

# **KISLINGBURY NEWS**

**August / September  
2020**



## **Kislingbury Parish Council - Directory**

### **PARISH CLERK**

Ann Addison Finance 858226  
Email: a\_addison@btinternet.com

### **CHAIRMAN**

Alison Ward PC Report Kislingbury News 07770528188  
School Liaison, Website Liaison

### **VICE CHAIRMAN**

Kay Longland Village Hall Committee 832473  
Neighbourhood Plan Link  
Notice Boards

### **COUNCIL MEMBERS**

Miriam Harris Senior Citizens Liaison  
Margaret Welsh Charity 831835

Sharon O'Connell Allotment Contact 839057  
Kislingbury Town and Charity Estates

Sarah Parker Highways Charity Clerk/Trustee 830539  
PPG Rep for Bugbrooke Surgery

Jonathan Hughes Planning Coordinator 376109  
KPFPA representative

Sue Deane 831834

Janet Mallett

Jennifer Tompkins

Ann Addison South Northants Council 858226

Karen Cooper South Northants Council 01604859694

Adam Brown Northants County Council 07714255077  
Email: adbrown@northamptonshire.gov.uk

Chris Heaton-Harris MP Daventry Constituency 859721

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Phil Beeston Footpath Warden 832146  
Chairman Kislingbury Playing Field Association  
Email: kislingburyplayingfield@hotmail.co.uk

Dennis Tidmarsh Flood & Snow Warden 830074

Leslie Hartwell Deputy Flood Warden 830343

Ron Hoodak Tree Warden 839143

Felicity Dunkley Village Archivist 830514

Anne Upton Village Archivist 833422

Chrissie Key Village Hall Booking Clerk 831824

Deni Topliss NHW Coordinator 07754471120

Parish Council Meetings are held on the third Tuesday of each month in Kislingbury Village Hall at 7.30pm. The press and members of the public are welcome to attend.

Minutes can be seen on Parish Notice Boards, in the Church Porch and online at:

[www.kislingburypc.org.uk](http://www.kislingburypc.org.uk)

## August / September 2020 edition of the Kislingbury News

The deadline for the October/November issue is **Friday, 25th September, 2020.**

Where possible contributions should be sent in electronic format by email to:

**kislingburynews@hotmail.co.uk**

or delivered to Barbara Floyer, at 6 The Orchard, Kislingbury.

### Village Diary

**The Village diary is still looking a bit thin at the moment.  
But there is a lot of optimism that groups can start up again soon.**

**Check with the organisers of your groups  
and societies for more information.**

#### August 2020

30th Quiz Night - The Sun, see their advert on page 3

#### September 2020

27th Quiz Night - The Sun, see their advert on page 3

29th Kislingbury Friendship Club AGM - Village Hall, 7.30pm

#### October 2020

31st Arts and Crafts Exhibition - Village Hall, 7.30pm

**For up to date information about what is happening  
in the village log into [facebook](#) at**



**Kislingbury Village Info**

#### Regular Events

**Many of these will be amended or cancelled. Check with the organisers**

Play Group open during Term Time at Village Hall

Bell Ringing Monday Nights 7.30pm – 8.30pm

Kislingbury Parish Council meets 3rd Tuesday of every month in the Village Hall

**Kraft Shack Group - Every Wednesday - 8pm**

**further information - Tel: 07788737052 or 01604 754518 or  
email: [mopalmer@gmail.com](mailto:mopalmer@gmail.com)**

Voyage of Light every 2nd Tuesday of the month excluding January and August.

KOFs - Every Thursday 10.30am at the Village Hall

**Line Dance Classes in Village Hall - Thursday, Beginners 12.30 -13.30  
& Improvers 13.00 - 15.00 - 07788 737052 or 01604 754518**

Art Group - Thursday afternoons at the Village Hall 2.15-4.15pm

Cycle Club - Meets at Sun Inn every Saturday at 9.30am

Kislingbury Runners - Playing Fields, Sunday morning from 8 am - see Page 13

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**Welcome back to all our customers that have continued to support us  
and our new way of working!**

**Our revised hours of opening are currently:**

**Monday to Friday: 5pm - 11pm**

**Saturday: 12 noon - 11pm**

**Sunday: 11am - 10.30pm**

**Food service:**

**Pizzas and chips!**

Served 6pm - 9pm Friday and Saturday

Delivery to village only 6pm - 8pm

For delivery only call **07950606682**

Our main food service is under review and we will be looking to bring our restaurant service back to you soon.

In these ever changing times please follow us on Facebook for updates and events.  
@thesuninnkislingbury or on our website. [www.thesuninnkislingbury.co.uk](http://www.thesuninnkislingbury.co.uk)



**Quiz night.**

We will be aiming to hold our monthly quiz nights outdoors on the last Sunday of every month as usual.

**Meat Raffle** every Sunday £1 per ticket.

Outside seating is available and under canopy if needed.

Tel: 833571 or Email - [thesuninnkislingbury@yahoo.co.uk](mailto:thesuninnkislingbury@yahoo.co.uk)

Web - [www.thesuninnkislingbury.co.uk](http://www.thesuninnkislingbury.co.uk)



## **[View Kislingbury News On-Line](#)**

Kislingbury News, including back issues, can be viewed on-line.

Simply go to **[www.kislingburyonline.co.uk](http://www.kislingburyonline.co.uk)**

and click on the **“Kislingbury News”** tab.

You will also find this website useful for finding information  
about Kislingbury, including  
signing up for the **Kislingbury email database.**

## THE PARISH CHURCH OF ST LUKE.

Well, things are slightly better than the last Kislingbury News in that over the last few weeks we have been tentatively trying a said service in church, albeit under very austere conditions, at 10am each Sunday for all the parishes in the Benefice. Hand sanitising, Track and Trace and social distancing have been the order of the day, with entering through one door and leaving through another. With the addition of a mask and gloves I felt I was ready to go into Theatre! However, all those attending were very diligent and fortunately because the church is big, social distancing was no problem.

As you will see from the back page of this newsletter, for the month of August we will be trying two services each Sunday spread around the Benefice – however, as things can change so quickly, services in September will be advertised on the church gates.

Hopefully we are now nearing the end of the urgent work on the church tower which was held up not only by Covid-19 but also floods at the quarry when we had all the rain earlier in the year. I don't think the contractors will forget us in a hurry! Photos of the completed work are quite amazing and if possible we will try and display some of these for all to see in the future.

It is all so strange and it's hard to see when we will be back to normal. Our thoughts and prayers go out to those who are still in lockdown or are finding it difficult to adjust, and enormous thanks to all those who are helping those in lockdown either by shopping, doing odd jobs or just "being there" when needed. Our prayers are also for the scientists who are working so hard to find an answer to this awful virus.

*Keep us Lord, under the shadow of your mercy.  
Sustain and support the anxious, be with those who care for the sick,  
and lift up all who are brought low;  
that we may find comfort knowing that nothing can  
separate us from your love  
in Christ Jesus our Lord. Amen.*



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## Margaret Welsh Charity

The Margaret Welsh Charity provides grants to young people who have left school and are entering higher education or are taking a recognised apprenticeship. Applicants must be residents of Kislingbury, have attended Kislingbury Primary School, are under 25 years of age and have not previously received a grant from the Charity.

Grant cheques will be issued to successful applicants in November. Proof of attendance on the course or apprenticeship is required and should be provided with the application letter.

Applications, giving details of the course or apprenticeship, should be made by the applicant in writing before 30th September to:

**Shirley Faulkner at 5 Church Lane, Kislingbury, NN7 4AD.**

Note: applications will not be accepted from parents or other third parties.



## Kislingbury Amblers

We meet on the 1st and 3rd Wednesday of every month  
at the Olde Red Lion if you wish to join us

### First Walk in July 2020

After what seems a long and frustrating time, the Amblers were, once again, able to meet up. Six of us set off from Kislingbury Mill, taking the Nene Valley Way towards Nether Heyford, but not before collecting two more of our group.

Time to head up Furnace Lane, reaching the A5 and on towards Upper Stowe. At this point, most of the walkers sat just outside the church, dining on their own picnics.

Fed and watered, we took the footpath across fields, returning to the A5. Crossing the road, we came across a Motocross event which gave some of our “motor anoraks” sorry, “enthusiasts”, a chance to enjoy a classic bike experience.

Onwards and upwards, we crossed the bridge over the railway line, through several fields until the Old Crown Public House came into view. This is now a private house. At this point I bowed to the superior knowledge of an old Bugbrooke resident, who steered us around areas of Bugbrooke new to most of us.

We then returned to Kislingbury, having enjoyed a walk of just over 9 miles.

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# Kislingbury Art Group

**KEEP SMILING  
& KEEP SAFE**

**AUGUST 2020**



During the lockdown the members of the Art Group have been busy producing paintings that will be exhibited at the **ARTS & CRAFTS ART EXHIBITION in the VILLAGE HALL on Saturday 31st OCTOBER**

Currently it is planned to re-commence the ART GROUP meetings early in September subject to the situation in respect of the Covid19 virus at that time

The group is organised, to provide a venue for artists of all abilities from beginners to fully experienced; to meet together, to paint, and share the company of others with similar interests, in a non formalised group. We meet on Thursday afternoons at the Village Hall between 2 pm and 4pm. For further info contact either:

**Judith 830421 or Mike 831747**

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**The family of Victor Archer** would like to thank you all for the lovely cards and for the donation from Mr and Mrs Elliott and Tom that I received for a charity after Victor's passing.

Thank You  
Jenny

# Chiropody Treatment

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## Kislingbury Friendship Club (Previously Kislingbury Arts & Crafts Society)

Our programme has been severely affected by Covid 19 but we are now planning for the rest of the year in the hope that we can meet safely and confidently. We do not meet in August, so all being well we will hold our **Annual General Meeting on Tuesday 29th September at 7.30pm** in the Village Hall. We intend to celebrate the beginning of the new season of speakers with the review of the last year, have a look at our finances and discuss future plans and then to have a more social end to the evening – bearing in mind all the restrictions we have to adhere to. We have already decided last year's subscriptions will be carried forward to 2020/21. If there are alterations to this plan, members will be contacted and notices put up on village notice boards.

**On Tuesday 27th October, again at 7.30pm**, we are hoping John Perkins will be attending to give one of his history talks. Some readers may remember him as a teacher at Champion School a few years ago.

Then, with positive thinking to the fore, we are keeping fingers crossed that we will be permitted to hold our **Annual Art Exhibition and Craft Fayre on Saturday 31st October**. I am sure social distancing will still be the rule so we will be making changes to our usual style and layout. Details will be on notice boards. This is such an important event in our calendar and that of Kislingbury Art Club so we will be hoping it can go ahead.

Please ring if you have any queries.

Doreen Hartwell (830343)

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### John Hale

Margaret and family would like to thank everyone for their kind messages, cards and flowers sent following the sad passing of John on 12th June. They were a great comfort to us all.

Owing to Covid restrictions we were only able to have a small family funeral service, but we hope to have a service celebrating John's life at a later date.

Margaret, Robert, Stephen and Jenny.



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# Kislingbury over Fifties

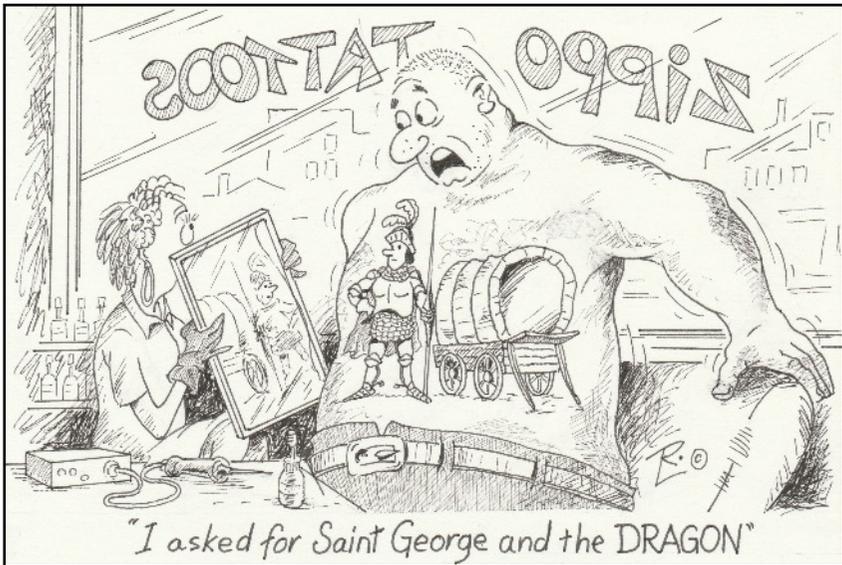


## WEEKLY NEWSLETTER

On Thursday 30th July we issued the 20th weekly edition of the KOFs' Newsletter which is circulated to over 120 members and friends of the KOFs in the village.

Over the weeks we have received a lot of information including photographs taken during exercise walks and around the gardens.

Each week a quiz or puzzle is included, as is a regular cartoon from Reg Lodge.



Resumption of KOFs Thursday Coffee Morning is currently planned for late September, subject to a number of factors including the safety of members and the current situation at that time in respect of the COVID 19 virus.

## KEEP SMILING and KEEP SAFE .....

... the KOFs will and chat. For further information contact a committee member.

Eddie Harley 830001

Shirley Faulkner 830104

Jenny Massingham 831039

Dennis Tidmarsh 830074

Mike & Jackie Jackson 831747

Bernard Gent 830579

Christiane Scrivener 830994

Deni Topliss 453090

## **5 easy ways to avoid injury from Move4 Physiotherapy Northampton**

Body – Move4 Physio Northampton have, and always will have one guiding principle, to improve the way you move. Whether it's your job, your hobbies or your lifestyle, the body develops strategies to allow you to achieve the outcome you want, and adapts to the things you spend most time doing.

If you spend most of your time driving or sitting at a desk, you will develop certain postures. These postures, maintained over a long period of time, can lead you to develop issues such as low back pain, shoulder soreness or hip problems. It's our job to unpick these unwanted issues and get you back moving more efficiently, the way we were born to move.

Now, the last few months have meant most people out there have either been working from home, or have been furloughed and have spent much more time around the house. With the patients we have been managing over this period, there are some trends which have developed, so we felt it would be useful for you to get a few tips from us to try and learn from the experience of others by putting some things into practice before it's too late.

Tip 1 – If you normally wear high heels to work and have been mostly either barefoot or in flip flops throughout the last few months, make sure you stretch your calves regularly. Wearing high heels can lead to short/tight calves so when you remove the heels this can lead to calf or Achilles tendon issues.

Tip 2 – Looking at your phone a lot more than normal? Avoid 'smart phone neck' by being aware of where your phone is when you are looking at it. Try to keep it at shoulder/eye level as much as possible and reduce headaches and neck soreness from letting your head hang forward whilst you get up to speed on social media.

Tip 3 – If you've done more sitting recently (which I think we all have), then be aware that gravity is going to take its toll. To avoid shoulder issues make sure you stretch through your chest/pectorals and open up. Sitting for long periods can lead to rounded shoulders which is a big risk factor for shoulder impingement issues.

Tip 4 – Linked to tip 3, if you've been working from home and sitting at your desk for long periods, make sure you open up your hips. Getting short and tight through your hip muscles can lead to multiple issues so use a lunge type position to open those hips up and avoid the pinching so many people report in their hips

Tip 5 – Many people have taken up new hobbies throughout the last few months. One of the pitfalls of this is you go from 0 to 100 very fast and the body doesn't have time to adapt. Trying new things, and new types of exercise is amazing and therapeutic for you in the long run, but make sure you allow sufficient rest between activities and don't ramp up the workload too fast.

If you'd like to learn more about ways you can optimise your body and build resilience, then get in touch with us on 01604 735678 or email us [appointments@move4physio.com](mailto:appointments@move4physio.com).

Failing that, we have just under 100 exercises for you to try on our website [www.move4physio.com](http://www.move4physio.com)



# KISLE RUNNERS

Large group runs are temporarily suspended due to Covid-19, however, we are successfully running in maximum groups of 6 people, staggered starts and socially distanced to comply with government restrictions.



Want to run with a friendly social running group?



Why not come and join us on a Sunday morning?

Everybody welcome: beginners, intermediates and the experienced.

I've noticed a lot more runners around the village during lockdown.

Why not continue your new fitness regime...come and join us!

Every Sunday we meet at Kislingbury playing fields and whilst the restrictions are still in place, **we run at: 8:00am, 9:00am, 9:10am.**

All ages are welcome – we ask only that children be accompanied by an adult.

Don't forget the buggies!

**NB: Contact Lawrie on: 07885 562672** if you want to run, you will be added to a list of runners, and put in a suitable group.

**NB: Please wear appropriate clothing!**

If you've never run with us before, why not give it a go?

*"It's not about being the best...it's doing your best"*



Like us on Facebook: [@Kislerunners](#)

Check our FB page mid-week for the Sunday run as well as any additional news!

For further info: message via FB page



## Summer Fayre Virtual 5k Fun Run

This was an amazing weekend on 20/21st June of fun runners, cyclists and walkers.

A grand total of £622.59 was collected and donated to the Kislingbury Village Fayre committee through which all funds are distributed and used within the village.

A massive thank you to Lawrie Stenhouse and Richard Crowther for organising and co-ordinating the event and collecting the donations. **Huge thanks.**

Kislingbury Village Fayre Committee

The Move4 Physio Promise

# Your Appointment Your Clinic

Lockdown Aches and Pains?

Working from home causing back pain?

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## Tales from Kislingbury Archives

Hodges Lane, pictured in the 1950's before construction of Danvers. Until 1841, Hodges Lane was known as Ashby Lane after a farming family.



### Light Up St Luke's

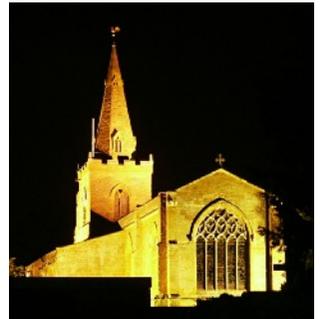
I have continued to do this by telephone asking someone to pick a number and so far it has worked satisfactorily. Here are the results for June and July.

The June winner of the special £50 prize was Eddie Harley whose number was selected by Chrissie Key.

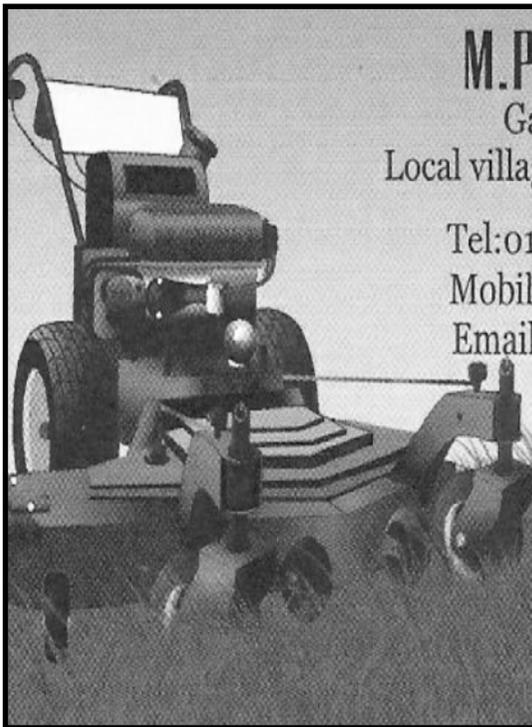
The July number drawn by Eddie Harley was owned by Nicky Pert.

Congratulations to winners and my thanks to the people who drew the winning tickets.

I am planning to retire from doing this collection and draw at the end of the year and wonder if anyone would like to take over from me. Just give me a ring on 830343 when I will happily explain just what is involved.



Leslie Hartwell



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### **CORONAVIRUS – HERE TO HELP!**

Our elderly residents are having to go into self isolation for 12 weeks, and could suffer hardship.

Your community charity, Kislingbury Town and Charity Estates, has provided financial or other assistance to elderly village residents in need for over 600 years, through previous pandemics, and is here to help again.

#### **I know an elderly resident who could do with some support – what can I do?**

If you know of someone who needs financial or other assistance through this difficult time, we can help.

If you are organising some voluntary assistance to the elderly in the village that might need some financial support, such as buying key supplies, we can help.

**Please contact our Chairman Martin Upton on (01604) 833422  
or our Clerk Jim Wood on (01327) 872670 for a strictly  
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the Trustees can meet by telephone conference call at short  
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**Rothersthorpe Village Hall**

**Thursday at 6.15pm**

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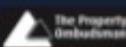
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## THE PARISH CHURCH OF ST LUKE

These services have been arranged for August –  
further services will be advertised via the village and church notice boards.  
All services follow the said Communion Service in the Book of Common Prayer  
and comply with Government Covid-19 guidelines.

**A warm welcome awaits whether or not you wish to partake of  
communion and just simply enjoy the service.**

### Services at The Parish Church of St Luke for August

Sunday 2nd August	10.00am	Service at Rothersthorpe Parish Church
	11.00am	Harpole Parish Church
Sunday 9th August	10.00am	Bugbrooke Parish Church
	11.00am	Kislingbury Parish Church
Sunday 16th August	10.00am	Rothersthorpe Parish Church
	11.00am	Harpole Parish Church
Sunday 23rd August	10.00am	Bugbrooke Parish Church
	11.00am	Kislingbury Parish Church
Sunday 30th August	10.00am	Rothersthorpe Parish Church
	11.00am	Harpole Parish Church

### Kislingbury & Upton Baptist Church (KUBC)

All church gatherings including Sunday services, prayer meetings, small groups, tots groups, etc. are suspended until further notice.

Join us at our live streamed services at 10.30am each Sunday morning  
via Zoom. This can be accessed through our website

[www.kislingburyanduptonbaptistchurch.org](http://www.kislingburyanduptonbaptistchurch.org)  
email: [admin@kislingburyanduptonbaptistchurch.org](mailto:admin@kislingburyanduptonbaptistchurch.org)  
Tel: 07931436852

### St Patrick's Catholic Church Duston

There will be Mass on Sundays and Fridays at 9.30 am

Services from the cathedral are live streamed from  
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