

KISLINGBURY NEWS

Dec 2022 / Jan 2023



Kislingbury Amblers



Kislingbury Parish Council - Directory

Parish Clerk

Ann Addison Finance 858226
Email: ann.addison97@gmail.com
Street Light Reports

Chair

Jonathan Hughes Highways, Roads and Village Footpaths 376109
Kislingbury News (PC Notes and PC Representative)
Planning
KPFA Representative

Vice Chair

Janet Mallett Planning 07872444749
Neighbourhood Plan Link
Village Hall Representative
Grass Cutting

Parish Council Members

James Ball Highways, Roads and Village Footpaths 07772049342
Parish Council Website Liaison
Planning
Village Maintenance

Peter Billingham Planning Communication 03301759184

Sue Deane Village Maintenance 831834
Seats and Planters
Village Notice Boards
Litter Pick Co-ordinator

Sheryl Goodman Bugbrooke Medical Centre PPG 07801934003
Lighting

Miriam Harris School Liaison 831835
Seats and Planters

Sam Parkerson Allotments 07855388678
Police Liaison
Defibrillator

Ann Addison West Northamptonshire Council 858226
(Kislingbury Lead Member)

Adam Brown West Northamptonshire Council 07714255077

Karen Cooper West Northamptonshire Council 01604 859694

Chris Heaton-Harris MP, Daventry Constituency 859721

| | | |
|------------------|--|-------------|
| Phil Beeston | Footpath Warden Chair - Kislingbury Playing Field Ass. Email: kislingburyplayingfield@hotmail.co.uk | 832146 |
| Sue Deane | Margaret Welsh Charity | 831834 |
| Miriam Harris | Margaret Welsh Charity | 831835 |
| Anne Upton | Village Archivist | 833519 |
| Felicity Dunkley | Village Archivist | 830514 |
| Chrissie Key | Village Hall Booking Clerk | 831824 |
| Sarah Parker | Kislingbury Facebook Highways Charity (Clerk & Trustee) | 07840731451 |
| Scott Parker | VAS Signs | 07512729422 |
| Chris Payne | Flood & Snow Warden | 07917033843 |
| <i>Vacancy</i> | Tree Warden | |
| Deni Topliss | Neighbourhood Watch Co-ordinator | 07754471120 |
| Alison Ward | Kislingbury Facebook | 07770528188 |

Parish Council Meetings are held on the third Tuesday of each month in Kislingbury Village Hall at 7.30pm. All meetings begin with an opportunity for villagers to ask questions or raise matters of concern. The press and members of the public are welcome to attend.

Minutes can be seen on Parish Notice Boards, in St. Luke's Church Porch and online at:

www.kislingburypc.org.uk

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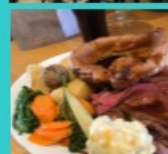


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December 2022 and January 2023

The deadline for the February/March issue is **Friday, January 20th, 2023.**

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

November

25th Christmas Market, Village Hall, 10am - 5pm

December

3rd Winter Warmer Lunch, St Luke's Church, 12 - 2pm

6th Parish Council Meeting, Village Hall, 7.30pm

7th Messy Church, St Luke's 3.30pm - 5pm

11th Father Christmas and his Reindeer, 4 The Green, 1.30pm - 4.30pm

17th Start of Poinsettia Week, St Luke's Church, 10am - 12 noon

17th Winter Warmer Lunch, St Luke's Church, 12 - 2pm

19th Carols on The Church Green, 5.54pm

January 2023

17th Parish Council Meeting, Village Hall, 7.30pm

25th Messy Vintage, St Luke's Church, 2.30pm - 4.30pm

Regular Events

Play Group open during Term Time at Village Hall

Bugbrooke and District Flower Club. 4th Monday of the month,
7.30, Nether Heyford Village Hall

Bell Ringing Monday Nights 7.30pm – 8.30pm

Pilates - Tuesday, 2pm at Village Hall

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**

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 2pm - 4pm

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

Follow the village on Facebook -



@Kislingbury Village Info

Kislingbury Parish Council

These notes highlight some of the many issues that the Parish Council is involved with because of its responsibilities as the most local tier of English local government. They supplement the publicly available minutes which are available online (on the Parish Council website) and on the notice boards around the village.

The Parish Council meets at the Village Hall at 7:00p.m. on the third Tuesday of every month apart from August. Since the last set of Parish Council Notes (October/November 2022) there have been Parish Council meetings on 18th October and 15th November 2022. **Our next meeting will be on Tuesday, 6th December 2022 at 7:00pm.** Parish Council meetings are, legally, the only context in which the Parish Council can make decisions. This is particularly important when it comes to spending the public money that the council is responsible for.

Kislingbury residents are always most welcome to attend any Parish Council meeting and have an opportunity to raise any issues as part of the Parishioner's Voice agenda item. Parishioner's Voice is a very direct way of raising issues and concerns with your Parish Council. This item is always early on the agenda. While you do not have to stay for the whole meeting, I would encourage you to stay on to observe at least some of the meeting to see the range of issues that come to the Parish Council.

In the last two sets of Parish Council Notes, I expressed the Parish Council's appreciation of the very strong response from the village in respect of the proposal to build 58 houses on land off Camp Lane and Beech Lane. The Parish Council has not heard of any planning decision from West Northants Council about this proposal, although we understand that they are trying to deal with the backlog of planning applications,

At the November meeting the Parish Council discussed its budget for 2023-2024. This sets out how the Parish Council intends to spend *your* money - the money that is raised via Council Tax. To arrive at our budget proposal, Parish Councillors discussed around twenty separate budget headings to agree an appropriate level of spending. These figures will be finalised at the December Parish Council meeting before the precept request is forwarded to West Northants Council

The Parish Council takes the view that it is both inevitable and necessary to increase the budget. Inflation currently running at more than 10% means that the costs will increase, for example to power the village street lights. In addition there will be greater demands on the budget, for example for additional street lighting along the

Rothersthorpe Road and on the new Spitfire housing development. We also want to continue with the maintenance of the village, for example by having a planting scheme of the Old Pond site on the Bugbrooke Road. The Parish Council also recognises the impact of higher prices on people. For this reason, we propose continuing the Community Pantry into the next financial year.

Just a reminder that the Community Pantry scheme is open to all Kislingbury residents in need and will ensure that those joining the scheme will have a grocery box once a week. All requests for help will be treated confidentially and comply with data protection regulations. If you wish to apply, please contact the Parish Clerk by phone (01604 858226) or email (parishclerk811@btinternet.com). I would like to thank those involved in ensuring the success of the Pantry but please do keep making your generous donations of food and money.

The Parish Council would also still welcome any approaches from village organisations that have ideas that might help with the 'cost of living crisis', for example by offering a 'community living room'. Again please contact our Parish Clerk to discuss your suggestion.

We warmly welcome a new Parish Councillor, Peter Billingham. However, the Parish Council is still looking for one more Parish Councillor. If you think you might be interested but want to know a little more before committing yourself please get in touch with the Parish Clerk to find out what is involved. We have also been able to welcome a new Flood and Snow Warden, Chris Payne. However, we still have a vacancy for a Tree Warden.

As these are the last notes of 2022, on behalf of the Parish Council I would like to wish all villagers a happy Christmas and a peaceful New Year.

Dr Jonathan Hughes
Chairman, Kislingbury Parish Council

Joan Ward

Gill, Sue, Laura and Nikita would like to thank everyone for their lovely cards, messages and support following the sad loss of Joan. It means a lot and is much appreciated.

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SERVICES OVER CHRISTMAS

These are as given at the back of this newsletter.

The service of **Carols by Candlelight on Sunday 18th December** will be followed by mulled wine and refreshments.

Our **Carols on the Church Green will take place at 5.45pm on Monday 19th December** when we hope the weather will be kind to us! It is a very informal time for all the family.

WE WILL BE HAVING A DO-IT-YOURSELF FAMILY SERVICE ON SUNDAY 29TH JANUARY. WATCH THE NOTICE BOARDS AND WEBSITES!

Historic Churches Trust – Ride and Stride

Thanks are extended again to all who sponsored those sitting in the church for the day and also to Robin Corlett who was our sole cyclist! £265 was raised for the Northamptonshire Branch of the Historic Churches Trust and half of this amount is returned to St. Luke's.

British Legion Poppy Appeal

The amount raised from the loose collection at the Service of Remembrance on 13th November was £41. Thank you to all who donated towards this very worthy cause.



CHRISTMAS MESSY CHURCH
Wednesday 7th December – 3.30pm to 5pm
Christmas activities + refreshments!

MESSY VINTAGE –

No Messy Vintage in December.

Next one is on Wednesday 25th January – 2.30pm – 4.30pm. All are very welcome. Afternoon tea with quizzes and puzzles followed by an activity.

COME AND ENJOY A “WINTER WARMER” LUNCH ON
SATURDAYS 3RD AND 17TH DECEMBER – 12.00 TO 2PM.

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Cont. on page 10



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POINSETTIA WEEK

Commencing Saturday 17th December 10am – 12.00noon



You are invited to place a poinsettia in church in memory of a loved one at Christmas.

On Saturday 17th the church will be open from 10am – 12.00noon for coffee/tea to receive your poinsettia.

Following this will be our second Winter Warmer lunch until 2pm!

Over the following week leading up to Christmas, the porch gate will be left open from 10am – 4pm for you to leave a poinsettia if you wish, which will be taken into the church at the end of each day.

Loving Father, help us remember the birth of Jesus, that we may share in the song of the angels, the gladness of the shepherds, and worship of the wise men.

Close the door of hate and open the door of love all over the world.



**Let kindness come with every gift
and good desires with every greeting.**

Amen.

The Village Defibrillator based at The Sun



Instructions:-

- Call 999
- They will give you the key code
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- Take defibrillator back to the patient in cardiac arrest
- Open defibrillator
- Follow voice instructions from defibrillator and administer as advised
- Administer CPR as advised by 999 operative
- Return defibrillator to The Sun and place in the cabinet



Bin collections over the Christmas Period in South Northants

Waste and recycling collection days in Kislingbury will still be on a Friday over Christmas and New Year.

**Garden waste collections will be suspended from
24th December until 6th January.**

Crews will collect real Christmas trees on the weeks beginning 9th and 20th January.

Residents should put real Christmas trees on the day that garden waste is due to be collected. You do not need a garden waste subscription.

Please ensure any trees over 6ft tall are cut in a half, so they will fit into the lorries safely.

Additional recycling can be put out in clear or plastic bags alongside recycling bins and boxes.



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Father Christmas and his Reindeer will be visiting the Grotto at 4 The Green



Sunday 11th December
1:30pm - 4:30pm

With his Reindeer

Post your letters to Santa in the Grotto Post Box!

-Miriam Harris

Kislingbury Primary School



The deadline for submitting applications for primary school places starting in September 2023 is January 15th, 2023.

Here's why you should choose Kislingbury Primary School.

The Perfect School for Everyone

by Mya and James Year 6 (Head girl and Head boy)

Kislingbury Primary School is incredible for you or your family because children get all the support they may need, teachers always keep children engaged and happy during the day.

Reception children might be nervous about starting school for the first time so we (Year 6) help look after the younger ones to help guide them through school. We are a lovely school family. We hope you agree. This is the school for you.

Thank you for reading.

James and Mya

We have asked some of our School Family what they love about Kislingbury Primary School:-

"It's so easy to make friends here. Everyone accepts you into the School Family"

Esme Year 6

"This school is a very caring and exciting place to be, a place where children can flourish - through exceptional teaching and dedicated staff."

Mrs Osborne Executive Headteacher

Kislingbury Primary School cont.

"We are a very caring and kind school where everyone looks after each other. The behaviour of the children is exceptional. The children here are motivated to learn."

Miss Holland Head of School

"I love it at this school, so so much."

Ethan Year 1

"All children get a good amount of attention, this means teachers help the children go above and beyond expectations.

Everyone tries their best. Everyone is made to feel happy and the childrens' manners are exceptional."

Susan, Lunchtime Supervisor

Tales From Kislingbury Archives



St. Luke's Church Choir 1900

If you have any photographs, documents or recollections that you think may be of interest, please contact us. We can make copies of anything you may not want to part with.

Anne Upton 833519

Felicity Dunkley 830514

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Organised by the Kislingbury over Fifties group (KOFs) and held in the Village Hall on Thursday 29th September. Many thanks to everyone including the village organisations who contributed to this fund raising event.

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Kislingbury Highways Charity Grant 2023 Applications

Applications are invited from clubs, organisations or groups from within the village for financial help or who wish to improve their facilities. Applications must not have received help from the rating system when initially formed.

The Trustees will meet in Feb 2023 to discuss applications. Please send applications directly, ideally by email, to me including a copy of current bank balance sheet **by 10th Feb 2023**. Thank you.

**Sarah Parker, cookiesh@sky.com
37 Nene Way, Kislingbury**

David Pearce. My Life as an Evacuee.

The following account of David's childhood and early adult life served as a timely reminder to me of the damage caused to individuals, families and communities by war and conflict. It also served to remind me of the power of kindness and love to help others, in this case a child, to overcome the trauma of loss and separation from family, home and community.

Life before being Evacuated

"I was born on 16th June 1931 in Hackney. At first we lived in a flat over a radio shop, which was later blown up during the war. When I was still very young we moved to Walthamstow to be nearer to family. I think that most children in London at that time had not seen many animals apart from the horses who used to pull all the carts in those days; there were no cars on my street. Transport was trams, trolley buses and trains; the latter running every fifteen minutes except for Sundays and Christmas day when they ran every thirty minutes.

There were not many jobs available at that time. My father was a mechanical and electrical engineer but struggled to find work. However, my grandfather, who was a roofer, was always in work and managed to save money, which he hid under the floorboards because no one trusted the banks after the Wall Street Crash. He used to pay for day trips, and we used to go on the train at 5 shillings a time. Our last trip was in 1939 when we went to Malvern. I was lucky as I did see the countryside and farm animals through the train windows.

Evacuation

In 1938 we were all issued with gas masks which we took to school. Evacuation was voluntary then, but we all knew about it and my parents talked to my brother and I about being evacuated. On Friday 1st September 1939, I was evacuated with my younger brother; I was 8 and he was 4. We had toast and a cup of tea for breakfast that day, labels were tied on our coats and I had a case and a satchel with our belongings in, as was advised by the government. We had cheese sandwiches, an apple and a bottle of lemonade for our lunch. It was a lot to carry, especially as I carried my brother's things because he was only young. We went to school that day, Chapel End School, where most of the children at the school were lined up in the school hall by our class teacher, Miss Lane. We then boarded double decker buses. There were crowds of mothers standing below, some were crying; mine was laughing and waving. None of the children cried as it felt like we were going on holiday, on an adventure. Two of the teachers came with us: Miss Lane and Miss Cleland.

The buses went to the Blackhorse Road Railway Station where we boarded a train which crossed North London, joining the St Pancras line and ending up in Wellingborough. We transferred to green double decker buses and that was the last I saw of most of the other children. My bus, with about 30 children on, went to Great Doddington where we were met by two ladies who led us, two by two, to the church hall where there was a welcoming group, which was probably the Parish Council. We all lined up and then couples came in to choose children. All the girls went first and then the boys. All the children were chosen except 3 lots of brothers including my brother and myself. A couple came and took one pair, then a

woman came and took the other 2 brothers so there was just my brother and myself left. I think we were difficult to look after because of the differences in our ages. I remember there being a discussion, as all the allocations had been met, and then one of the committee, Mr Deighton, said he would take us for 6 weeks, so we got in a car and went out into the countryside to a big detached house. Mrs Deighton was surprised to see us, and their son was not very pleased to have us there. We had some tea and went to bed where we were swallowed up in a big feather bed: we had not seen one before. I don't remember being unhappy at that point as it was still an adventure. That was the end of day one.

Life in Great Doddington

We stayed with this family for 6 weeks. We then went to an elderly couple who were not used to children, so this was not ideal. We were moved to a young couple without children, but they were not very nice to us. My mother came to visit us there, and I told her they were not kind, so she went to the billeting committee and they moved us again, separating my brother from me. I moved to a kind lady who I then stayed with until I got married. I saw my brother sometimes, but he had his own friends. My mother and father visited us separately every few months as they had separated during the war. My brother was not happy in his Doddington family because they made him work too hard, so my mother eventually took him back to London with her. However, she did not keep him, but took him to my father who was back living with his parents but in crowded conditions. I found it hard to forgive her for dumping my brother there, as he was still very young.

I stayed with my landlady after the war as there was nothing to go back to London for and she said I could stay. I suppose she, and her lodger, Albert, were like parents to me and I had made friends and found odd jobs to do and enjoyed my life there. My family had fragmented and, I suppose, was a casualty of the war. I did not see my mother from when I was about 11 until my own children were born, and I took them to see her. I had realised that my mother, who had joined the ARP during the war, had most likely been traumatised by the death and destruction she had witnessed and that she suffered mentally because of it. I did help her out a bit later in life. My father carried on visiting me every few months and I saw my brother occasionally.

Schooling in Great Doddington was chaotic at first, with evacuees going in the morning and village children in the afternoon. This part-time schooling hindered the children's education, so, eventually, a separate school for evacuees was set up in the Congregational Chapel with the teachers who had come with us from their



Photo:
**David Pearce as a teenager, with
his landlady in Great Doddington.**

Cont. on page 20

M. PAYNE & SONS



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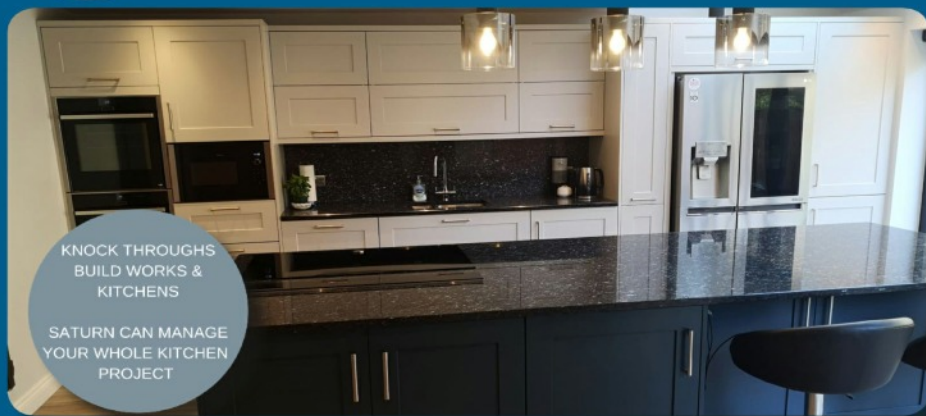
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Cont. from page 18

London school. A lot of children went back to London after a few months, as did Miss Lane. The children who remained joined the village school under a Miss Care, who was admired because she was very caring and inspirational. When I was 11, I passed the 11 plus and went to Wellingborough Grammar School.

I had made friends in the village and I learnt from them that they went to a cinema in Wellingborough, so I realised, at a young age, that I needed to earn some money if I was to join in. Albert offered me a wheelbarrow and timber from the wood yard where he worked, so I could sell wood around the village. I made some money doing so. I then earned more money pumping the church organ and cleaning windows and I opened a Post Office savings account. I later had a job on a local farm, which I loved. When I was sixteen, I left school and started work as an apprentice draughtsman to a large photographic firm. I did not finish my apprenticeship as I was called up for national service at 18.

I went first to an army camp near Darlington and then was posted to Germany. I enjoyed my time in Germany as I travelled a lot. I was de-mobbed in 1951 and went back to my landlady in Great Doddington and resumed my apprenticeship with the same company I worked for before my call up. I met my future wife Doreen there, as she worked in the office as company secretary. I applied for, and got, a better paid job at Timken in Duston. Doreen and I married in 1955. We lived in Far Cotton before moving to our current house in Kislingbury in 1966, as this was a little nearer to Timken. I carried on visiting my landlady, and other people in Great Doddington, until my landlady died.

Life in Kislingbury

I stayed at Timken all my working life. I used to motor cycle there at first before we got a three-wheeler Robin Reliant which we used to go on holiday in with the children. Doreen and I made good friends in Kislingbury which has always been a friendly place to live. We both joined clubs and societies in the village and I served on the Village Hall committee, was chairman and treasurer for Kislingbury Art Club and short mat bowling. I have liked being in a village as I am really a country boy, not a city boy, having spent so much time in Great Doddington getting 'countrified'.

Final Thoughts

Now I am retired and am a dodderly old pensioner and widower. I am in frequent contact with my son, daughter, grandchildren and great grandchildren. My social life, such as it is, is attending KOFs, the village Friendly Society and Whist Drives at Bugbrooke, and, of course, shopping once a week. I find, as I get older, that I am an expert in sitting down, which is handy as I still drive my car. I think that about wraps it up. Thank you for taking the time to read this epistle.

PS. I still have some secrets left."

Interviewer: Gill Blake



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REINDEER SPONSORSHIP

Santa and his reindeer are coming to **4, The Green** on Sunday 11th December. If any group or person feels they can help with the cost of having the reindeer please drop a donation in to **Miriam Harris** at the above address.

This event is free to all, any excess sponsorship will be donated to Kislingbury Primary School.

ARTIFICIAL FLOWERS IN THE ST LUKE'S CHURCHYARD

Sadly, once again, the ladies on the Parochial Church Council have been "reminded" by the Diocese of Peterborough that no artificial flowers are allowed in the churchyard and have been asked to remove any that appear, on a monthly basis.

To do this sensitively, a clear box has been purchased so that when artificial flowers are removed, they will be placed in the box to keep them clean and weatherproof ready for collection. This box will be placed in the opening between the new and old churchyards.

We are very sorry to have to do this but whilst we have no resident priest, we have even more pressure placed on us to comply with Diocesan rules and regulations.

Judith, Sarah, Jenny, Sandra, Shirley

LIGHT UP ST LUKE'S



The draws for October and November have been completed.

Many thanks to Julia Gamma who drew out Joan Standley's winning ticket for October and to Mike Jackson who drew out November's winning ticket which was held by Dennis Tidmarsh.

Congratulations to both winners and thanks again to both Julia and Mike.

Take care everyone, stay safe

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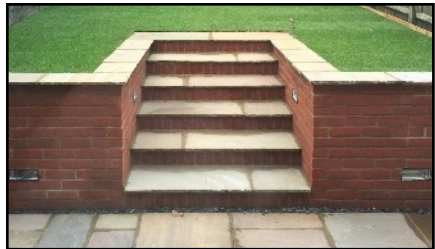
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Kislingbury over Fifties



DECEMBER 2022/JANUARY 2023



After another year of weekly coffee mornings and lots of events including:

Lunches at Northampton College and the SUN INN

A JUBILEE Party

CANAL BOAT Cruise on the Grand Union Canal

AFTERNOON TEA Parties

GROUP Visit to SUNNIES & SPOOKS

GUEST Speakers

MACMILLAN Fund Raising Coffee Morning

CHRISTMAS Party

BONUS BALL Competitions

MEAT RAFFLES.

We now all look forward to the NEW YEAR

The KOF5 meet at the Village Hall every Thursday at 10.30 am for coffee and a chat.

If you would like to come along and join us, please contact us to arrange for a member to accompany you on your first visit to the KOF5.

YOU WILL BE MOST WELCOME

Contact Mike Jackson Secretary for more information on 01604831747 or 5fivejays@gmail.com

Bugbrooke Medical Practice

We have been very fortunate to be joined by Lorraine Spicer as our new Practice Manager. Lorraine joined us in October, she has been working in the NHS for over 20 years as a Practice Manager and within a Primary Care Network. She is keen to be working with us to maintain the high standard of care we provide to our patients.

If you have been following us on Facebook you will have seen lots of announcements and links. These include staff being involved in baking/donating cakes for Macmillan Nurses, raising £50.00 and our Pretty in Pink Days raising over £72.00.

We have also been asking patients for their feedback during October, and this will continue throughout the first two weeks of November, looking at specific ways we are working well or where we could improve. We will be giving you our feedback in the New Year.

We are continuing to support our community with our inaugural New Mums' Meet and Greet time, on Wednesday 7th December 2022. 12:15 to 1:15pm at Bugbrooke Rugby Club, keep an eye out for your invitation.

Meet our staff

Did you know that as well as our Doctors and Nurses we have other professions working with us? You may have already been offered an appointment with one of our extended team who are here to help you, and will be able to offer you a more specialised assessment and support.

Meet our Physio team

You may be offered an appointment with one of our Physio First Contact team who are experts in their field.

Mehzabeen Warsi. Mehz is one of our Physiotherapists. She studied at Manipal, India and gained a Bachelors of Physiotherapy, MSc in MSK Physiotherapy, MSc in Sports and Clinical Biomechanics, at the Robert Gordon University, Scotland. **What is a Musculoskeletal Specialist Practitioner?** Musculoskeletal Specialist Practitioners are Senior Chartered Physiotherapists working in your GP Surgery to see you alongside the GP team to provide an assessment service. They are trained to a high level and specialise in any conditions involving muscle, bone, tendon, ligament, nerve and many other conditions such as arthritis, sciatica, fibromyalgia etc.

What should you expect when you have an appointment with Mehz? A thorough assessment just as you would have with your GP and then where appropriate you will be given

- The chance to discuss your condition and receive advice and exercises

- Medication to help with your pain. Always try over the counter medication first under the guidance of a pharmacist
- A referral for further investigation such as X-ray or Ultrasound Scan
- A referral to Physiotherapy
- A referral to orthopaedics/spinal team or other services such as Podiatry or Rheumatology. You will be under the care of the Musculoskeletal Specialist Practitioner who will ensure you are on the best pathway for a speedy recovery.

Muhammad Ahmad Ahmed is one of our Physiotherapists who can help you. He has the following qualifications: DPT; MSc (Advancing Physiotherapy Practice), Coventry University. MSK First Contact Physiotherapist.

His expertise lies in the advanced evaluation/assessment of individuals with suspected musculoskeletal conditions. Ongoing spinal issues, management of ongoing Arthritis pain with exercises and activity modification through patient centred approach.

Meet our **Clinical Pharmacists** – you may be offered a chance to talk to one our Clinical Pharmacist who will talk to you about your medications and help you understand them.

Shiv Chadha. Shiv is our Senior Clinical Pharmacist. He studied at University of Brighton, where he achieved his Masters in Pharmacy. He went onto complete CPPE GP Pharmacist Pathway at the University of Manchester, along with a Postgraduate Clinical Diploma. He obtained his Independent Prescribing Certificate at the University of Reading. Shiv works alongside his team managing medications and helping with medicine reviews. In his spare time Shiv enjoys riding his motorcycle and has ridden around Europe in 7 days. He plans to have many more adventures in the future.

Tracy Lengu: Tracy is one of our Clinical Pharmacists working alongside Shiv, managing medications and carrying out reviews. Tracy's qualifications are: Qualifications: Bachelor of Science - **University of Malawi**, Master of Pharmacy - **University of Sunderland**, Postgraduate Clinical Diploma- **Cardiff University**, Master of Science- Clinical Pharmacy - **De Montfort University**, Independent Prescribing- **Sheffield Hallam University**. Her hobbies include reading and listening to music.

Krishna Champaneri: Krishna is our Pharmacy Technician, her qualifications are Pharmacy Technician (NVQ Level 3 Buttercups), Completion of CPPE Medicines Optimisation in Care Homes Pathway (Primary Care) BA (Hons) Business Management. Krishna provides technical and administrative support for our Clinical Pharmacist and GPs. She will assist with transferring medication and supporting with medication reviews. In her spare time Krishna enjoys travelling.



DEC == JAN

KISLINGBURY ART GROUP

**We have vacancies at this point in time if
you would like to join us**

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 2pm and 4pm**

*MERRY
Christmas*

*Happy
New
Year!*

For further info contact
Judith 830421
Mike 831747



KISLINGBURY VILLAGE HALL

There was a very poor response to our recent “flyer” asking for committee members. Please reconsider becoming part of this vital asset to the village.

If you wish to see what goes on, then feel free to come along to our December committee meeting on Tuesday 6th December at 7.30pm in the Village Hall.

We are in desperate need of new members and new ideas.

SECRETARY TO THE VILLAGE HALL COMMITTEE

Sadly, Doreen Hartwell wishes to relinquish her position of Secretary to the Village Hall Committee after more years’ service than we care to remember!

If you would be interested in this position and want more information then please contact Doreen directly on 01604 830343. It is envisaged that initially you would “shadow” Doreen for a period of time, with the eventual aim of taking over the position.

Again , this is a vital component in the efficient running of your Village Hall and your help and input is needed!

Kislingbury Amblers



We are a group of like minded individuals who meet usually on the first and third Wednesday of each month to have a walk of about 5 miles in the local area and then a pub lunch.

If you would like more information or to join the group
Please call John on 07977938311 - ALL ARE WELCOME

October 2nd walk - This was a walk taken from Northamptonshire Walks' website described as an alpine walk which started from one of the Brackmills Country Park car parks. The route was mostly on grassy tracks through woodland and open grass areas (quite muddy in places).

The first half of the walk was at the lower level of the park around approx. two thirds of the Industrial Estate surprisingly without seeing many of the buildings.

After our short break we turned uphill past a lake (well set out for fishermen with many stagings built over the water) and followed a similar winding path through trees and open grassy rides. The group took many stops to take in the panoramic views of Northampton, spot the landmark being the popular game.

On return to the car park the group said how surprised they were with the rural aspect of the walk it being so close to the industrial environment. This walk lived up to the alpine description with the variety of trees with their autumn coloured foliage and the grassland resembling alpine meadows. We then went to the Queen Eleanor for lunch.

November 1st walk - Parking next to the Icon Centre in Daventry, we headed towards the Country Park walking along side of Daventry Reservoir, the water level being very low and much in need of a drop or two of rain. Crossing the dam we reached Northern Way, turning right then almost immediately right again into a housing estate. Weaving in and about, down here, up there, including getting lost, eventually reaching Drayton Reservoir. Walking along side the reservoir we were impressed by the colourful houses overlooking the water, on the way we pointed out to one of our number the difference between a cormorant and egret. Noticing a gentleman sitting in a window looking very contented, it was pointed out to our leader that could be him in a few years.

We then joined the old Daventry to Leamington Spa railway track, part of the Weedon to Leamington Spa branch line, and walked back to the car park. We retired to the White Horse in Norton for lunch, where there is an extensive menu.

I am indebted to our railway guru for the railway history and to our leader who has mastered the art of leading a walk from anywhere but the front, utilising a set of hand signals to those in front of him, on occasions a considerable way in front.

November 2nd walk - In view of the recent weather we were blessed with a perfect walking day which took us to north Milton Keynes where we set out to explore the Loughton Valley Park. We parked at the free car park which can be found at post code MK13 0RA. The Park has mainly prepared, sign posted pathways and is slightly hilly. The Park is landscaped and includes sports, leisure, picnic areas and some elevated walkways with a number of points of interest. A wide range of wild life has been encouraged to develop. A number of our amblers were lucky enough to spot an elusive kingfisher.

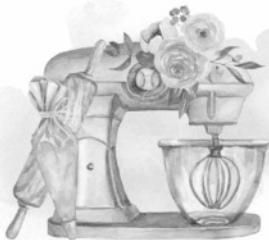
We decided to take on the northern part of the Park first. Following sign posts we walked along a short section of aquaduct for the grand union canal. Further on, tucked away in a grassed cul-de-sac we came across the distinctive restored Bradwell Windmill dated around 1805. The Mill was constructed using locally quarried limestone and cost more than £500.

Returning on the loop we set off to explore a number of points of interest located in the southern parkland area. The first we came across was the ruins of the Bradwell Abbey. The Abbey was built upon the former 12th century Priory. A good level of background information is provided at the site which details the history. Continuing on, after negotiating a well hidden, quirky, canal tunnel, we came across the well known 'Concrete Cows' grazing in a field. Finally, before reaching the car park we spent time at the Roman Villa site. The site is impressive and was once one of the largest roman villas in Europe. The mosaic floors have since been removed to Milton Keynes museum. The history of the site is well documented.

The walk was just over 4 miles and took around two hours. Lunch was taken at the nearby Halley's Comet public house.

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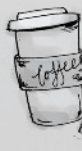
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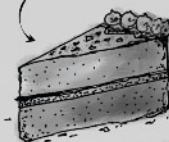
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ARE YOU ELDERLY AND FACING HARDSHIP THIS WINTER?

Your community charity, Kislingbury Town and Charity Estates, has provided financial or other assistance to elderly village residents in need for over 600 years.

We face extraordinarily difficult times this Winter. If you are elderly and are suffering hardship - particularly as a result of ill health - or have an elderly relative resident in the village in the same circumstances, we might be able to help.

How can you help?

You tell us about the hardship you are suffering, in strictest confidence, and we will consider how we can help.

Recent examples include a grant towards the Village Food Bank scheme; contribution towards a stair lift and tracking device for an elderly resident; and support to cover a resident's exceptional medical expenses. Equally, we might make a one-off financial grant to help address a hardship.

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

Please contact our Clerk Jim Wood on **(01327) 872670** for a strictly confidential discussion – the Trustees can meet at short notice to consider applications.

Equally, if you are looking for funding towards facilities in the village which will promote community participation in sports or recreation, please give Jim a call.

Update from Canons Ashby

During November, the house team and conservators have been able to take a look at a project we have been working on for a while, namely conserving and protecting the Great Hall floor which is gradually sinking

Assessment of the mould in the cellars below also continues. We're carrying out regular monitoring to ascertain whether the area is getting damper, drier or staying the same. We're also commissioning a new door from the cellar to the Pebble Court with ventilation to permanently improve the conditions in the cellar.

What's on? To find out about any of the events below, including cost, or to book, please visit www.nationaltrust.org.uk/canons-ashby where the latest information is updated, (the below information can sometimes be subject to last minute changes).



- | | | |
|--|---|--|
| 1 December – 24 December | The Magical Wood Trail | Bring your little festive pixies to Canons Ashby to try the Magical Wood Trail. |
| All Day | £3 per trail and normal admission prices apply. | Ding dong the bells and chimes in the Spinney as you try out your Christmas Trail. Then pick up your festive prize at the end. No pre-booking needed. |
| 1 December – 24 December | A Christmas Quest | Experience a magical Christmas visit at Canons Ashby with festive decorations inspired by Arthurian wizards, knights, dragons and the wonderful myths that surround them. |
| 11 - 2.30pm | Normal admission prices apply. | For little adventurers, pick up the Christmas Quest children's trail. No pre-booking needed. |
| Saturday 3 December | Festive Handbell Ringing in the church | Enjoy the festive sounds of the Launton Handbell ringers in the beautiful acoustics of Priory Church. No pre-booking needed. |
| 11.30am - 12.15pm | | Normal admission prices apply |
| Friday 9 December 6 – 7.10pm or 7.30 – 8.40pm | The Knight before Christmas: candlelit after-dark tour | Join us for a special after-hours tour around the festive house as a fascinating Christmas treat. Booking essential. (doors open from 5.15pm for the shop) Normal admission prices apply |

THE PARISH CHURCH OF ST LUKE

Services for December/January

Our services at present have been arranged as below.

Any alterations will be published as soon as possible.

| | | |
|-------------------------------|---|--|
| Sunday 4th December | 11.00am | Morning Worship |
| Sunday 11th December | 11.00am | Holy Communion |
| Sunday 18th December | No Morning Service - 6pm Carols by Candlelight | |
| Monday 19th December | 5.45pm | Carols on the Church Green |
| Saturday 24th December | 2.30pm | Crib Service for little ones |
| CHRISTMAS DAY | 11.00am | Holy Communion |
| NEW YEAR'S DAY | 10.30am | Benefice Communion at St Luke's |
| Sunday 8th January | 11.00am | Morning Worship |
| Sunday 15th January | 11.00am | Holy Communion |
| Sunday 22nd January | 11.00am | Morning Worship |
| Sunday 29th January | 11.00am | Family Service |

Kislingbury & Upton Community Church (KUCC)

Mill Lane, Kislingbury, NN7 4BD

Kislingbury & Upton Community Church (KUCC) aims to be a Church for all ages and stages.

Tuesday Service in Kislingbury, between 10am and 11am
www.KUCC.co.uk Email: info@kucc.co.uk T: 07432 881576

St Patrick's Catholic Church

28 Peveril Road, Duston

Father Benny Joseph MSFS

Email: stpatrickduston@gmail.com

| | | | | |
|-------------------|--------|--------|----------|--------|
| Mass Times | Sunday | 9.30am | Tuesday | 9.30am |
| | Friday | 9.30am | Holydays | 9.30am |

For more information visit: www.stpatrickduston.org.uk

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Monday to Friday: 5pm – 11pm

Saturday: Midday – 11pm

Sunday: 11am – 10.30pm

Food Served:

Tuesday to Saturday:

6pm – 9pm

Sunday: Midday – 3pm

Food offer

Every Tuesday - Pie and a pint £12

Every Wednesday - Curry and a pint £12

Pizzas and main menu served Thursday - Saturday

Sunday lunch served from midday - 3pm

See www.thesuninnkislisbury.co.uk for current menus

Coming Up

Football world cup - For the group stages we will be open from 4 pm. All games shown on our big screen in the marquee (Unless there is a private event in the marquee).

December

1st Dec - Christmas Menu starts

4th Dec - Christmas shopping event - TBC
(please contact the pub)

5th Dec - Book Club

16th Dec - Performance of 'A Christmas Carol'
in the marquee £8 per ticket

20th Dec - Open Mic Christmas Special - Mince
pies and Christmas snacks

22nd Dec - Carol Singing in the marquee TBC
(please contact the pub)

Christmas Day - Open for drinks from 11 am -
1.30 pm

29th Dec - Christmas Quiz - start 7.30 pm -
booking recommended

31st Dec - Party and Disco to welcome in the
New Year in the marquee

January

Food promotion - 2 courses for £12

17th Jan - Open Mic Evening

25th Jan - Burns' Night Dinner

29th Jan - Quiz Night

**“We would like to take
this opportunity to
wish everyone a
Happy Christmas and
a prosperous New Year.
Many thanks for
your support”.**



@thesuninnkislisbury

Tel No: 01604 833571