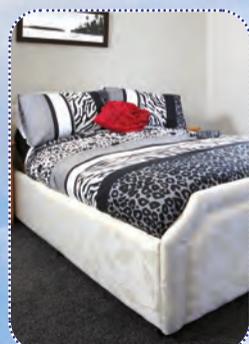


Sponsored walk fundraiser held earlier this year

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FIRST-OF-ITS-KIND HOUSING DEVELOPMENT OFFICIALLY OPENED

Representatives from North Northamptonshire Council joined with members of the Armed Forces Community, ward members, Deputy Lieutenant Air Vice Marshal White CB and representatives of the Armed Covenant Board to officially open a new housing development in Corby on 21st November.

Cheltenham Road is a housing development of 18 purpose-built properties delivered by North Northamptonshire Council, built and designed to help support the housing needs of our Armed Forces community.

This development also reinforces the strength of North Northamptonshire Council's commitment to the Armed Forces

Covenant in Northamptonshire.

Whilst considering the needs of its new tenants, this development is the first of its kind in the area and has been designed to seamlessly integrate with the existing community.

The development consists of eight 2-bed houses, two 3-bed houses, four 1-bed flats, two 1-bed bungalows and two 2-bed

bungalows. The council are delighted to have delivered a range of properties to house eligible ex-Armed Forces personnel.

Members of the Armed Forces community are now settled into their new homes and attendees were invited to look around the new properties after the official opening.

CLlr Mark Rowley, North Northamptonshire Council's Executive Member for Housing and Communities, said: "Even though the properties on site have only been lived in for a couple of months, you can tell there is already a real sense of community with residents settled in and benefitting from the facilities and layouts of the properties.

"We're immensely proud of the site and it is hoped that it will make a real difference to people's lives – whether it be veterans or those currently serving and their families."

This site has been designated to help with the housing needs of people from the Armed Forces Community in perpetuity. To ensure this in the future, North Northamptonshire Council has a Local Lettings Plan that has been designed to give priority to this community.

Only where there is no identified need will the properties be offered to the general housing register that is managed through the Keyways Housing Allocations Scheme.



GENEALOGY JOTTINGS

WORDS BY
JAN PEARSON

Don't neglect recent family memories!

Whilst it is possible – or even probable – that an opening conversation with like-minded people could start with "I have the family tree back to 1756", only to be followed by a response of "Oh, I have mine back to 1687", do not miss out on fascinating aspects of your family's more recent history.

There are a couple of reasons for this: because the stories are only one or two generations away, they are likely to be remembered with more accuracy than those of long ago. Also, in the years ahead, they will become those of long ago and will hopefully be of interest to the generations to come.

My Dad was an International Telephone Operator for the Post Office, later BT. One story was when he told the Queen to get off the phone! Back in the day, in order to make an overseas call, you had to hook up to a satellite. The Queen was on the Royal Yacht and talking to her mother who was in Glamis Castle. Dad had

to interrupt the conversation, as the signal from the ship deteriorated, and then had to reconnect them again to the next satellite to come over.

Amongst family memorabilia you might find diaries. I have my Mum's from 1947, where she tells of getting ready for a New Year's party and going in fancy dress. She mentions my Dad, saying that she went as a Spanish girl and he went as a pirate. Later that year she tells of his going off on National Service and where he was based. Do younger people know about National Service? Mum worked in a tobacconist's from when she left school at 14. In the diary, she tells of cigarette shortages, although tobacco was not rationed. The cinema was a favourite and she saw 'If I'm Lucky', starring Perry Como. How many people remember him? A different screen for a different generation.

Genealogy Specialists, Tracing Our Past, Discovering Our Genes (TOP DOG)
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Articles to the editor by: Wednesday 8th January

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DECEMBER

Sat 14 Hyde Park Winter Wonderland
Sat 14 Manchester Christmas Market
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 5 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
Tue 18 Melton Mowbray
Wed 19 Seasonal Mystery Tour
Thu 20 Ely
Fri 21 Cotswold Farm Park - Adam Henson
Sun 23 Orchids at Kew Gardens
Tue 25 Barnsdale Gardens Snow Drops

MARCH

Tue 4 Springfields
Tue 4 Spalding
Thu 6 Cotswold Tour
Sat 8 York OR Jorvik Viking Centre
Sat 8 National Railway Museum
Tue 11 Derbyshire & Peak District
Sat 15 Saffron Walden a Cosmopolitan Market
Wed 19 Seasonal Mystery
Fri 21 Ideal Home Show
Fri 21 Royal Mews & Free Time
Sat 22 Thriplow Daffodil & Country Fair
Thu 27 Canterbury OR Canterbury Cathedral
Fri 28 Stratford Upon Avon
Sat 29 Hever Castle & Gardens - Anne Boleyn

MAY

Sat 10 Andre Rieu

SEP

Thu 4 Riverdance Show

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



FEBRUARY

10-14 FEBRUARY 2025
SEASIDE MYSTERY - £359.00pp

Half Board including Excursions, £359pp. On the way to our chosen hotel we stop usually for morning refreshments and somewhere for lunch and arrive at our 'mystery' hotel in plenty of time before dinner. On the 2 - 4 day, after a leisurely breakfast and usually much discussion about what the day might have in store, we depart for a full day excursion. On the final day, we make our way home via another place of interest. A different experience every time.

MARCH

9-12 MARCH 2025
FLOATING ON THE RIVER SEINE IN PARIS - UPPER DECK £609PP/MAIN DECK £599.00pp

Full Board including Excursions. The MS Renoir floating hotel is a premier ship that sails on the Seine, a historic and authentic river with breathtaking views. On the deck there are comfortable sun lounges and a large shaded area. Paris is one of the world's great cities with attractions such as the Eiffel Tower, Notre Dame and the Louvre to name just a few. Paris is also famous for its rich history, beautiful architecture and cultural diversity. Entertainment includes a Cabaret Show on one night and dancing on another.

10-14 MARCH
POTTERS FIVE LAKES ALL INCLUSIVE MID WEEK BREAK £579.00pp

The fantastic Potters Five Lakes resort is the UK's newest all inclusive resort that is packed with countryside charm and character. Their award-winning resort combines peaceful countryside surroundings, exclusive activities and amazing all inclusive value. Come and experience their second five-star destination for a break you won't forget. Set in 320 acres of glorious Essex countryside, it is the perfect place to unwind. There is an excellent variety of activities, first class West End quality entertainment, delicious food & drink and everything is included in the price!

23-27 MARCH
A TOUCH OF CLASS £659.00pp

The Belmont Hotel, Half Board including Excursions. Sidmouth sits in the middle of East Devon and is an Area of Outstanding Natural Beauty. It is surrounded by spectacular scenery and vistas. The landscape is a wonderful mix of wooded areas, heathland and hilltops. Along the front in Sidmouth is the Millennium Walkway which stretches the length of the beach providing the perfect background for an afternoon stroll. Take some time to explore the town centre, rich in royal and architectural history, as well as discovering a great range of shops, cafe's and restaurants.

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RUSHDEN'S HIGH STREET CHRISTMAS HAMPER HUNT IS HERE!

Rushden's HIGH STREET Christmas HAMPER HUNT

Collect a free Letter Search sheet from Rushden Hall or Rushden Library and let the fun begin...

Complete your sheet and return it to:
RUSHDEN HALL, HALL PARK, NN10 9ES
to be entered into a prize draw for one of two family Christmas hampers, stocked with festive treats from local businesses.

Scan the code to download a sheet or visit www.rushdentowncouncil.gov.uk for further information.

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Celebrate the festive season with Rushden's Christmas High Street Hamper Hunt!

Rushden Town Council is pleased to launch this exciting treasure hunt, held in collaboration with Rushden retailers, to bring festive cheer and support local businesses.

Luxury hampers filled with items purchased from High Street shops await two lucky winners – don't miss out!

> HOW TO JOIN:

- **Get Your Entry Form:**
 - Download it here: <https://bit.ly/3UYtl15>.
 - Pick it up in person: Forms are available at Rushden Hall, Rushden Library, or participating shops.
- **Search for the Hampers:** Stroll along Rushden's High Street to find signs of Christmas hampers displayed in shop

windows or hidden inside participating stores.

- **Fill Out the Word Sheet:** Collect the letters displayed on the signs during your hunt and use them to complete the word sheet.
- **Submit Your Form:** Drop your word sheet into the red letterbox located in the entrance porch of Rushden

Hall, Hall Park, Rushden NN10 9ES to enter the prize draw.

> KEY DETAILS:

- **When:** Happening now!
- **Where:** Rushden High Street (entry forms are available at Rushden Hall, Rushden Library, and participating shops).

- **Prizes:** Two winners will each win a luxury Christmas hamper filled with festive treats!
- **Winner Announcement:** Winners will be drawn on Monday 16th December. **Good luck, happy hunting, and have a merry Christmas From Rushden Town Council!**

Raunds Community Library faces possible closure

The current funding partner faces financial pressures and is having to leave the partnership.

Unless another sponsor/partner can be found, the services the library offers will be lost to the town: Mums and Tots groups, free children's activities, help for the elderly with bus passes and blue badges, a warm space for those in need, book delivery to

the housebound, free computer access, a meeting place for 20 small local groups, plus the usual book lending expected of a library.

In order to gauge public opinion on the value of a library and to consider possible ways forward, you are invited to a public meeting, to be held at the library on 12th December at 7.30pm. Your attendance would be of great help.



 **Hermitage House**
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Every other Wednesday 10am - 12noon
*Starting from 15th January 2025

We warmly welcome our local community to enjoy a complimentary selection of teas, coffees, and homemade cakes. It's a perfect opportunity to meet new friends and share good company.

No need to book - just pop in on the day!

To learn more or to reserve a table, please contact Jess, our Customer Relations Manager on 01832 430 084.

Kingfisher Road, Thrapston, Kettering, NN14 4GN

www.countrycourtcare.com



Spotlight on > CHRISTMAS



> HANDCRAFTED BY LOCAL ARTISTS

The Artful Duck has now been open for two and a half years – sitting in a prominent position in Brook Street in Raunds town centre. Owner Ali Meaker is a local artist who wanted to showcase her own work and that of other makers.

“Back in 2022, my idea was to create a bright open space where the handcrafted items are the star – to be

sold alongside work from local artists including myself,” Ali explained.

“Supported by my husband we found this wonderful building, which used to be a bank and had enough space to have a little extra room for some vintage homeware, and space to promote our bespoke picture framing service.

“We only sell handcrafted items and art, nothing imported or mass produced. Most of our makers and

artists live and work within 30 miles of Raunds.

“I am very careful when choosing makers for the shop. They should be producing good quality products, which can stand proudly in the high street alongside mainstream shops.

“I am delighted at what has been achieved, especially whilst in a financial climate where every purchase needs to be carefully considered. I couldn't do it without the support of the wonderful

makers and artists. I would like to take this opportunity to wish our wonderful customers a merry Christmas and a very happy 2025.”

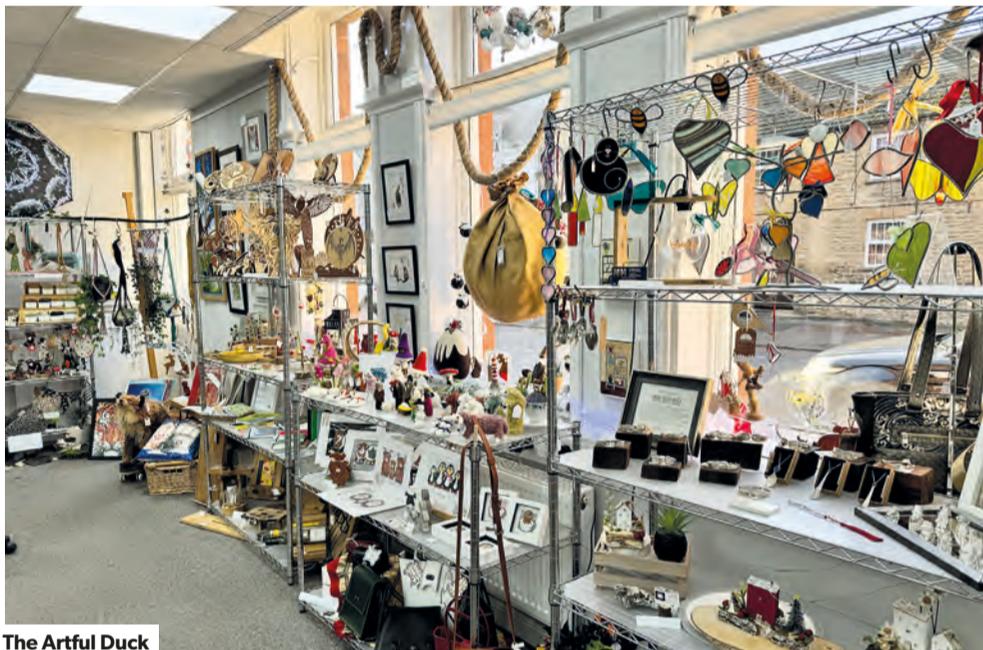
> CELEBRATE THE FESTIVE SEASON AT BOSWORTH'S GARDEN CENTRE

This month, Bosworth's is your go-to destination for Christmas trees, with local delivery available or to take away.

“Throughout December we have a festive menu available in Aspen Cafe.

Save the date for 16th December when we have our launch day, where Santa will be making a spectacular entrance with his elves from 9am with festive entertainment.

“Our singing reindeer will be raising funds for Cransley Hospice again this year and of course our magical Christmas displays are open throughout with the latest trends and decorations. We hope to see you soon.”



The Artful Duck



Bosworth's Garden Centre

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Real Christmas Trees in stock from the end of November. (Delivery available)

LEMAX

HIGHAM'S SPARKLE DEFIES THE WEATHER!

While many Christmas events fell victim to the high winds and rain this year, Higham Ferrers' Christmas Sparkle went ahead and demonstrated Northamptonshire's ability to get on with things, even when the weather gets bad.

The town council's choice to go ahead with the event was met with overwhelming approval. As one person put it, "We needed this. It's been a tough year, and a bit of sparkle makes all the difference."

The turnout wasn't as high as normal, but many families braved the rain and wind to see the Christmas lights switch-on and soak up the holiday cheer. Santa Claus was kept busy in his grotto, and in the Ashgrove Clinic Santa Paws was very busy with all the soggy dogs sitting on his lap! £480 was raised for Medical Detection Dogs, despite the high winds keeping people away.

Stallholders weren't able to put up marquees because of the wind, but local businesses were there to help and provided spaces for many of them including St Mary's Church, The Methodist Church, Ashgrove Clinic, Wilson Browne Solicitors and The Working Men's Club. Others



The Mayor with Santa Paws

sold their products from the back of cars.

The team at Higham Refill, the eco-friendly shop, said it best: "It wasn't the busiest year, but we're so glad it wasn't cancelled. I think everyone who came was really proud to be part of our town today, and it's far better to have a slightly damp Christmas event than none at all."



Higham Ferrers Gateway Club tombolla stall



£480 was raised for Medical Detection Dogs

Raunds Christmas Lights Switch-On

The Christmas spirit shone brightly in Raunds on the evening of Sunday 24th November, as residents gathered for the much-anticipated Christmas Lights Switch-On. Although the weather had other plans, forcing the cancellation of the Christmas Market and much of the original entertainment programme, the community rallied behind an updated programme to celebrate the start of the festive season.

At 6pm the Mayor of Raunds, Councillor Paul Byrne, and Avy from Windmill School, the winner of the children's Christmas lights competition, proudly switched on the display. The lights, twinkling against the gloomy skies, brought cheer to the residents who turned out in healthy numbers despite the rain.

The revised schedule of activities ensured there was still plenty to enjoy:

- Santa and his Elves added magic to the evening, delighting children with sweets.

- Georgia May delivered a brilliant live performance from the Bandstand, warming hearts with her music.
- Big Heroes for Little Heroes – Minnie, Mickey, and The Grinch – brought smiles and laughter to all ages.

The Mayor expressed his gratitude for the community's resilience, saying: "It was heartwarming to see so many people brave the weather to support this cherished Raunds tradition. Whilst it certainly wasn't the event we had planned, the festive spirit remained alive and well. A huge thank you to everyone who joined us, and to everyone who worked tirelessly behind the scenes to adapt the plans to ensure we could still celebrate together."

A special thank you goes out to Raunds Fish Bar and all the event sponsors whose support made this year's event possible. Despite the challenges, the evening succeeded in bringing the community together and spreading a little festive cheer.

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A YEAR OF INCREASING ACTIVITY AND IMPROVING RESIDENT HEALTH

North Northamptonshire Leisure and Public Health in North Northamptonshire Council are working together to increase activity and improve health outcomes for residents.

Active for Health, a Public Health funded project, has now been running for a year. It's developing and strengthening partnerships, with the key aims of improving the access to, and quality of services in North Northamptonshire's leisure facilities.

Councillor Helen Howell, Deputy Leader for North Northamptonshire Council and Executive Member for Sport, Leisure, Culture and Tourism said: "Thanks to Active for Health, our leisure delivery partners, Places Leisure, Freedom Leisure, and North Northamptonshire Leisure, can improve activity services and programmes across North Northamptonshire.

"I am particularly delighted that Active for Health is supporting increased training for teams within our leisure facilities. This investment helps staff feel valued in their roles, as well as developing their skillset in the leisure industry.

"I know that staff have enjoyed the training and are finding it useful in their day-to-day contact with our residents."

Councillor Gill Mercer, North Northamptonshire Council's Executive Member for Adults, Health and Wellbeing said: "Public Health in North Northamptonshire Council is committed to working with North Northamptonshire Leisure services to tackle health inequalities and improve outcomes for

our residents.

"This partnership means that we can work together to improve and develop existing interventions such as Activity on Referral (AOR), rehabilitation programmes and falls prevention, as well as introduce new programmes."

Active for Health Funding supports public health priorities including reducing the risk of chronic

diseases, deaths from COPD and preventable cancers, as well as reducing emergency hospital admission rates for hip fractures.

Other priorities include increasing the percentage of adults who are physically active and reducing the amount of adults with excess weight.

Jason Smithers, Leader of North Northamptonshire Council said: "I am

delighted at the progress already made in the first year of Active for Health.

"Our leisure services provide such an important service for many of those in our communities, but it's important to involve even more of our residents with the resources and support they need to lead active lifestyles and improve their health."

AVOIDING WINTER SPORTS INJURIES

Winter isn't just for hibernating; it's a great time to focus on training, recovery, and preparation for upcoming seasons. Here are some tips from Ashgrove Clinic, Higham Ferrers, to keep your body in top shape as temperatures drop.

> WARM-UP TO WARM UP

In cold weather, your muscles take longer to loosen up. Think of them like frozen rubber bands – start yanking on them, and you're asking for trouble. Spend extra time on dynamic stretches like lunges, arm circles, and gentle jogging to increase blood flow and flexibility.

> PREPARE FOR SPRING

Winter is a great time to check in with your sports therapist about how to strengthen old injuries

and prevent new ones. Just small changes in your winter training routine could get your body functioning better.

> STAY HYDRATED (YES, EVEN NOW)

It's easy to forget about hydration when it's cold, but winter air can be surprisingly dehydrating. Keep a water bottle handy, and aim for room-temperature water to avoid freezing your insides.

> ADAPT TO SLIPPERY CONDITIONS

Whether you're running on frosty paths or doing a HIIT session on slippery fields, your shoes matter. Wear shoes with good traction and ask your sports therapist about exercises to improve balance. If you're rehabbing an ankle injury, for example, I might recommend

stability drills to keep you safe when things get slippery.

> LAYER SMART, NOT BULKY

If you're training outside, dress in moisture-wicking layers to stay warm without feeling weighed down. Your outer layer should block wind and rain, while the inner layers should trap heat and keep sweat off your skin. Don't forget gloves and a hat.

Whatever your sport, a good sports therapist can tailor your sessions to keep you on track all season long. Ask us to help you more, so that next year is great for you!

Senior Sports Therapist, Jay Sheridan can be contacted on 01933 469043

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reception@ashgrovehealth.co.uk

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Higham Ferrers, NN10 8BT

PURPLE MONDAY

20% off Wills in February.*

Make this the year you make (or update) your Will.

"Purple Monday" is our annual drive to encourage people to have a professionally-drafted Will, to ensure that your wishes are carried out. This could include your assets, guardianship of your children and any specific gifts you wish to make.

It can also help to reduce your dependants' liability for Inheritance Tax. If you need to update your Will ask about our free Will health check.

*Appointments must be booked on Monday 3 February 2025 for an appointment within 28 days. Other terms apply – see wilsonbrowne.co.uk/terms or call for details.

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SOLICITORS

Groundbreaking ceremony kicks off construction of Raunds Skate Park and Pump Track

The community of Raunds came together on Wednesday 27th November to celebrate an exciting milestone, as the Mayor of Raunds, Cllr Paul Byrne, performed the ceremonial 'turning of the sod' to mark the official start of construction for the eagerly anticipated Raunds Skate Park and Pump Track at Amos Lawrence Park.

Joining the Mayor on site were Raunds Town Councillors, members of the Raunds Ramps Working Group, and construction workers from the Council's appointed contractor, Bendcrete, who are now hard at work bringing the project to life.

This highly-anticipated facility, championed by the Town Council and the public Working Group, Raunds Ramps, is set to deliver a state-of-the-art space for wheeled sports enthusiasts of all ages.

Speaking on site, the Mayor of Raunds, expressed his enthusiasm for the project: "This moment represents more than the start of

construction; it symbolises the Town Council's commitment to investing in its people, and in particular, investing in our youth. This skate park is a place where creativity will flourish, friendships will be forged, and energy will be released in the most thrilling and dynamic ways."

Councillor Ollie Curtis, Chairman of the Skate Park Working Group, also shared his excitement: "This groundbreaking marks an important step in delivering a fantastic facility that will serve the young – and young at heart – of Raunds for years to come. It's been incredible to work with such a committed group of people to bring this project to fruition. I can't wait

to see local riders enjoying this space."

Construction is now fully underway, with Bendcrete, a leading contractor specialising in skate parks and pump tracks, making swift progress on site. The project is expected to be completed in the coming months, transforming the area into a vibrant hub for outdoor activity and social connection.

The Town Council extends its continued gratitude to all those involved in the project.

Keep an eye on the Raunds Town Council website, Raunds Town App and social media channels for further updates on the construction. Together, we are building a brighter future for Raunds!





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Nene Valley News - Events

> FRIDAY 6TH DECEMBER, 1.30PM

Whitefriars Church Retireds' Group Christmas event

At the Bridge Community Office, Whitefriars Primary School, Boughton Drive, Rushden NN10 9HX. Carols and food. Details on 01933 676989.

> SUNDAY 8TH DECEMBER, 10.30AM

Whitefriars Church Countryside Walk: "Harrold Highways & Byways"

A three-to-four mile walk on lanes and paths near Harrold. Meet near the Co-op food store, 66 High Street, Harrold MK43 7DA. Details on 01933 316927.

> THURSDAY 12TH DECEMBER, 7.30PM

Public meeting

Raunds Community Library, High Street, Raunds NN9 6HT, contact no. 01933 623747. Public meeting regarding the possible closure of Raunds Community Library and present situation

> SATURDAY 14TH DECEMBER, 7.30PM

Carols and Festive Music with Rushden Town Band

St Mary's Church, Little Addington NN14 4BD. Adults £10, Children £3. Mulled wine and mince pies included. Booking essential. For tickets please phone: Jean 01933 650245, Ken 01933 650788 or Tanya 01933 650402.

> SATURDAY 14TH DECEMBER, 6PM

Community Carol Singing

At the shopping precinct, Grangeway, Rushden.

> SUNDAY 15TH DECEMBER, 10.15AM

A Christmas Journey

At Whitefriars Primary School, Boughton Drive, Rushden NN10 9HX.

> MONDAY 16TH DECEMBER, 8PM

Nene Valley Astronomical Society – A presentation by Dave Eagle: Smart Telescopes, and an update on Stacking Systems

Chelveston Village Hall, Caldecott Road, Chelveston NN9 6AT. Admission £5 including tea/coffee and biscuits. For further details phone Kevin 07731890594, or see www.neneastro.org.uk. If you have any questions about Astro Photography, Dave is the person to ask.

> THURSDAY 19TH DECEMBER, 7.30PM

Community Carol Singing

At the shopping precinct, Grangeway, Rushden.

> FRIDAY 20TH DECEMBER, 10.15-12.00

Raunds Choir Xmas Sing-Along

Raunds Community Library High Street Raunds NN9 6HT. Everyone welcome. Refreshments available. Contact Lynda Bell 07749254139

> MONDAY 30TH DECEMBER, 10.30-11.15AM

Crimbo Limbo Magic Show including free balloon model

Raunds Community Library, High Street, Raunds NN9 6HT. It is a FREE event but entry tickets need to be obtained from the library to monitor numbers attending. Contact Ann Rooney 07561 073898.

CHRISTMAS DAYS OUT WITH THE NATIONAL TRUST AT LYVEDEN, NORTHAMPTONSHIRE

- Historic houses dressed for Christmas
- Fairytales and Christmas stories brought to life
- Book now for Father Christmas events
- Explore the outdoors with winter trails

The cold weather is here and with Christmas just around the corner, it's time to get into the festive spirit – and there's no better way than by visiting the National Trust with friends and family.

Experience winter festivities at Lyveden and be inspired by the magic of Christmas with sparkling Christmas trees and National Trust houses adorned with decorations.

Father Christmas will also be making special appearances at Lyveden, with visits bookable online: FatherChristmasatLyveden|NationalTrust

Here are some of the top Christmas events to enjoy this festive season. Events correct at time of issue, please check individual webpages for full details and availability.

Historic Christmases and decorated houses

Winter opening hours include Friday to Monday, 11am-4pm, last entry 3pm. Lyveden will also be open for Christmas Eve, New Year's Eve and New Year's Day.

From the 30th November to 6th January, visitors are invited to Lyveden to come and discover the peculiar and often chaotic customs that brightened midwinter in Tudor times. The manor house decked in festive greenery and Tudor-inspired décor will tell the story of these strange traditions. Visitors can learn how wealthy Tudor families celebrated with

lavish banquets and extravagant dishes at the new feasting table in the common room. Unwind after a brisk winter walk at the second-hand bookshop or take part in a beloved Tudor pastime with boardgames in the café.

Father Christmas and Mother Christmas events

Father Christmas at Lyveden. Running 14th, 15th, 21st and 22nd December, with sessions at 11:30am-2:30pm and 1:30pm-2:30pm. £3 per participant, standard admission applies.

Father Christmas is making his way to Lyveden, where he will be taking his cue from the traditions of the Tudors, dressing in green and telling stories of woodland creatures and past Christmases. For just £3 per participant, visitors can join him for storytelling, presents and crafts, along with plenty of opportunities to say hello and take pictures.

Winter Trails

Merriment and Misrule: A Tudor Christmas Party. 30th November-6th January, 11am-4pm, last entry 3pm.

This year families can let the Lord of Misrule be their guide to Tudor Christmas, with Lyveden's new Lord of Misrule trail. After being put in charge of the Christmas festivities, the Lord of Misrule has left a trail of chaos in the manor. Find out what he has been up to and have a go at some of the Tudors' favourite midwinter games and activities along the way!

Christmas is on its way!

Yarwell & Nassington Britannia Band will be holding their Christmas Carol Concert 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 entry but donations will be taken for local charities. A concert for all the family with a chance to sing along to some carols, as well as listen to popular Christmas music. Compered expertly, as always, by Tony Cooper, the concert will also be shared with the Elton School band. Please come and support them. Their enthusiasm is contagious!

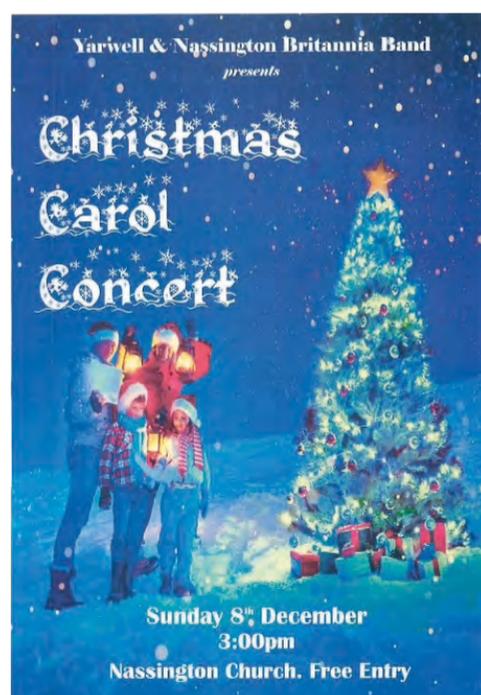
The day before that, the band will be playing at the Oundle Christmas market between 12noon and 2pm.

They are also playing carols in their local pubs. What can be better than singing carols by a log fire with a pint of beer in your hand? This year they will be playing in three pubs all from around 8pm:

- Wednesday 11th December – The Angel, Yarwell
- Wednesday 18th December – The Cross Keys, Wansford
- Thursday 19th December – The Queens Head, Nassington

They are also playing at the Kings Cliffe Club on Friday 13th December from 7pm.

And then to finish off the band's engagements



for the year, the band are playing for the outdoor carol service at Wellspring Church, The Alpha Centre, North Bretton at 5pm on Sunday 22nd December. Lots of music to enjoy.

Carols and Festive Music
With the
Rushden Town Band
Musical Director: Adele Hudson

St Mary's Church
Little Addington NN14 4BD

Saturday 14th December 2024 at 7.30pm
(Early doors from 6.45pm)
Adults £10.00, Children £3.00
Includes Mulled Wine & Mince Pies

Booking Essential - For Tickets Please Phone:
Jean - 01933 650245 Ken - 01933 650788
Tanya - 01933 650402

LOCAL AUTHOR – MARY MATTHEWS

Living and writing within the circulation area of the Nene Valley News, we are lucky enough to have a number of successful authors. One of the most prominent of these is Mary Matthews who writes under the name of Georgia Rose.

Mary began writing her first novel in 2012 to see, as she would put it, if she could get to the end. Happily, this was a success because what started as one book became three as she began to find her feet as a writer.

A Single Step was completed in 2014 and the further two books, Before The Dawn and Thicker Than Water, expanded the storyline to become the popular Grayson Trilogy.

Even at this stage, Mary had not thought seriously about getting published, but having discovered independent publishing, she decided that she would follow that path.

With The Grayson Trilogy successfully on the market, Mary decided to pen a standalone novel, Parallel Lies. This was so well received that she had requests for a sequel and so Loving Vengeance followed. It was at

this point that Mary began to contemplate a darker shade of novel. The earlier novels were essentially described as romantic suspense and were promoted as romantic and suspenseful adventure stories with adult themes. Following her success with these, she wanted to explore the notion of a darker shade of suspense.

Such was her enthusiasm for this that we now have

the acclaimed A Shade Darker series of domestic or psychological suspense. All are set in the fictional village of Melton, each story being written from the perspective of a different character and told within one month of a year. A Killer Strikes, Shape Of Revenge and Hard To Forgive are on the market and will be followed by A Stolen Future on 1st April 2025.

Alongside her writing, Mary launched Three Shires Publishing initially to publish her own work as Georgia Rose but she soon realised that with the experience gained she could offer help to other aspiring authors and

subsequently set up writing workshops, introducing writers to independent publishing.

Several budding authors who attended the workshops went on to publish their own work.

Others approached Mary, asking her to publish for them. Among them was Thomas Richard Brown, for whom Mary has published four well-reviewed novels. Richard appeared in the Nene Valley News earlier this year.

As well as novels, Mary has published non-fiction, including autobiographies, memoir and poetry. Mary feels that there is no end to the possibilities available through independent publishing and

would always be pleased to chat with anyone who is prepared to contact her.

All the Georgia Rose books are available wherever you buy your books as eBooks and paperbacks, with some in hardback or as audiobooks.



Council seeks views on North Northamptonshire Adult Social Care Strategy 2024 – 2029, “The lives we live”

An ageing population and more people living longer with more complex needs means the demand on the council’s Adult Social Care services is growing.

The strategy sets out how people with care and support needs can expect to be supported as they transition to adulthood or at times in their lives when they may need additional support.

North Northamptonshire Council’s five-year strategy aims to address the challenges of more demand on services while always striving for the best for the adults in its population. Its focus is on wellbeing, enablement, partnership working and outcomes.

The strategy has been co-produced with people who use these services, staff and local partners working in social care. This included Expert by Experience panel members. Drawing on their knowledge and experience the draft strategy aims to improve the way support is delivered and commissioned.

Now the council wants to hear your views on the draft Adult Social Care Strategy 2024-2029, “The lives we live”.

Executive Member for Adults Health and Wellbeing, Councillor Gill Mercer, said: “We are delighted to be able to introduce the first Adult Social Care Strategy for North Northamptonshire - “The lives we live”, for 2024 to 2029.

“Our draft strategy for Adult Services aspires to create an environment where individuals can live their best lives, supported by a responsive and empowering social care system. “Whilst we have continued to work with the countywide strategy developed in the predecessor council, developing our own strategy is an important milestone for North Northamptonshire.

“It is important for people that may use adult social care services and their families, and let’s face it – that could be all of us, to have their say and to understand what they can expect when dealing with social care services provided, or commissioned, by the council.”

Jason Smithers, Leader of North Northamptonshire Council, said: “This strategy is about more than just services; it’s about transforming lives. I would really urge residents to participate in the consultation process, ensuring that their voices shape the future of adult social care in North Northamptonshire.

“Your feedback will help us to shape the final proposed draft Adult Social Care Strategy 2024-2029 which will be put before the Executive for adoption early next year.”

> HOW TO HAVE YOUR SAY

You can access an online questionnaire free of charge at any North Northamptonshire Council library. Please see the Library website or telephone 0300 126 3000 to check opening times. Alternatively, you can email or send your comments in by post using the contact details below.

If you have any queries, comments or would like a copy of this questionnaire in another format (including paper, easy read or large print), you can get in touch. Please use the following email, post or telephone:

Email: helen.goult@northnorthants.gov.uk
Telephone: 0300 126 3000
Post: FAO Helen Goult, North Northamptonshire Council, The Cube, George Street, Corby NN17 1QG

The deadline for completing this questionnaire is midnight, 16th December 2024. The survey seeks your feedback on the style and language of the draft Strategy as well as the proposals for service delivery. Once finalised, an easy read version will be published.

More information can be found in the Executive report and appendices dated 14th March 2024.

Study shows North Northamptonshire Council leisure facilities provide significant social value

A study of North Northamptonshire’s leisure facilities found that they provide significant social value to residents and local communities.

North Northamptonshire Council provides and commissions a range of leisure facilities such as swimming pools, gyms and sports halls.

A study of these facilities was carried out throughout 2023. An industry recognised model developed by Sheffield Hallam University was used to measure social value ensuring a reliable and comparable set of outcomes. The level of social value provided by leisure facilities was quantified, so as to better understand the social value benefits provided to local communities. The following four areas were assessed:

- Physical and mental health
- Subjective wellbeing
- Individual development
- Social and community development

The social value benefits were then quantified financially, allowing service providers to understand more about the benefits of services relating to their cost. This method also allows comparisons to be made with other areas of the country and service providers, allowing for more effective benchmarking too.

The study carried out showed that leisure services provided and commissioned by North Northamptonshire during 2023 yielded a social value benefit of £16.6m. This equates to an average social value of £126 per service user, placing North Northamptonshire’s leisure facilities in the top 25% of leisure facilities in the country in terms of social value benefit provided.

Councillor Helen Howell, Deputy Leader for North Northamptonshire Council and Executive Member for Sport, Leisure, Culture and Tourism said: “The study provides clear evidence that we are doing something really positive in North

Northamptonshire regarding leisure services. The fact that we are in the top 25% in terms of the social value our leisure services provide is very encouraging. I have to say that looking at the quality of some of our facilities, services and the dedicated staff, this is not surprising.”

Jason Smithers, Leader of North Northamptonshire Council said: “The results of this study provide a fascinating insight into our leisure facilities and highlight the incredible impact they have on the lives of our residents. I am incredibly proud of what this study has revealed. The results clearly highlight the incredible work that is taking place in North Northamptonshire’s leisure facilities and that the services are making a significant contribution to the social value for our residents.

“I would like to congratulate and thank both our in-house staff and those in contract managed facilities for their hard work and dedication.”

Over 132,300 participants were recorded for the study from 12 leisure facilities, both in-house and contract-managed. These facilities included: Corby East Midlands International Pool, Lodge Park Sports Centre and Priors Hall Golf Course in Corby, Kettering Swimming Pool, Desborough Leisure Centre, Corn Market Hall and Arena Sports – Kettering Leisure Village in Kettering. Also included were The Nene Centre, Pemberton Leisure Centre and Splash Leisure Pool in East Northants, as well as Redwell Leisure Centre and Waendel Leisure Centre, in Wellingborough.

The £16.6m Social Value Benefit across the 12 leisure facilities can be broken down into four areas:

- Physical and mental health – £2,707,031
- Subjective Wellbeing – £9,434,385
- Individual Development – £177,600
- Social and Community Development – £4,313,166

Winners of North Northamptonshire Active Communities Awards 2024 announced

The North Northamptonshire Active Communities Awards is the council's annual celebration event for physical activity, health and wellbeing, and sport.

This year's awards night was held on 20th November at Sywell Aerodrome. The event is an opportunity to recognise and commemorate the past year's sporting success at a local, national and international level. It is also a celebration of the individuals, clubs, organisations and projects that have supported residents to get active, or improved the lives of our communities.

Councillor Helen Howell, North Northamptonshire

Council's Deputy Leader and Executive Member for Sport, Leisure, Culture and Tourism said: "These awards are a wonderful celebration of the sporting talent in North Northamptonshire, and also recognise local residents who give their time on a voluntary basis to nurture others in their sporting ambitions or to help people be more active in their everyday lives.

"I am delighted to share the winners with you and congratulate them again."

> **COMMUNITY CLUB**
FTT Performance Centre

Offering high-quality martial arts training, FTT promotes diversity,

environmental responsibility and sustainability.

> **COMMUNITY GROUP/ ORGANISATION**

Shudan CIC

The Fit and Fed project addresses critical needs for children and young people in one of Wellingborough's most deprived areas.

> **COMMUNITY TEAM**

TCA Diamond Elite

Diamond Elite from TCA has had an extraordinary season in cheerleading.

> **COMMUNITY ACTIVATOR**

Robert Churcher-Upton

A dedicated volunteer and community activator who founded Diamond Runners in 2019.

> **YOUNG COMMUNITY CHAMPION**

Mathew Edward

Nominated for his exceptional dedication to water sports, particularly windsurfing, in which he represented Great Britain at the European Championships.

> **COMMUNITY CHAMPION**

Robert Lovegrove

Nominated for his exceptional work as a Youth Sports Coordinator, where he has significantly shaped the vision of its partners and engaged the Kingswood community.

> **SPORT SCHOOL OF THE YEAR – PRIMARY**

Our Lady of Walsingham Catholic Primary School

The school in Corby serves around 380 students in a deprived area and has achieved a Platinum School Games Mark for

two consecutive years.

> **SPORT SCHOOL OF THE YEAR – SECONDARY**

Lodge Park Academy

The academy organises Sports Development Days with elite coaching and major events like the Rounders Cup.

> **GET ACTIVE**

Jennifer Cartwright

Jennifer has had an incredible transformation through her dedication to the Phase IV Cardiac Rehabilitation programme at Lodge Park Sports Centre.

> **HEALTH AND WELLBEING INITIATIVE**

Active In Motion

Launched in 2023, Active In Motion provides an exercise centre for those with long-term illnesses and disabilities.

> **DISABILITY SPORTS PERFORMER**

Bruce Dee

Bruce, at just 17, competed in his first Paralympics in Paris,

placing 4th in the individual medley and 5th in breaststroke, breaking his British record. Born with achondroplasia, Bruce's determination is truly inspiring.

> **YOUNG SPORTS PERFORMER**

Tys Lacatusu

Tys, a dedicated gymnast at Eclipse Gymnastics in Rushden, has shown resilience and talent, overcoming a collarbone injury in early 2024 to achieve remarkable success.

> **SPORTS PERFORMER**

Kieran Reilly

An exceptional BMX freestyle athlete and Paris 2024 silver Olympic medallist, who dedicates time to support Adrenaline Alley.

> **OUTSTANDING RECOGNITION AWARD**

Stephen Legg

Stephen, known as Steve or 'Leggy', has dedicated 32 years to volunteering at Corby Kingswood Juniors Football Club.

NNC ACA Winners Group



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Moulton College Floristry students put on a 'blooming beautiful' display

Moulton College students have been praised for their talents after creating striking floral displays for a prestigious event.

The Association of Colleges (AoC) Annual Conference and Exhibition, which took place recently at the ICC in Birmingham, was attended by education leaders from all over the country. Students from Moulton College were awarded the opportunity to craft the table centrepieces, which saw the hard-working team design and create 65 individual displays for the event.

Floristry Course Manager, Laura Kett, explains: "The brief from the AoC was 'bright, eye-catching and impactful' using a blue, yellow and orange colour scheme. Five of our students worked on some ideas, sketches, and mood boards before settling on the final design. We used a mix of Strelitzia, Gerbera, dyed Craspedia, Fatsia, and Icelandic Moss for the displays and were thrilled with the results."

The flowers received compliments from both the conference organisers and attendees alike. Bhavisha Bhardwa from

the Association of Colleges says: "The AoC Conference is a key event for education professionals. Being able to invite students representing our colleges to contribute to the event is an important part of what we do, and Moulton College's show-stopping floral displays proved a real talking point for attendees."

Laura concludes: "It was a terrific experience for our students, offering them a glimpse of how a career in floristry could look and the perfect opportunity to put everything they've learned on the course into practice. We're grateful to the AoC for inviting our students to participate."



Moulton College runs a host of Floristry courses. Visit www.moulton.ac.uk/subjects/floristry to find out more about what Moulton College has to offer.

PUBLIC NOTICES

NORTH NORTHAMPTONSHIRE COUNCIL

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (CHURCH STREET, STANWICK)
(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 Church Street, Stanwick as set out below.
LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Church Street, Stanwick – between no.17 to no.41.
REASON FOR RESTRICTION: The restriction is required for safety during gas connection works.
PERIOD OF CLOSURE: The proposed Order will come into effect on 4th January 2025 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 10 days.
ALTERNATIVE ROUTES: use Raunds Road, Chelveston Road and The Avenue.
 If you require any further information please contact Steve Fowler ref:- 24/25 – N621 Steve.Fowler@northnorthants.gov.uk PKG/T24/745

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (CHAPEL LANE & FREEMANS LANE, DENFORD)
(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 those lengths of Chapel Lane and Freemans Lane, Denford as set out below.
LENGTHS OF ROADS TO WHICH RESTRICTION APPLIES: Chapel Lane – from junction with Spinney Rise to Duck End and Freemans Lane – from junction with High Street to junction with Duck End.
REASON FOR RESTRICTION: The restriction is required for safety during fibre installation works.
PERIOD OF CLOSURE: The proposed Order will come into effect on 6th January 2025 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 10 days.
ALTERNATIVE ROUTES: use Peg's Lane and Freemans Lane.
 If you require any further information please contact Steve Fowler ref:- 24/25 – N650 Steve.Fowler@northnorthants.gov.uk PKG/T24/764

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (GRAFTON ROAD, 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 Grafton Road, Brigstock as set out below.
LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Grafton Road, Brigstock by entrance of the sewage works.
REASON FOR RESTRICTION: The restriction is required for safety during new connection works.
PERIOD OF CLOSURE: The proposed Order will come into effect on 14th January 2025 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 A6116, Slipton Road and Brigstock Road.
 If you require any further information please contact Steve Fowler ref:- 24/25 – N642 Steve.Fowler@northnorthants.gov.uk PKG/T24/751

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (SCHOOL LANE & CHURCH LANE, DENFORD)
(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 those lengths of School Lane and Church Lane, Denford as set out below.
LENGTHS OF ROADS TO WHICH RESTRICTION APPLIES: School Lane – from junction with Ringstead Road to Church Lane and Church Lane – from High Street to School Lane.
REASON FOR RESTRICTION: The restriction is required for safety during ducting for fibre installation.
PERIOD OF CLOSURE: The proposed Order will come into effect on 20th January 2025 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 11 days.
ALTERNATIVE ROUTES: use Ringstead Road.
 If you require any further information please contact Steve Fowler ref:- 24/25 – N651 Steve.Fowler@northnorthants.gov.uk PKG/T24/765

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (HAUTBOY LANE, WARMINGTON)
(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 Hautboy Lane, Warmington as set out below.
LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Hautboy Lane, Warmington from junction of Church Lane to junction with Chapel Street.
REASON FOR RESTRICTION: The restriction is required for safety during fibre works.
PERIOD OF CLOSURE: The proposed Order will come into effect on 6th January 2025 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 16 days.
ALTERNATIVE ROUTES: use Chapel Street, Orchard Close and School Lane.
 If you require any further information please contact Steve Fowler ref:- 24/25 – N647 Steve.Fowler@northnorthants.gov.uk PKG/T24/755

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (MAIN STREET, BULWICK)
(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 Main Street, Bulwick as set out below.
LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Main Street, Bulwick from outside Village Stores.
REASON FOR RESTRICTION: The restriction is required for safety during communication pipe repairs.
PERIOD OF CLOSURE: The proposed Order will come into effect on 17th January 2025 and will continue in force for a period of eighteen months. An application may be made for the approval of the Secretary of State for Transport for the Order to be extended if this proves necessary. However, the restriction specified will have effect only at such times and to such an extent as is indicated by the display of signs prescribed by the Traffic Signs Regulations and General Directions 2016.
EXPECTED DURATION: It is expected that the road will be restricted for one day.
ALTERNATIVE ROUTES: use Main Street and A43.
 If you require any further information please contact Steve Fowler ref:- 24/25 – N684 Steve.Fowler@northnorthants.gov.uk PKG/T24/793
 Dated this 7th day of December 2024
 SANJIT SULL
 Director of Law & Governance (Monitoring Officer) (Interim)

CLASSIFIEDS

CHRISTMAS GREETINGS

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FINANCE AVAILABLE

NORTH NORTHAMPTONSHIRE COUNCIL

ROAD TRAFFIC REGULATION ACT 1984 (CHELVESTON VILLAGE) (20 MPH SPEED LIMIT) ORDER 2024
 NOTICE IS HEREBY GIVEN that North Northamptonshire Council, in exercise of their powers, propose to make an Order under Section 84 and Schedule 9 of the Road Traffic Regulation Act 1984 to prohibit any motor vehicle from travelling at a speed exceeding 20 mph along the length of road as specified in the Schedule below.
 A COPY of the proposed Order, together with a plan showing the exact length of road to which it relates and a statement of the Council's reasons for proposing to make the Order, may be inspected on the Council's website at www.northnorthants.gov.uk (search traffic regulation orders) and may also be inspected at Kier Highways, Brixworth Depot, Old Harbrough Road, Brixworth, Northants, NN6 9BX at a time and date specified by appointment only by calling 01604 529700.
OBJECTIONS to the proposed Order, stating the grounds on which they are made should be sent in writing to the Traffic Orders Section, Kier Highways, Old Harbrough Road, Brixworth, NN6 9BX or by email: NNCParkingenquiries@kier.co.uk by 10th January 2025.

Dated this 7th day of December 2024
 SANJIT SULL
 Director of Law & Governance (Monitoring Officer) (Interim) P/2035

Item	Road Name	Description
1.	Britten Close, Chelveston	From its junction with the High Street for its entire length.
2.	Higham Road (B645), Chelveston	From a point 66 metres southwest of its center point of its junction with Foot Lane northeastwards for its remaining length.
3.	High Street (B663), Chelveston	From its junction with Higham Road and The Green northwestwards to a point 13 metres north of the center point of its junction with Sawyers Crescent.
4.	Foot Lane, Chelveston	From its junction with Higham Road westwards for its entire length.
5.	The Green, Chelveston	From its junction with High Street and Higham Road to its junction with Kimbolton Road.

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Moulton College receives 'Good' Ofsted rating for its residential provision

Moulton College has been awarded 'Good' by Ofsted for its onsite student residential services. It follows a three-day inspection of the accommodation, which houses around 100 students studying further or higher education courses.

Ofsted spoke to staff and students about their overall experiences and to determine the effectiveness of leaders and managers. The specialist land-based college was praised by inspectors, with the report outlining the care, safety and standards provided to those who use the accommodation.

In particular, Ofsted highlighted that students living onsite enjoy college life, feel well supported, and have good relationships with residential workers while noting 'universal positive feedback' from parents. Moulton College was also praised for the support students receive to settle in and establish friendship groups, and its overall wellbeing provision.

Oliver Symons, Principal and CEO at Moulton College says: "Our accommodation is a key part of our offering and means those students who live too far from campus to commute daily can still access our specialist courses.

"The safety and wellbeing of every one of our students is paramount, and we do everything we can to ensure our residential provision, like our educational offering, is of a high standard and that our students feel listened to and cared for.

"We welcome Ofsted's report and the praise it gives our dedicated residential support team, who are committed to providing an exceptional service 24 hours a day."

Moulton 
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The full report is available at <https://files.ofsted.gov.uk/v1/file/50261450>.
To find out more about Moulton College, visit www.moulton.ac.uk

Your Health - Christmas injuries

WORDS BY CLAIRE SHORT

The festive season is supposed to be filled with joy, but it's a time when many of us push our bodies more than we should. Here are some of the injuries I've helped over the years:

Lifting Christmas trees - One of the most common issues we osteopaths see is back pain, and it often starts with something as simple as lifting the Christmas tree. The tree doesn't have to be heavy, sometimes the injury is due to the angle you carry it, or the way you lift it. Remember to ask for help if you need it - rather than end up in agony in the build-up to Christmas.

Over-enthusiastic decorating - Getting the decorations up can mean reaching, stretching, and balancing on ladders. This can lead to shoulder strains, neck pain, or even a fall. It's important to get down and move the ladder so you don't have to reach a long way.

Gift wrapping agony - For many of us, wrapping presents is possibly one of the best parts of Christmas. And you wouldn't think it could injure you! The problem is that we often wrap things on the floor. Bending over for long periods, or sitting in uncomfortable positions,



can quickly trigger lower back and neck pain. A top tip? Set up a comfortable wrapping station on a table instead. Or use an ironing board if you want to stand.

Post-Christmas stiffness - The days after Christmas often bring post-party stiffness. Slumping on the couch, overeating, poor posture during the day, they can all aggravate aches and pains. One of the best ways to counter this is to go for that famous Christmas walk. We're incredibly lucky to have the lakes and Irchester Country Park for walks. Make the most of them!

And if you're sore before Christmas starts, make sure you get a massage, physio or osteopathy treatment in so you can enjoy a pain-free Christmas.

Have a great Christmas!

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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