

# Nene Valley news

YOUR LOCAL INDEPENDENT COMMUNITY NEWSPAPER FOR EAST NORTHAMPTONSHIRE

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INSIDE  
this issue



SPOTLIGHT ON  
- HEALTH AND  
WELLBEING

PAGE 04



MOULTON COLLEGE  
PARTNERS WITH CIMSPA  
TO DRIVE STUDENT  
EMPLOYABILITY

PAGE 12

## NEWS IN BRIEF

### Keeping our roads moving

North Northamptonshire Council's Executive will discuss the authority's updated Network Management Plan at a meeting next week – a guide for how the Council looks after and manages the roads and paths used by residents every day.

Cllr Chris McGiffen, Executive Member for Highways and Travel, said: "We know how important a well-managed road network is for day-to-day life, for business growth and for the health and wellbeing of our communities.

"This plan is about being smart with the resources we have – coordinating works to minimise disruption, using data to make better decisions, and investing where it delivers the greatest benefit.

"North Northamptonshire is growing, and that is a great opportunity. Our updated approach helps us keep people moving safely, support new homes and jobs, and accelerate more sustainable travel choices, while being realistic about the pressures we face."

The updated plan replaces the old Northamptonshire County Council version and reflects the move to North Northamptonshire Council.

# Litter Wombles work to protect local environment

The Rushden & Higham Ferrers Litter Wombles are a community litter-picking group established by Craig Blacha in 2024. Their latest campaign is 'No small problem'.

The campaign, which has been running through December and January, aims to highlight that no matter how

small an item, it's still litter.

A common misconception is that cigarette butts aren't litter but they make up for the largest

amount of litter in the UK and this causes environmental issues for our wildlife.

What is no small problem and effects us all is the cost to the taxpayer that cleaning up all litter has.

North Northamptonshire Council spends an average of £3.2 million on street cleansing alone, money which might be better invested in the services that we use.

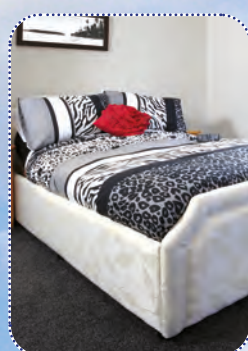
The group, made up of around 30 dedicated volunteers, is running various litter-picks at different locations during the campaign and is encouraging people to remember to recycle your rubbish at home or use a litter bin.



Volunteer efforts in Higham Ferrers during January - the group collected 14 bags of litter from the School Lane Estate



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## Whitworths raises over £2,000 to support work of Cando Care

Whitworths Irthlingborough nominated Cando Care Day Centre as its charity of the year for 2025.

Cando Care is a day centre based in Irthlingborough Library which for over 12 years has been supporting the

vulnerable, lonely and those living with dementia.

They cover a range of around 10 miles and offer activities, outings, refreshments and a two-course meal daily in a safe, friendly environment for a small charge. The service is run by experienced carers and volunteers.

Whitworths presented a cheque for £2,300 to Director of Cando Care, Kathleen Meredith, to help support their ongoing care and respite for family members.

Whitworths has also pledged to keep their support going to Cando for 2026.



Pictured presenting a cheque to Kathleen Meredith, Director of Cando Care, are committee members Becky Newton, Andrea Byrne, Emma Tolvanen and Scott Mailley

## GENEALOGY JOTTINGS

WORDS BY  
JAN PEARSON

Happy New Year! I do hope that you had a good Christmas and that any family history presents that you asked for have been a great help. Subscriptions can work out rather expensive, but vouchers for them – even made up ones with a promise to pay – can be extremely welcome!

However, going old-school here, books are also very helpful when it comes to researching your family's history. As well as a couple of standard books such as 'Ancestral Trails' by Mark Herber, which is a complete guide to British genealogy and family history and 'The Wills of Our Ancestors' by Stuart A Raymond, I have a number of books that are more specific to my particular ancestors. For example, I have copies of the Suffolk Poll Books, a book about Smarden in Kent as well as one of old photographs of St Albans in Hertfordshire, to name but three! I do have many more as they give colour to the lives of my forebears. One of them is a copy of 'The Empty Fields' by Roy Brazier. It tells the story of the

North Essex Agricultural Labourers' strike of 1914. The "Ag Labs" were asking for a raise of sixpence a week, but were turned down. One group of eight strikers in Ashdon, Essex, threatened Farmer Hagger with a hayfork. They were arrested and one of them, my great grandfather, ended up in Saffron Walden gaol. I have his prison record, which tells of him being 5' 8" tall, fair haired and blue eyed – facts that I would not know without it!

Just a thought, but is there anything specific that you would like me to cover? You can contact me via the Nene Valley News ([news@nenevalleynews.co.uk](mailto:news@nenevalleynews.co.uk)) or by visiting my family history forum at <https://genealogy-specialists.com>. Of course, not everyone is linked up to the internet, so letters are also very welcome. Please write to me c/o Nene Valley News, 9 Checkpoint Court, Sadler Road, Lincoln LN6 3PW.

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## Charity urges older people to check Pension Credit eligibility

*Winter can be an incredibly difficult time of year for older people living on low incomes.*

The cost of living is still extremely high and budgets are being stretched across the region. This winter the Independent Age helpline has received thousands of calls from distressed older people in financial hardship.

Their advisors have heard dreadful accounts of people not washing to reduce water costs, visiting public places to stay warm and limiting themselves to just one small meal a day. It's not right that so many people in later life are being forced to choose between heating and eating,



with many now cutting back on both.

There is support available for older people living on low incomes in the form of Pension Credit – an income top-up provided by the UK Government that, on average, is worth over £4,000 a year. Worryingly, this entitlement has a stubbornly low take-up rate. Latest figures show that in

the East Midlands, take-up is only 61%, meaning 63,000 households are missing out on life-changing money they are entitled to. Pension Credit isn't just an income top-up, it also acts as a gateway to other benefits such as free TV licences for over 75s, free NHS prescriptions, council tax support, Housing Benefit, free eye tests and much more.

**If you are aged 66 or over and are worried about your finances, you might be entitled to Pension Credit. You can check eligibility by using the Pension Credit Calculator on the government website or by calling 0800 99 1234. If you need extra support, or want more information on the application process, you can call the free Independent Age helpline on 0800 319 6789.**

**RB Travel**  
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**JANUARY**  
Wed 21 Seasonal Mystery

**FEBRUARY**  
Wed 4 St Albans Market Day  
Sat 7 York Ice Trail - free event in the town  
Wed 11 Boston Market & Baytree Garden Centre  
Sat 14 Warwick & Leamington Spa  
Sun 15 Birmingham International Tattoo  
Tue 17 Melton Mowbray  
Wed 18 Seasonal Mystery  
Thu 19 Ely Market Day  
Fri 20 London Museums OR Free Time  
Fri 20 Tower Bridge  
Sat 21 Tewkesbury Market Day & The Valley  
Sun 22 Orchids at Kew Gardens  
Tue 24 Barnsdale Gardens Snowdrops

**MARCH**  
Tue 3 Springfields  
Tue 3 Spalding  
Tue 3 Cotswold Tour  
Sat 7 York OR Jorvik Viking Centre  
Sat 7 National Railway Museum  
Tue 10 Derbyshire & Peak District  
Sat 14 Saffron Walden Market Day  
Wed 18 Seasonal Mystery  
Sat 21 Greenwich  
Sat 21 Cutty Sark  
Sat 21 National Maritime Museum  
Sun 22 Thriplow Daffodil & Country Fair  
Thu 26 Canterbury OR Canterbury Cathedral  
Fri 27 Stratford Upon Avon  
Sat 28 Hever Castle & Gardens - Anne Boleyn

**APRIL**  
Sun 12 Ideal Home Show at the weekend

**MAY**  
Sun 31 Abba Voyage (New date added)

**NOVEMBER**  
Sat 21 Thursford Christmas Spectacular  
Fri 27 Thursford Christmas Spectacular

**DECEMBER**  
Sat 5 Thursford Christmas Spectacular  
Tue 8 Thursford Christmas Spectacular  
Sun 13 Thursford Christmas Spectacular  
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**TAURUS**  
Holidays

**FEBRUARY**

**23-27 FEBRUARY – BOURNEMOUTH & NEW FOREST – ALL INCLUSIVE – £499PP**

Suncliff Hotel, Bournemouth. Half Board including excursions. Renowned for its seven miles of golden beaches, beautiful parks and gardens. Bournemouth is the perfect location for visiting the surrounding area such as the New Forest and Jurassic Coastline. Choose from fantastic attractions, live entertainment, history, heritage and culture, churches, castles and cathedrals, museums, stately homes and miles of unspoilt countryside! Bournemouth Oceanarium, the Bournemouth Eye, Poole, Christchurch and Kingston Lacey are on your doorstep.

**MARCH**

**8-14 MARCH – WINTER WINE & BEER AND THE ROMANTIC ROAD – £989PP**

Hotel Gasthof Zum Storch, Schlusselfeld. Half Board including excursions. In the southern part of the Bamberg district of Germany, surrounded by picturesque hills, the town has a rich history with numerous historical buildings, such as the town parish church of St. Johannes Baptist or Thurnau Castle from the 18th century. The Franconian Open-Air Museum Fladungen with its faithfully reproduced half-timbered houses, and the Banz Monastery from the 11th century. Walking tours, brewery tour and wine tasting included.

**APRIL**

**13-17 APRIL – CAPTIVATING KENT COAST – £599PP**

Best Western Plus Burlington Hotel, Folkestone. Half Board including excursions. Folkestone lies on the southern edge of the North Downs at a valley between two cliffs. Today it is a cosmopolitan port with easy access to the channel, the delights of France and the rest of Europe. There is always something to do here with all-year-round festivals and entertainment with Folkestone's music and theatre attracting stars from far and wide to perform. Excursions include a trip on the Romney Hythe & Dymchurch Railway and the Battle of Britain Museum.

**MAY**

**14-18 MAY – A SAILING STORY FROM THE SOLENT TO SUSSEX – £699PP**

Solent Hotel Whiteley, Fareham. Half Board including excursions. Hampshire is the perfect blend of city, coast and country, blessed with the natural beauty of two National Parks and thriving culture, with history and heritage at its heart. Whether you spend time on Hampshire's coastline, on the beach, walking coastal paths, or at some of its seaside towns and villages, Hampshire has a lot to offer and is a lovely place to be. Excursions include a hovercraft return trip across the Solent and a trip to Portsmouth.

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## Essential upgrade to White Mills Bridge, Earls Barton to start

North Northamptonshire Council, in partnership with Kier, is due to begin essential works on White Mills Bridge, located between Grendon Road and Station Road, Earls Barton this month.

The works will see a full bridge deck replacement to ensure long-term safety and future-proof this key route. The project is part-funded by the Department for Transport through the Local Transport Grant, from which North Northamptonshire Council received £7.728 million for 2025/26 to fund a range of transport schemes across the local area.

Works are expected to be completed in summer 2026.

For safety reasons and due to the complexity of the works, a full road closure will be in place for the duration of the project. Pedestrian access across the bridge will not be available during this time. A signed diversion route will be provided for drivers.

Scheme elements include:

- Demolition of the existing

road bridge over a navigable water course

- Installation of new foundations and bridge deck
- Carriageway reconstruction and resurfacing after the bridge works
- Carriageway surface dressing on the approaches to the bridge

White Mills Bridge is an ageing structure that requires a full deck replacement to meet modern safety standards. This upgrade will enable full loading capacity for HGVs which it currently lacks. This investment will deliver a stronger, safer bridge for decades to come.

Cllr Chris McGiffen, North Northamptonshire Council's Executive Member for Highways and Travel, said: "This is a prime example of investing in our highways network – using funds received from central government for projects that make a real difference to residents and communities across the area."

"We would like to take this opportunity to thank residents, businesses and motorists for their understanding whilst work is carried out to deliver this essential upgrade and hope they can see the long-term benefits."

"Schemes like this are about looking to the future – ensuring we have a highways infrastructure that is suitable for decades to come."

Allan Rigby, General Manager, Kier, added: "Replacing the White Mills Bridge deck is a complex engineering project with limited working space that will deliver a safer, more resilient structure for the local community. Our team is committed to carrying out these works to the highest standards, while working closely with North Northamptonshire Council to minimise disruption wherever possible. We appreciate residents' patience as we complete this essential upgrade."

**More information including diversion information will be available on the council's highways pages.**

## Transformation programme aims to boost planning performance in North Northamptonshire

Following unanimous approval of the Plan for the Future by elected members in December last year, North Northamptonshire Council is moving forward with its commitment to transforming its planning service, so it is effective and efficient.

A transformation programme is now underway and whilst there is still more to do, there has already been some significant changes which will improve the service for residents.

Crucial to the changes is updating computer systems – combining four planning databases from previous councils into one, enabling one experience for those who use the service. Not only will this make planning records more easily accessible for the public – it will also further improve productivity and bring financial savings.

Improvements have already been made. In the last 12 months to September 2025, the council determined 98.4% of major applications within agreed timescales, which is higher than the rate for England (90.8%) and the East Midlands (90.8%).

In the same time period the Council determined 91.4% of non-major applications within agreed timescales, which is higher than the rate for England (91.0%) and the East Midlands (88.4%).

Accompanying the centralisation of planning systems – and important to long-term resilience of the service – is building on the talented planning staff already working for the authority.

The council has appointed the position of Head of Development Management and Planning Enforcement, with Mella McMahon joining the

authority as a permanent member of staff from 12th January.

A wider recruitment drive has also been launched to attract experienced planners to work on major sustainable urban extensions in the area and recently five new apprentices were recruited through the Local Government Association's (LGA) flagship Pathways to Planning programme.

Two North Northamptonshire councillors are also participating in the national LGA training programme for planning committee chairs and Executive members.

Cllr Jan O'Hara, the council's Executive Member for Planning and Economic Growth, said: "We're implementing an ambitious transformation programme to modernise our planning services and have made strong progress towards increasing productivity and making our service more robust for the future."

"None of this would have been possible without the tremendous dedication of our hardworking planning staff."

Cllr Martin Griffiths, Leader of the Council, said: "As a major growth area, there's a lot of pressure on our planners who face significant challenges as part of their daily work. That's why our Executive has worked with senior staff to develop strategies to tackle these challenges."

"A strong planning function feeds directly into our Corporate Plan as it's essential in creating the conditions for prosperity and more cohesive communities, which will bring benefits all round."

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# Spotlight on > Health & Wellbeing

## > ASHGROVE CLINIC

Tucked away in Higham Ferrers, Ashgrove Clinic has become a go-to centre for runners and athletes who want to move better, train smarter and stay on the road rather than the treatment table.

Everything starts with biomechanics. A detailed assessment looks at how your body moves as a whole, not just where symptoms appear. Movement analysis can highlight

inefficient patterns such as overstriding, asymmetrical loading or reduced hip control. Research shows that small inefficiencies repeated thousands of times can increase injury risk and reduce performance.

In the clinic the osteopaths, sports therapists and physiotherapists work closely together to address what the assessment reveals. Treatment focuses on improving joint mobility, muscle coordination and tissue capacity

so your body can tolerate training loads more effectively. Strong evidence supports combining manual therapy with progressive strength and conditioning to improve resilience and reduce recurrence of injury.

Nutrition plays a much bigger role in performance than many people realise. Nutritional therapy at Ashgrove focuses on getting the basics right so that food isn't difficult. Studies consistently show that under fuelling can impair performance, slow recovery and increase injury risk, even in recreational athletes. Getting help with the timing and balance of protein, carbohydrate and micronutrients can be transformative.

What sets Ashgrove apart is how these elements connect. Biomechanics informs treatment. Treatment supports training. Nutrition underpins it all. There is no one-size-fits-all approach, just practical, evidence based support tailored to your needs.

Higham Ferrers may be known for its history, but quietly it is also becoming known for helping runners and athletes perform better, recover faster and enjoy sport for longer.

## > SPOTLIGHT ON VOLUNTEER ACTION: A LIFELINE FOR OUR COMMUNITY

Award-winning local charity, Volunteer Action has been quietly but powerfully transforming lives in our rural communities. This small, registered charity, based in Oundle, serves Thrapston, Oundle, Brigstock and 48 surrounding villages in

North Northamptonshire. What began as a modest operation has grown into a cornerstone of local support, providing two essential services: a Community Transport Scheme and a Befriending Service.

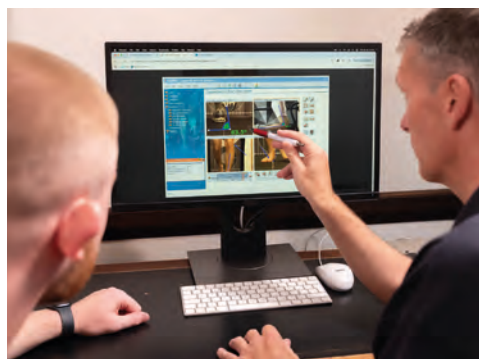
## A Small Charity with a Big Heart

Operating out of its Oundle office, Volunteer Action is staffed by a dedicated team consisting of two full-time staff members and three part time. However, the true heart of this charity lies in its volunteers. Over 150 community volunteers, supported by eight office volunteers, give their time and energy to make sure that our rural communities are not forgotten.

## The Community Transport Scheme: Bridging the Gap

Volunteer Action offers a Community Transport Scheme. This scheme has become a lifeline for more than 700 members, particularly older adults and individuals with mobility restrictions. The transport scheme is driven by a network of approximately 70 volunteer drivers, who work hard so rural communities can get where they need to go.

In the past 12 months alone, Volunteer Action drivers have completed over 131,000 miles within over 12,500 trips, with more than half of those being for medical appointments. For many, these trips are not just a matter of convenience but a necessity. In an area where public transportation is sparse and taxi



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The Ashgrove Clinic, 11 Market Square, Higham Ferrers, NN10 8BT



**The King's Award  
for Voluntary Service**

## How You Can Help

Volunteer Action is calling on community members to consider becoming a volunteer driver. If you have a car and a bit of spare time, your contribution could make a world of difference. Whether you can drive regularly or just occasionally, your help is needed and appreciated.

**If you're interested in volunteering or would like to learn more, Volunteer Action would love to hear from you.**

**You can reach them by phone at 01832 275433, by email at [admin@volunteer-action.org.uk](mailto:admin@volunteer-action.org.uk), or by visiting their website at [www.volunteer-action.org.uk](http://www.volunteer-action.org.uk).**

**f : [volunteeractionuk](https://www.facebook.com/volunteeractionuk) X : @VolActionOundle**

services are limited, the Community Transport Scheme ensures that people don't miss out on vital healthcare. Without this service, many would struggle to reach essential medical appointments, risking their health and well-being.

### The Befriending Service: Combating Loneliness

Alongside the transport scheme, Volunteer Action also runs a Befriending Service. Loneliness is an issue that affects many older adults, particularly in rural areas. Through the Befriending Service, volunteers offer companionship and support, forming meaningful connections with those who might otherwise feel isolated.

Whether it's a regular phone call, a visit to share a cup of tea, joining a Group Befriending event or simply being there to listen, the Befriending Service plays a vital role in enhancing the quality of life for many in our community. For those who benefit from the service, it's not just about having someone to talk to – it's about feeling seen, heard and valued.

### The Urgent Need for More Volunteer Drivers

While Volunteer Action has accomplished a great deal, the need for their services continues to grow. Right now, the charity is facing a shortage of volunteer drivers.

Driving for Volunteer Action is not only a rewarding experience but also a flexible one. Volunteers can choose how much or how little they want to drive, fitting their commitment around their own schedules. All that's required is a car and a little bit of free time. The charity takes care of the rest, matching drivers with members in need and providing a monthly mileage allowance to cover the costs. Most insurance companies also include cover for volunteer driving at no additional cost, making it easier than ever to get involved.

If you're interested in volunteering or would like to learn more, Volunteer Action would love to hear from you. You can reach them by phone on 01832 275433, by email at [admin@volunteer-action.org.uk](mailto:admin@volunteer-action.org.uk), or by visiting their website at [www.volunteer-action.org.uk](http://www.volunteer-action.org.uk). Facebook - [volunteeractionuk](https://www.facebook.com/volunteeractionuk), X - [@VolActionOundle](https://twitter.com/VolActionOundle)



## The King's Award for Voluntary Service

### > HOSPITAL CHARITY SPREADS JOY TO PATIENTS AND STAFF THIS CHRISTMAS

Thanks to the generosity of its supporters, Northamptonshire Health Charity helped bring comfort and festive cheer to thousands of people spending this Christmas in hospital across the county.

Throughout the festive period, the charity, which fundraises to support the local NHS

services in the county, delivered almost 2,000 carefully curated gift boxes to people receiving care in hospitals and community settings. Each gift box was suitable for all wards and ages, filled with safe, thoughtful items, and designed to offer reassurance and comfort during what can be a difficult time of year.

In addition to patient gifts, festive treats were delivered to NHS staff working over Christmas. This included 700 tubs of chocolates, 510 jars of coffee, 540 packets of tea, 387 jars of hot chocolate and 1,200 packs of mince pies. Hundreds of children's toys were also delivered to children's wards and services, helping to bring moments of joy to young people and their families while they were away from home.

The impact of the appeal was felt by both patients and families. One patient shared, "Your gift box made my day," while another said, "It's often the small things that bring comfort – thank you for everything you do." Families also expressed how meaningful it was to know their loved one had been thought of during a challenging Christmas period.

The Christmas appeal was made possible through donations, fundraising efforts and raffle ticket sales from supporters across Northamptonshire, enabling the charity to reach more than 2,000 patients and around 2,900 NHS staff across the county.

For more information about Northamptonshire Health Charity and its work, visit [northamptonshirehealthcharity.co.uk](http://northamptonshirehealthcharity.co.uk)

### > BURTON LATIMER OPTICIANS WELCOMES NEW OWNERSHIP UNDER EXPERIENCED SISTER OPTOMETRISTS

Latimer Opticians, a cornerstone of eye care in Burton Latimer since 1997, is proud to announce its transition to new ownership and a refreshed identity as Latimer Eye Care. This change marks an exciting new chapter under the leadership of sisters Hannah and Tricia, both seasoned optometrists with over 25 years of experience each.

Having successfully developed a respected and thriving practice in Higham Ferrers since 2017, Hannah and Tricia bring their wealth of knowledge and patient-focused approach to the Burton Latimer community. Their commitment to providing honest, professional eye care ensures that patients receive the highest quality eye examinations, personalised advice, and a wide selection of eyewear in a friendly and welcoming environment.

Latimer Eye Care is currently welcoming new patients and offers a comprehensive range of services, including:

- Thorough eye examinations
- Contact lens fittings and aftercare
- Spectacle dispensing with a variety of frames
- Repairs and adjustments
- Specialised services such as OCT imaging and MiYOSMART lenses
- Hearing care service

Opening Hours:

Monday to Friday: 9am-5pm

Saturday & Sunday: Closed

For appointments or enquiries, please contact:

Latimer Eye Care

101 High Street

Burton Latimer NN15 5LB

Phone: 01536 645045

Email: [info@latimereyecare.co.uk](mailto:info@latimereyecare.co.uk)

Website: [www.latimereyecare.co.uk](http://www.latimereyecare.co.uk)

# YOUR HEALTH - JANUARY GYM ATTENDANCE

## WORDS BY CLAIRE SHORT

Going back to the gym or starting anew? The good news is that exercise really does work. Large studies consistently show that regular strength and aerobic training improve heart health, mood, sleep and joint resilience. The trick is not doing everything at once.

Here are some science based tips to help you get back to the gym without regretting it.

### Start below your ego, not above it

Muscles and tendons adapt more slowly than motivation. Research shows connective tissue can take weeks to strengthen. Lifting lighter reduces injuries and delayed onset muscle soreness (DOMs).

### Frequency beats intensity

Three short sessions a week are more effective than one heroic session. Consistency drives nervous system adaptation and confidence, which keeps you going.

### Warm up like you mean it

I know, I know, I could just write "WARM UP PROPERLY" in every article, but it's true, a proper warm-up increases your muscle temperature

and joint lubrication. This can make a massive difference between injury and no injury.

### Strength training is not just for bodybuilders

Evidence shows resistance training improves bone density, metabolism and joint stability at all ages. It is especially important if you sit a lot or run regularly.

### Cardio does not have to be punishing

Moderate intensity exercise where you can still talk improves heart health. You don't need a full-on-beast-it session every day.

### Rest is part of training, not a failure

Muscles repair and strengthen when you rest. Poor sleep and constant training increase your risk of injury.

### Listen to early warning signs

Persistent pain, stiffness that worsens, or sharp twinges are not badges of honour. Addressing small issues early keeps you training long-term.

January is not about becoming a different person. It is about nudging your body back into movement intelligently and with enjoyment.

Follow these tips and I know you'll keep going!

Good luck!

Claire Short is a Registered Osteopath, and runs The Ashgrove Clinic in Higham Ferrers. Send your questions to [claire@ashgrovehealth.co.uk](mailto:claire@ashgrovehealth.co.uk) or Tweet to @AshgroveClinic

## Latimer Eye Care

01536 645045



## Hannah and Tricia would like to welcome you to Latimer Eye Care, formerly known as Latimer Opticians.

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## Latimer Eye Care

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[www.latimereyecare.co.uk](http://www.latimereyecare.co.uk)

Call us now to book an appointment or to see how we can help you

# 1940s fashion takes centre stage at Tallington Lodge's festive celebration

Tallington Lodge Care Home, located just 10 minutes from the picturesque market town of Stamford in Lincolnshire, also home to the historic Burghley House, recently hosted a Resident and Relatives Christmas Party with a delightful difference.

Staying true to its person-centred approach to care, the team at Tallington Lodge decided to create an event that was not only festive but also meaningful and memorable for residents. The result was a 1940s-style fashion show, bringing history, personality and plenty of festive cheer together under one roof.

Members of the wellbeing team carefully sourced authentic 1940s-inspired clothing, giving residents the opportunity to dress up and take to the catwalk, accompanied by members of

the wellbeing and care teams, who also dressed in 1940s-style attire for the occasion.

Residents fully embraced the idea, proudly showcasing their outfits and personalities as they made their way down the runway to cheers, applause and encouragement.

Adding to the sense of occasion, some residents were escorted by Santhosh, Client Services Manager, and Aaron, Administrator, both dressed in classic suits to create a suave and sophisticated 1940s feel.

Following the fashion show, the celebrations continued with live entertainment from Ryan Hornett, who took a break from his day job in IT to perform a range of musical hits from the 1940s onwards. Residents and relatives were soon in the party spirit, enjoying singing, dancing and reminiscing together.

After an afternoon full of excitement, the Tallington Lodge hospitality team treated everyone to a festive Christmas buffet, featuring a selection of traditional finger foods, sweet treats and refreshments.

Natalie White, Home Manager at Tallington Lodge, commented: "It has been a wonderful afternoon. Seeing the residents in their fantastic 1940s-inspired attire, and watching them have so much fun dancing, singing and reminiscing, has made it all worthwhile. I would like to thank all our staff for taking the time to organise such a special event for our residents."

Tallington Lodge Care Home is part of the Country Court group, where creating meaningful moments and celebrating individuality remain at the heart of everything they do.



For more information about life at Tallington Lodge Care Home, please contact Morgan Hicks on 01780 740314 or email [careenquiries@countrycourtcare.com](mailto:careenquiries@countrycourtcare.com)

## "To the wonderful teams who have supported and cared for me. I'll never forget your kindness."

Denise, treated for breast cancer at Northampton General Hospital, is leaving a gift in her will to Northamptonshire Health Charity.

Say thank you by leaving a legacy to help fund cutting-edge equipment, research, and improved patient care for generations to come.  
For more information visit: [NHCharity.co.uk/legacy](http://NHCharity.co.uk/legacy) or Call: 01604 626927

Scan here to find out more



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# Nene Valley News - EVENTS

## > MONDAY 19TH JANUARY

### Nene Valley Valley Astronomical Society

A presentation by Martin Lunn MBE. FRAS.  
Chelveston Village Hall, Caldecott Road  
Chelveston NN9 6AT. Admission £6 including,  
Tea/Coffee and biscuits. For more information  
please see [www.neneastro.org.uk](http://www.neneastro.org.uk) or call  
Kevin on 07731890594. Martin will be  
giving a non technical presentation via Zoom,

An Astronomer's view of what the Star of  
Bethlehem could have been.

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

## RAUNDS FILM AFTERNOON



**Come &  
meet new  
friends**

Showing at Saxon Hall, Raunds on  
**Wednesday 21<sup>st</sup> January 2026**

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

No under 18's permitted without an adult

**£2 entry** (includes tea/coffee & cake)

[f @RaundsCouncil](https://www.facebook.com/RaundsCouncil) [@RaundsTC](https://www.instagram.com/RaundsTC) [@raundstowncouncil](https://www.instagram.com/raundstowncouncil)

**THE BALLAD OF  
WALLIS ISLAND**

Synopsis: The Ballad of Wallis Island follows Charles (Tim Key), an eccentric lottery winner who lives alone on a remote island and dreams of getting his favorite musicians, Mortimer-McGwyer (Carey Mulligan and Tom Basden) back together. His fantasy quickly turns into reality when the bandmates and former lovers accept his invitation to play a private show at his home on Wallis Island. Old tensions resurface as Charles tries desperately to salvage his dream gig. Running Time: 99 minutes.

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

An event provided by  
Raunds Town Council

## Explore winter's wonderland with the National Trust

Wrap up warm and head out into the winter  
landscape on a walk at one of the National  
Trust places near you in Northamptonshire.

With trails meandering through woodland,  
bracing strolls across wild and windy hills, and  
frosty paths around historic gardens, winter is  
a truly special time to explore the outdoors.  
Even the rain brings its delights, leaving  
puddles for little wellies to splash in, and the  
early sunsets kiss the landscape with dreamy  
pastel hues.

For nature lovers, the colder months are  
a particular treat. Paw prints in the snow  
and mud tell stories of the animals that have  
padded that way, bare tree branches reveal  
woodland residents as they forage for food,  
and the frosty quiet showcases the crisp notes  
of birdsong.

Of course, no winter walk at a National Trust  
place is complete without a visit to the cosy  
tearoom to thaw out with a hot drink, warming  
bowl of soup or a seasonal treat.

So, grab your boots and head out for a  
winter adventure near you:

### Lyveden

Explore the outdoors at Lyveden this winter.  
Grab your coat, lace up your boots and step  
into the cold, crisp landscape. Whether  
you want a short stroll around the grounds,  
or a longer walk along the Lyveden Way - a



Lyveden - Winter Walks



Wrap up warm for a winter walk

10-mile waymarked path through sheltered  
woodland, open fields and pretty villages -  
there are plenty of ways to experience the  
Northamptonshire countryside this season.

Dogs on leads are welcome in the gardens.  
Mobility scooters and wheelchairs are  
available for loan.

## MEGA FURNITURE SALE

## MEGA FURNITURE SALE

## MEGA FURNITURE SALE

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Housing 21  
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# You're invited to our Launch Day

Over 55? Looking for a new home in Peterborough? We have new Extra Care properties available for rent and shared ownership at Roman Court!

This new Extra Care scheme will have on-site facilities for residents to enjoy, such as:



Communal lounge  
and gardens



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environment

Join us at our Launch Day on 27 January 2026, from 11am – 2pm.  
**Location:** Barnwell village Hall, Barnwell, Peterborough, PE8 5QD



0183 223 8090



[info.romancourt@housing21.org.uk](mailto:info.romancourt@housing21.org.uk)

# Ensure your wishes are carried out by making your will on Purple Monday

*If the past few years have taught us anything, it's that life can be unpredictable, and being well prepared truly makes a difference.*

With this in mind, Wilson Browne Solicitors is once again starting the year by helping local people plan for the future through their Purple Monday campaign on 2nd February,

offering 20% off the cost of your Will. This annual initiative is designed to encourage individuals and families to take an important step that many put off for far too long.

For those who already have a Will, particularly one that was homemade or created without professional guidance, there is always a possibility that it may contain mistakes, unclear instructions,

or clauses that are not legally valid. Issues like these may not come to light until it's too late, potentially causing unnecessary stress, delays, or conflict for loved ones during an already difficult time. By choosing to work with a qualified legal professional, you can ensure that your Will is clearly written, legally compliant, and reflects your true wishes.

Many people are unaware that Will writing is not a fully regulated industry. As a result, DIY Wills or very low-

cost alternatives often fail to provide proper protection and can end up costing families far more in the long run if complications arise. For others, the reason for not having a Will is simply procrastination or the belief that they "don't need one yet." In reality, there is no wrong time to create a Will, and without one, your estate will be distributed according to strict legal rules rather than your personal intentions.

With offices across Northamptonshire and

Leicestershire, Wilson Browne Solicitors bring extensive expertise to every client. Their Purple Monday 2026 offer helps remove one of the biggest barriers, cost. The 20% discount, along with free Will storage, provides an ideal opportunity to get your affairs in order with the support of a trusted local firm.

Even if you already have a Will, this is a perfect moment to review it. Life changes, new family members, home moves, or career developments, can all affect your wishes.



**To take advantage of the Purple Monday offer, simply call 0800 088 6004 on 2nd February 2026 and quote "Purple Monday." Full details are available on the Wilson Browne Solicitors website.**

## RAUNDS TOWN COUNCIL APPROVES CCTV UPGRADE TO STRENGTHEN PUBLIC SAFETY AND SUPPORT POLICING

Raunds Town Councillors have approved a major upgrade to the town's CCTV system, following feedback from local businesses, residents and Northamptonshire Police about the importance of enhancing the reliability and effectiveness of CCTV coverage in key areas of the town.

After detailed consideration, Councillors agreed to proceed with a high-specification upgrade that will significantly improve image quality, reliability and coverage across existing locations. The project will also deliver new CCTV coverage at Raunds Skate Park and Marshalls Road Car Park, responding to calls for improved security in those areas.

The decision has been taken against a challenging financial backdrop, in addition to a significant funding imbalance across North Northamptonshire. In the former East Northamptonshire area, Town Councils are expected to fund and operate CCTV themselves through the Town Council



precept, whereas in the former Corby, Kettering and Wellingborough areas residents receive this service as part of their core Council provision. This results in residents of Raunds effectively paying twice for the same level of protection.

Councillor Ollie Curtis, Chairman of the Council's Environment, Leisure and Recreation Committee, said: "Effective CCTV is a critical public safety tool that helps deter crime, protect our town centre and give the Police the evidence they need to act quickly and decisively. The Town Council has been very clear that, even in the face of tight budgets and an unfair funding system,

Raunds cannot afford to fall behind when it comes to public safety. This upgrade is about standing up for our community and making sure the Police have the support they need to tackle crime and anti-social behaviour in Raunds."

Installation of the upgraded system is expected to take place in February 2026.

Raunds Town Council will continue to press for a fairer and more consistent approach to CCTV funding across North Northamptonshire. In the meantime, this investment demonstrates the Council's determination to act locally and decisively to protect residents, businesses and visitors.

## 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 2 February 2026 for an appointment within 28 days. Other terms apply – see [wilsonbrowne.co.uk/terms](http://wilsonbrowne.co.uk/terms) or call for details.

**wilsonbrowne.co.uk**  
**0800 088 6004**



**wilson browne**  
SOLICITORS

# Nene Valley News - Recipes



## > APPLE BAKE WITH DOUBLE GINGER CRUMBLE

Serves 6 - 8

Prep Time: 20 minutes

Cooking Time: 35 minutes

Allergens: Dairy, Gluten

### Ingredients:

- 3 large, firm bakng apples (680-775g total)
- ¼ tsp ground cinnamon
- A few gratings of fresh nutmeg
- Pinch of ground cloves
- 2 tsp Opies Stem Ginger Syrup (or 1 tsp vanilla extract)
- 40g granulated sugar
- Pinch of salt

### For the Topping:

- 150g unsalted butter
- 50g demerara sugar
- 50g granulated sugar
- ¼ tsp coarse salt or sea salt
- 1½ tsp baking powder
- 260g plain flour (add more if needed)
- 1 Opies Stem Ginger ball diced
- 10g finely chopped Opies Crystallised Stem Ginger (or more to taste)

### Method:

1. Preheat the oven to 190°C / 170°C fan / gas 5. Peel, halve, and core the apples, then cut into 1-inch wedges. Arrange them into the base of a 9x13-inch baking dish. In a separate bowl mix cinnamon, nutmeg, cloves, ginger syrup, sugar and salt. Pour this mixture over the apples and toss to coat.
2. Melt the butter in a large bowl or saucepan. Stir in both sugars, then add salt, baking powder, and diced stem ginger ball. Mix in the flour and crystallised ginger until a crumbly texture forms, adding an extra tablespoon of flour if

needed.

3. Sprinkle the crumble evenly over the apples. Bake for 30-35 minutes until the crumble is golden, and the apples are tender when pierced.
4. Leave to cool for 10-15 minutes before serving with custard, cream, ice cream – or all three!

### Hints & Tips:

For added texture and crunch, replace a third of the flour in the topping with ground or finely chopped nuts or a handful of rolled oats.

## > CARAMEL & GINGER HOT CROSS BUN BREAD & BUTTER PUDDING

A decadent twist on a classic pudding! Also, a great way to use up any excess hot cross buns.

Prep time 20 minutes

Cooking time 35 minutes

Allergens: gluten, dairy, eggs  
Serves 6

### Ingredients:

- 6 hot cross buns, sliced into 4
- 3 large eggs
- 300ml whipping cream
- 300ml milk



- 1 tsp vanilla extract
- 75g golden caster sugar
- 3 balls of Opies Stem Ginger, finely chopped, syrup reserved
- 3 tbsp Carnation caramel sauce

### To serve:

- Fresh warm custard
- Some of the leftover caramel sauce

### Method:

1. Take a large oven dish that will fit 6 hot cross buns comfortably and arrange the sliced hot cross buns in the dish.
2. In a large bowl whisk together the eggs, whipping cream, milk, vanilla extract, caster sugar and 2 tablespoons of the reserved stem ginger syrup.
3. Pour the batter evenly over the hot cross buns. Scatter over the finely chopped stem ginger, cover and leave in the fridge for a couple of hours to allow the hot cross buns to absorb the mixture. You could also leave it overnight. Pre-heat the oven to 190°C / 170°C fan / gas 3.
4. Drizzle over half of the Carnation caramel sauce and cook in the oven for about 30-35 minutes, until the custard is set but still retaining a slight wobble.
5. Leave to cool slightly before serving with fresh custard and a little drizzle of caramel sauce.

### Where to Buy:

Buy online at [www.bennetttopie.com](http://www.bennetttopie.com)

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news

## CLASSIFIEDS

Deadlines for all classifications: 5pm Monday prior to issue date. A complete version of our Terms and Conditions can be found online at [www.nenevalleynews.co.uk](http://www.nenevalleynews.co.uk). Pay by credit/debit card or cheque. All major credit/debit cards accepted. For help and information please call 01522 692542 or visit [www.nenevalleynews.co.uk](http://www.nenevalleynews.co.uk)

## ACCOUNTANCY

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## Family NOTICES

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



For help and information to place your notice please call 01522 692542 or visit [www.nenevalleynews.co.uk](http://www.nenevalleynews.co.uk)

## PUBLIC NOTICES

### NORTH NORTHAMPTONSHIRE COUNCIL

ROAD TRAFFIC REGULATION ACT 1984 (EAST NORTHAMPTONSHIRE DISTRICT) (WAITING AND LOADING RESTRICTIONS AND ON-STREET PARKING PLACES) (CONSOLIDATION) ORDER 2009 (AMENDMENT No. 23) ORDER 2026  
NOTICE IS HEREBY GIVEN that North Northamptonshire Council have made an Order under Sections 1, 2, 3, 4, 5, 32, 35 to 39 and 45 to 55 and Schedule 9 of the Road Traffic Regulation Act 1984 ("the Act") to amend "The Northamptonshire County Council (East Northamptonshire District) (Waiting and Loading Restrictions and On-Street Parking Places) (Consolidation) Order 2009" as specified in the Schedule below.  
A COPY of the Order may be inspected at Kier Highways, Brixworth Depot, Old Harborough Road, Brixworth, Northants, NN6 9BX at a time and date specified by appointment only by calling 01604 529700. A copy of the Order can also be obtained on request by emailing [NNCParkingenquiries@kier.co.uk](mailto:NNCParkingenquiries@kier.co.uk)  
If you wish to question the validity of the Order or of any provisions contained in it on the grounds that it is not within the powers conferred by the Road Traffic Regulation Act 1984, or on the grounds that any requirement of that Act, or of any instrument made under it has not been complied with in relation to the Order, you may, within six weeks from the date of this Notice apply to the High Court for this purpose.  
The Order will become effective on 19th January 2026.

Dated this 17th day of January 2026

KAMILA COULSON-PATEL

Director of Law & Governance (Monitoring Officer)

P/2016

### SCHEDULE NO WAITING AT ANYTIME RESTRICTIONS (DOUBLE YELLOW LINES)

Rockingham Hills, Oundle – Whole junction with Glaphorn Road, extending until the boundary line of property 121 adjacent to the parking bay in a south easterly direction. Pightles Terrace, Rushden – Around the bend with Grove Road on the east side. Kings Meadow Lane, Higham Ferrers – Both sides extending from the existing restrictions at the junction with North End to a point past the 'Walnut Tree Triangle' and opposite over the access for properties no 3 and 3a. Kimbolton Road, Higham Ferrers – From existing restrictions at the junction with Chichele Street in an easterly direction past the access for 55m. The Old Quarry, Oundle – Both sides of the junction with A605 and to extend to the turning head and around each access point in an easterly direction. Stoke Doyle Road, Lilford and Pilton – Both sides over the two bridges from the southern traffic lights northwards towards a point where the current white line finishes just past the river and before the second set of traffic lights. Goulsbra Road, Rushden – Whole junction with Hollowell Close, whole junction with Sunningdale Drive extending on the east side to opposite the junction with Hart Way and the introduction of school zigzags extending past the zigzags to cover the turning head for the school access. Whole junction with Willmott Road. On the north side of the bend around property no 20 towards Hart Way whole junction. Warrens Close, Irthlingborough – Whole junction with College Street and on southern side from the far boundary of no 17 to the area for off road parking.

NO WAITING 8-9AM-3-4PM RESTRICTION (SINGLE YELLOW LINES)  
From the south side of the school keep clear zigzags and opposite from the boundary to number 20 to number 14 northwards

CHANGE TO 'NO WAITING AT ANY TIME' RESTRICTION (DOUBLE YELLOW LINES) FROM EXISTING 'NO WAITING 8AM-6PM' RESTRICTION (SINGLE YELLOW LINES)

Kings Meadow Lane, Higham Ferrers – West side from the existing restrictions from a point opposite the junction with George Street around the bend to the tactile drop for the footpath around the 'Walnut Tree Triangle' School Lane, Higham Ferrers – On the east side of the road, for the whole of the junction with Windmill Banks

NEW TIMES FOR EXISTING LOADING BAY TO BE INTRODUCED  
'LOADING ONLY 8AM-5PM MON-FRI'

Spencer Road, Rushden – North side, outside of local business between property no 52 to 58.

NO STOPPING ON ENTRANCE MARKINGS  
'MON-FRI 8AM-9AM & 3PM-4PM' (SCHOOL KEEP CLEARS)

Goulsbra Road, Rushden – East side, outside of Rushden Primary School starting from a point from opposite the boundary with property no 26 in a southerly direction.

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# Moulton College partners with CIMSPA to drive student employability

*The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) has announced Northamptonshire-based Moulton College as its latest Further Education Partner.*

As the sport and physical activity sector workforce's only chartered professional body, CIMSPA works to support, develop and enable professionals to succeed in the industry. Through the partnership, CIMSPA

will work closely with Moulton College to ensure its sports course curriculum meets the priorities of local employers.

Micki Ruggins, Technical Education Officer, CIMSPA explains: "We work with further education colleges to ensure the curriculum is responsive to the needs of local businesses operating in the sports sector."

"By working closely with staff on the design, development and delivery of the curriculum across Moulton's range of sports and associated courses, we can help address skills gaps and ensure the employability of students heading into the industry."

Moulton College runs a host of sports-based courses and is home to thriving rugby, football, basketball and netball academies. Its sports facilities are also used by Northampton Town FC, who train at the College. The multi-use site hosts a range of sporting activities as diverse as volleyball, weightlifting and rugby, and was used by South Africa and Samoa for training during the 2025 Women's Rugby World Cup.



Micki Ruggins, Technical Education Officer, CIMSPA



Moulton College Sports

Leigh Jones, Head of Sport at Moulton College, says: "Working with CIMSPA keeps what we teach our students up to date and relevant to the needs of the sector. It also enables us to upskill students in readiness for employment so that they leave us equipped to meet the demands of the ever-evolving sport and physical activity industry."

"We are delighted to partner with CIMSPA and look forward to the opportunities it will provide for our students, who will benefit from a smooth transition into work and help build the foundations for successful careers."

CIMSPA's Micki Ruggins adds: "Engaging



Moulton College Cricket Academy

with further education partners like Moulton College is part of a sector-wide engagement drive that links employers, training producers, awarding organisations and Higher Education providers. The partnership represents Moulton College's commitment to ensuring its students are fully equipped with in-demand skills and knowledge employers want, and the important role it plays in the local and wider economy."



To find more about Moulton College's range of sports courses visit [www.moulton.ac.uk](http://www.moulton.ac.uk)

## OPEN EVENTS

Higham Ferrers Campus

**Saturday 24 January 2026**

9am - 12noon

- Take a tour of our excellent facilities
- Meet our tutors
- Find out about our transport service

**Interested in Animal Welfare, Business, Equine, Foundation Learning, Land-based, Professional Bakery, Sport or Uniformed Public Services?**

Check out our website for open days at our Moulton campus.

**Moulton**  
COLLEGE

**HIGHAM FERRERS CAMPUS**  
Chelveston Road, Higham Ferrers,  
Northamptonshire NN10 8HN

**MOULTON CAMPUS**  
Gate 3, Pitsford road, Moulton,  
Northamptonshire, NN3 7SX

Pre-register at [moulton.ac.uk](http://moulton.ac.uk)

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