Local news from Cold Ashby, Cottesbrooke, Creaton, Guilsborough, Hollowell, Teeton & Thornby

# VILLAGE MITTIN

# DATES FOR GARDEN ENTHUSIASTS



OPEN GARDENS: COTTESBROOKE HALL Sunday 21st April, see p6 GUILSBOROUGH Sunday 28th April, see p12

Plus, Creaton in Bloom takes place Sunday 2nd June, see p10 and Cold Ashby Open Gardens on Sunday 21st July, more details in next issue.

#### **BROWNIES & BELL RINGING**

Guilsborough Brownies joined Merrick Bowles, Julie Woolley and Pauline Jacobs for an evening at the Church. They climbed the belltower and learned about ringing the big church bells. They also played the handbells, led by Pauline Jacobs. It was a great evening, enjoyed by all. A big thank you to Merrick, Julie and Pauline. If you are keen to join the bellringers then contact Julie Woolley on 07907 627024 - they need new members! If you have a daughter who might be interested



in joining Brownies, then telephone Mary Fowler (Brown Owl) on 01604 740497.

#### SMARTPHONES AND CHILDREN

Ninety-seven percent of 12 year olds in the UK have a smartphone. As much as a fifth of three to four-year-olds in the UK have a smartphone! By aged 11, only 17% don't have one. So what? There is increasing evidence that they can be harmful to youngsters. As parents, do we give our children access to something that opens the door to porn, bullying, grooming and the anxiety machine that is social media, or do we risk alienating



them from their peers? Not an easy situation. A movement has recently sprung up across the UK to support parents faced with this dilemma. If this affects you, there is a resource pack for parents with helpful information and tips here: https:// smartphonefreechildhood.co.uk/ resources.

Inside this iss	ue:
Birding Notes	P3
Cold Ashby	P4 -5
Cottesbrooke	P6
Creaton	P7-11
Guilsborough	P12-15
Hollowell	P16-18
Thornby	P19
Church	P21-22
Learn to Sail, Time to Move, SSPPG	P24

### WHAT'S ON

#### APRIL

See p5 for all Cold Ashby Events 6th Cottesbrooke Coffee Morning 10th Creaton WI Musical Trio 11th Guilsborough Friends 13th Creaton Walking Group 15th Hollowell Village Hall AGM 18th FOSM Tea with Victoria, Creaton 19th Time to Move Guilsborough 21st Open Gardens Cottesbrooke 26th Hollowell Hopewell Cafe 28th Open Gardens Guilsborough 28th Farm Walk Thornby

#### MAY

See p5 for all Cold Ashby Events 2nd Local Elections 3rd Hollowell Pub night 4th Cottesbrooke Coffee Morning 9th Guilsborough Friends 11th Creaton Walking Group 16th FOSM Social, Creaton 22nd SSPPG AGM, Guilsborough 24th Hollowell Hopewell Cafe

#### AND REGULARLY ...

Monday mornings MMM, evenings Knitwits Guilsborough; Tuesday evenings, Creaton Singers; Thursday mornings indoor bowls, Creaton; Sunday am and Tuesday pm, Tennis Guilsborough; Thursday evenings, Badminton Guilsborough. Thursday evening Nia Guilsborough.



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Wherever possible **please email** your contributions to. <u>editorial@villagelink.org.uk</u>. This saves considerable time re-typing information! When providing hard copy materials, please post to Sarah Dalzell, Five Springs, Nortoft, Guilsborough, NN6 8QB

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#### DEADLINE FOR NEXT ISSUE: Tuesday 30th April

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### AN 'SEO' WINTER



Short-eared Owl, Norfolk, March 3rd

On October 8th 2023 I was on the beach at Weybourne, Norfolk, scanning the sea and watching a fairly typical array of seabirds and wildfowl passing offshore. After a while I became aware of something different, flying at a higher altitude; I could also see that it was attracting the attention of a group of gulls. This bird continued to beat its way towards the shore and as it grew in the binoculars, I identified it as a Short-eared Owl, *Asio flammeus*. The bird then flew fast and low up across the beach, before landing on the shingle bank very close to a couple who appeared to be sitting enjoying the sea view. They looked surprised at the arrival of this striking predator. The bird didn't linger, heading off inland after a brief rest. Shortly after, another Short-eared Owl arrived - this one passed parallel to the shoreline before drifting diagonally inland, on a south-westerly track. A quick check of the bird news channels showed that a notable movement of this species was occurring along the east coast of the British Isles. At Holme Dunes in Norfolk an astonishing total of 54 birds were seen flying in off the sea that day, a good indication that 2023-2024 was going to be an invasion winter for this species.

Short-eared Owls are nomadic and may be subject to movements associated with fluctuations in numbers of prey species, especially voles, in their home territories in Scandinavia and Northern Europe. An invasion is always welcome news for birders and wildlife photographers. Short-eared Owls roost together at communal sites and are often active in daylight hours. They are graceful and buoyant flyers: while hunting they will often execute a stall turn and drop suddenly into long grass as they attempt to capture prey. They will often roost on the ground and may sit tight until flushed, allowing close views as they fly off. At roost sites they will behave gregariously and can also be heard giving a hoarse 'chee-eff' call. Their glaring eyes with yellow irises give them a striking facial expression, often described as 'baleful'.

Short-eared Owls breed in upland parts of the British Isles and can be found all year round, but it is in winter when most people will get a chance to see them as their numbers are boosted by visitors from northern Europe and they disperse to lowland locations. This has certainly been a bumper winter – in fact one of the best in recent memory. Since October I've seen them on the Isle of Sheppey, at Stiffkey in Norfolk and – closer to home – in the Brampton Valley and at Harrington Airfield. As spring progresses they will start to return to their breeding territories - many of them making the reverse crossing of the North Sea; as they pass through they may be encountered in a wide variety of open habitats, especially in rough grassland in which they can roost, or hunt their prey.

Jon Cook joncookbirding.wordpress.com

# COLD ASHBY NEWS

### NEWS FROM THE MEMORIAL HALL - SKITTLES KNOCKOUT

For the first time in many years, a Skittles knockout was held in Cold Ashby on 27<sup>th</sup> January. 32 players battled it out in 5 rounds until we found our 2024 skittles champion. Congratulations go to Andrew Bott who fought off all the competition and was crowned worthy winner after beating Bob White in the final. Thanks go to all that entered and all that came to support this fun evening. Our gratitude also goes to Alec Swann for manning the bar and to Fiona Gunn-Stokes for organising the event. Huge thanks to Mandy Carson, Julie Webb and Carole Oliver for preparing and serving the delicious beef and vegetable stews.



# THANK YOU FROM THE CHAIR

Having been born and bred in Cold Ashby, I have many special memories of some fantastic occasions in the village, with lots of these events taking place at The Memorial Hall. Our beloved building is special, not just as a community venue, but also because it is a memorial to those who were killed in the world wars of the last century. It gives me great pleasure to see our hall being well attended once more - especially for big community events - it is so wonderful that the Memorial Hall maintains its original purpose as quoted in the trust deed: "for the use of the inhabitants of the village of Cold Ashby and the neighbourhood....for use for meetings, lectures, classes and for other forms of recreation and leisure time occupation with the object of improving the conditions of the life of the said inhabitants." Community is everything, especially in a small village like ours. With many important facilities now gone in the village I am truly grateful to have the support of so many who work together in order to improve the wellbeing for everyone and provide opportunities for social interaction for the village. The Memorial Hall is the hub of the village and is run by a dedicated group of volunteers. Everyone is welcome to come along to our events or come along and have a game of skittles. Thanks to Steve Roper and Malcolm Linnell you can now also have a game of pool or darts, or you can just pop in for a drink and a chat with friends and neighbours. I can guarantee you will always be made most welcome and always end up having a great evening in great company. We have a lot of events coming up and two of our planned events are suggestions from our community, so if you have an event you'd like us to put on, let me know and we will see if we can fit it into our calendar. We would love to see you all there! Fiona Gunn-Stokes - Chair contact: fionagunn-stokes@hotmail.co.uk



Our newly renovated Multi-Play area is now available for hire for both 'one-off' or 'block bookings'. The Multi-Play Astro Turf court is suitable for small sided football games and training, hockey practice, team sports practice and tennis during the summer months.

Hire rates for Cold Ashby residents are £12 per hour . Floodlights - £3 per hour Non parishioners £18 per hour. Floodlights - £6 per hour Please contact Rose Dempsey on 07887 421462 or Roger Miller on 01604 740180

#### Cold Ashby Pool Team news



Cold Ashby Pool Team in Gallic mode saying 'au revoir' to their French team mate Pierre Meunier. Pierre was formerly a resident of Cold Ashby then Guilsborough and has now returned to live in France.

This has been a very successful season for the Cold Ashby Pool Team. The team plays in the North Northants Pool League and has gained promotion to Division 1. With the continued closure of their village pub, the team now plays in the village Sports Pavilion but remains hopeful of returning to play in the pub when it re-opens.

### EYES DOWN FOR A FULL HOUSE!

The Memorial Hall Committee would like to thank everyone who attended our hugely popular Curry and Bingo Night on 24<sup>th</sup> February. It really was a Full House! Special thanks to Dave Harris for being our resident Bingo Caller and ensuring everyone had a great time. Thanks also go to Mandy Carson and Julie Webb for cooking up superb chicken and vegetable curries and to Anna

Swann and Gemma Sellers for their help serving and clearing away. We are also grateful to Andrew Bott who ensured that noone went thirsty and Andy Sellers for his help throughout the day. Special thanks also to Beryl, who came all the way from Swansea to join us...obviously our community reputation precedes us!!!



Cold Ashby Memorial Hall Sunday Cafe Join us for breakfast between 10-1 pm Sunday 28th April Sunday 19th May Sunday 30th June Bacon, Sausage, Egg rolls, Toasties and cakes available to eat in or takeaway

Cold Ashby Memorial Hall-St George's Day Celebration: Best of British



Join us for a fun filling evening where we celebrate the 60's on Saturday 20th April 2024 Fancy Dress encouraged (prizes for best dressed)

Britain in the 1960's Tabletop Quiz Ploughman's supper available £5

# COLD ASHBY NEWS

# COLD ASHBY EVENTS FOR APRIL AND MAY.

Everyone is welcome to join us for the following events and residents' support will ensure that we are able to keep these important village facilities open and provide opportunities for entertainment, social interaction and keep the village pool and skittle teams going.

Date	Event	Place	Details
Sat 6 <sup>th</sup> April	Social Night	Memorial Hall	From 7:30pm
Fri 12 <sup>th</sup> April	Social Night	Memorial Hall	From 7:30pm
Wed 17 <sup>th</sup> April	Skittles: League Pairs	Memorial Hall	From 7:30pm
Sat 20 <sup>th</sup> April	Best of British 60's Night	Memorial Hall	From 7:30pm
Sun 28 <sup>th</sup> April	Sunday Cafe	Memorial Hall	From 10-1pm
Tues 30 <sup>th</sup> April	Film night (TBA)	Pavilion	Open from 7.30pm
Sat II <sup>th</sup> May	Social night	Memorial Hall	From 7:30pm
Sat 18th May	Merry Comrades May Day reunion Tea	Memorial Hall	From 5pm £5 (prebook)
Sun 19 <sup>th</sup> May	Sunday Cafe	Memorial Hall	From 10-1pm
Tues 28 <sup>th</sup> May	Film night (TBA)	Pavilion	Open from 7.30pm

Pool nights Mondays from 7.30pm at the Cold Ashby Playing Field Pavilion. Bar open.All village pool players welcome. Skittles Summer League will commence sometime in May and fixtures will be published when known. <u>Please check village Facebook pages for</u> <u>further details of planned events listed above.</u>

The Friendship Zone and The Black Horse seek your views on establishing a viable village shop in Cold Ashby, aiming to provide essential services that enhance the quality of life for all residents. Please help us by completing and returning this short survey. Thank you!

Proposed Village Shop in Cold Ashby - Residents Questionnaire
Q1. Would you support the opening of a Village Shop in Cold Ashby? Yes / No / Don't mind
Q2. If yes / don't mind - what opening days/times would you like?
Q3. If yes / don't mind - what products would you want to see on sale in the shop?
Q4. Any other comments?
Q5. Name or first line of address:
Q6. Number of people in the household:
Thank you for your feedback! Please email completed form to info@friendship-zone.com or bring it to The Black Horse and put it through the mail box hole before 15.04.2024.

# COTTESBROOKE NEWS

# Upcoming Events

#### APRIL

6 April: Coffee Morning, 10-12 @ Village Hall Book Swap - Bring a book you have already read and take away something new to read! Recycling at its best.

#### MAY

2 May: Local Elections @ Village Hall 4 May: Coffee Morning, 10-12 @ Village Hall



Star Wars Day - May the Fourth be with you! Come and enjoy some Star Wars inspired bakes while catching up with your neighbours.

**21st April**, Cottesbrooke Hall Gardens will be open as part of the National Garden scheme. Regular opening during May and June is on Wednesdays and Thursdays. See right for details.





National Garden Scheme Sunday 21st April 2pm - 5.30pm

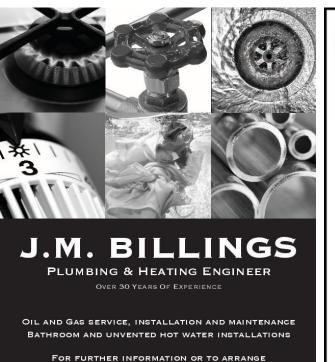
#### Hall & Gardens open 1st May to 26th September

May & June: Weds & Thurs 2pm - 5.30pm July, Aug & Sept: Thurs only 2pm - 5.30pm Plus Bank Holiday Mondays (May - Sept) 2pm - 5.30pm



Free parking / No dogs except to assist / Toilets Limited wheelchair access, please call in advance Please visit our website for the latest information & updates www.cottesbrooke.co.uk 01604 505 808 cottesbrooke cottesbrooke.estate ()





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### CREATON WALKERS

The Creaton Walking Group were delighted to have a new walker and dog join them for the February walk. Despite all the rain, the route via Hanging



Houghton, Scaldwell and Brixworth was not too wet and was showing signs of Spring. The group saw a hare and then a field of alpacas and sheep before having to hack through thick brambles which had fallen across the waterlogged path! Fortunately this was towards the end of the walk when the enthusiasm to get to Lamport pub spurred everyone on!

The March walk was just south of Creaton taking in the Brampton area and the well-named Five Ways.

If you enjoy walking over our beautiful countryside come and join this friendly group. We meet on the second Saturday of the month at Creaton lychgate at 10am for a 3 hour walk followed by an optional pub lunch. Wear walking boots and bring water! Next walks are on:

13 April

II May

8 June



### **CREATON SINGERS**

Creaton in Bloom, on Sunday 2nd June, is the Creaton Singers next performance and everyone is practising hard, learning some new songs as well as a few old favourites. The Creaton Singers will be performing whilst you enjoy a delicious cream tea in the URC at 2.30pm and again at 3pm.

It is with great pleasure that the singers have welcomed a new member who sings bass. New members are always welcome. Why not come for a taster session? We practice every Tuesday from 7.30pm to 9pm in the URC in Creaton High Street.

### FOSM HISTORY GROUP

Thursday 18th April Tea With Victoria presented by Past Alive at 7.30 in St Michael and All Angels. We hope you will join us for an interesting evening followed by complimentary refreshments Thursday 16th May A social event for members.

#### W/I

We meet on the second Wednesday of the month at 7.30 p.m. in the United Reform Church. Non-members are always very welcome.

Please do join us on April 10<sup>th</sup> for an evening of musical entertainment from "Three in Accord", a wonderful trio whose members have sung at the Royal Albert Hall and Windsor Castle! On June 12<sup>th</sup> we hope to have a talk from NHS First Responders and on July 10<sup>th</sup> Christine Farmer's talk is "The Repair Shop and Me".

Please contact President, Daphne Clark, 01604 505546 or email wicreaton@gmail.com for more information.

### PLAYING FIELDS ASSOCIATION





Charity No. 1085011

As users of the field will have observed, the weather has been very unkind to the field over the autumn and winter and in particular to our chipped bark safer surfacing which has been washed away regularly. To the team who keep retrieving it, barrowing and raking back into place, it felt like it was a daily occurrence. Cottesbrooke estate has cleared the ditch along the Brixworth Road to allow rainfall to run away quicker and are looking to install a larger pipe when they have suitable equipment available. We are very grateful for this help. In order to make the surface future proof and maintenance free we have recently had a quotation prepared for the installation of Phase 1 of a solid rubber surface. This is  $\pounds 11,433.60$  and provides a surface for two pieces of play equipment. This will be more hygienic and provide sufficient CFH (critical fall height) to cope with the equipment we have in place.

We are looking for grants and donations in order to carry out the work as well as holding fundraising events. Any offers of help or suggestions would be gratefully received.

Our first fundraising event of 2024 was a Curry Evening together with a mini table quiz at the Jomidar Lounge, Creaton on Monday 18<sup>th</sup> March. We trust an enjoyable evening was had by all. We would especially like to thank the management and staff of the Jomidar Lounge for hosting the event and donating a part of the ticket price towards our funds.

Keep a look out for details of our Annual General Meeting which will be held in the near future.

Mark Woollven Treasurer

Please remember: Dogs are only permitted on the field when on a lead and crossing on the Public Footpaths.

### Over the Counter



We were all devastated when Sue Tew passed away in January after a brave and long battle over the last year. Sue was a muchloved member of the team, having been with us since before we opened. The shop was her passion and she was always thinking of new ideas to serve our community. She is sorely missed by us all, most especially John, to whom we all send our deepest sympathies and condolences. John has been determined to keep volunteering in the shop and we are very grateful for his bravery and dedication. As a mark of respect and to allow everyone to attend, we closed the shop whilst Sue's funeral and celebration of her life took place, in a beautiful service in Creaton church, where John very eloquently and emotionally paid tribute to Sue.

Sue's shoes will be difficult to fill but we do need help, especially in the Post Office. We love to encourage the younger members of our community to get involved and are pleased that Archie Pygott is now learning how to run the Post Office. Do congratulate Archie and wish him well when you see him training.

Do you like a delicious cup of coffee made from freshly ground beans? Creaton Village Shop now has a coffee machine where you can get an Americano, Latte, Cappuccino, Expresso, Cortado and also Hot Chocolate, Tea... the list is very long! Bring your own mug or we can provide you with a disposable cup - and why not enjoy a freshly baked croissant or pastry with your coffee?

Some products have been moved around to fit the coffee machine in, so if you can't see what you want, please ask. If you would like a magazine let us know as we now only buy what has been preordered.

Do you have a special occasion coming up? Maybe you are hosting a family celebration? Remember you can order any type of meat you like which we will ask Joseph Morris to source for you. Venison anyone?

We are always short of volunteers and are so grateful to our dedicated team who frequently volunteer for 3 or 4 shifts in a week at very short notice to keep the shop open. If you can spare 2 hours a week come and talk to anyone behind the counter about a trial shift, to see if you like it. It is great fun and you meet many lovely people.



# No room in the garage or the attic?



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# THE BENYON CHARITIES

At the moment many families are struggling financially. Formed in 1876, The Benyon Educational Foundation supports families that live in Creaton.

In the past small cash grants have been provided for a wide range of needs. These include the purchase of school uniforms, computer equipment, tools for start-up businesses and support for local community initiatives.

If you feel that a small cash grant would help your family please contact the Trustees at the following email:

<u>Red@creaton.me.uk</u>

or write to

The Trustees, Red House, Hollowell Road Creaton.

# CREATON HERITAGE PROJECT

Research is going ahead and by the end of March there will be some information on display in the Church, including why one of the windows only has a few pieces of stained glass in it.



Please drop in to have a look to see how we are progressing and we are always pleased to receive more photos of old Creaton or memories either by email (see below) or by letter, which can be dropped off in the Church.

bobatcreatonheritage@gmail.com

#### Creaton URC

You are warmly welcome to join us for our Sunday Worship and

	Junior Church.	
Sunday	April	
7 <sup>th</sup> I I am	Joint Service at Kilsby	
14 <sup>th</sup> 11am		Rev Nigel Adkinson
21 <sup>st</sup> 11am		Rev Geoff Townsend
28 <sup>th</sup> I I am		Rev Ann Jack
	May	
5 <sup>th</sup> I Iam		Jon Heard
12 <sup>th</sup> 11am		Rev Geoff Townsend
19 <sup>th</sup> I Iam		Wendy Pittman
26 <sup>th</sup> I Iam		Andrew Howes

Poppies coffee shop is open Wednesdays and Fridays, from 10am to12 noon . You will be very welcome.

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# CREATON IN BLOOM

By the time you read this, the equinox will have been and gone and all those green shoots will be threatening to flower. Early April may seem a tad premature to think about visiting gardens but as you look through this edition you see quite a few opportunities. In Creaton our gardens will, as usual, be on display on the first Sunday in June. Put this in your diary, and then get back out into the garden and enjoy the tulips, the blossom and all those jobs that need doing.

These images are of last year's display in the Church. To see them in colour, take a look at Village Link online at https:// villagelink.org.uk.









# CREATON PARISH COUNCIL

#### **Creaton Parish Council Contact Details**

You can contact our Parish Clerk for Creaton Parish Council, Katrina Jones on creatonpc@gmail.com.

Agendas and minutes of meetings are available on the Parish Council website <u>www.creaton.org.uk</u> and are also posted on the noticeboard on Violet Lane. <u>We also have a Facebook page.</u>

#### Parish Council Meeting dates:

Meetings are held bi-monthly on the first Tuesday of the month at 7.30pm at Creaton Village Hall. The next meeting date is:  $7^{th}$  May 2024.

The meetings for 2024 are:

- 7<sup>th</sup> May
- 9<sup>th</sup> July
- 3<sup>rd</sup> September
- 5<sup>th</sup> November

#### **Planning Applications**

Please look on the West Northants Council website for full dtails of all Planning

Applications:

https://www.westnorthants.gov.uk/planning-applications-andenforcement/view-and-comment-planning-application

#### Parish Councillor Vacancy

The Parish Council has a vacancy for a Parish Councillor. If you could spare a little time you could help make a difference to the village. If you would like to apply or for further details please contact the Parish Clerk.

#### West Northants Council Consultations

West Northants Council hold regular consultations on a range of issues. Full details of current consultations can be found online at: <u>https://westnorthants.citizenspace.com/</u>

#### Zumba

Thank you to everyone that has supported the Zumba classes which take place on a Wednesday morning at the village hall at 9.30am. The classes were started with funding provided by the Good Neighbour Scheme and it is great to see the classes continuing to be so well attended.

#### **Dog Fouling**

There has been an increase in dog fouling reported around the village. Whilst the majority of dog owners pick up after their dogs there is a minority who do not which and has led to certain areas of the village seeing a persistent problem. Please can all dog owners ensure they pick up after their dogs as this poses a risk to health as well as being unpleasant.

West Northants Council officers can issue Fixed Penalty Notices ranging from  $\pm 100$  to  $\pm 400$  for environmental offences such as dog fouling.

Dog fouling can be reported on their website: https://www.westnorthants.gov.uk/street-cleansing/dog-fouling

- It is helpful to include the following information in any report: time, date and location of incident frequency of the offence, if it happens regularly description/breed of the dog
  - any other descriptions to help identify the offender, including their name and address if known

#### **Creaton Playing Field**

The Parish Council has awarded a grant of  $\pounds 1,000$  to the Playing Field Association to help them with plans for new surfacing around the play equipment for which they are raising funds. They have also been organising fund raising events such as a curry night and we hope all residents will lend support in whatever way they can.

### Neighbourhood Plan



Thank you to all those who completed the questionnaire. There were 110 responses, representing 56% of households in Creaton and 22% of the adult residents. This is a good turn out. The results will be pored over and your answers will be reflected in the content of the Plan.

#### Come and talk to the team about the Neighbourhood Plan

This first open event is an opportunity for you to find out about Neighbourhood Planning and what it can and can't do. It is also a chance for you to learn what has been done to date and what still needs to take place. For example you will be able to learn about the results of the questionnaire that was completed in February.

#### Saturday April 13th 10am to 1pm Village Hall

There will be displays and opportunities for you to leave comments about the different aspects of the Neighbourhood Plan. Remember that it is not just about housing but also about how the village looks after the environment, helps businesses, and makes Creaton a vibrant place to live and work in, well into the future.

MMM





Monday Morning Meet Guilsborough Village Hall 9 – I Iam every Monday (excluding Bank Holidays) All welcome, baby – OAPs. £2.50 per Adult, Children Free Meet for a chat, knit, hot drink & cake.



Good Friday 29th March - Easter Eggs & More. 10-12am Craft activities. Hot Cross Buns & Hot Drink £2.50/adult For more information contact Janet 01604 740640

### GUILSBOROUGH OIL BUYERS (GOBS)

The Guilsborough village scheme started December 2020 and evolved from an idea between Guilsborough resident Steve McGlasson and me (Trevor Reay) to benefit and reward local communities and to thank you for choosing us as your supplier. Our vision was to build a very concentrated local business giving excellent service and consistently sensible pricing, customers buying from us directly, using our own tankers. Savings are achieved by cutting out costly middlemen, such as some consortiums or online offerings. Runouts are handled swiftly and without the surcharges often applied by others. A set amount of each litre bought is then allocated to support and fund projects for your village.

The fund is administered by Guilsborough Parish Council. It has proved to be successful and well supported. Guilsborough has 87 regular buyers so far, and the payments made to your parish council totalled £2,231.40 up to the 31st October 2023. Following this success we have rolled the scheme out to four other villages, Thornby, Naseby, Ravensthorpe & Swinford to directly enhance the facilities in those villages. For those of you who don't know we now have an office in Sywell and I have been joined by 3 of my longstanding ex Watson colleagues - Jess McClorey, Ruth Threadgold & Ian Taylor.

Please call us to check our prices for heating oil. When you place your first order you will be coded (GOBS) and your literage will be added to the fund. Commercial kerosene users are welcome to join.

Our number is 01604 345526

Thank you for your support. Trevor Reay, Compass Energy

### **GUILSBOROUGH FRIENDS**

Are a local friendly group for ladies and gentlemen, usually meeting at 7.30pm, at Guilsborough Village Hall, the second Thursday of the month. During the summer months we arrange outside events, weather permitting. Social activities include: Guest speakers Garden visits Meals out Visits to local places of interest £3 per meeting, unless otherwise stated, which is used to cover refreshments, costs and make charitable donations. We look forward to welcoming new members. Our Programme for the next 3 months: Thursday II<sup>th</sup> April—Arthur Cockerill, local Northamptonshire Philanthropist - talk by Dr Isabella Robinson Thursday 9th May—Visit to Harrington Aviation **Museum** For further information contact: T 01604 740640 Janet Minney Elizabeth Southgate T 01604 740064

### GUILSBOROUGH FRIENDS RAISE MONEY FOR CYNTHIA SPENCER

In spite of the horrible wet weather, the Money Raising Supper for Cynthia Spencer was well attended. It was a really lovely evening, with a superb "dessert table". We were spoilt for choice!

A big thank you to everyone who kindly donated in any way to the success of the evening.

The only cost was hire of the Village Hall, which has enabled us to donate  $\pm 500$  through the Ruth Harper Giving Fund to the hospice.

This brings the total raised on "Tom's page" to  $\pounds$ 5,695. The fund has now achieved 28% of the target  $\pounds$ 20,000.



#### VILLAGE HALL NEWS

#### Quiz evening raises £1200

The main fundraising event for the Village Hall on the  $16^{th}$  Feb was a great evening with about 90 tickets sold and raising just over £1200. The monies will be going towards the new front door and other measures aimed at keeping our electricity costs down, and our hire fees low – for the benefit of everyone. Thank you to everyone who came.

#### Time to Move – Fridays after Easter

The Village Hall team are starting a new movement class on Friday mornings at 9.15am with exercise followed by coffee, finishing at 10.15. It will be specially designed for those who are aging or with mobility issues. The exercises can be tailored to each person's individual needs; sitting, using a chair for balance, or standing.

We will be starting on Friday 19th April with an 8 week pilot, but it is hoped that this new session will continue long-term. The cost per week is £4 including coffee and biscuits. If you are interested, if possible give Elaine (07742 440250) or Laura (07368 233327) a call to chat through what will be going on. This will help them to plan the morning to best fit with your own needs. However, you are still welcome to simply turn up.

# VILLAGE SHOWCASE

This year the Parish Council are hosting a free to attend 'Village Showcase' on **Saturday June 22nd**. Based in the Village Hall and on the Green this event will be YOUR OPPORTUNITY TO PROMOTE YOUR ORGANISATION to the village! Invitees include all parish-based organisations: clubs, societies, businesses, crafts, services, sports groups, produce makers, charities, etc. There will also be entertainment by GMAD's, a history talk and refreshments



Are you are interested? Several groups have already booked a space – so please register your interest with: David O'Neil councillor.oneil@guilsborough-pc.gov.uk or 07801 700909 Lisa Phillips councillor.phillips@guilsborough-pc.gov.uk We are very grateful to Laura Pinchback (who lives in Guilsborough) who will be providing the instructor and managing the session. See the advert on the back page of this edition. We are grateful to the Parish Council for a donation of £200 toward the costs of this new class.

#### Making access to the hall easier

The new back doors enable direct ramped access from the Village Hall car park at the back, and there are now automatic lights down the outside and at the back of the hall which will help everyone see their way.

	Morning	Afternoon	Evening			
Monday	MMM	Bowls	Parish Council			
Tuesday	Pilates	Yoga, Drama				
Wednesday			Pilates,Guides			
Thursday			Non Impact Aerobics, Drama			
Friday	Keep Fit					
Saturday	Available for Party Bookings					
Sunday	Available for Party Bookings					

### WHAT'S ON WHEN

### PARISH COUNCIL NEWS

We're very pleased to report that our bus service is to continue beyond March after the current operator UNO, pulled out of all their bus operations. The time tables remains practically untouched and are available to download from the new operator Stagecoach. This has again only been achieved with subsidies from a number of Parish Councils along the route. As part of our Bio Diversity Policy, we have decided to leave 2 wider margins unmown in the small playing field. As reported elsewhere in these pages, there are monies donated for the benefit of our villagers that are generated from an oil buying group. The amount received has increased since it began but has always been used for the benefit of as many of our parishioners as possible. This year, so far it has covered the cost of our Christmas tree and we've agreed to cover the cost of the

first few weeks of Village Hall rent, up to  $\pounds$ 200, to assist the start up of an exercise group aimed at those with limited mobility or more senior in years.

This still leaves up to  $\pm 600$  to allocate. If you have any suggestions for a project/s, which must benefit our parishioners, please contact the clerk, details below.

Lastly, we've had a few street lamp failures over recent weeks. These <u>need</u> to be reported to our clerk, as she is the only person who can arrange repair. Please include the location as precisely as possible and include the lamp number painted on the lamp if possible. There is a zoomable location map on our website:

Guilsborough-pc.gov.uk

clerk@guilsborough-pc.gov.uk or 01788 824425

COULD CRICKET BE FOR YOU?

Haddon Cricket Club are a village club based at three beautiful grounds at Guilsborough, East Haddon and West Haddon, the club offers both social and competitive cricket for men, ladies and juniors of all standards.



village sport & recreation

The club run 4 junior sides, a ladies team and 6 men's sides in the summer so there is something for everyone. Winter training runs indoors at Brixworth from January to April. If you are thinking of returning to cricket, looking to give it a go or have children that could be the next Ben Stokes then please do get in touch by contacting Jim.houghton72@outlook.com.



#### Sir John Lowther Cricket Game

On **Sunday August 11<sup>th</sup>**, the Annual Sir John Lowther Cricket game will take place at the Guilsborough Playing Field. Sir John was the Lord Lieutenant of Northamptonshire for many years. The GPFA sees it as an opportunity for the village to come together, watch some cricket, enjoy a good lunch in the delightful Playing Field setting on the West Haddon Road. Children are very welcome at reduced prices. Please put this date in your diary.

Hugh Lowther raises a team from his friends to play Guilsborough Gentlemen, a team raised by Jim Houghton in the village. Prior to Hugh raising a team, his father raised a team for many years, often played, and on one occasion stopped, to the



surprise of the opposition, a cricket ball travelling at speed to the boundary with his wooden leg, lost in the WW2 when as a captain, he stepped on a mine in Normandy.

Sir John sold the ground to the parish in 1973 for team sports, but especially cricket.

For the August event, two marquees are erected close to the pavilion, tables are laid out in the marquee, with a bar dispensing bottled beers and wine by glass or bottles, with a cold buffet & dessert. The bar is open from midday and the two teams sit down to lunch at about 1.00pm after play starts at 1100, followed by others attending.

The two teams and supporters number about 30, and we can accommodate a further 70 from the parish. More details will follow, but those who would like to attend should contact the GPFA Secretary, <u>Graham.Byars@hotmail.com</u> or 07712649833.

The 2024 GPFA AGM was held in January, and its 2024 General Committee will be:

Chairman: Freddie de Lisle, Vice-Chairman: Mike Edwards, Treasurer: Milly Plant, Secretary: Graham Byars, Health & Safety: Gary Wakelin, Publicity Katie Fulcher: Haddon Cricket Club: Jim Houghton, West Haddon Football: Marc Garret, General Committee: Simon Cottle, Member, GPC representative: Simon Cauldwell, with Corresponding members: Mark Webster, Steve O'Connor, Sam Darbyshire, Ged Lowry, Simon Smith. Kit Woolridge (Guilsborough Academy). The 2023 Annual Report can be seen at https:// guilsboroughplayingfield.com/

**GPFA Bottle Stall at Hollowell Steam July 2024** Once again the GPFA will be raising funds at this event, and would kindly ask all to remember to donate bottles now or nearer the event, which is a significant fundraiser for the GPFA.

O7722 592204



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PRIMARY SCHOOL NEWS From the Headteacher...

We are now half-way through the academic year already and this Spring Term has been full of exciting learning, activities and curriculum enrichment events.

Our School Council and Eco-warriors have been working hard at thinking of things that will make our school even better. Watch this space for more information about what we've got planned.

The children took part in Safer Internet day which was organised by Mrs Holcombe, and the feedback showed us that our pupils are well equipped for being very safe online. Times Tables Rock Star Day was a knockout, our Year 5 children enjoyed a Maths adventure day at the Frontier centre, and Class 4/5 had a victorious day as Vikings.

Over the next few months we have a number of other events coming up, including Science Week, Easter Prayer Space and Easter celebrations, our Seasonal Walk, Parents Evening and our new Project Friday. We are very proud of our enrichment and the joy it brings the children.

Please remember, if you need any information about what's happening at Guilsborough Primary we have lots of information

on our website – <u>www.guilsboroughprimary.co.uk</u> – or you can keep up to speed via our Facebook account – Guilsborough C of E Primary School (a closed group for parents, guardians or carers) – or through our Twitter profile – @guilsboroughpri and YouTube channel.





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# HOLLOWELL NEWS MEET LEO, TED, AND SID -

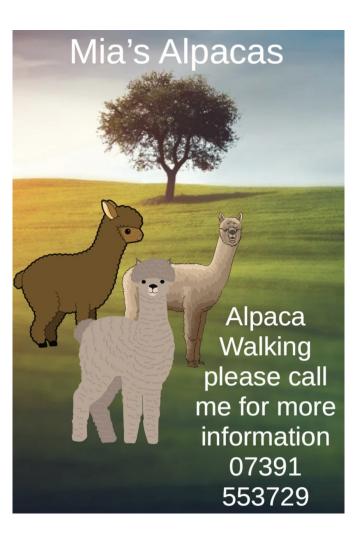
HOLLOWELL'S NEWEST, FUZZIEST CELEBRITIES!



Hollowell residents have been entertained recently by three, new four-legged arrivals. Leo, Ted, and Sid are alpacas and are sometimes to be spotted walking around the village with their 21-year-old owner Mia Blackman.

Alpacas are like small llamas; they come from the mountainous regions of South America and are herd animals that have been particularly bred for their warm, wavy wool. Mia is planning to offer alpaca walking trips of about an hour each where clients can pay a small fee to walk with one of these characterful creatures. But don't interrupt her for too long if you see her and her animals.

Alpacas are always on the lookout for fresh pasture. If Mia stops for a chat, she says the alpacas start making a humming noise to tell her to hurry up. The alpacas will be sheared for the first time this May by a specialist mobile team of alpaca shearer who travel the UK in a caravan. Then Mia hopes to go into production, making soft, warm hats, scarves, and toys.



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#### HOLLOWELL HENS CURRY NIGHT REPORT

On a chilly evening in February a group of us visited the Jomidar Lounge Indian restaurant, in Creaton for an evening of conviviality and curry. The food was delicious, and the conversation flowed as freely as the lager.

Those who had nobly walked up the hill were justifiably smug when they didn't have to refuse the

offer of Baileys on the house, from our kind and attentive hosts. How great now to have a really good place to meet with each other right on our doorsteps.



# HOLLOWELL NEWS

### A BREW-TIFUL EVENING AT POTBELLY BREWERY!

The damp evening of Friday 16th February saw a 16 strong contingent of Hollowellians, both male and female, board the surprisingly luxurious Lilbourne Community minibus. Our destination, the Potbelly Brewery in Kettering, for a tour and beer tasting evening.

After a warm welcome and a quick briefing on how the visit would be conducted, we were given descriptions of the fine range of drinks available to try; from the weakest beer (3.7 ABV) on the left to the strongest (5.5 ABV) on the right. We could also try a small selection of ciders and a "lager" that we later learned was in fact a very pale bitter with a lager taste. These were served as pints or halves all evening; the group favourites being the intriguingly named "Philanthropist Phil" and "Beijing Black".

During the tasting there was much conversation and a fish and chip supper as an interlude.

Then into the brewery for a comprehensive talk by lan, covering the history of the brewery and, with the aid of some ingredients to smell, a description of the process of brewing and how the recipes change the taste and colour of the finished beers.

All too soon it was time to board the minibus for the return journey.

A good time was had by all, with suggestions of a repeat event.



H Kinch.



# Hollowell and Teeton Village Hall Lotto

The weekly prize draws of the game have been made, and the winners for the first 9 weeks of the year are:

Paul HamptonHannah OswinSimon ArmstrongCharles KitchenPauline KirtonMartin Leach

Roger Partington Freddie Morris Sarah Long

### HOPEWELL "COFFEE AND A CHAT"

We are moving to the fourth Friday of the month until the summer. The next dates:

Friday 26<sup>th</sup> April

Friday 24<sup>th</sup> May

Friday 28<sup>th</sup> June

Why not come and join us for a cuppa, a piece of delicious cake and a catch up with friends.

We meet in Hollowell Village Hall, 10.30am to 12.30pm

For more information, or for help with transport, please call

Paul on 07780 265614 or

email: wearehopewell@gmail.com.

EVERYONE WELCOME.

# HOLLOWELL NEWS

### VILLAGE HALL OUIZ NIGHT

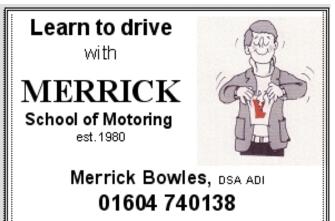


Village residents decided to take each other on, street for street, at the recent Hollowell Quiz Night. Teams representing Guilsborough Hill, Home Farm Yard, The Green and Church Hill (middle and high) battled it out over questions that demanded the identification of bisected chocolate bars, film themes and UK bridges.

Two teams, the Hillbillies and the Strangely Browne team tied on 69 points each. They couldn't even be split with a tie breaker, which was a question about the number of the first ball drawn in the UK National Lottery: both teams correctly chose 37. Congratulations to all, and many thanks to the quiz masters and the organising team.

Please join us for our next Village Hall event: **Friday 3**<sup>rd</sup> **May** is the next Steam and Whistle pub night, so do bung the date in your diary.

We are also keen to add some fresh faces to the Village Hall Management Committee. We meet about once every six weeks to plan events and take care of the management of the hall. If you are interested in finding out more or helping in any way, please come along to our AGM at 7.30pm on Monday 15<sup>th</sup> April in the Hall.



Towing instruction also available.

# HOLLOWELL & TEETON PARISH COUNCIL

#### Web site: http://www.hollowellandteeton.org.uk



A resident has expressed concern after finding dog **P**oo in the **P**ocket **P**ark where the play equipment is located.

H & T P C's Policy on Dogs in the Pocket Park can be viewed on the Councils' web site: http://www.hollowellandteeton.org.uk/policy-and-governance 'Dogs in Pocket Park (November 2022)' Currently this does **not** prohibit dogs having access to all areas of the Pocket Park but does take account of the West Northamptonshire Council Public Spaces Protection Order (Dog Control and Prohibition of Smoking in Public Places) 2022 If a dog defecates at any time on land to which this Order applies, any person who is in control of the dog at the time must remove the faeces from the land forthwith unless;

there is a reasonable excuse for failing to do so.

the owner, occupier or other person or authority having control of the land has consented (generally or specifically) to the failure to do so.

H & T P C does **NOT** consent to the failure to do so in regard to Hollowell Pocket Park

#### **NB Enforcement**

(i) Any person who fails to comply (with Articles I to 7 above) without a reasonable excuse for doing so commits an offence.

(ii) A person committing an offence may be issued with a Fixed Penalty Notice ("FPN") of

£100.00 by a Constable or Authorised Person, payment of which will discharge liability to conviction for that offence.

The Council will continue to monitor the Pocket Park and note any reports from residents in regard to the behaviour of dogs and persons in control of dogs, to determine if any changes need to be made to the Policy.

A. G. Crisp, Chairman

# THORNBY NEWS

### ANNUAL FARM WALK

#### 28th April 10.00 am Farm Walk

Our annual walk through the beautiful Thornby countryside, with guided talk highlighting areas of particular interest. Starts at the Red Lion, tractor & trailer for those not sure of uneven ground. The walk ends with delicious refreshments.



Cost £6.50. All enquiries to Barbara Tanser 01604 740505. All proceeds for our church of St Helens.

# LOCAL CHARITY'S 400TH ANNIVERSARY

This year marks the 400th anniversary of Thornby Poors' Land Trust and the Trustees thought readers may be interested in its history. The Trust owns 24 acres of agricultural land situated to the north of the village the majority of which lies to the east of the A5199. It includes a small wood called Thornby Bushes. Founded by Deed dated 10<sup>th</sup> February 1624, twenty-one years before the battle of Naseby, it was a social welfare scheme that evolved after the Old Poor Law of 1601. The primary purpose was to let land to the poor of the parish at a cheap rent, it was not intended to be an income producing endowment.

It appears to have continued in this manner until 1975. We have no paperwork prior to this date and I think it is fair to assume the land was not actively managed and had become somewhat neglected.

The first minutes we have notes a Parish Meeting in March 1975 where the following parishioners were appointed to serve as Trustees: T Barlow, F Sparrow, Major G Lorraine-Smith and Reverend Cheyne. At the time the land was informally occupied by two villagers, Reg Warriner and Keith Haynes.

The Trustees appointed a firm of surveyors to act on their behalf. Following negotiations both occupiers surrendered their interests and the land was formally offered to let. Of the six applicants who applied the current tenant's father was successful and entered into an agricultural tenancy.

In accordance with a document between the Poors' Land and Charity Commission dated 30<sup>th</sup> March 1978 the rent received was to be used for 'the relief of persons who are in condition of need, hardship or distress'. Usually by providing winter coal. In February 1990 for example nine individuals received one ton and one person half a ton.

Today the primary objective is the provision of educational or vocational grants to individuals who have been resident in Thornby for three or more years and are undertaking further education or training for a nationally recognised qualification. The Trust is in rude health, here's to the next 400!

# What is Modern Buddhism?

WEEKLY MEDITATION CLASSES

### Wednesdays 7.15 - 8.15pm Starting 17<sup>th</sup> April



Dates: April 17<sup>th</sup>, 24<sup>th</sup>, May 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> Cost: £7 per class / £36 whole course Bridget Heyes NKT-IKBU National Spiritual Director for the UK

with Kadam

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# GUILSBOROUGH ACADEMY NEWS

Guilsborough Academy has always been and will continue to be at the heart of our local community and one of many focuses this year is to identify and pursue local opportunities to help shape our young people, so they can make a difference on their doorstep and beyond.

At the start of the academic year, we joined the Northamptonshire Chamber of Commerce, and as part of that membership are looking to foster partnerships with local businesses that will benefit both the academy and our local communities for many more years to come.

One of the exciting things planned for 2024, is the redevelopment of our allotment area, which is one of many green initiatives

that our Eco Committee are spearheading. Our rural surroundings are precious and becoming more sustainable is important.

The academy is part of the Eco-Schools programme, which provides a simple, seven-step framework that empowers young people to make a difference in their school, local community and beyond on huge environmental issues such as climate

change, biodiversity-loss and plastic pollution.

The academy has applied for the Eco-Schools Green Flag accreditation, to acknowledge, reward and celebrate the

ecological achievements of our young people. It clearly demonstrates that their hard work is appreciated, and it provides them with the confidence and motivation needed to continue actively engaging with environmental issues throughout their lifetimes. Finally, it also tells our local communities that the academy is forward-thinking and promotes youth-led environmental education and action.

We have very kindly been supported by Commsave Credit Union, who have donated to our allotment project to help the

Eco Committee get it off the ground and are also going to help with some volunteering hours.

If any individuals, businesses or community groups have any spare



time, resource and would like to volunteer to help clear the allotment area or would like to donate any materials, plants etc., then our Business Development and Marketing Director (Kym Wright), would love to hear from you!

Please contact us with any potential opportunities and keep up to speed with what we're doing by checking our website or following us on social media – https://linktr.ee/ guilsboroughacademy

Your ongoing support is much needed and very appreciated. Mr Simon Frazer



### MESSAGE FROM REVEREND ALLISON TWIGG THE UPLANDS GROUP OF CHURCHES CHURCHES



Dear all,

'Isn't Easter early this year?'

Like me, you might have heard this said often lately, as we look to Easter Sunday being on 3 I st March.

But there are some years when Easter could be even earlier. In fact, it could happen on 22nd March – although the

last time that happened was 1818, and it won't happen again until 2285!

But did you know, the date of Easter had long been a point of contention?

Today, Easter is always the first Sunday after first full moon following the Spring Equinox, 21st March.

This method was established by Christians at the Council of Nicaea in 325AD (at which the Nicene Creed was also written!), after the early Church hadn't always agreed when Christ's resurrection should be celebrated. We know that Jesus died and rose again around the Jewish festival of Passover, the date of which was also set by the lunar calendar. So at Nicaea, Emperor Constantine attempted to put the matter of the date of Easter to rest once and for all.

But that wasn't the end of the matter, because the trouble was no one could agree how lunar cycles should be calculated!

Even in our own country, in 664, the Northumbrian King and his Kentish wife celebrated Easter at different times. This led to a meeting at Whitby Abbey, when the King relented and decided that the whole of the country should follow the Roman method of calculating lunar cycles... which they believed had come from St Peter himself!

Another spanner in the works came again in the 16th century when the Julian calendar was exchanged for the Gregorian calendar, and people were unsure again when to celebrate Easter. In fact, our brothers and sisters in the Orthodox Christian tradition, who still mainly follow the Julian calendar, will be celebrating Easter on 5th May.

It's understandable that there have been calls for the date of Easter to be fixed!

Whilst fascinating and confusing in equal measure, actually it's the meaning of Easter which matters far more than the date of it. Human beings will always disagree and squabble over earthly matters like times and dates. But Easter lifts us out of this world and gives us a glimpse of God's world – or heaven as we like to call it. When Jesus died and rose again, he showed us a future where death is no more, our sins are forgiven, there is new life on offer for all... and where we don't need to worry about dates and calculations!

So yes, this year, Easter is early... But the same Easter joy, hope, peace and forgiveness can be found being celebrated in the churches of The Uplands Group as always. Not just on Easter Sunday but for the whole of the Easter Season. Come and celebrate with us - you can see the times of the services on our service planner!

May this season be a blessing to you all,

**Reverend Allison** 

#### WELCOME TO REV'D CECILY - THE NEWEST MEMBER OF THE UPLANDS PARISH MINISTRY TEAM

"My name is Cecily. I'm married to Shakeel, who is also a curate currently working in the Oakham Ministry team. We've lived in Rutland for the past three years when we moved there just after getting married.

I felt called to ordained ministry from around 14/15 years old and so it's something I have pursued for a long time. I completed training for ordained ministry at Cranmer Hall in Durham, where my husband and I met.

We have a lovely golden Labrador called Aslan who is almost 3 as well as 3 lovely bunnies. In my spare time, I like walking, playing badminton and reading (although not all at the same time!) as well as crocheting, baking, and playing board games.

We're so looking forward to moving into the area soon and becoming a part of the community!"



Cecily and Shakeel will be moving to Welford after Easter. Please join us in welcoming them!

# CHURCH ROTA

#### Uplands Group of Parishes office (answerphone): 01604 743444

Email: uplandsgroup@btinternet.com

Thornby 9.30am BCP Communion	Spratton 11.00am Worship for All	Ravensthorpe 8.30am BCP Communion	Hollowell		Guilsborough 11.00am CW Communion	Creaton 9.30am BCP Communion	Cottesbrooke 11.00am BCP Rav Communion	Cold Ashby	White		Second Thi	7 <sup>th</sup> April 1	
							Ravensthorpe	10.00am Group Service and Annual Meetings	White		of Faster	14 <sup>th</sup> April	
	8.30 BCP Communion	9.30 CW Communion		6.00pm Evensong	Brunch@11 Village Hall	9.30 CW Communion			White	Easter	Fourth Sunday of	21 <sup>st</sup> April	Uplands Group
	11.00am CW Communion	11.00am Worship for All	11.00am CW Communion		9.30am CW Communion			9.30am BCP Communion	White		Fifth Sunday	28 <sup>th</sup> April	of Churches Se
9.30am BCP Communion	11.00am Worship for All	8.30am BCP Communion			11.00am CW Communion	9.30am BCP Communion	11.00am BCP Communion		White	Easter	Sixth	5 <sup>th</sup> May	rvice Planner A
								9.00am Group Service Creaton	White		9 <sup>th</sup> May Ascension Dav	THURSDAY	Uplands Group of Churches Service Planner April and May 2024
								10.00am Group Service Spratton	White	Easter	Seventh	12 <sup>th</sup> May	
	8.30am BCP Communion	9.30am CW Communion		6.00pm Evensong	Brunch @ 11 Village Hall	9.30am CW Communion			Red		Day of Penternet	19 <sup>th</sup> May	
	11.00am CW Communion	11.00am Worship For All	11.00am CW Communion		9.30am CW Communion			9.30am BCP Communion	White		<b>Trinity Sunday</b>	26 <sup>th</sup> May	

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www.villagelink.org.uk







Saxon Spires Patient Participation Group

Spring 2024

The SSPPG is a collaborative team of Patients and Practice staff, including GPs and Practice Management.

Our meetings are held quarterly and alternate between Brixworth and Guilsborough Surgeries. We meet to review issues and identify ways of assisting the practice in its effort to improve the services available. The next meeting is the AGM followed by the regular meeting. It will be held at Guilsborough Surgery on Wednesday 22<sup>nd</sup> May at 6.30pm. New members are always welcome.

Health Walks will take place on the third Monday of each month. They will last for about 60 mins. The April Walk will meet on Monday 15<sup>th</sup> April at The Stag, Maidwell NN6 9JA at 11am. The May Walk is on Monday May 20<sup>th</sup> meeting at Smiths Farm Shop, Chapel Brampton NN6 8AA at 11am. Rosemary Ward will lead the

Covid Boosters will be available from April and will be given by Guilsborough and Brixworth Surgeries to eligible groups.

Saxon Spires website will have the details and dates of the sessions offered. www.saxonspires.co.uk

Watch our Saxon Spires Patient Participation Group Facebook page for regular announcement on all activities or for more information drop us an email on <u>ssppg2022@gmail.com</u> or phone 01604 880552

Time to Move

Improve: Mobility, Strength & Balance Come as you are – no special kit needed. Gentle exercises, followed by tea & coffee. Run by specialist, qualified instructors. Call Elaine 07742440250 or Laura 07368233327

