



East Hunsbury
Parish Council

East Hunsbury Seniors It's Your Newsletter

- KEEPING OUR CLUB CONNECTED -

COUNCILLOR MAGGIE ALLEN CHAIRMAN, COMMUNITY ENGAGEMENT COMMITTEE

Hello, everyone,

By now, you might have managed to sit outside in the sunshine on those precious days when the sun actually appeared!

Although we completely understood why, my colleagues and I were very disappointed to learn that the Covid restrictions were having to be extended, and our hopes of re-starting the sadly missed coffee mornings had to be shelved for a while longer – but now they are back and it's great to see so many of you again!

I hope you managed to see the wonderful rainbow display outside the library back in July? This colourful tribute to the NHS was another successful community project, brought together by the people of East Hunsbury – children, adults and seniors alike.

The weather might not always be perfect for dog walking, but I do enjoy popping down to my local open spaces and bumping into many of our Seniors Club members, who are always happy to stop and chat.

Bit by little bit, we are all finding ways to bring life back to “a bit more normal” and we will get there.

Take care and look after yourselves,

Maggie

EAST HUNSBURY PARISH COUNCIL COMMUNITY PROJECTS UPDATE

The spring and summer period has been a very busy time for us all – including our wonderful volunteers.

Most importantly, we have been able to restart our coffee mornings, and those of you who expressed an interest in returning, have welcomed you back to The Abbey Centre. We are booked in to host the meetings here up to Christmas.

We are having to operate differently, due to having to restrict numbers. This is just until the Covid situation allows us to operate again as a drop-in. At the moment, we are designating specific dates to you all.

Please continue to attend on the dates that you are given. We are now operating a waiting list for new attendees.



Anyone wanting to put their name down to attend coffee mornings, please contact Liz at the office on 01604 708429 or email Liz on community@easthunsburyparishcouncil.gov.uk

Date sheets will be given out at your next coffee morning session.

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EAST HUNSBURY PARISH COUNCILLORS

In May this year the parish council held an election for the first time since 2015. Elections had been delayed firstly, because of the Local Government Reorganisation, and again, because of covid.

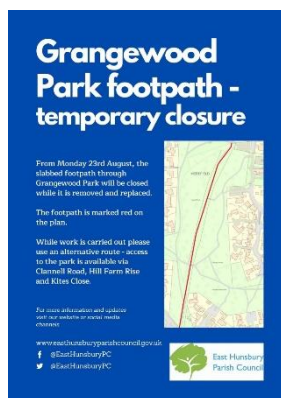
East Hunsbury Parish Council has 12 councilors, and 11 were elected, including four new parish councilors. There's more about each of them attached separately for your information. You will see the groups they are involved in, so if you have any questions about a particular subject matter, you'll know which councilors are dealing with it.

We still have a vacancy for a parish councilor, so if this is something you'd like to find out more about please get in touch!

Email Caroline at:
clerk@easthunsburyparishcouncil.gov.uk

GRANGEWOOD PARK – FOOTPATH

Following the transfer of Grangewood Park from Northampton Borough Council to the Parish Council in March 2021, we are pleased that we are now in a position to carry out essential repairs of the slabbed footpath in the park.



We have contracted the services of Parish & Shires who will carry out this work for us.

The existing slabs and concrete base will be removed and crushed on site to be re-used for the base of the new path.

A new path will then be re-laid using hoggins; a compactable material made of a mix of clay, gravel, and sand. Hoggins is an environmentally friendly alternative to concrete and block paving, as it is permeable and can be used around tree roots. It is used widely in National Parks and provides a stable and hard wearing surface for users.

Thank you for your co-operation during this time.

LITTER PICKS – EAST HUNSBURY WOMBLES AND LITTER PICKERS!

Now that groups can once again gather, we have restarted our litter picks. Our first event was supported by Northamptonshire Wombles, a county-wide group who are passionate about keeping Northampton tidy!

33 bags of rubbish, the front of a car, a sound system, trolleys, and cones, all found in just one Sunday morning!



Do you want to take part in the next meet?
Sunday 26th Sept
Meet at Blacky
More Community Centre at 9.30am.

Please contact us to say if you plan to take part!

Refreshments are provided - please contact Liz at the office on 01604 708429 or email Liz at:
community@easthunsburyparishcouncil.gov.uk

GET ACTIVE
Our Tai Chi sessions

continue to attract new attendees. We have now started a “feeder class”, so that new people can start to join in. The new class is for half an hour, before the regular Thursday group. Tai Chi is a gentle exercise, but there are key movements, and breathing methods to learn.



The new group can welcome new members – if you are interested, please contact Liz. The sessions are run by Jeff Hubbard.

Our group has been visited by Northamptonshire GPs, and other Parish Councils are looking at how they might start to present similar programs. East Hunsbury is once again, leading the way!

Senior Strollers, similarly, this group continues to grow in terms of numbers. Many thanks to Pauline Niles for leading this group for us, as a volunteer.

If you want to know more, please contact Liz in the first instance. The walks are held once a month, in Northamptonshire – for some of them you need to drive to a location, but others start and end in East Hunsbury.



It’s a great way to get out, and meet other people, and if there is a café or a pub at the end.... a chance for refreshments!



We are already planning the

Winter Wander
for
Christmas!

YOGO –
FLOW WITH
FLOSS!

Join Floss for a 30-40 minute Yoga Experience

To book your place at the Blacky More Community Centre on one of the four Wednesday evenings available, please contact Floss at:



YOGA SESSION
- Beginners -

Come along to Blacky More Community Centre & Join me for a 30-40 minute Yoga Experience. Where we will Stretch, Breath, Move & Flow into feeling Great!

WEDNESDAYS - 7PM
AUG - 25TH
SEP - 1ST, 8TH & 15TH

£5.00 per session
or
£15.00 for all four

Please bring your mat...
Spares are available, but are limited.

Contact me: flowwithfloss@gmail.com

Email: flowwithfloss@gmail.com

THE BIG SING!

We have just had our first singing session – in two years! **The Big Sing** is part of our well-being project. We hold the sessions at Hunsbury Library.

It’s a brilliant one-hour session, with a pop-up-café serving drinks and cake (donated by the WI).



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LibraryPlus

THE BIG SING

FUN SINGING OUTDOORS & POP-UP CAFE

THURSDAY 19 AUGUST 12PM – 1PM
OUTSIDE HUNSBURY LIBRARY, NN4 0RZ

Come along and sing with others to songs old and new, led by Theresa Ellis. The Beatles to Abba, there's something to lift everyone's spirits!

Afterwards, join us for some tea and coffee beside our beautiful library garden.

We will be under shade, but if needed bring a broly! If the weather is bad we will postpone the event.

We hope you can join us!



Theresa Ellis is our musical director, and we simply meet to sing anything from Abba to the Beatles to songs from the shows.

Fancy joining in?
Just turn up at the next session on:

Thursday 16th Sept
12pm – 1.00pm
outside Hunsbury Library, NN4 0RZ.

READY, STEADY, COOK

theWI
INSPIRING WOMEN

Our wonderful friends at East Hunsbury W.I. have come up another two tasty treats for us to try out!

Perfect for a Picnic . . .
Vegan Sausage Rolls and for a daring desert . . . how about having a go at Strawberries with Aperol and Rosemary Syrup!



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

GLUTEN FREE BAKES WITH CALEB SLATER

As ever, 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 Cheesecake Brownies. Is your mouth watering already?!

Once again, these are separate to the Newsletter. Enjoy your cooking and baking!

As always, anyone with a favorite recipe to share – please feel free to post a copy to us or email it to: admin@easthunsburyparishcouncil.gov.uk

Happy cooking and baking!

BOOK REVIEW WITH BEN, EAST HUNSBURY LIBRARY

Summertime arrived at Hunsbury Library and we've got some fantastic reads landing on our shelves for your reading pleasure.



Last year's Women's Prize winner, Maggie O'Farrell's *Hamnet*, is an extraordinary fictional account of the life and death of Shakespeare's son. It is a tragic epic that explores the history surrounding the famous playwright which is often forgotten, brushed aside for the man himself. Critics have unsurprisingly raved about this one; if you enjoy historical fiction, this is a must-read.

Avni Doshi tells of a fraught and fractured mother-daughter relationship in her Booker-shortlisted debut *Burnt Sugar*.

For fans of literary fiction, this story slithers back and forth in time to unravel the tension between these two vivid characters. Doshi writes with wit as sharp as a scorpion's sting, which is why this slow burn of a novel is so painstakingly memorable.

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If you prefer your books to be pacy page-turners, look no further than Rumaan Alam's *Leave the World Behind*.

An unsettling read celebrated by many notable contemporary authors, this thriller begins with a couple enjoying their stay in a remote holiday home, only to be disturbed by an older couple claiming to own the place, seeking shelter from a power outage. What transpires next will inspire terror in even the most resilient readers. Not to be missed!

For a more charming adventure, seek *The Intoxicating Mr Lavelle* by Neil Blackmore. Described by Emma Flint as "The Talented Mr. Ripley for the twenty-first century", this tale follows brothers Benjamin and Edgar on a grand tour of Europe seeking entry into high society.

However, the brothers' interests diverge from one another, causing chaos and heartbreak to emerge...

Lastly, a Goldsmiths Prize shortlister. Xiaolu Guo's *A Lover's Discourse* is a novel for the here and now, taking aim at modern British politics and culture for a story equal parts revelatory and mystifying. An immigrant arrives in Britain at the height of the Brexit campaign, and poses questions on what it means to build a home in a foreign land.

We're now open Monday to Friday 9am to 5pm and Saturday 10am to 2pm, which gives you even more opportunity to stop by and select some summer reading!

Please contact:
hunsbury.libraryplus@westnorthants.gov.uk
or call 0300 126 7000 with any questions you may have.

ADULT LEARNING COURSES, HUNSBURY LIBRARY

Fancy trying out one of these four new courses starting here from September?



(Note: F = Full Fee and R = Remitted)

Draw & Paint inc. Life Drawing

Start: 13th September, 10:30-12:30 (10 weeks)

To help develop drawing and painting skills and experiment with different media and styles.

Cost: F = £125.00; R = £48.00

Painting Flowers

Start: 14th September, 10:30-12:30 (10 weeks)

To paint flowers from observation with good composition, accuracy and painterly skills in learner's chosen medium.

Cost: F = £115.00; R = £38.00

Watercolour Intermediate - Part 1

Start: 20th September, 19:00-21:00 (10 weeks)

To produce artwork using watercolour techniques to an advanced level.

Cost: F = £115.00; R = £38.00

Drawing and Painting Animals

Start: 3rd November, 10:00-12:00 (10 weeks)

To learn a number of skills in painting and drawing that will enable you to depict several different animals.

Cost: F = £73.75; R = £25.63

For more information or to book your place, please contact: West Northamptonshire Council, Hunsbury Library, Overslade Close, Northampton, NN4 0RZ.
Tel: 0300 126 7000 www.westnorthants.gov.uk

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LET'S GET QUIZZICAL

Well have we got some entertaining quizzes to keep you busy!



As ever, we have the photogenic wonders from the lovely Rob to get your minds pondering of 'what's that?' and even 'where's that?', together with another Candis Magazine quiz Trudi has included.

These are attached separately for you to enjoy!

You can also find attached the answers to the quizzes from the previous May Newsletter!

Good Luck everyone and enjoy!

WILDFLOWERS, BEES AND INSTALLATIONS

Our eco-project has been a great success! East Hunsbury has been awash with wildflowers, including our mini meadow at Stone Pit Hollow.

People have been turning their own gardens into wildflower havens. Alongside this, local groups and crafters created a wonderful summer display at Hunsbury Library, featuring bees, flowers, and rainbows, to celebrate our wonderful NHS.



Thank you to everyone who took part, including our friends at King Richard Court.

THE COMMUNITY GARDEN PROJECT

Another project which is literally flourishing is our community garden. We are working in partnership with Hunsbury Library and Tesco.

All partners are helping to fund and clear the area at our library, to make it more pleasant for everyone.



A fabulous group of volunteers come to the garden a couple of times a month to sweep up, to weed and to plant.



Again – if you are interested in helping with a gardening project please get in touch.

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BRASS IN THE PARK

Thank you to everyone who attended our first Sunday Session! We wanted to do something to bring the community together and we were waiting for Covid to allow this to take place.

On Sunday 15th August, we presented the Towcester Studio Band at Grangewood Park. A huge crowd attended, with picnics, gazebos, families and friends.



What a lovely afternoon. Should we do some more next year?



Let us know what you think! We can then tell the Parish Councilors what the community wants!

MOVING ON TO AUTUMN... EAST HUNSBURY REMEMBERS AND CHRISTMAS SPARKLE!

So, we have had a very busy Summer and we are looking forward to Autumn into Winter.

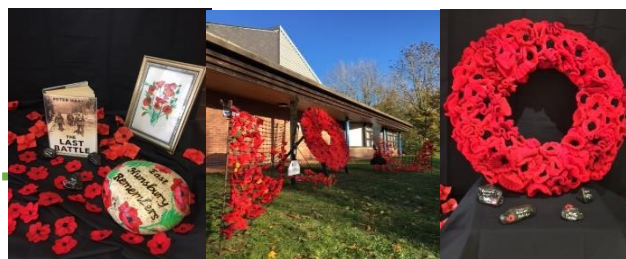
We now know that we can continue with our Seniors Coffee Mornings, and we will start to book in speakers for you.

We plan to celebrate Christmas and will be planning activities in the coming weeks. This will include some special events for our Seniors group, and hopefully a Christmas Fair.

Once again, we hope to have our beautiful EH Christmas Tree at the Library. **More updates in the next newsletter.**

Prior to that though, we have **Remembrance Sunday**, and as many of you know, we organise a community display and mark the occasion at our memorial benches in Grangewood Park. As ever, we are looking to the community to help us to make poppies. Can you help please?

We need, knitted, crochet, felt poppies, for our display at the library. Our schools are already on board, to use recycled plastic bottles to create a field of poppies.



IF YOU ARE CRAFTY – YOU CAN HELP!
Get in touch please . . . **You can be part of East Hunsbury Remembers.**

MEET THE SENIOR THIS MONTH: ROGER STARMER

Roger is one of our Seniors Reps – who helps to run our Seniors group. A regular face at our coffee mornings, with his wife June, who is also one of the much-needed team of supporters. Roger helps with so many things, from coffee mornings to our School of Life project, making, creating, and generally being an amazing support. We spent the morning with Roger, over a cuppa, and learnt a bit more about him!

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

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A CALL FOR VOLUNTEERS!

Age UK Northants are looking for Day Care volunteers and Minibus Escort volunteers in the Northampton area.



Please share the attached hand-outs with anyone you know who may be interested in helping out – or this might even be something for you?

For more information, please contact:
Alicia Cubitt, Volunteer Co-ordinator
Tel: 01604 611200 or Mobile: 07824 321853
Email: alicia.cubitt@ageuknorthants.org.uk

BUSINESSES RE-OPENING AGAIN

We are pleased to confirm the following venues are open again – giving us all an opportunity to get 'out and about' once more.

Hunsbury Library:

Monday – Friday 9.00am – 5.00pm
Saturday 10.00am – 2.00pm
Sunday – Closed.

Danes Camp Leisure Centre:

Monday – Friday 6.30am – 9.00pm
Saturday & Sunday 8.00am – 5.00pm
Tel: 01604 838333

They hold a 50+ group at all their venues; Cripps, Danes Camp, Duston, Lings and The Mounts. For more information, visit their website www.trilogyleisure.co.uk/timetables-prices/

Blacky More Community Centre open for hire

Please contact us for more information on availability.

The Abbey Centre:

Please contact direct for confirmation of opening times and Group Activities.

www.abbeycentre.org.uk/ Or via email at:

admin@abbeycentre.org.uk

or Tel: 01604 767568

www.abbeycentre.org.uk/events-calendar/

The Collingtree Sizzling Pub & Grill:

Opening times are as follows:

- **Monday** Middy-10pm
- **Tuesday** Middy-10pm
- **Wednesday** Middy-10pm
- **Thursday** Middy-10pm
- **Friday** Middy-11pm
- **Saturday** 11am-11pm
- **Sunday** 11am-10pm

Contact: 01604 709891 for more information or to make a booking or visit their website:

www.sizzlingpubs.co.uk/thecollingtreenorthampton

OUR CONTACT DETAILS

Clerk: Mrs Caroline Holgate

Hunsbury Library

Overslade Close

East Hunsbury

Northamptonshire

NN4 0RZ

Tel: 01604 708429

Email: clerk@easthunsburyparishcouncil.gov.uk

Community Projects Officer:

Liz Carroll-Wheat

Email:

community@easthunsburyparishcouncil.gov.uk

Administration Officer:

Trudi Sadler

Email:

admin@easthunsburyparishcouncil.gov.uk