

### From Sands Farm, December 2010, by Ray Vessey

Final copy date for the March - April 2014 newsletter is 10<sup>th</sup> February. Copy should be sent to Andy Stewart, The Old Farmhouse, 13 High Street, Astcote (email <u>andy@stewarts.me.uk</u>, tel: 830042), or given to Janet Taylor, Dalscote. (Please use email if possible.)

Pattishall Parish Council undertakes the production of the newsletter, it does not take responsibility for the accuracy of articles. Any views or opinions expressed are those of the author in each case.

Would you like to see your photograph or artwork on the cover of the next Around Pattishall? If so, please email. It should be something with a local & seasonal flavour.

# Pattishall Mums and Tots



Calling all Mums, Dads, Grannies, Child Minders and carers of children in and around Pattishall, your Mums and Tots group needs you!

Mums and Tots is the local get together for Mums and carers of children from newborn to school age. We meet at Pattishall Parish Hall

on Wednesday afternoons from 1.30 to 3pm. There are lots of toys and ride-ons, space to play, a quiet area and toys for the tiny tots. We have a different craft every week and Mums can enjoy a coffee and cake while the little ones play and enjoy a juice and a biscuit too. Come along and make friends while the little ones have fun. Its just £1.50 for the first child and £1.00 for siblings. Come and give it a try, we look forward to welcoming you.

Helen Burt greenewe@btinternet.com

# Pattishall Parish Questionnaire

Thank you to all Parishioners who completed the community questionnaire on-line or returned paper copies. This first consultation step of the process is now closed. The response rate exceeded 30% - lower than the 2007 survey - but still providing good feedback as the basis for Parish Plan 2. The data will be now analysed and a summary published in the next edition of Around Pattishall.

Parish Plan 2 will consider future housing development and the needs and aspirations of the Parish over the next 10–15 years. In the short term, the Parish Council is required to respond to the South Northamptonshire Local Plan consultation process. Your views, expressed in the questionnaire, will support this response, which needs to be completed no later than 24 January 2014.

If you would like to become involved in preparing the Parish Plan please send your contact details by email to <a href="mailto:pp2@pattishallparish.org.uk">pp2@pattishallparish.org.uk</a>

Bob Illingworth On behalf of the Parish Plan 2 committee



# Seasons Greetings From Essex

Pat and Dave Mortimer wish all their friends in the Parish, a very Happy Christmas and a Good New Year.

# Pattishall Neighbourhood Watch

Pattishall NHW has 29 street wardens covering every street in the Parish. If you do not know who your street warden is please contact the Coordinator who will be happy to tell you.



Remain vigilant over the winter months and continue to report every incident/suspicious vehicles/persons or peddlers on the dedicated NHW number **01604 432436**.

Don't advertise your Christmas presents by leaving the packaging on view outside.

Linda Hemming (NHW Coordinator) Email: linda\_hemming@hotmail.com Tel: 830744



# Christmas Post

Holy Cross Pattishall will again be running the local Christmas Post this year. This service is free to over 60's living in the parish and others are asked to make a donation. There will be a collecting box at the Senior Citizens' Party on Saturday Dec 7<sup>th</sup>.

Post can also be delivered to 59 Leys Rd, Pattishall, 10 Hodge Close, Astcote and 28 Gayton Rd, Eastcote. The last posting date will be Fri 13<sup>th</sup> Dec and the post will be delivered from Sun 15<sup>th</sup>. Please ensure that all post is correctly addressed.

If you have any queries please contact Wendy Watts on 830583.

# Holy Cross Events

Saturday Nov 30<sup>th</sup> 2-4pm Holy Cross **Christmas Bazaar**. Santa arrives at 2.30 so make sure you are there for a visit to his grotto.

Saturday February 8<sup>th</sup> **Barn Dance** from 7.30pm to late. Dancing to the ever popular *Sleeping Moggie* in the Parish Hall. A hot supper will be included in the ticket price.

Watch out for further details on the Notice Boards and Posters nearer the date. Tickets will be on sale in the New Year available from Jan, Wendy, Alison.

Forthcoming event **A Quiz** on Saturday March 22<sup>nd</sup> in the Parish Hall 7.30 for 745 start.

Get your teams together for a fun night and book in on 830583 or 830996.

# Mobile Library Service

The Northamptonshire mobile library service now visits once per month at the times & locations below.

Stop:Pattishall, Leys / Festival Road ,17:40 - 16:05Dates:December 18<sup>th</sup>January 15<sup>th</sup>February 19<sup>th</sup>Stop:Cold Higham, Telephone Box17:35 - 18:00Dates:December 13<sup>th</sup>January 10<sup>th</sup>February 14<sup>th</sup>



# Pattishall Good Neighbours Club



December brings us to the end of another successful year and we shall be out again this month when we come together for our Christmas lunch.

We have seen our membership increase this year to more than fifty with more waiting to join us at our first meeting of 2014 in January when Len Holder will be telling us a "Mariners Tale".

On 13<sup>th</sup> February we have Gail Stewart with us to tell us about "My Father – Eric Morecambe", an afternoon not to be missed. We are expecting a number of visitors for this memorable occasion. If you have a free afternoon and are over 50 why not come along. (it would be helpful if you let us know in advance).

We have another exciting programme for 2014 details of which can be found on the Parish website <u>www.pattishallparish.org.uk</u>. and in the Diary pages of 'Around Pattishall'. Do have a happy and prosperous 2014.

Alan White, Chairman, 830892

# Halloween

Wow! What a marvellous turn out again the year, the bus loads arrived as usual – ha! ha! – and at least we didn't get wet this year for a change. Well done to the children and teenagers, Mums and Dads and dogs – woof!, woof! – for dressing up in their wonderful outfits and their good manners of course.

£21 was raised for the Warwickshire Air Ambulance. Thanks everyone, see you all next year!



The Old Witches, Pool Close

# Pattishall Parish Hall

You will have noticed that the next stage of the development of the hall is underway. This is the building of a new enlarged entrance hall which is the final phase at present until more funds can be raised to continue to improve the amenity. There is still a long wish list which includes resurfacing the car park and the hard court along with making another meeting room in the loft area. We hope all the hall users will bear with us with the use of different entrances whilst work is in progress.



The Quiz with a Fish & Chip Supper was a great success, raising about £750. Malcolm Baker set some challenging questions to tax the grey cells but I'm sure the fish and red wine helped. We hope to repeat the event next October so you have plenty of time to revise!

For the traditional Bonfire Night with fireworks we were very fortunate with the weather. Andrew and Peter Stratton along with helpers Dennis and Matt Townsend ensured a superb display. Thanks also to Peter Barnes and Malcolm Townsend for the music which accompanied the display, John Woollett, James Hawtin and Duncan Townsend for the groundwork and bonfire. The money raised, which has been matched by Barclaycard, goes towards the Senior Citizens Christmas Lunch on 7<sup>th</sup> December. For more details of the lunch please phone 830829 or 830501.

We are planning events for 2014. The fete which has been held for the past two years involves a lot of organising and we have decided to have some different community events next year and have a fete again in 2015.

The hall and field are organised and managed by a hard working voluntary committee and the funds raised at these events goes towards maintaining and improving these amenities. If you would like to become involved or help out at events please come along to our meeting in the hall at 7.00pm on the first Thursday in the month. (No meeting in January 2014).

Iris Illingworth

# Lilo Douglas

George Douglas would like to express his thanks to all who kindly sent their condolences on the loss of his wife Lilo, and for the beautiful flowers which she would love.

Thank you also to those who have supported me through my recent illness.

George Douglas



# For Sale

3 seater settee, single chair and recliner chair Beige/multi upholstery All in excellent condition.  $\pounds$  500— o.n.o.

To View with no obligation telephone Janet 01327 830732



**Graco Contour Electra Baby/Toddler travel cot** with vibrating mattress (rocks baby to sleep, hopefully!) and music centre. This cot has an integral bassinette and removable changing table. Complete with carrying bag. Weight: 12.7 kg approx.

Depth 72cm x Width 104cm x Height 91cm. When folded - L23 x W23 x H91 c £40.00 (Cost over £100 when new) Telephone 01327 830953

Philips Avent iQ24 Electronic Steriliser, minus baby bottles £10.00 Telephone 01327 830953

# Pattishall Youth Club

Pattishall Youth Club is held at the Parish Hall, every Tuesday evening during term time. It is open between 7.30pm and 9.15pm, and all young people in year 6 to year 11 are welcome. The fee is £1 per week, with the first week being free.

There are games, craft nights, a tuck shop, and some external events - we've recently been to a Climbing Centre and Lazer Zone.

So whether you want to come along and take part in all the activities or just come along with friends for a place to get together - why not come along and try it out! If you want to know more then just pop along, or contact either Ruth Furniss 830118 or Mark Couling 831443 for more info.

**ADULTS** – Are you bored on a Tuesday night, and fancy drinking tea? Then you could be the next Youth Club leader! We are looking for some additional leaders and committee members to help run and support the Youth Club. If you are interested in becoming a leader or getting involved in the Committee (even if only on a part time basis), or just want to know what is involved, contact Ruth Furniss or Mark Couling on the numbers above.

Go on – you know you want to!



# Pattishall Pre School

Pattishall Pre school has been welcoming children through its doors for more than thirty years. Situated in the Parish Hall we offer a warm, safe and inviting environment for children aged two to four years. Our newly extended room is bright and sunny with plenty of space to play and learn. We have our own garden where we grow veggies and strawberries, and learn about mini-beasts and how food grows. We enjoy a great relationship with Pattishall Primary School and this helps very much with the children's transition to Big School.

We recently held our annual Spooktacular Halloween disco which raised over £800, this is to be match funded by a local company. A huge thank you to all the children who came along and brought their parents to help us raise this fantastic sum of money. We plan to spend it on IT equipment to improve the learning opportunities for our three to four year olds.

Christmas isn't far away and we look forward to our Nativity play and Christmas party with a very special guest appearance from a certain resident of the North Pole!

Pattishall Pre School is a charity run by a voluntary management committee made up of Mums and friends of the children; we are currently looking for new members to run the Pre School when the current committee step down next year. You don't have to be a parent to join, Grannies, Granddads, Aunties and Uncles, all are welcome, we need your skills, we also would love to hear from some Dads! We are an equal opportunities employer!!

So if you are looking for a place for your little one do come and have a look round our wonderful school, funding is now available for some two year olds as well as three year olds. Call 07901 734460 and speak to Sarah or Lindsey or just pop in, we are there every morning 9.15am to 12.15pm, 1pm on Wednesday and Thursday until 3.45pm. We look forward to welcoming you!

> Helen Burt Pattishall Pre School Committee Chair



# Cold Higham Parish Council

Cold Higham Village Hall was unavailable for our 3<sup>rd</sup> October meeting and so the Council met at the Chairman's house. It was undeniably more comfortable, but we have now reorganised our schedule to suit the availability of the Hall.

After reviewing the received correspondence, much of the meeting was taken up discussing the condition of our local roads, verges and hedges. Particular attention was paid to the junction of Banbury Lane with the A5 at Foster's Booth, and we also discussed the junction of Mill Lane with the A5. In both cases, visibility of oncoming A5 traffic is restricted by tall grass, overhanging trees and overgrown hedges etc. Growth needs to be substantially cut back and this may be the landowner's responsibility. We want to be very clear whose responsibility it is and we are being assisted in finding out by our Blakesley & Cote Councillor, Sandi Smallman, without whom it would be very difficult to find the best people to talk to. Nonetheless, we are still awaiting responses from Ian Morris SNC and NCC Councillor, who is also helping us, and from <u>area7enquiries@Aone.uk.com</u> who maintain the A5, and are now discussing what needs to be done with the Highways Agency's Asset Manager for Northamptonshire, Jonathan Price. Both our tenacity and patience are being tested, but we have an ample supply of both.

We also discussed the continuing appearance of potholes, many adjacent to previously filled potholes. With winter approaching, it is regrettable that last year's rash of potholes has not been properly dealt with yet, and surely more are on the way. We must all understand that potholes will not be filled in unless they are reported, no matter how evident they are to everybody. The Parish Council has decided to have a purge on potholes and you can help by reporting any you are aware of on SNC's website:

http://www.northamptonshire.gov.uk/en/councilservices/Transport/roads/streetdoctor Rather a long link, but a Google search for 'street doctor' will find the right place. Please go there and help us report all potholes in our Parish.

Ken Tomkinson

# Pauline Schofield

It is with sadness that I announce that Pauline Schofield of Cold Higham passed away on 14<sup>th</sup> September 2013. I, Roger, would like to thank everyone who sent cards and called me.

We moved to Cold Higham 26 years ago, Pauline loved Cold Higham and all the villages around. She made many friends and enjoyed looking after your dogs and collecting your old books for the hospital.

Thank you all, Roger Schofield



Situated in the grounds of Pattishall Primary School

Little Dragons, described by OFSTED as <u>outstanding</u>, is a small 30 place nursery, ensuring individual care and attention. We are a Forest Nursery - committed to outdoor learning and fun in all seasons.

We have a mature and experienced staff of teachers and nursery nurses, mostly mothers ourselves!

We provide activities such as cooking, gardening, sewing, music, drama, dance, yoga, singing, and swimming too!

We also provide a healthy, home cooked menu, mostly organic with no unhealthy additives.

Open 8am-6pm 51 weeks a year for children 6 weeks to 5 years

School Road, Pattishall 01327 830202

# Ballet, Tap and Modern Classes

Fun ballet, fitness and dance classes.

From toddler awards to intro1 grade one classes, GCSE grades1-5 and A levels grades 6-8

First Class FREE

Acrobatic gymnastic and modern Jazz GCSE exams

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Email <u>whsosd@yahoo.co.uk</u> or telephone 07929 963 976



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**Fencing Contractors** 

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Pattishall 830093 or 830212

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Individual Dog Walking and Pet Care

An independent small local business concentrating on one to one care for your faithful companions at all times.

CRB checked & Fully insured Free initial consultation/walk Competitive rates

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NarpsUK





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Are you stressed with life or feel depressed?

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Holmeview 8 Greenway Eastcote Northants NN12 8NH

For an appointment: Phone: 01327 830909

Or e-mail: pughjean@btinternet.com

# Local Carpenter

For Free Quotation call:

**Paul Nicholls** 

01327 830684 07890 668307

2 Church Lane, Cold Higham

## Holy Cross / St Lukes Christmas Services

Christmas Eve at 6pm Christmas Carol Service followed by optional Holy Communion at Holy Cross

**Christmas Day** 9:15 Half hour service at Holy Cross

Christmas Day 9:30am Family Holy Communion Service at St Luke's

## Have you arranged your Will yet ?

To arrange a free home visit without obligation call: Graeme Fuller 01327 830462

www.collectivelegalsolutions.co.uk/graemefuller

Making a Will Inheritance Tax Probate Document Storage Property Protection Lasting Power of Attorney





## Cornhill Squash Club

New members welcome

Contact Jamie Hayes 01327 352767 For an application form or a free introductory game We are a small local club, just 5 miles north of Towcester, offering basic facilities for friendly and competitive play at probably the cheapest rates in the area

First year's annual membership £40 Games £2.50 per person – 40 minute session

# Looking for a new kitchen, bathroom or fitted bedroom?

Visit our Towcester design studio and make some great savings on our quality, fitted interiors.

Or call us today to arrange a free quotation.





For your perfect kitchen, bathroom or bedroom

# Call us on 01327 359282

Visit us at The Old Cattle Market Watling Street East, Towcester NN12 6HN www.parkerkitchens.co.uk DPW PLUMBING & HEATING (07581) 372 719

All plumbing and heating work Undertaken from New Bathrooms to New Boilers, yearly services and emergency Call outs!

#### (NO JOB TOO BIG - NO JOB TOO SMALL)

# **PATTISHALL PARISH HALL** AVAILABLE FOR HIRE

- Ideal venue for birthday parties, anniversary parties, children's parties, retirement parties, Christmas parties, in fact, parties for any special event.
- Also suitable for many other gatherings and events where you might need a large space and kitchen facilities
- Two rooms to choose from
  - Small Hall accommodates 30-50
  - Large Hall accommodates 150
- Use of kitchen, tables, chairs, cutlery and crockery included in hire fee
- Discounted hire fees, at very reasonable rates, for residents of Pattishall Parish

Check availability with Suzanne, Bookings Officer <u>email</u> - <u>bookings@pattishallparishhall.org.uk</u> <u>phone</u> - 01327 830279 Full details about the Parish Hall are available on the parish web-site – <u>www.pattishallparish.org.uk</u>

#### Around Pattishall December 2013 - February 2014



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# Please Support

Poor lost soul doesn't want to go home. Wife beats him and takes his money!



Keith would rather bring his carpet and vinyl samples and talk to you. He sells, estimates and fits the carpet or vinyl himself. He's been in the trade 43 years.

### You won't beat his Price, Service or Reputation

Keith's Carpet Fitters Weedon, Pattishall & Towcester

Tel: 01327 860479 Mobile: 07966 428627

## Pattishall Parish Hall Saturday 8<sup>th</sup> Feb. 2-4.30pm

### Join us for Messy Church

Messy Church is for all the family – Mums, Dads, Grandparents and Children of all ages. For two hours there will be crafts and activities that adults and children can do together based on a biblical theme, a time of sharing with a prayer and a song, and then we all have afternoon tea. We hope you will be able to join us!

### We Look Forward to Seeing You!

Organised by the Messy Church Team from Astcote Methodist Church & Holy Cross

## TOWCESTER FARMERS' MARKET

2<sup>nd</sup> FRIDAY OF EVERY MONTH

RICHMOND ROAD CAR PARK 9am until 1.30pm

### Fresh local produce on sale

Managed for the Community by Towcester Lions Club

Reg. Charity No. 1133261



# Regular Gym Classes v Small Group Training



**REGULAR GYM CLASSES – WHAT YOU GET.** 

Large groups of young people in a loud, hot, sweaty atmosphere with no individual attention. Exercise to exhaustion. Often tied into a contract with additional joining fees.

### WELLBEING FITNESS SMALL GROUP TRAINING - WHAT YOU GET.



Small groups of people, mostly over the age of 40, in a luxury environment with a highly professional instructor who gives individual attention.

Exercise fun and enjoyable. No contract and no joining fees.

## SO WHICH ONE WOULD YOU PREFER? The answer's obvious isn't it?

Here at Wellbeing Fitness. We feel it is important that people over the age of 40 start doing some kind of exercise, so we are making a special Christmas offer to tempt you to get started. Come during December at our expense and pay nothing until January! At only £42.00 a month this is a really good cost-effective way of improving your fitness.



To see the full timetable of group training sessions go to www.wellbeingfitness.co.uk/towcester

Call 01327 351110 to book your first session.

Make your New Year's Resolution early. Get fit for Christmas!

Ian Ryves. Wellbeing Fitness, Unit 4, Lucas Bridge Business Park, Old Green's Norton Rd, Towcester, NN12 8AX. E-mail: info@wellbeingfitness.co.uk • Tel:01327 351110



Mr Jon Campion MBBS, BMedSci, FRCS Consultant Orthopaedic Surgeon

Mr Gary Mundy MBChB, FRCS, Diploma Sports Med Consultant Orthopaedic Surgeon

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### tangerinefitness.com

tracey@tangerinefitness.com

### Our focus is on Personalised, Technical 1-to-1 Private and Small Group Sessions in a variety of locations across Northants



This Class Concentrates on Burning Fat and Increasing Lean Muscle...

A focus on high intensity training which raises the heart rate in short bursts.

A variety of equipment is used such as skipping ropes, boxing pads/ gloves and dumbbells.

#### UNIT 17, ROTHERSTHORPE IND. ESTATE, NORTHAMPTON

Monday Evenings 18:30-19:30 Tuesday Mornings 06:30-07:30 Pay as you go £5 per session ...or £25 for SIX sessions

## Circuit Fitness

A 'New' Circuit Style Class That Will Increase Your Fitness Levels, Strength and Endurance...

The combination of Dumbbells, Kettlebell's and Boxing Fitness achieves great results.

This class is designed for ALL LEVELS.

## PATTISHALL VILLAGE HALL ASTCOTE, NORTHAMPTON

Saturday Mornings 08:45 - 09:45 Pay as you go £4.50 per session ...or £20 for FIVE sessions

## Stott Pilates

Small Group Sessions Max Number is Six...

#### 1-to-1 Pilates Sessions are recommended before attending a class.

This will ensure postural analysis is done on each client and a programme is designed specifically for the individual.

#### PATTISHALL VILLAGE HALL ASTCOTE, NORTHAMPTON ...AND OTHER LOCAL VENUES

Tuesday Evenings 19:00-20:00 Stott Pilates Class £12 per session (one month block booking required) 1-to-1 Session £40 Loyalty discounts available

Whatever your goal, we can help you achieve it. Personal Training also available 07940 716527

# Where Can I Get More Food Caddy Liners?

South Northamptonshire Council has created a local network of shops which stock the food caddy liners for use in the new food caddies. They are recommended to help keep your food caddy clean and to make the collection of food waste easier for householders. When your free roll of liners (given to each household in the summer) runs out, you can purchase more liners at the following shops:

> Browns of Blakesley, Blakesley Blisworth Store & PO, High Street, Blisworth PO & Stores, High Street, Greens Norton Towcester Convenience Store, Brackley Road, Towcester Paynes Nurseries, Watling Street East, Towcester

Other outlets (including online shops) are available, and more local shops will be added to the list shortly. Please note, liners must be compostable, not just biodegradable. Keep an eye on <u>www.southnorthants.gov.uk/liners</u> to see the updated list of verified sellers. If you run a local shop and would like to become a stockist, please email or call the Council to find out how you can join the scheme.

# Top Dog



We entered Badger for the first time at Gayton Dog show on Sunday 15<sup>th</sup> September. It was a freezing cold wet and windy day but still a good turn out of different pooches. We entered Badger into the Best local dog in a ten mile radius of Gayton. The Gayton postman judged this class and from memory there were at least a dozen entries of all different breeds. Well we can put Pattishall on the map as Badger won 1st prize and Tick {Townsend } came second! As you can see Badger is very proud of his rosette !!!

Many locals know Badger as he is seen walking around the villages or running through fields (with kind permission of the land owners). Badger is an English pointer and is nearly 7 and has many pooch/ human friends around the surrounding villages including the postmen!

The Harper Family

# Health Crossroads

Recently, I took a trip with the family to a neighbouring town (I won't mention which one!) to do some shopping and as I turned round the corner of one of the streets, I was almost knocked over by the loudest sound I've heard outside a rock concert. It was coming from a nearby building and consisted of heavy beat music accompanied by someone yelling through a microphone. And this was in the middle of the day! Of course, being in the business as it were, I realised pretty quickly what it was, but intrigued, I sneaked in the entrance and peeped through the door. And sure enough, there it was, a gym fitness class in full swing. There must have been forty or fifty men and women, puffing and panting with some demented woman on a platform in front, red in the face, screaming like a banshee. She wasn't looking at them, she was too busy shouting and performing!

You can probably see now why I declined to mention the town, but what did occur to me was how typical it is of so many gym classes, why they've got such a bad reputation and why so many people don't like going to them. Which is a pity because they CAN be a terrific way of getting fit. But actually, is it cynical of me to suggest that the fitness part of what I saw was not absolutely at the top of that gym's agenda? What WAS at the top was packing as many people in as possible and maximising their profits.

What saddened me about the whole thing was not the people who were there and enjoying it. I was sad for the people who COULDN'T do the exercises or who were doing them wrong and risking injury or who were on their own and wouldn't stand a chance of getting to know anyone with such a large crowd.

And it reminded me again why my philosophy is so different. For a start, at Wellbeing Fitness, we don't even call them "classes", we call them small group training sessions. There are never more than nine people at a time, so that the instructors can keep an eye on everyone, correct any mistakes and give individual coaching. They never "perform" in front of the group but encourage people and make the experience enjoyable and fun (and they certainly don't have a microphone!) People in the group actually talk to one another between exercises and there's always a really good atmosphere.

If you feel you could do with getting some exercise and you've never tried one of our sessions, or you've been to a gym and been put off by the classes for the reasons above, why not give it a go? Don't be put off by thinking you're an absolute beginner and you won't be able to cope. That's the beauty of small group fitness training. You get individual attention to suit YOUR level of ability!

Ian Ryves, Wellbeing Fitness E-mail: info@wellbeingfitness.co.uk Tel: 351110

# Recycling Festive Foil and Aerosols Makes a Difference!

Mince pies, turkey, sausages wrapped in bacon, squirty cream, and 'snow' spray are all ingredients for a great Christmas. But don't forget metal packaging is really easy to recycle. It's easier than ever now, because our blue bins will accept empty cans, aerosols and clean foil trays.

As a nation we use over 16,000 tonnes of foil and 30,000 tonnes of aerosols annually. Over Christmas the amount of rubbish we produce rises by about 30% - an estimated 175 million mince pie cases alone.

In just a few weeks, your recycled aerosols and food trays could be reprocessed and back on the shelf as a new product or packaging – they're endlessly recyclable! By putting your aerosols and foil trays in your blue bin we can all have a greener Christmas.

Councillor Dermot Bambridge, portfolio holder for Environmental Services, said: "South Northamptonshire Council is a shining example of how metal recycling can be easy and effective, and we know that helping local residents to recycle cans and aerosols alongside their plastic packaging will save valuable energy and resources this Christmas.

"Household recycling rates have been rising steadily for years now, but there is still potential to do more when it comes to metal packaging."

How the recycling process works:

Once collected from your house, all the recycling is taken to a local depot for bulking into larger loads before being transported to a Materials Recovery Facility (MRF). Here, the materials are separated from each other, using powerful magnets, lasers and hand picking. Any printed decoration is removed, and it is then baled, ready for reprocessing.

- The steel cans and aerosols we collect are made into anything from cutlery to a new car.
- Your glass bottles and jars are melted down and remade into glass packaging.
- Paper and card is recycled into notebooks, toilet paper, magazines etc.
- Foil and aluminium cans are turned into new cans.
- Plastics are made into things like bin liners, garden furniture, sleeping bags, and sewer pipes.

For more information, please visit <a href="http://www.southnorthants.gov.uk">www.southnorthants.gov.uk</a>



# How to Stop Junk Mail

Are you tired of getting so much junk mail? There is an easy way to reduce the amount of unsolicited mail which addressed to you. Simply register your name and address with the Mail Preference Service at www.mpsonline.org.uk or call 0845

7034599. Alternatively you can write to:

Freepost 29 LON 20771 London W1E 0ZT

Unaddressed mail is dealt with by the Royal Mail. You need to send them your address and name to request removal of your details:

Email: optout@royalmail.com

Free Post RRBT-ZBXB-TTS Door-to-door opt-outs **Royal Mail Oxpens Road** Oxford **OX1 1RX** 

These opt-out services are only valid for three years, so keep hold of this information for re-registering again in the future. To find out more about how to minimise your waste and recycle more, please visit

www.recyclefornorthamptonshire.co.uk

# Elvis coming to Gayton

Elvis Presley (a.k.a.Andy Kelso) is coming to Gayton Church on Saturday 1<sup>st</sup> March 2014 at 7pm. Tickets from Robin Kelso 01604 857585.

### **Greens Norton Medical Centre Patient Information Leaflet**

<b>Emergencies dial 999</b> Always call 999 if someone is seriously ill or injured, and their life is at risk.	Examples of medical emergencies include (but are not limited to): • <u>chest pain</u> • difficulty in breathing • unconsciousness • severe loss of blood • severe burns or scalds • choking or drowning • fitting • severe allergic reactions			
Greens Norton Medical Centre 01327 358287 01327 359670 (Dispensary)   Surgery Hours:   Mon Tue Wed Thur Fri   Open 0800 0800 0800 0700   Close 1830 1830 2000 1830 1830	Triage Some problems can be resolved over the telephone (triage). The doctor will decide whether an emergency appointment or telephone consultation is appropriate. There is also a facility for nurse triage during morning surgeries.			
If you have an urgent medical problem you will be able to access a health professional within 24 hours. Patients who need to be seen urgently will always be seen at the end of either the morning or evening surgeries. During these hours minor illnesses like stomach upsets or ear infections, or injuries such as sprains, strains, minor burns or wounds can also be treated at the Centre.	Talking to a Doctor by Telephone If you wish to speak to a doctor personally, they are usually available at the end of morning surgery. You will be asked to leave a telephone number so that the doctor can call you at a mutually convenient time. Only very urgent calls will be put through to the doctor during surgery hours. If possible, please tell the administrator what the call is about so they can review your notes and assess how urgent the situation is.			
Out-of-hours Doctor and 24-hour access to health information: dial 111 The new way to access out of hours doctors appointments and Health information.	The adviser will ask you questions to determine the appropriate course of action. They can book out of hours doctors appointments, direct you to A & E or Minor Illnesses/Injuries unit, call an ambulance, or just provide advice over the phone.			
Pharmacist Qualified pharmacists in your locality can give you expert advice on medicines and how they work.	They can also help you decide whether you need to see a doctor. You don't need an appointment, and can talk to them privately and in confidence.			
Accident and Emergency Operates 24/7, Northampton General Hospital, Cliftonville	Deals with acute injury or illness, which may or may not be life-threatening. Very limited car parking near the entrance at Cliftonville, may need to use car park 1			



## **Bus Service**

**Megarider** : The *Dayrider* ticket has now increased to £6. This ticket allows those without bus passes to travel into Northampton and to a wide area surrounding the town. Please see the village

notice boards for a map of the area covered. For more details have a look at the Stagecoach website <u>www.stagecoachbus.com/northants</u> or ring 08456 001 314.

Towcester ● Greens Norton ● Pattishall ● Rothersthorpe ● Northampton					
MONDAYS TO SATURDAYS, except Public Ho		corny n	Sunda	veonio	87
Towcester Northampton Rd/Seena Dr			1155		1655
Towcester Tesco	-		1201		1701
	0724			1404	
Towcester Highfields/Redmoor				1409	
Towcester Springfields	0731	1011	1211	1411	1711
Greens Norton High Street	0735	1015	1215	1415	1715
Duncote Main Road	0737	1017	1217	1417	1717
Astcote High Street	0742	1022	1222	1422	1722
Pattishall Church Street	0744	1024	1224	1424	1724
Fosters Booth Red Lion	0746	1026	1226	1426	1726
Eastcote Birds Hill Road	0748	1028	1228	1428	1728
Gayton Bugbrooke Road	0753	-	-	-	-
Rothersthorpe Banbury Lane	0759	1034	1234	1434	1734
Banbury Lane	0801	1036	1236	1436	1736
Northampton Mereway Tesco	8080	1043	1243	1443	1743
Towcester Rd opp B&Q Superstore	0815	1050	1250	1450	1750
Northampton Greyfriars bus station	0820	1055	1255	1455	1755
Northampton Greyfriars bus stn bay 6	S	11			00 1800
Towcester Road B&Q Superstore					03 1803
Northampton Mereway Tesco					10 1810
Banbury Lane		11		17 16	
Rothersthorpe Banbury Lane				19 16	
Gayton Bugbrooke Road					1020
Eastcote Greenway		11:			26 1830
Pattishall Church Street					29 1833
Fosters Booth Red Lion		32 11			31 1835
Astcote High Street					33 1837
Duncote Main Road					38 1842
Greens Norton High Street					40 1844
Towcester Springfields					44 1848
Towcester Highfields/Redmoor					46 1850
Towcester Square - northbound		52 11:		51 16	
Towcester Northampton Rd/Seena Dr		56 11		55 16	
Towcester Tesco	10	01 12	U1 14	U1 17	01 1905

In addition to our scheduled bus service there is **CountyConnect** "on-demand" service.

Bus passes for those eligible may be obtained at the Towcester Library.

Ann Atkin

# **ASTCOTE METHODIST CHURCH**

Team Ministry Rev. Tina Swire, Rev. Martin Swan, Rev. Phil Snelson, Rev Nutan Suray Deacon Richard Beckett To contact a Minister please ring the Circuit Office: 01604 721908

- **Sunday Services,** 10.30am. Services are generally informal. Family Services on the third Sunday in the month.
- **Children/Youth Groups Sunday Club** 8-11 year olds 6-7pm and 11-18 year olds 7-8pm (all in term time). Contact John Atkin on 830907 for more details.
- Lunch Club For the elderly or retired on the second Tuesday in the month. Please contact Maureen Corbett on 830296 if you are interested.
- Well Group 12-2pm Ladies group meet monthly for lunch followed by a speaker. Contact Alison Brierley on 830770 to book a seat. 30<sup>th</sup> January Rev. Nutan Suray
- Flowers can be placed in the Chapel on Sundays to celebrate an anniversary or in memory of a loved one.
- **Biker Church** Sundays 8<sup>th</sup> December & 9<sup>th</sup> February, 6.30-7.30pm (tea & coffee from 6pm) led by the Christian Motor Cycle Association All are welcome.
- Family Services 15<sup>th</sup> December, 19<sup>th</sup> January & 16<sup>th</sup> February: 50 minute service for all the family. Refreshments served after the service: All welcome.
- **Christmas Cracker** for 4-11 year old children on Saturday 21<sup>st</sup> December 2-4.30pm, concluding with carols in the barn for all the family. Numbers strictly limited contact John Atkin 830907 more details via Pattishall School.

### Christmas Services:

**Christmas Eve** 4.30pm Candlelit Service led by Rev Tina Swire. **Christmas Day** 10.30pm Christmas Celebration led by John Atkin

# Don't forget .....

### Astcote Chapel and rooms are available to hire

The Chapel has seating for 50+ people with a small stage area. The upstairs room offers an ideal space for a small group to meet and the kitchen is well equipped in a smaller meeting room downstairs. Disabled access to ground floor.



If you are looking for a place to meet why not come and have a look. Contact Kate Stretton: 830115

# **EASTCOTE BAPTIST CHURCH**

### Services

Start at 3pm unless otherwise stated, everyone welcome.

December	1 <sup>st</sup> 8 <sup>th</sup> 15 <sup>th</sup> 22 <sup>nd</sup> 29 <sup>th</sup>	Mr M. MabbuttMr R. Wilson Mr I. Markey see notice board Mr K. Brooks see notice board
January	5 <sup>th</sup> 12 <sup>th</sup> 19 <sup>th</sup> 26 <sup>th</sup>	Mr John Hutcherson Mr Michael Mabbutt Rev. Martin Swan Mr Richard Wilson
February	2 <sup>nd</sup> 9 <sup>th</sup> 16 <sup>th</sup> 23 <sup>rd</sup>	Mr Michael Mabbutt Mr Paul Wilson Rev. Tina Swire Mr Richard Wilson

### December 5<sup>th</sup> Salvation Army Carol Service, 7.30pm

At the **Coffee Morning** on November 9<sup>th</sup> for Helen and Douglas House, Oxford, £252 was raised which will be doubled by Barclays Bank. We thank you for your support over the years and hope that we may be able to hold an occasional one in the future. God Bless you all.

If anyone has any queries, please contact Janet on 830210, or write to Mrs J. Steel, 45a High Street, Astcote, Towcester, Northants NN12 8NW

## The Parishes of Holy Cross Pattishall and St Luke, Cold Higham

Priest-in-Charge, the Revd Marion Reynolds

Date	Event	Time	Service	Church
1 <sup>st</sup> Dec	Advent Sunday	8:00am 9:15am 11:00am 6:00pm	BCP Holy Communion Pattishall Half Hour CW Holy Communion (said) Advent Carol Service	Pattishall Pattishall Cold Higham Pattishall
8 <sup>th</sup> Dec	Advent 2	11:00am	CW Holy Communion	Pattishall
15 <sup>th</sup> Dec	Advent 3	8:00am 9:30am	BCP Holy Communion CW Holy Communion	Pattishall Cold Higham
22 <sup>nd</sup> Dec	Advent 4	9:30am 6:00pm	CW Holy Communion Christmas Carol Service	Pattishall Cold Higham
24 <sup>th</sup> Dec	Christmas Eve	6:00pm	Christmas Carol Service & CW Holy Communion (optional)	Pattishall
25 <sup>th</sup> Dec	Christmas Day	8:00am 9:15am 9:30am	BCP Holy Communion Family ½ hour worship CW Family Communion	Pattishall Pattishall Cold Higham
29 <sup>th</sup> Dec	Sunday after Christmas	9:30am	CW Benefice Holy Communion	Cold Higham
5 <sup>th</sup> Jan 2014	Epiphany	8:00am 9:15am 11:00am	BCP Holy Communion Pattishall Half Hour CW Holy Communion (said)	Pattishall Pattishall Cold Higham
12 <sup>th</sup> Jan	Baptism of Christ	9:30am 11:00am	Family Worship Holy Communion	Cold Higham Pattishall
19 <sup>th</sup> Jan	Epiphany 2	8:00am 9:30am	BCP Holy Communion CW Holy Communion	Pattishall Cold Higham
26 <sup>th</sup> Jan	Epiphany 3	9:30am	CW Holy Communion	Pattishall
2 <sup>nd</sup> Feb	Candlemas	8:00am 9:15am 11:00am	BCP Holy Communion Pattishall Half Hour CW Holy Communion (said)	Pattishall Pattishall Cold Higham
9 <sup>th</sup> Feb	4th before Lent	9:30am 11:00am	Family Worship Holy Communion	Cold Higham Pattishall
16 <sup>th</sup> Feb	3 <sup>rd</sup> before Lent	8:00am 9:30am	BCP Holy Communion CW Holy Communion	Pattishall Cold Higham
23 <sup>rd</sup> Feb	2 <sup>nd</sup> before Lent	9:30am	CW Holy Communion	Pattishall



## December

- 5<sup>th</sup> Pattishall Hall & Playing Fields meeting, Pattishall Parish Hall, 7.00pm
- 7<sup>th</sup> Senior Citizens' Christmas Lunch, Pattishall Parish Hall
- 11<sup>th</sup> Pattishall WI, Pattishall Parish Hall 7.30pm
- 11<sup>th</sup> Hansons free antique valuations day, Cold Higham Village Hall, 11am-3pm
- 12<sup>th</sup> Pattishall Parish Council meeting, 7.45pm
- 13<sup>th</sup> Towcester Farmers' Market
- 20<sup>th</sup> End of Pattishall School term

## January

- 7<sup>th</sup> Start of Pattishall School term
- 8<sup>th</sup> Pattishall WI, Pattishall Parish Hall 7.30pm
- 8<sup>th</sup> Hansons free antique valuations day, Cold Higham Village Hall, 11am-3pm
- 9<sup>th</sup> Pattishall Parish Council meeting, Pattishall Parish Hall, 7.45pm
- 10<sup>th</sup> Towcester Farmers' Market
- 29<sup>th</sup> Photographic Group, Pattishall Parish Hall, 7.30pm

## **February**

- 6<sup>th</sup> Pattishall Hall & Playing Fields meeting, Pattishall Parish Hall 7.00pm
- 8<sup>th</sup> Messy Church, Pattishall Parish Hall, 2-4.30pm
- 8<sup>th</sup> Holy Cross Barn Dance, Pattishall Parish Hall, 7.30pm
- 12th Pattishall WI, Pattishall Parish Hall 7.30pm
- 12<sup>th</sup> Hansons free antique valuations day, Cold Higham Village Hall, 11am-3pm
- 13<sup>th</sup> Good Neighbours, *My Father Eric Morecambe*, Pattishall Parish Hall, 1.45pm
- 13<sup>th</sup> Pattishall Parish Council meeting, Pattishall Parish Hall, 7.45pm
- 14<sup>th</sup> End of Pattishall School term
- 14<sup>th</sup> Towcester Farmers' Market
- 26<sup>th</sup> Photographic Group, Pattishall Parish Hall, 7.30pm

### **Use This Space for Your Future Events!**

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