



East Hunsbury  
Parish Council

## East Hunsbury Seniors It's Your Newsletter

- KEEPING OUR CLUB CONNECTED -

### COUNCILLOR MAGGIE ALLEN CHAIRMAN, COMMUNITY ENGAGEMENT COMMITTEE

Welcome to your May newsletter!

The Parish Council team have put together a mix of useful information and activities for us all. In this newsletter we start with an update on our Seniors Coffee Mornings – if the Covid roadmap continues as hoped, we will be looking to restart our coffee mornings in July at the Abbey Centre. You will need to respond to the office, to let the team know if you are planning to attend. Please see the sheet enclosed and return it in the stamped addressed envelope, to the office.

It is great to see plans to return us to meeting up, and also that our outdoor activities are going so well, with Tai Chi and the new Senior Strollers group. It's all starting to feel more positive!

Best wishes – still take good care!

Maggie

### EAST HUNSBURY PARISH COUNCIL COMMUNITY PROJECTS UPDATE

A busy time for the team, with a new School of Life Project with Wootton Park School, planting of the Wildflower spaces, and signing up to the Great British Spring Clean. If you want to get involved, or have ideas for other projects or activities, email Liz:

[community@easthunsburyparishcouncil.gov.uk](mailto:community@easthunsburyparishcouncil.gov.uk)

### SENIORS COFFEE MORNINGS!

We are making plans to restart our regular Tuesday Coffee Mornings. Please complete the enclosed form (see separate green sheet in this pack).

We need to know if you are planning to come along on a regular basis. We hope to restart in July. Initially we will be meeting at the Abbey Centre.

Thank you all – we are so looking forward to meeting up again!

### GET ACTIVE

#### Tai Chi Senior Sessions

Sessions on Thursday continue – last week we were joined by a GP leader, who had heard about the group, she and her colleagues are looking at the benefits of gentle exercise for the senior age group. Hopefully, our group can inspire some others in the County. Any new takers for Tai Chi? There is a waiting list – please let Liz know if you want to put your name down.

#### Senior Strollers – your walking group:

Pauline Niles is working with us as a volunteer, and has set up this new group. This is a walking group, for our Seniors members. Once a month, on the fourth Monday, Pauline will lead a walk.

**You need to register with the office:**

[admin@easthunsburyparishcouncil.gov.uk](mailto:admin@easthunsburyparishcouncil.gov.uk)



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**24<sup>th</sup> MAY: East Huns Walk 2** – from Collingtree Pub. Walk for about 1 hr 15 mins. Return to Collingtree Pub for drink and a chat.

**28<sup>th</sup> JUNE: Delapre Walk** – drive to Delapre for this one. Walk 1 hr approx. then café visit.

**Meet at 10.15am and walks start at 10.30am.** You should be physically fit to walk on the flat, for these walks. Once you have registered, you will receive an email from Pauline a couple of days before.

Thank you to Pauline Niles, for volunteering to lead this for EHPC.

Let's Get Walking!

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### READY, STEADY, COOK

## theWI

INSPIRING WOMEN

Our wonderful friends at East Hunsbury W.I. have come up with not one tasty treat recipe for us to try out, but two!

We have a main course of Herby Pork Tenderloin, followed by a sweet Lavender Shortbread.

We hope these take your fancy – enjoy trying them both out!

### GLUTEN FREE BAKES WITH CALEB SLATER

Once again, the talented Caleb (our Youth Winner 2020 East Hunsbury Bake-Off), has very kindly provided this tasty treat for us all to try. This time it's Chocolate Cake Biscuits.



Once again, these are separate to the Newsletter. Enjoy your cooking and baking! As always, anyone with a favourite recipe to share – please feel free to post a copy to us or email it to:

[admin@easthunsburyparishcouncil.gov.uk](mailto:admin@easthunsburyparishcouncil.gov.uk)

Happy cooking and baking!

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### GET CRAFTY AND CREATIVE

Linda Ferrier, another of our creative Seniors, is sharing how to make a beautiful gift card, from paper.



Something for us to have a go at whilst at home, and send to our loved ones.

There are only a few materials needed which you should hopefully have at home, so please have a go and you can always send us a photo of your creation too if you like! Please email them to:

[admin@easthunsburyparishcouncil.gov.uk](mailto:admin@easthunsburyparishcouncil.gov.uk)

Enjoy and have fun getting creative!

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### BOOK REVIEW WITH BEN, EAST HUNSBURY LIBRARY

Hunsbury Library is open again for limited-time browsing, and we have plenty of new releases on the shelves to get lost in this spring...

Beginning with a rare diamond of a book, Benjamin Labatut delivers a rush of blood to the head in the exhilarating 'When We Cease to Understand the World'. Shortlisted for this year's International Booker Prize, Labatut pulls us back



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through the history of science to unpack the mastery and madness of some of the field's greatest minds.

Booker Prize winning novelist Richard Flanagan returns with a dose of magical realism in *The Living Sea of Waking Dreams*, in which the harsh realities of climate change are placed against a dysfunctional family in denial of their mother's impending death. This strange, all-encompassing novel is wholly unique and showcases why Flanagan is worthy of such acclaim.

Ruth Hogan, author of *The Keeper of Lost Things*, returns with *Madame Burova*, a decades-spanning tale of tarot and truth-seeking. Burova has spent a lifetime listening to and unfurling the secrets of those who've entered her tent, and must fulfil one last promise before she retires. This scintillating story speaks of the years-long repercussions of decisions made by young generations.

For those in need of a heart-stopping mystery, Emma Stonex's *The Lamplighters* takes us down to the Cornish coast, as three lighthouse keepers vanish in a storm. Twenty years later, the women they left behind must reconcile with the past and in turn unearth the truth behind the disappearance. Liz loved this one – which is higher praise than any literary prize!

Lastly, for those who prefer their springtime spooky and gothic, then this atmospheric horror story might just do the trick. Catriona Ward's *'The Last House on Needless Street'* teases with a cryptic premise, a tale "of a serial killer, a stolen child, revenge, death, and an ordinary house at the end of an ordinary street. All these things are true. And yet they are all lies..." We've heard some glowing opinions of this one, and it could be a contender for one of 2021's best books.

These and more are waiting for you at our library!

We're back open on Tuesdays and Thursdays 10am – 4pm and Saturdays 10am – 2pm.

Main area browsing is limited to 15 minutes and does not require advance booking, but there may be a short wait while we maintain a capacity limit.

Children's area browsing requires advance booking; email [hunsbury.libraryplus@westnorthants.gov.uk](mailto:hunsbury.libraryplus@westnorthants.gov.uk), or call 0300 126 7000 to book.

We hope to see you soon – don't forget your mask!

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### LET'S GET QUIZZICAL

Well have we got some corkers of quizzes to keep you busy and entertained!



As ever, we have the photogenic wonders from the lovely Rob to get your minds pondering of 'what's that?', together with two more quizzes Trudi has used from her monthly *Candis* magazine subscription.

These are attached separately for you to enjoy! Answers can be provided in the next newsletter!

Good Luck everyone and enjoy!

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### GARDENING HINTS FOR SPRING

#### prima

Courtesy of Prima's monthly *Womens' Magazine*, please find 10 expert helpful hints below to make the most of the spring time in your garden:



1. Set up a water butt to collect April showers in preparation for a long, hot summer ahead

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(here's hoping).

2. Start mowing and edging the lawn regularly for a really good finish – heighten the cut for the first few cuts.
3. Remove weeds before they get too big and unruly.
4. Keep up with potato planting and direct sowings of carrot, beetroot, spinach, chard, rocket and parsley.
5. Indoors, sow pumpkins, courgettes, runner beans, french beans and sweetcorn into pots.
6. Start to harden off young plants with protection for planting out – keep a careful eye on the weather forecast.
7. Save your seedlings by checking out nooks and crannies for slugs.
8. If you have to use slug repellent, use Advanced Slug Killer as it doesn't harm the birds.
9. For a small wildflower area with a bit of 'wow' factor, dig, weed and rake the area level, broadcast sow a packet of volcanic meadow mix and watch things bloom.
10. Get the kids on board for a brilliant way to give them a break from their screens.

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### GREAT BRITISH SPRING CLEAN

Many of you are members of East Hunsbury Litter Pickers. This is a group of local people, which now includes over 80 families, who regularly go out and pick litter in the local area.



In the last couple of months, East Hunsbury Parish Council have been funding equipment for these groups, including our local schools, and we are already seeing a great difference, with less litter on our streets and in our parks.

We have also been delighted to receive support from TESCO, who have supplied equipment and who will be joining in with litter picks.

But – it is an ongoing challenge!

We have once again signed up to The Great British Spring Clean – over 3 weekends, there will be a focus on 3 different areas. Litter picker volunteers will be asked to join in. If you want to join in – let us know!

[community@easthunsburyparishcouncil.gov.uk](mailto:community@easthunsburyparishcouncil.gov.uk)

The sessions will be as follows – and details will be sent to participants, with regards to where to meet and where to leave bags.

**29/30 May:** Danes Camp/Tesco/Underpass behind Danes Camp

**5/6 June:** Blacky More park and surrounding area

**12/14 June:** Rowtree Rd/Grange Wood area.

We'd love for you to join us!

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### MASKS

We know that many of you have welcomed the masks, which are made by community stitchers, especially for this group, so we have enclosed some new masks for you.

As we go forward, receiving our vaccines, and enjoying things opening up again, we all need to stay safe.

We hope that the masks help, and we thank the wonderful local stitchers, who have made these, at no cost. What lovely people!

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### MEET THE SENIOR – JOHN McEVOY

John is one of our long-term club members. A regular face at our coffee mornings, with his wife Ann. John has helped us over the past few years by supporting lots of activities for our School of Life Project where we link seniors with local schools – skill swapping! Through this, we learnt that John has a few strings to his bow . . . find out more by reading the separate attachment.



**NEXT TIME:** Meet another Senior! If you have an interest and fancy being interviewed with 10 quick-fire questions – please get in touch with Liz by emailing:

[community@easthunsburyparishcouncil.gov.uk](mailto:community@easthunsburyparishcouncil.gov.uk)

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### BUSINESSES RE-OPENING AGAIN

We are pleased to confirm the following venues will be re-opening – so you'll have some more places to visit and enjoy!

#### **East Hunsbury Library:**

Tuesdays and Thursdays 10.00am – 4.00pm  
and Saturdays 10.00am – 2.00pm.

#### **Danes Camp:**

Monday – Thursday 7.30am – 10.00pm  
Friday and Saturday 8.00am – 6.00pm  
Sunday 8.00am – 7.00pm

#### **Blacky More Community Centre open for hire**

*Please contact us for more information.*

#### **The Collingtree Sizzling Pub & Grill:**

From 17<sup>th</sup> May – please visit their website for opening times.

[www.sizzlingpubs.co.uk/thecollingtreenorthampton](http://www.sizzlingpubs.co.uk/thecollingtreenorthampton)

### YOUR CONTACT DETAILS

Thank you for providing us with any changes to your personal contact details; address, home telephone number, mobile numbers and emergency contacts.

If there have been any recent changes, please do let Trudi know so we can ensure our records are kept up to date. Thank you so much.

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### OUR CONTACT DETAILS

Here's a reminder of our contact details for you to keep safe and to hand:

**Clerk:** Mrs Caroline Holgate  
Hunsbury Library  
Overslade Close  
East Hunsbury  
Northamptonshire  
NN4 0RZ

**Tel:** 01604 708429

**Email:** [clerk@easthunsburyparishcouncil.gov.uk](mailto:clerk@easthunsburyparishcouncil.gov.uk)

#### **Community Projects Officer:**

Liz Carroll-Wheat

Email:

[community@easthunsburyparishcouncil.gov.uk](mailto:community@easthunsburyparishcouncil.gov.uk)

#### **Administration Officer:**

Trudi Sadler

Email:

[admin@easthunsburyparishcouncil.gov.uk](mailto:admin@easthunsburyparishcouncil.gov.uk)

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We hope you have enjoyed reading this newsletter and found the content useful to you, together with the separate attachments helpful, informative and entertaining?

Thank you and take good care of yourselves.