



East Hunsbury
Parish Council

East Hunsbury Seniors It's Your Newsletter

- KEEPING OUR CLUB CONNECTED -



CHRISTMAS ISSUE 5 - DECEMBER 2021

COUNCILLOR MAGGIE ALLEN CHAIRMAN, COMMUNITY ENGAGEMENT COMMITTEE

Hello everyone,

Here we are in November and there's a sharp crispness in the air, leaves are scattered all around and night-time is arriving all too quickly now.

I'm always heartened to see the berries begin to appear on our hedgerows, because it means the birds and wildlife will have food over the winter – one of my great pleasures these days is watching all the birdy visitors to my garden, although I'm pretty sure they come for the seeds and food scraps I put out for them, rather than to see me! The local fall of conkers has been surprisingly hefty this year, so I managed to scrimp a handful to put by my doors in the hope of keeping out any spider intruders!

This year seems to have flown by, happily punctuated recently by the revival of our coffee mornings, and it was wonderful to see how many of you were keen to attend. We appreciate you bearing with us regarding the Covid-19 guidelines on face coverings and social distancing – we need to keep everyone as safe as possible.

I'm certainly looking forward to our Christmas lunch party, because we will all be together again, so we can catch up with those we haven't seen for a while.

The team are well into planning the calendar of events for 2022 and we hope you'll join us at coffee mornings and other events as we go through the new year.

Wishing you all a lovely festive time with friends and family, and health and happiness to everyone.

With my best wishes, Maggie.

UPDATE! COFFEE MORNINGS 2022!

From January, the Coffee Mornings return to Collingtree Golf Club (we used to call it Greens). The dates for the first quarter are as follows:



- 11th & 25th January
- 8th & 22nd February
- 8th & 22nd March

Times 10.30am – 12.30pm





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Parish Council

East Hunsbury Seniors It's Your Newsletter

- KEEPING OUR CLUB CONNECTED -



CHRISTMAS ISSUE 5 - DECEMBER 2021

The coffee mornings return to being drop-ins, so you can attend any of them, as the capacity at the venue can accommodate all.

We will still use the Abbey Centre as a venue at times as well.

£1 contribution – per person please for coffee mornings.

When we return to the Golf Club, we will once again be paying a caterer for our refreshments. To help with covering costs of hire etc, we suggest a donation of £1 per person. We will have a contribution tin on the reception desk.

The Parish Council will continue to make a generous contribution to the running of the club. This has been agreed with regards to the 2022 EHPC budget.

A special THANK YOU – to all the volunteers, who set out tables, made the coffee, gave out cakes and did the washing up, during our months spent at the Abbey Centre. They are all members of the Seniors group – and we could not have restarted the sessions, without their help! THANK YOU ALL! This band of volunteers will continue to support other activities, with their many talents!



Thank you so much, from
Liz and Caroline and Trudi.

COVID AND SENIORS ACTIVITIES



We will continue to plan all activities in a safe manner, in line with government instructions. We will continue to monitor the Covid status for Northamptonshire and the National picture.

Although facemasks are not mandatory, please do wear one if you wish to do so.

Hand sanitiser will be provided by our volunteers at all indoor activities.

If anyone has any symptoms of Covid-19, Flu, or Super Colds, please do not attend any sessions. Our staff and volunteers are being issued with that same request.

Please bear with us – if we must cancel your coffee mornings, or any other activities, we will try to give notice. We hope to be able to remain open with all activities, but your health and wellbeing is our top priority.

Thank you for your understanding. We know that we are all in this together.





East Hunsbury
Parish Council

East Hunsbury Seniors It's Your Newsletter

- KEEPING OUR CLUB CONNECTED -



CHRISTMAS ISSUE 5 - DECEMBER 2021

YOUR NEIGHBOURHOOD POLICE OFFER - DAVID OKERE



Telephone 101
Mobile 07557 778 678

Email david.okere@northants.pnn.police.uk

David has very kindly provided as a separate attachment, important information to think about with the winter season on its way and helpful tips on how to keep safe with 'crime prevention'.

HOW YOU CAN SUPPORT THE POLICE IN CATCHING SUSPECTS:

To capture a criminal in these highly mobile times, it is of the utmost importance for the police to promptly obtain an accurate description.

Following are some of the most important identifiers that police need to apprehend suspects. Keep this information in mind so that you can give police an accurate description of any suspect or incident you may observe.

Person details:

This will include estimation of age, clothing descriptions such as colour and make along with height, build and colour of suspect, hair style and colour, facial hair and whether or not they have any distinguishing features such as visible tattoos.

For example: *"Bald White male in his mid-twenties, approximately 6 feet in height, with a full beard and is slim in build. He is wearing a black adidas tracksuit with bright orange trainers and a tattoo on the right side of his neck."*

Vehicle details: This will include make, model and colour of the vehicle as well as the registration number. Location and direction of travel would also give us a greater chance of locating suspects.

For example: *"Black, Ford Escort, registration number KT18 DBZ travelling up the Wellingborough Road towards the town centre."*

It is not always possible to get all of the description as listed above but use that as a guide for the sorts of things to pay attention to, when reporting suspect behaviour to the police.

Thank you for your support.





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Parish Council

East Hunsbury Seniors It's Your Newsletter

- KEEPING OUR CLUB CONNECTED -



CHRISTMAS ISSUE 5 - DECEMBER 2021

GET ACTIVE SENIOR STROLLERS – KEEP ON STROLLING!



The walking group has had some lovely outings this autumn, including to the Washlands on the Nene, and to Irchester Country Park.

The next dates are as follows:

Monday 22 November – Riverside walk to Becketts Park. Meet at 10.15am to start our walk at 10.30am at the Activity Centre, Bedford Road NN4 7AA. We will be walking along the river to Becketts Park and then back to have a coffee or a sandwich lunch at the Waterside Café. The walk is flat and paved.

Monday 6th December – The Christmas Stroll! It's a stroll around Hunsbury, Santa Hats may be required.... followed by lunch at the Collingtree Pub (Please note – you MUST have booked lunch with Pauline in order to come, limited numbers due to table size – and deposit required).

IMPORTANT – you must be a MEMBER of the Strollers group to take part.

Once you have joined, you will be contacted directly by volunteer coordinator Pauline Niles, before each walk, and this includes an update on the terrain and length of walk.

To join, please see Pauline at a coffee morning OR email Trudi at:

admin@easthunsburyparishcouncil.gov.uk

TAI CHI AT GRANGEWOOD PARK:

The group continue to meet every Thursday at Grangewood Park. New members are welcome, but need to join the beginners sessions, in order to learn initial moves and breathing techniques. There is a lot of technique to learn, but we take things slowly.



ALL CLASSES ARE OUTDOORS – so

attendees need to be dressed for the weather

and wear waterproof shoes. The group like to be in the open air and it means that we don't need to hire a hall – which is an added expense. The Chinese practice outdoors in all weathers, and so do the East Hunsbury Tai Chi Crew!

Anyone interested in joining, please contact Liz community@easthunsburyparishcouncil.gov.uk Or call the office 01604 708429.





East Hunsbury
Parish Council

East Hunsbury Seniors It's Your Newsletter - KEEPING OUR CLUB CONNECTED -



CHRISTMAS ISSUE 5 - DECEMBER 2021

CUPPA WITH A COPPER DATES

Our local policing team can be found at Hunsbury Library, on a regular basis.



If you would like to talk with them about any issues or concerns, pop in and have a cuppa with them. It's a useful way for them to keep in contact with the community.

No need to book – the team can be found in the main library area, at the sofas.

- 2nd December – 10:00 till 12:00 Library
- 30th December – 10:00 till 12:00 Library
- 27th January – 10:00 till 12:00 Library

THE BIG SING AT HUNSBURY LIBRARY!

We are delighted that the Big Sing Is carrying on in to 2022.



It is our monthly singing group – held in the main Library.

Lots of fun – songs from so many genres. It's NOT a choir – it's a lovely relaxed session, with a cuppa and cake!

Come along – no need to book. It is led by the wonderful Theresa Ellis. Time: 12 noon - 1.00pm.

Dates for the first half of 2022 as follows:

- Jan 20th
- Feb 17th
- Mar 17th
- April 21st
- May 19th
- June 16th
- July 21st



GET CRAFTY & CREATIVE

Have we got a festive treat in store for you from the talented Pauline Boler! She has cleverly created a wonderful book folding Christmas Tree for you all to have a go at and make! Please find this separate to the newsletter for you to enjoy making.



By the way . . . if you don't have any old books you want to use to make this, the Hunsbury Library have a wonderful book sale for only 30p a book! Always worth a look anyway! 😊





East Hunsbury
Parish Council

East Hunsbury Seniors It's Your Newsletter - KEEPING OUR CLUB CONNECTED -



CHRISTMAS ISSUE 5 - DECEMBER 2021

GET CRAFTY WITH WORKSHOPS

We are blessed with some excellent volunteer tutors who run craft workshops. This can be anything from knitting to paper-folding, to card making and felting.



If you would like to know more about sessions for 2022 – please give your name to Liz at the office.

There is a small fee for some sessions, but all very reasonable. Learn something new and meet up with people.

LIBRARY GARDENING BUDDIES!

Anyone with green fingers? Twice a month, a small group meet to tidy and plant and upkeep the community garden at Hunsbury Library.

Weeding, planting, sweeping, clearing – it all makes a difference. It's good exercise, you make a difference to the community and meet other people. If you would like to join the volunteer gardeners – please give your name to Liz at the office. Call 01604 708429 or email:



community@easthunsburyparishcouncil.gov.uk

READY, STEADY, COOK

theWI
INSPIRING WOMEN

Our wonderful friends at East Hunsbury W.I. have come up with a festive treat for you all to try.

A deliciously sticky alternative Christmas meal which is accompanied with crunchy root vegetable crisps. Cumberland Sausage Wreaths with Root Crisps. We hope your taste buds enjoy testing this one out!



GLUTEN FREE BAKES WITH CALEB SLATER

Another festive treat for you all to enjoy making and tasting is Gluten Free Mincepies!



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!





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East Hunsbury Seniors It's Your Newsletter

- KEEPING OUR CLUB CONNECTED -



CHRISTMAS ISSUE 5 - DECEMBER 2021

HUNSBURY LIBRARY FESTIVE BOOK REVIEW

We've got a cracking selection of titles for the festive season available to borrow at Hunsbury Library. Whether you want to get cosy with a winter romance or get the chills from a nail-biting thriller, there's something for all to enjoy on our shelves.



Miranda Cowley Heller's *The Paper Palace* is a masterful family saga that is tender and devastating. It unfolds over 24 hours yet explores a legacy of 50 years, this ambitious novel of multitudes pulls you in like quicksand and immerses you with its vivid prose.

Bryan Washington's *Memorial* is a beautiful and empathetic story of love and heartbreak. Benson and Mike, having spent several good years together, are thrust into a situation that will test the limits of their relationship. It's funny, it's moving – it's just a great read.

Emma Gannon's *Olive* is a love letter to friendship as a group of friends who've shared their lives together come to a crossroads. A light, warm book that will resonate with anyone finding their life turning in a new direction and experiencing the unease and excitement that comes with.

Catherine Lacey's *Pew* is a book that holds a mirror up to our world today. A mysterious silent man is found sleeping in a church in an American town. As the community tries to understand this quiet amnesiac, they find themselves undone by their own perceptions and prejudices.

Lastly, **Natasha Brown's *Assembly*** is a brisk, stunning work by an exciting new writer. Contemporary in every sense of the word, this stark and introspective story of a Black British woman coming to terms with her life and circumstances can be devoured in a single sitting.

You can find these titles and many, many more on our shelves throughout Christmas and beyond! As always if you're struggling to find a book, please just ask and our staff will be happy to help. You can also enquire about our monthly book club if these recommendations pique your interest!

The team at Hunsbury Library wish you all a very Merry Christmas – thank you for your ongoing support throughout another turbulent year.

Please contact:

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





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Parish Council

East Hunsbury Seniors It's Your Newsletter

- KEEPING OUR CLUB CONNECTED -



CHRISTMAS ISSUE 5 - DECEMBER 2021



NEW EMAIL ALERT SERVICE

Neighbourhood ALERT is an email alert service that allows the Police to send messages and alerts to people in their area who have signed up. For more information on this and to receive regular information, you can sign up using the link below:

<https://www.neighbourhoodalert.co.uk/#SignUpSection> They cover and support the following areas:

Security: Your data is secure. Accredited with Cyber Essentials Plus. The Neighbourhood Alert network is hosted within an ISO270001 accredited environment giving users the peace of mind that all data is secure.

Help The Police Keep Your Area Safe: You will have the opportunity to let the police know if you have CCTV to help catch criminals, or let them know if you are willing to volunteer to help out your neighbours in the event of an emergency. Thanks to you, all of this helps to make your neighbourhood a better place to live.

Location Based Alerts: Users who download the Neighbourhood Alert smartphone app can also take advantage of location based messaging, keeping them informed of local alerts wherever they are in the UK.

Safety In Numbers: The fastest growing communications platform in the UK, with several Public Sector organisations and other partners working together to keep you informed and safe. In the UK at the moment we have over 570,000 members who enjoy the benefits of staying connected with the Public Sector and working together to keep their community safe.

THE ABBEY CENTRE EVENTS

How about booking yourselves up to see some of these great shows before Christmas? A special treat to enjoy before the festivities begin!



2nd, 3rd & 4th December:

ACT "Agatha Crusty & The Pantomime Murders"

- **11th December :** Jazz Hands "NHS Christmas Charity Concert"
- **12th December:** Perfect Notes Christmas Concert
- **18th December:** Hunsbury & Blisworth Community Choir Christmas Concert

Monday Lunch Club – relaunch!

We were recently asked to assist with the relaunch of the Monday Lunch Club, by our friends at The Abbey Centre.





East Hunsbury
Parish Council

East Hunsbury Seniors It's Your Newsletter

- KEEPING OUR CLUB CONNECTED -



CHRISTMAS ISSUE 5 - DECEMBER 2021

We have been delighted to help recruit volunteers to help and to link them into Tesco Mereway, who are helping with some donations of main meals and puddings.

The Monday Lunch Club is open to the older community, so if anyone would like some company and a hot meal, the team are welcoming people, for a fee of £5 a session.

People arrive from 10.30am in the morning for tea and coffee, with lunch served at 12.30, closing at 2pm. Please contact The Abbey Centre direct for more details: 01604 767568 or email: centremanager@abbeycentre.org.uk

Christmas Day Lunch: Volunteers at The Abbey Centre will host older people living on their own, to a Christmas Dinner. For people who cannot share their day with any family or friends.

Also, if you are free and wish to volunteer to support this on Christmas Day, please do get in touch with Pat – details below. Thank you so much.



Please contact Pat for more information on: 07736 254241 or 01604 761418.

COLLINGTREE PUB EVENTS

If you're looking for something to do to get you out of the house where you can meet up with some friends, why not visit the Collingtree Pub?



SIZZLING
PUB & GRILL

Wednesday 8th December (Xmas special) at 12.30 £15 p/p.

- 3 course meal
- unlimited tea and coffee
- bingo and cake

Bookings & pre-orders required - all ticket prices include a charitable donation. BOOK NOW! 01604 709891.

Sunday 19th December:
Jazz band afternoon



2022 dates for Seniors Afternoons:

- Thursday 6th January
- Thursday 3rd February
- Thursday 3rd March





East Hunsbury
Parish Council

East Hunsbury Seniors It's Your Newsletter

- KEEPING OUR CLUB CONNECTED -



CHRISTMAS ISSUE 5 - DECEMBER 2021

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

www.easthunsburyparishcouncil.gov.uk

WEST NORTHANTS COUNCIL

One Angel Square, Angel Street
Northampton, NN1 1ED

Contact: 0300 126 7000

Open between 9.00am – 5.00pm

Monday to Friday. Closed on bank holidays.

www.westnorthants.gov.uk

From us all at
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