

St Lukes, Cold Higham, April 2015 by Andy Stewart

Final copy date for the May - June newsletter is 10th April. Copy should be sent to Andy Stewart, The Old Farmhouse, 13 High Street, Ascote (email andy@stewarts.me.uk, 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.

Cold Higham Parish Council

Following our plea in previous Around Pattishall Newsletters, for a Parish Councillor to join us in order to represent Fosters Booth, I am very pleased to say that we have now filled this position and I would like to welcome Parish Councillor Sonia Barrett to the team. We had been very keen to have a representative from each village in the Parish and thank Sonia for putting herself forward.

CLEAN FOR THE QUEEN! Saturday 5th March 10am

Well it's that time of year again to don those high vis jackets and help to get Britain tidy. This year has an added incentive - to clean for the Queen! In order to help celebrate the Queen's 90th birthday, we are being encouraged to give our villages a 'Spring clean'. All welcome. Some basic equipment required will be supplied by the council.

Cold Higham - meet at the post box

Grimscote - meet at the phone box

As always, all information about what the Parish Council is currently dealing with, its accounts, or should you require any assistance from us and would like to get in touch, please do take a look at our website www.coldhigham.org.uk.

Richard Dickins, Cold Higham Parish Council
07733 888490 clerk@coldhigham.org.uk



Gardening Club

Unfortunately the speaker booked for our meeting in March is unwell so we have re-jigged the programme a bit and John Woollett has kindly agreed to give his talk on *Migrating Birds* on

4th March instead of in November as originally arranged. On 6th April Hilary Erenier is coming to tell us how insects manage to pollinate so many flowers in such a short time and on 4th May we look forward to welcoming back Ann Bird to share with us more of her knowledge and passion for the historic rose. Visitors to the Gardening Club are always welcome.

Christine Russell, Secretary 830012

Pattishall Parish Council

The council meets at 7:45 in the Parish Hall on the second Thursday of each month throughout the year, except for August when there is no meeting scheduled. An agenda and draft minutes are available on the Pattishall Parish website (pattishallparish.org.uk) and all notice boards. Parishioners are very welcome to attend, or contact one of the councillors listed below should they wish to raise a point but cannot be at the meeting in person.

Sally Harrhy stepped down at the December meeting. She was warmly thanked for her contribution to the parish during her tenure as a councillor. This now leaves a vacancy and anyone who may be interested should either contact the Clerk, Ann Addison a-addison@btinternet.com (01604 858226) or a member of the council who will be able to help. There are no qualifications required other than an interest in our parish and a desire to ensure the best for all who live and work here.

There are some concerns about the Astcote turn on to the A5. Highways England have been involved but it appears that the curbs, not the hedgerows, are the problem so further correspondence is required. The problem with the street lighting is still ongoing and the council are in further correspondence with our provider EON.

The Committee were pleased to grant a request for some funding from The Playing Fields Association for a more disabled friendly access to the Parish Hall which will be installed during the summer. There is also an ongoing discussion about a suitable hard surface under the swings. The bench at the Eastcote bus stop is in need of repair and this will be undertaken in due course.

The annual Parish Litter Pick is scheduled for Saturday 19th March. We hope that as many residents as possible will join us at 9:00am outside Pattishall Parish Hall: litter pickers, refuse bags & high viz jackets will be provided. We would appreciate your help even if you can only spare 30 minutes. The more the merrier and the tidier our Parish.

The Pool Close notice board was rotten and falling over so has been taken down. It will be replaced in due course.

John Woollett (Chairman) jcwoollett@btinternet.com
Roger Clarke (Vice Chairman) rogerwas.clarkeld@btinternet.com
Robert Hart roberthart885@btinternet.com
Rachel Gardner rachelwgardner@gmail.com
Mark Mitton mbm@pwc.uk.net
David Keeble keeble855@btinternet.com
Dave Hodges hodgesm@hotmail.co.uk
Barry Evans sadner@aol.com

Did you Know?

In September 2016 **Pattishall Parish Hall Association** will celebrate its 70th anniversary. Since 1946 it has been organised by a voluntary



committee on which many residents, past and present, have served. The original village hall was a wooden building next to the school, the present hall was built in 1980 with funds raised by the community. Over the last six years £250,000 has been spent on modernising and extending the hall. It costs around £17,000 per year to maintain the hall with income from hirings and fund raising. The Playing Field Association is a separate charity that looks after the playing field and is also run by a voluntary committee. The Parish Council maintain the play equipment.

Both charities hold many events to maintain the facilities. This year we are concentrating on raising funds for the Playing Field and our target is to improve the car park along with the hard court and other areas, a long term plan. In the hall our aim is to have new chairs and tables aided from funding by the Car Boot events. We have funded a Christmas Lunch for all Senior Citizens in the Parish for many years.

The Picnic in the Park has been one of our most successful events and a new venture for all the community. The Music Sanctuary, again organised by the committee, has evolved from the Picnic in the Park to promote local talent and attract a wider audience to the hall. Further information on these events is in a separate article.

Our Waitrose tokens raised £252 in December. Thank you to all those who supported us and if you would like to be involved in helping at events please contact Iris on 01327 830829.

The Pattishall Parish Hall Association and Pattishall Playing Field Association AGMs will be held on Thursday 12th May 2016 at 7pm and 7.15pm respectively in Pattishall Parish Hall - all welcome.

Pattishall Parish Hall Association
Pattishall Playing Field Association

Open Gardens Weekend

Forthcoming event: Parish OPEN GARDENS WEEKEND of 18th -19th June. Teas, plants, cakes, tombola, books.

Pattishall Neighbourhood Watch



Cold Calling

Door-to-door fundraisers should not knock on the doors of properties that display "no cold calling" stickers or signs.

Since September 2015 the Institute of Fundraising has written a new Code of Conduct for their industry preventing charities or companies cold calling where a household has a "No Cold Calling" sticker on display.

If you require the yellow "No Cold Calling" sticker for doors/windows please contact the Coordinator or your street warden.

The Police value phone calls to identify cold calling/door knocking. You can also phone the Doorstep Action Network DAN 03452 307702.

Please continue reporting any suspicious incident/persons/vehicles straight away on the NHW Police number 01604 888964.

Linda Hemming (NHW Coordinator)

linda_hemming@hotmail.com

Tel 01327 830744

Parish Senior Citizens Luncheon

Saturday 5th December was a cold windy day but once inside our newly refurbished hall it was soon forgotten by the 70 guests that attended. We can honestly say that the new windows and doors really did make a difference and the new colour combination made it a cheerful place to be, nothing to do with the sherry (kindly donated each year by Towcester Lions) and wine of course.

Once again thanks to a wonderful band of volunteers and Graham Kinnersley's entertainment the afternoon passed all too swiftly.



Iris had researched the Northampton Archives and found that this event was established in 1948 and it is a proud tradition that we like to keep going, so if you live in the parish and are over 60 please feel free to join us next year. Watch the newsletter for the date. Likewise if you wish to help please contact Libby (830501) or Iris (830829).

Pattishall WI

Following last year's Centenary Celebrations we continue to look forward to 2016 activities. Two of our members are hoping to attend the AGM to be held in Brighton. Our program for the next 3 months is as follows:-

March 9 th	Egyptian Dance History & Dance
April 13 th	The Story Behind The Painting – Van Gogh
May 11 th	Resolutions for the AGM in June

Our monthly meetings are held in the Parish Hall at 7.30pm on the 2nd Wednesday of each month. Refreshments are served at each meeting. If you would like to join us as a visitor or a new member then you will be made very welcome. If you would like more details or to speak to a committee member please telephone:-

Kathie Barker 831621 (Pattishall)
Janet Amos 830732 (Astcote)
Christine Downing 830947 (Dalscote)



Pattishall Tots Group - formerly Mums & Tots

If you look after a toddler during a Wednesday and need somewhere to go, come and join us term time, at Pattishall Parish hall from 1.30 - 3pm.

Pattishall Tots has lots of toys for 0 - 5 year olds, plenty of room to run around, with a different craft session each week. There are refreshments available, so come along and make some new friends. It's just £2 for the first child and 50p for siblings. We look forward to welcoming you.

Contact Helen moseley442@btinternet.com

Gardening/allotment Experience Offered

Is anyone looking to try their hand at gardening/growing veg?

I have a mostly well kept allotment (and a rotovator) but have a busy couple of years ahead. If you fancy helping out with my plot please let me know. Very wet at the moment but in April it should be all systems hoe!

Laura Dark 07712 288864

Afternoon Tea in Aid of Cynthia Spencer Hospice

Please join us for afternoon tea in Pattishall Parish Hall on Saturday 12th March from 2.30pm until 5pm

There will also be Books and Jigsaws, Tombola, Homemade Cakes, and Bric-a-Brac. Any items donated for these stalls will be greatly appreciated. All cakes must be wrapped in cling film and a list of ingredients enclosed.

We hope you will be able to support this event.

Any donations may be dropped off with:

Janet Amos 10 , 8 Hodge Close, Astcote
Kathie Barker, 10 Malus Field Pattishall
Jeanne Gulliford, 10 Home Close, Eastcote

Circuit Training Keep Fit Class At Pattishall Parish Hall



LOOKING FOR NEW MEMBERS TO JOIN OUR CLASS
SATURDAYS EVERY WEEK, 8.45AM TO 9.45AM
ALL ABILITIES AND FITNESS LEVELS WELCOME!

We are an enthusiastic mixed group who meet every Saturday morning for a fun hour of exercise. Our class is supported by 2 fully qualified Fitness Instructors (Will Keeble and Jane Seely) who organise each session and provide guidance and encouragement. Their classes are designed for **all** levels, but whatever your starting point they will help you to improve your fitness and strength.

Typically a 1 hour class will include a group warm up to ensure everyone is ready for exercise, a series of exercise stations situated around the room which involve cardiovascular or weight bearing activities using equipment, group exercises concentrating on key areas of the body like core/abdominals, lower body and aerobic activity, and finally a group cool down and stretch to end the workout.

New members are always welcome so please come along and join in the fun!

Pattishall Parish Hall, School Road, Astcote, Northants. NN12 8NN. £5 per session.
For further details please contact:

David Keeble 01327 830792 keeble855@btinternet.com

Pattishall Parochial Charities

The Pattishall Parochial Charity has funds available to support residents of the Parish. You may already be aware of the Widow and Widowers monthly pension. This is given to twenty applicants who currently receive a monthly pension of £35. Anyone wishing to apply should write to the Clerk stating date of birth and number of years resident in the Parish.

Besides these regular grants the funds can be used for other specific, one-off requirements within the community. Although not age dependent, there should be a proven need. Examples of grants made in the past are :

- Installation of walk in shower
- Widening of path and fitting of hand rail
- Travelling fees – hospital visits
- Pre school fees

Each application would be at the discretion of the Trustees.

If you wish to apply for a grant or require further information please contact the Clerk.

Mrs Wendy Watts
59 Leys Rd
Pattishall
NN12 8JY

01327 830583
wendy1.watts@btinternet.com

BEKIND

Charity to benefit Eastern European Children in Need and Distress

I should like to thank all those people who have knitted and crocheted blankets, jumpers, hats, gloves, etc. for the children and young adults. Also, thank you for the many donations of bedding, towels and toiletries.

After about fifteen years of helping this charity (which was originally started by the Women's Institute) I have decided not to continue as it has been increasingly difficult for the last two years to make arrangements with the collection point in Banbury.

Again, many thanks,
Margaret Stretton

Voice: Road Harm

In the summer of 2015 the Police and Crime Commissioner, Adam Simmonds, visited 100 villages and parishes across Northamptonshire and the number one concern raised throughout conversations with residents was road related problems.

To help tackle this issue, Adam has recently announced the launch of a brand new service for victims; Voice: Road Harm.

The new service offers support for victims of serious road traffic collisions, an area which the Victims Code until recently did not support. Voice: Road Harm will give support to both victims and their families who have suffered distressing road-related trauma, such as face-to-face therapy, and a telephone helpline offering emotional and practical support.

Talking about the new service, Adam said: "Putting victims at the heart of the criminal justice system has been one of my main aims since being voted in to office and I'm delighted that we can offer further specialist support to victims with the launch of Voice: Road Harm. With the creation of the Voice: Road Harm service we have significantly improved the support we are able to offer victims, witnesses and those affected by crime, and Voice: Road Harm is another strand to this that will see people receive a better standard of care when they need it. Too often road victims have been ignored and this service aims to address this imbalance"

The key objectives of Voice: Road Harm is to ensure that all victims and witnesses of serious road traffic collisions receive a service that is tailored to their needs and preferences; that they receive appropriate information, advice and support to enable them to cope, recover and thrive; are treated in a respectful, sensitive, professional and non-discriminatory manner; and are supported, where appropriate, through their participation in criminal proceedings.

Further information regarding this service can be found on the Voice website:

www.voicenorthants.org

Holy Cross Mothers Day Special



Sunday 6th March 9.30 am at Holy Cross Church.

Mums, dads, grandparents, and all the family are welcome to our short Family-friendly Mothering Sunday service

Flower posies, colouring, cake and refreshments after the service.

Come and join in the fun – All welcome.

Live Music Comes to Pattishall Parish Hall

Fund-raising Evening - Saturday 12th March

Following on from our very successful summer music festivals in the last two years Pattishall Parish Hall Committee thought we would run several indoor live music events to fill the gap until this summer's next Picnic in the Park Music Festival on 2nd July. We often hear that there is not enough live music locally so we are doing something about it. The Music Sanctuary (our local people that know good music - a sub committee of the Music Festival gang) are pleased to host a live music night at Pattishall Parish Hall. All funds raised are for the Hall and Playing Fields.



The headline group for the evening is *Distorted Decade*. They are an energetic band covering music from the 50s right through to the present day. So they are sure to play tunes that you know, no matter what decade of music you enjoy. It is all delivered with plenty of attitude and groove so you won't be able to resist getting up and having a boogie! Check out their website, www.distorteddecade.com, for more details.

Distorted Decade will be supported by a very talented Northampton lad, *Jordan Herbert*. Jordan is a singer/songwriter in his early 20s. Getting ready for a very busy 2016, Jordan spent most of last year in the recording studio and will be out around the country this year playing both old and new material. Talking of new material his new EP entitled *Roots* is available on iTunes from 28 February. You can watch the video for the title song *Roots* on YouTube. Jordan describes his sound as acoustic pop folk meets indie soft rock with a little funk thrown in. As well as original stuff Jordan also performs covers from the likes of Paolo Nutini, Ed Sheeran, Arctic Monkeys and many more. Can't wait to hear this very talented local guy.



So do not miss this night of great live music on your doorstep, and come have a bop or just do some chillin' to outstanding sounds. It all happens at Pattishall Parish Hall, School Road, Ascote, NN12 8NN. Doors open at 7.30pm, and there will be a licensed bar. There will be some seating available. Tickets, available on the door, are £6 for adults and £2 for 10-18s (sorry no under 10s). For more info contact Johnny on 01327 831108 or Suzanne on 01327 830279.

The Music Sanctuary Presents...

DISTORTED

Supported by **Jordan Herbert**

Music throughout the decades...

DECADE

50s 60s 70s 80s 90s 00s

Adults £6 10-18s £2

No Under 10s - sorry.

Doors open at 19.30 Licensed Bar
Seating available

Pattishall Parish Hall
Saturday 12th March

Choral work: According to Mary

On Saturday 2nd April in Holy Cross at 7.00pm there will be a powerful and haunting Choral work ACCORDING TO MARY telling the story of Jesus through the eyes of Mary Magdalene.

The work written by Kaye Tompkins adopts an approach that places women alongside the disciples as healers, anointers and followers therefore stepping away from the previous controversy that has surrounded Mary Magdalene.

In order to convey this message there will be a choir of 50 plus members, six soloists combining traditional choral with oratorio style using the power of the collective voice to portray all the deep emotions that must have been felt at this time.

Narrated by David Saint and Christine Powis. Accompanied by Kaye Tompkins and Directed by Graham Tear.

Tickets £12.50 to include a glass of wine on arrival. These will be available soon from members of the social committee. For further info phone 31534, 830996, 830909, 830583, 831621 or 830770.

Picnic in the Park Music Festival 2016 ***Saturday 2nd July – Pattishall Playing Field***

The Music Festival team have been hard at work since late autumn working on Picnic in the Park 2016! Following the success of last summer's event we are bursting with great ideas for this year.

Once again there will be two stages, but this time the second stage will be much more visible as we plan to have it in front of the main stage, but don't worry, it won't obscure the view of the main stage acts when they are on. It will be an integral part of the stage area – it is clever stuff, trust me. As before up and coming local artists will perform on the second stage entertaining you between main stage acts.

Bands are in the process of being booked for the main stage, and returning by popular demand are Just Nuisance, the rock covers band from Milton Keynes. There will also be another ceilidh band (pronounced *kaylee*), with a caller, so if you didn't get up and have a go at barn dancing last year and wished you had, you will have a chance this summer!

We are also planning to have lots more going on for children this year so you will be able to relax and enjoy the music knowing your little darlings are being entertained too.

The Picnic in the Park website – www.picnicinthepark.org.uk will be updated regularly, beginning in the next few weeks, with all this year's details, so do keep an eye on it. Again you will be able to purchase tickets online at the website, using PayPal, and those great value early bird tickets, will be available again this year.

So watch this space, and don't miss a thing about this exciting live music all day event, raising money for Pattishall Hall and Field. Get the date in your diary now ☺

Suzanne
Picnic in the Park 2016



Photos by Peter Hemming



Cold Higham War Memorial Project

Following the repair of the Cold Higham War Memorial in September 2015, and its subsequent rededication on Remembrance Sunday last year, the Parish Council and St Luke's Church were approached by Historic England (formerly English Heritage) to comment on whether the Memorial should be put forward for listing.

Grounds for such listing would be based on whether the Memorial had special architectural or historic interest. Historic England indicate that there is a presumption in favour of listing all war memorials, particularly when inscriptions of casualties are included.

Listing would not prevent the management and maintenance of the Memorial and it would not prevent changes or alter the ownership. Listing would mean that listed building consent had to be applied for in order to make any changes to the structure, which might affect its special interest. Whilst these could be, although are unlikely to be, changes to the memorial itself, it is more common that listing prevents unfavourable changes around a memorial. This has just happened at a recently listed memorial in Surrey, where the local authority has been able to turn down a planning application to erect advertising boards around the memorial. Activities such as cleaning and general maintenance (including replacing fabric on a like-for-like basis if ever required), and ceremonies, could all go ahead as usual.

Historic England recognise that first and foremost war memorials belong to the local community, for which they have great significance and poignancy. There are no additional financial implications, because we will expect to carry out any anticipated maintenance as before, and the Parish Council is making provision in its ongoing budgets for this. Well cared for memorials may not need extra help, but listed status can be a positive influence in the grants process if needed.

The Parish Council and St Luke's Parochial Council have recently submitted a joint proposal to Historic England supporting the listing of the Memorial. Historic England will assess the situation and submit their recommendation to the Department of Culture, Media & Sport probably during the first week of March. The whole process could be complete by the end of March. The Cold Higham website will be updated with any news.

Meanwhile we are still looking for information about the history of the Memorial and those honoured. Please contact us via the website, or by phone. Thank you.

Digby Carter 01327 830521
memorial@coldhigham.org.uk

Calling All Crafters

Saturday 2nd July 2016 is THE summer date for your diary as it is the third Picnic in the Park Music Festival at Pattishall Hall and Field. Alongside all the great music we are planning to have a craft market as we have had for the last two years. So if you are a crafter and would like to sell your beautiful creations or you sell new products suitable for a craft market then please contact Suzanne for a stall. Email - suzanne.raper@talktalk.net, or ring me on 01327 830279.

It is a great opportunity to bring your crafts or products to the attention of a wide and varied audience - in 2015 approximately 1,000 people attended. This year we expect 1,500 plus. Great attendance numbers provides great sales opportunities so get your name down for a stall without delay.

Suzanne
Picnic in the Park 2016

Pattishall & District Produce Show September 11th 2016

Although only in February it is time to start to be thinking of planting and sowing for the warmer months ahead. Only yesterday a friend was ready to plant pumpkin seeds ready for the Produce Show so in this edition of *Around Pattishall* we are publishing the fruit, vegetable, plant & flower sections. We look forward to a good growing season but as I write this the wind is howling and the rain is lashing down on to already saturated ground. The full schedule will be printed in the June edition of *Around Pattishall* but should you have any questions please contact us through Pattishall and District Produce Show FACEBOOK or email the secretary, Kate Bartlett at katebartlett@btinternet.com.

Barry Evans (Chairman), Kate Bartlett (Secretary), Val Steel (Treasurer), Phillip Bates, Carolyn Clapham, Sarah Cockerill, Kirsten Gibbs, Iris Illingworth, Margaret Merris, Lee Wood.



Pattishall & District Food & Produce Show

Sunday 11th September 2016 Pattishall Parish Hall

SECTION A: VEGETABLES

Unless otherwise specified, all categories are 'any variety'

1. Five onions
2. Five potatoes
3. Three carrots (with tops)
4. Six pods of French beans
5. Six runner beans
6. Five standard / large tomatoes
7. Five smaller / cherry tomatoes
8. Three courgettes
9. Three beetroot (trimmed)
10. One cabbage
11. Three leeks
12. Tray of vegetables not in above: 3 min, 6 max
13. Longest runner bean
14. Longest parsnip
15. Heaviest marrow
16. Strangest shaped vegetable
17. Four culinary herbs

SECTION B: FRUIT

18. Three cooking apples
19. Three dessert apples
20. Largest apple
21. Five plums
22. Plate of raspberries
23. Tray of fruit not in above: 2 min, 4 max

SECTION C: EGGS (Poultry)

24. Three matching eggs
25. One egg
26. One decorated egg (decorated by entrant in 2016)

SECTION D: FLOWERS & PLANTS

27. Three roses of same or differing varieties
28. Rose, one specimen
29. Dahlia, three blooms
30. Spray of chrysanthemums
31. Pelargonium in pot
32. One flowering pot plant
33. One foliage pot plant
34. Vase of sweet peas
35. Vase of mixed flowers (horticultural not artistic quality)

SECTION E: FLORAL ART

36. Flower arrangement in a gravy boat: max total size of 30cm³
37. Flower arrangement in an item of headwear: any type of flower and foliage, maximum size 80cm high x 80cm wide
38. Hanging basket or window box



Mr Jon Campion

MBBS, BMedSci, FRCS
Consultant Orthopaedic Surgeon

Mr Gary Mundy

MBChB, FRCS, Diploma Sports Med
Consultant Orthopaedic Surgeon

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Charles Hanson

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WEDNESDAY 9th March

(with Kate Bliss, jewellery & silver expert)

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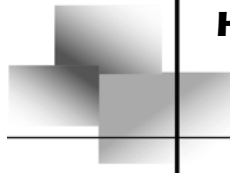
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 - Large Hall accommodates 150
- ❖ Use of kitchen, tables, chairs, cutlery and crockery included in hire fee.
- ❖ Discounted hire fees, at very reasonable rates, for residents of Pattishall Parish.

Check availability with Suzanne, Bookings Officer

email - bookings@pattishallparish.org.uk

phone - 01327 830279

Full details about the Parish Hall are available on the parish website –

www.pattishallparish.org.uk



A high quality range of British made timber products including Gazebos, Dens, Shelters, Outdoor Classrooms, Planters, Heavy Duty Fencing - in fact if it's wood we can do it ! Choose from our standard range of products or we can design and build to your specification.



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Our 5 star kitchen provides a healthy, home cooked menu, mostly organic, free range and locally sourced.

Open 8am-6pm 51 weeks per year

For children from 6 weeks to 5 years.



Pattishall
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PATTISHALL PRE SCHOOL



WELCOMING CHILDREN AGED TWO TO RISING 5 FOR OVER 30 YEARS.
OPEN 5 DAYS A WEEK.
FOR MORE INFORMATION, PLEASE CONTACT PPS.CHAIR@GMAIL.COM OR VISIT OUR WEBSITE WWW.PATTISHALLPRESCHOOL.ORG.UK

Ofsted
Good rating



Pattishall Pre School Presents.....

EASTER FUNPLAY

1.30PM TO 3.30PM

Sunday 20 March 2016

Pattishall Village Hall



Free Admission. Activities/Games from 50p

PATTISHALL TOTS GROUP

If you look after a toddler during a Wednesday and need somewhere to go, come and join us, at Pattishall Parish Hall from 1.30 - 3pm in term time.

Pattishall Tots has lots of toys for 0 - 5 year olds, plenty of room to run around and a different craft session each week.

There are refreshments available, so come along and make some new friends.

It's just £2 for the first child and 50p for siblings. We look forward to welcoming you!

Like us on Facebook.



Ballet, Acrobatic, Tap, Modern and Yoga Classes

Fun dance and fitness classes all ages.

New yoga class on Thursdays in Cold Higham Hall 8-9pm.

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First class FREE

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WHAT'S SO DIFFERENT ABOUT *Wellbeing*fitness



We ARE NOT a gym!

We **ARE** a private health studio where, when you come to us for personal training you will be alone in the studio with your personal fitness professional.

- We **DO NOT** run huge classes where the instructor stands in front with a microphone and shouts out instructions.

We **DO** run small dedicated classes and courses with a maximum of 9 people where the instructor comes round and gives you individual attention.

- We **DO NOT** personal train body builders and athletes. You will not find people with huge muscles posing in front of the mirror, drinking protein shakes, grunting and saying "No pain, no gain".

We **DO** train NORMAL people, both men and women - usually but not always over the age of about 40: regular people like you and me who want to get healthy and improve their general fitness, have more energy, increase their flexibility and who want to have an enjoyable and fun experience.

- We **DO NOT** employ staff whose only topic of conversation is how much weight they can lift and what the latest body-building supplement is.

We **DO** employ staff who are bright, enthusiastic, friendly and personable. A key factor in our recruitment policy is that they should be able to relate and engage with people at all levels and have excellent social skills. So when you come to Wellbeing Fitness you will be made to feel comfortable and at home.

- We **DO NOT** work from standard, pre-written training cards where "one size fits all".

We **DO** create personal training programmes designed to suit each individual client and their particular requirements.

- We **DO NOT** tie people into contracts, knowing that after a while they will stop coming but be committed to keep paying.

We **DO** provide the most flexible payment packages but more importantly the motivation and encouragement to keep clients wanting to come back. We don't want them to give up!

If you would like more information about personal training, classes, courses, massage or other services we offer, please give us a call on 01327 351110 or visit our website:
www.wellbeingfitness.co.uk.

Wellbeing Fitness, Unit 4, Lucas Bridge Business Park, Old Green's Norton Rd, Towcester, NN12 8AX.

E-mail: headoffice@wellbeingfitness.co.uk Tel: 01327 351110

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**2nd 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

Amelcote Benefice Lent 2016

This Lent we will be looking at four different parables from St Luke's gospel

The lunchtime group will meet in Cold Higham Village Hall on Tuesday from 12noon until 1:30pm and will include a frugal lunch

Dates: *16th & 23rd February
1st, 8th & 15th March
(* lunch and scene setting)

The evening group will meet at the Rectory on Thursday from 7:30pm until 9pm (no meal, just tea and coffee)

Dates: 25th February
3rd, 10th & 17th March

All are welcome at either group

MassageMoose.co.uk

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Towcester

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Minibus and Trained Driver for Hire!

The South Northants Volunteer Bureau manages a new 16 passenger seater minibus and trained drivers available for hire by not-for-profit community groups, charities and schools

- **Upgraded comfort: fully air-conditioned and with opening windows**
- **Low step access (no wheelchair lift) and maximum headroom**
- **Adjustable seatbelts, armrests and reclining seats**



For information see www.snvb.org.uk
(click on the picture of the minibus)
or call **Nick** on **01327 358264**
or email nick@snvb.org.uk

Group membership and terms and conditions apply.

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discount**



SNVB, Towcester Volunteer Centre, 4 Whittons Lane, Towcester, NN12 6YZ.
snvb is a registered charity 1104848 and company limited by guarantee 5068116

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**FOOD
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is recycled into
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to power our
homes



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www.southnorthants.gov.uk/wasteandrecycling [f www.facebook.com/SouthNorthantsCouncil](https://www.facebook.com/SouthNorthantsCouncil) [Follow us on twitter @SNorthantsC](https://twitter.com/SNorthantsC)



South
Northamptonshire
Council

EASTCOTE BAPTIST CHURCH

Services

Start at 3pm unless otherwise stated, everyone welcome.

March 6th Rev Tina Swire
April 3rd Mr Andy Hicks

With many thanks for your continued support

Mobile Library Service

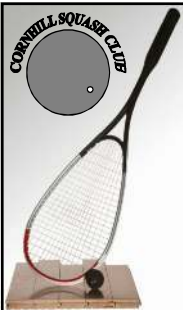
The Northamptonshire mobile library service visits Cold Higham and Pattishall on different days! Visits are once per month at the times & locations below.

Stop: Pattishall, Leys / Festival Road, 15:30 - 16:00

Dates: March 16th April 20th

Stop: Cold Higham, Telephone Box 17:30 - 17:50

Dates: March 11th April 8th



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



Bus News

With all the cuts to Council funding for bus routes you will be pleased to know that the Principal Bus & Rail Development Officer from NCC has confirmed that:

there are no proposals to change or terminate service 87 at this stage

However there are some changes to the X89 from Towcester to Milton Keynes. Buses now leave Milton Keynes every hour from 10.22am from 29th February. The first bus from Towcester for those with a bus pass is at 10.26am

For a timetable look on the Stagecoach website: www.stagecoachbus.com or get a timetable from the Bus Station next time you are in Northampton.

If you have any queries or problems do let me know.

Ann Atkin, Pattishall Parish Bus User Group
ann.atkin51@btinternet.com

Astcote Methodist Church Praying for the Community

There is 'Prayer Box' on the wall outside the Chapel. This is for any member of our Community – that is from any village in the area – to be able to drop in the name of someone they would like us to pray for. We don't need to know the details, just a first name is sufficient. That person will be included in our time of prayer on the following Sunday.

In addition, at 9.30am on the first Sunday of the month, there will be a half hour of prayer specifically for the Community. Anyone may join us for a time of quiet or simple spoken prayer. Our normal 10.30am service will follow after a cuppa.

Fairtrade Afternoon Tea



**Saturday 19th
March
2-4.30pm**

**Astcote Methodist
Church**

Come and browse
Fairtrade Gifts/Food
products over
Afternoon Tea

Tombola
Books etc



Service 87 Timetable Monday To Saturday

Towcester – Northampton

Towcester, Senna Drive	09.58	11.58	13.58	16.58	18.58
Towcester, Tesco	10.05	12.05	14.05	17.05	
Towcester, Square	10.08	12.08	14.08	17.08	
Towcester, Springfields	10.15	12.15	14.15	17.15	
Greens Norton, High Street	07.21	10.18	12.18	14.18	17.18
Duncote, Main Road	07.24	10.21	12.21	14.21	17.21
Astcote, High Street	07.29	10.26	12.26	14.26	17.26
Pattishall, Church Street	07.31	10.28	12.28	14.28	17.28
Fosters Booth, Red Lion	07.33	10.30	12.30	14.30	17.30
Eastcote, Greenway	07.37	10.34	12.34	14.34	17.34
Gayton, Bugbrooke Road	07.40				
Rothersthorpe, Banbury Lane	07.48	10.39	12.39	14.39	17.39
Banbury Lane	07.52	10.43	12.43	14.43	17.43
Gambrel Road, Sainbury's	07.58	10.49	12.49	14.49	17.49
Northampton, Railway Station	08.04	10.54	12.54	14.54	17.54
Northampton, The Drapery Bay 19	08.07	10.57	12.57	14.57	17.57

Northampton – Towcester

Northampton, The Drapery Bay 19	09.10	11.10	13.10	16.10	18.00
Northampton, Railway Station	09.13	11.13	13.13	16.13	18.03
Gambrel Road, Sainbury's	09.18	11.18	13.18	16.18	18.08
Banbury Lane	09.23	11.23	13.23	16.23	18.13
Rothersthorpe, Banbury Lane	09.26	11.26	13.26	16.26	18.16
Gayton, Bugbrooke Road					18.26
Eastcote, Greenway	09.32	11.32	13.32	16.32	18.32
Pattishall, Church Street	09.34	11.34	13.34	16.34	18.34
Fosters Booth, Red Lion	09.37	11.37	13.37	16.37	18.38
Astcote, High Street	09.40	11.40	13.40	16.40	18.41
Duncote, Main Road	09.44	11.44	13.44	16.44	18.45
Greens Norton, High Street	09.47	11.47	13.47	16.47	18.49
Towcester, Springfields	09.51	11.51	13.51	16.51	18.52
Towcester, Square	09.56	11.56	13.56	16.56	18.55

Buzz Card valid on this service within Northampton boundary

No service Sundays, Bank Holidays, Christmas day, Boxing day or New Year

Operated by: Country Lion, Oxwich Close, Brackmills, Northampton NN4 7BH

Tel: **01604 754566** Website: www.countrylion.co.uk

ASTCOTE METHODIST CHURCH

Team Ministry

Rev. Tina Swire, Rev John Marriott, Rev Romeo Pedro, Rev. Phil Snelson

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 but families with children are welcome at any service and activities for children are always available. Refreshments served after all services.

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.

31st March - *speaker tbc* 28th April - Sue Titheridge

Flowers can be placed in the Chapel on Sundays to celebrate an anniversary or in memory of a loved one. Please contact Kate Stretton 830115.

Family Services 45 minute service for all the family on the 3rd Sunday in the month. Refreshments served after the service: All welcome.

20th March & 17th April

Fairtrade Afternoon Tea: Saturday 19th March 2-4.30pm

Easter Services:

Holy Week Service Monday 21st March at 7.30pm led by Rev John Marriott

Good Friday 25th March **Easter Eggsplasion** – Children's Workshop for Primary aged children 10-12.30pm. Details from Pattishall Primary School or John Atkin 830907.

Easter Sunday: 27th March 9.30am **Easter Breakfast** followed at 10.30am by **Easter Family Celebration** including Holy Communion led by Rev Romeo Pedro

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



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

Priest-in-Charge, the Revd Marion Reynolds

Date	Time	Service	Church
6 th Mar	8:00am	BCP Holy Communion	Pattishall
	9:30am	½ hour service for Mothering	Pattishall
	9:30am	Sunday	Gayton
	11am	CW Holy Communion CW Holy Communion (said)	Cold Higham
12 th Mar	5:00pm	Taize for Lent	Cold Higham
13 th Mar	9:30am	CW Holy Communion	Tiffeld
	9:30am	Family Worship	Cold Higham
	11:00am	CW Holy Communion	Pattishall
19 th Mar	5:00pm	Taize for Lent	Gayton
20 th Mar	8:00am	BCP Holy Communion	Pattishall
	9:30am	CW Holy Communion	Cold Higham
	9:30am	Morning Prayer	Tiffeld
	11am	CW Family Communion	Gayton
21 st Mar	7:00pm	CW Holy Communion	Tiffeld
22 nd Mar	7:00pm	CW Holy Communion	Cold Higham
23 ^d Mar	6:00pm	CW Holy Communion	Gayton
24 th Mar	7:30pm	CW Holy Communion + vigil	Pattishall
25 th Mar	2:00pm	Hour at the cross	Cold Higham
	6:00pm	Devotional Hour	Pattishall
26 th Mar	8:00pm	Service of Light	Pattishall
27 th Mar	8:00am	BCP Holy Communion	Pattishall
	9:30am	CW Family Communion	Pattishall
	9:30am	CW Family Communion	Cold Higham
	9:30am	CW Family Communion by Extn	Gayton
	11:00am	CW Family Communion	Tiffeld
3 rd April	8:00am	BCP Holy Communion	Pattishall
	9:30am	Pattishall ½ hour	Pattishall
	9:30am	CW Holy Communion	Gayton
	11:00am	CW Holy Communion (said)	Cold Higham
	6:00pm	BCP Evensong	Tiffeld
10 th April	9:30am	CW Holy Communion	Tiffeld
	9:30am	Family Worship	Cold Higham
	11:00am	CW Holy Communion	Pattishall
17 th April	8:00am	BCP Holy Communion	Pattishall
	9:30am	CW Holy Communion	Cold Higham
	9:30am	Morning Prayer	Tiffeld
	11:00am	CW Family Communion	Gayton
24 th April	9:30am	CW Holy Communion	Pattishall
	11:00am	Family Service	Tiffeld
1 st May	8:00am	BCP Holy Communion	Pattishall
	9:30am	Pattishall ½ hour	Pattishall
	9:30am	CW Holy Communion	Gayton
	11:00am	CW Holy Communion (said)	Cold Higham

There is a service of Holy Communion most Weds. mornings at 8am in Holy Cross, Pattishall.

DIARY

March

- 3rd Pattishall Parish Hall & Playing Field meeting, Pattishall Parish Hall, 7pm
- 5th Cold Higham Spring Clean – meet at the post box 10am
- 5th Grimscote Spring Clean – meet at the phone box 10am
- 4th Gardening Club: *Migrating birds*, Pattishall Parish Hall. 7.30 pm
- 6th Holy Cross Mothers Day Special at Holy Cross Church, 9.30 am
- 9th Antiques Valuation Day at Cold Higham Village Hall, 11am - 3pm
- 9th Pattishall WI: *Egyptian Dance History & Dance*, Pattishall Parish Hall 7.30pm
- 10th Good Neighbours AGM, Pattishall Hall, 1.45pm
- 11th Pattishall Parish Council meeting, Pattishall Parish Hall, 7.45pm
- 12th Afternoon Tea in Aid of Cynthia Spencer Hospice, Patt. Parish Hall, 2.30-5pm
- 12th Music Sanctuary: *Distorted Decade*, Pattishall Parish Hall 7.30pm
- 17th Cold Higham Parish Council meeting, Cold Higham village hall, 7.30pm
- 19th Pattishall Spring Clean – meet outside Pattishall Parish Hall 9am
- 19th Fairtrade Afternoon Tea, Astcote Methodist Church, 2-4.30pm
- 24th End of Pattishall School term
- 27th Easter Sunday
- 30th Photographic Club, Pattishall Parish Hall, 7.30pm

April

- 2nd Choral work: *According to Mary*, Holy Cross, 7pm
- 6th Gardening Club: *Pollinating Insects*, Pattishall Parish Hall. 7.30 pm
- 7th Pattishall Parish Hall & Playing Field meeting, Pattishall Parish Hall, 7pm
- 12th Start of Pattishall School term
- 13th Antiques Valuation Day at Cold Higham Village Hall, 11am - 3pm
- 13th Pattishall WI: *Story Behind The Painting – Van Gogh*, Patt. Parish Hall 7.30pm
- 14th Good Neighbours: Ray Vessey, Pattishall Hall, 1.45pm
- 14th Pattishall Parish Council meeting, Pattishall Parish Hall, 7.45pm
- 27th Photographic Club, Pattishall Parish Hall, 7.30pm



Photo Andy Stewart, Leys Road, April 2009

Use This Space for Your Future Events!

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