



## Issue 9

October - November 2020



**HP Source is a bi-monthly newsletter, funded by Hardingstone Parish Council, compiled and edited by a team of volunteers for Hardingstone Village.**

## From your editorial team

Two new contributors have put articles in this edition. That's great but we need more residents to send items in. You can send articles and/or photos by letter, via the Parish Room letter box, or by email. The future production of HP Source is decided annually and is only guaranteed for 3 further editions up to April. If you want this Newsletter to continue we need support from residents. Are you a fairly new resident, or a younger person? Could a class at our Primary school send something in? Are you working from home? Do you have a hobby? Can you send in your favourite photo taken in the village?

The future of HP Source depends on apathy or YOU.

So send in your contributions by the final submissions date below to the editorial team.

We work to agreed editorial and advertising guidelines. Articles should normally be a maximum of 250 words. The editor has complete discretion to omit or to edit submissions

Articles, notices and advertisements published in the newsletter do not represent the views of the editorial team or the Parish Council, and we take no responsibility for the content. We do not endorse products, services, events, businesses, organisations or individuals featured and / or advertised in the newsletter.

KAPH, the editorial team.

[hpsourcemag@gmail.com](mailto:hpsourcemag@gmail.com) or

Parish Room High Street NN4 6DE

Issue	Final submissions	Delivered by
10. Dec—Jan 2021	1 <sup>st</sup> November 2020	Last week in November
11. Feb—Mar 2021	1 <sup>st</sup> January 2021	Last week in January
12. Apr—May 2021	1 <sup>st</sup> March 2021	Last week in March

## Useful contacts

Borough Cllr for Hardingstone: Jonathan Nunn

[cldr.jnunn@northampton.gov.uk](mailto:cldr.jnunn@northampton.gov.uk)

01604 837210

Borough Cllr for Hardingstone: Luke Graystone

[cldr.lgraystone@northampton.gov.uk](mailto:cldr.lgraystone@northampton.gov.uk)

07857 746711

County Cllr for Hardingstone: Lizzy Bowen

[libowen@northamptonshire.gov.uk](mailto:libowen@northamptonshire.gov.uk)

07740 176037

Vicar: Rev'd Canon Beverley Hollins

[beverley.hollins@gmail.com](mailto:beverley.hollins@gmail.com)

01604 945818

Church Warden St Edmunds: John Wilson

[hardingstonechurch@gmail.com](mailto:hardingstonechurch@gmail.com)

01604 760411

Clerk to Hardingstone Parish Council

[clerk@hardingstoneparishcouncil.gov.uk](mailto:clerk@hardingstoneparishcouncil.gov.uk)

[www.hardingstoneparishcouncil.gov.uk](http://www.hardingstoneparishcouncil.gov.uk)

[facebook.com/Hardingstone-Parish-Council](https://facebook.com/Hardingstone-Parish-Council)

07709 523746 (office hours Tue & Thu 10-2)

## Remembrance Sunday – November 8<sup>th</sup> 2020

We have had to change and scale down the arrangements for Hardingstone's Act of Remembrance this year to keep everyone safe and follow national guidelines.

PLEASE READ ON.

There will be no parade. The Act of Remembrance will centre on the War Memorial, and be conducted by Rev.

Canon Beverley. Road closure has been booked. Colour parties from Guides and Scouts and the bugler will be able to take part, plus a soloist singer and 'Roll of Honour reader'. Following the 2 minutes silence, representatives from the Parish Council and colour parties will lay wreaths.



Poppy crosses will be laid by reps from Friends of Hardingstone on behalf of those village organisations who have pre-booked them. Please contact Pam 761374. There will be a public address system and we aim to live stream the event on the 'What's on in Hardingstone' facebook page, or it can be viewed later. RESIDENTS ARE ASKED NOT TO ATTEND BECAUSE OF

COVID RESTRICTIONS. There will be no church service after this event. Individuals wishing to place their own poppy crosses can do so at any time from 12 noon onwards. Please be assured, in Hardingstone:

**"WE WILL REMEMBER THEM."**

## Hardingstone Neighbourhood Watch



### Hundreds of dash-cam videos submitted during first year of Operation Snap

A message from Sarah Thomson (Police Communications Officer, Countywide) 26<sup>th</sup> Aug 2020

Operation Snap enables people to report driving offences by uploading video evidence via a simple online portal on the Police Force website. It allows motorists to safely and securely upload their dash-cam or passenger phone footage directly and fill out a form which automatically creates a witness statement to provide a full account of the incident.

Reports are triaged by trained police staff, who check the footage to ensure it falls within the scheme's remit

and contains clear views of offenders' number plates so they can be identified. Police only have 14 days from the offence date to do this. Police examine footage for evidence of offences by all parties, so don't break the law in order to report someone or you could be in trouble as well.

Northamptonshire Police received more than 600 video submissions in twelve months, 300 Notice of Intended Prosecution letters being sent to registered owners.

Categories included driving dangerously, not being in proper control of a vehicle, driving without due care and attention, overtaking on solid white lines, ignoring traffic lights, carrying excessive passengers and unsecure loads.

When people see a marked police car they tend to drive more carefully. Through Operation Snap, thousands of additional pairs of eyes help keep roads safer.

Operation Snap is funded by the Office of the Police, Fire and Crime Commissioner with the support of the Department for Transport.



Last year, 42 people were killed on our county's roads, and 347 were seriously injured. Through education and enforcement, Police say they need to stop people putting themselves and other

road users at risk because they do not believe they will get caught. But poor driving and behaviour will not be tolerated.

For more information about Operation Snap or to submit video footage, visit the Northamptonshire Police website at [www.northants.police.uk/OpSnap](http://www.northants.police.uk/OpSnap)

**Hardingstone NHW Coordinators:**

**Pam 761374**

**Jim 709715**



## Parish Council news

### The Recreation Ground

Following the independent annual safety inspection by Rospa, the play equipment was found to be in generally good and safe condition. However, there are a few things which need improvement and these will be carried out presently by Wicksteed with Section 106 funds.

The picnic tables have deteriorated over the last few years due to the weather. This has caused some of the wooden slats to rot, and these are to be replaced and re-painted by a councillor. In future it is intended that the tables and seats will be painted routinely every year.

Several complaints concerning out-of-control dogs have been received by the Parish Council recently. We are in the position, as always, of trying to please all of the people all of the time. There are those who are calling for dogs to be kept on the lead at all times, which is unenforceable, but there are many who enjoy throwing a ball or training their dog off the lead, so we have come up with a compromise which hopefully will please all to an extent. If you want to have your well-behaved dog off the lead, please keep to the bottom end of the rec.



HARDINGSTONE PARISH COUNCIL

The Parish Room, High Street, Hardingstone, Northampton, NN4 6DA  
Email: Clerk@hardingstoneparishcouncil.gov.uk Tel: 07709 523746

### **DOGS MUST BE KEPT UNDER CONTROL** **AT ALL TIMES**

Do not allow your dog to annoy, frighten or attack people or other dogs in the rec.

If your dog is difficult to control you **must** keep it on a lead.

Please keep all dogs on a lead in the vicinity of the play equipment/picnic area.

And of course, bag it and bin it.



Paul, our NBC Neighbourhood Warden, patrols the rec and is monitoring dog fouling, so please ensure that you clean up after your dog.

The Parish Council is commissioning small notice boards to be placed at each entrance to the rec for public information from the Council.

### Cherry Orchard

Following the offer of a simple transfer of ownership for this area of open space from NBC (The Borough Council), without all the legal entanglements we have experienced over the last few years, the Parish Council voted to re-open negotiations for the purchase of this land. (June PC meeting).

One major factor in making this decision was the Government's recent announcements concerning the relaxation of planning regulations, which will create a free-for-all for developers. Although we had previously decided that enough is enough and we would leave Cherry Orchard in the hands of the Borough, these new planning proposals led us to reconsider the acquisition of this land. The great concern is that unless the village has control of this area, we could have another housing estate on our doorstep and lose another area of open space.

However, NBC have now presented us with a Pre-emption Agreement which has to be scrutinised by our solicitor, thus incurring yet more legal fees. The clerk has requested that this be simplified to reduce our costs, but no reply has yet been received from NBC.

The Parish Council is in the process of obtaining quotes for a kissing gate at the Nursery end. It was thought best to have a metal gate similar to the one by Cobbler's Cottage and we are seeking a manufacturer who makes a mobility gate so that less-able people can gain access.

### Brackmills Pocket Park

Some seats in the park have been vandalised, and NBC, who administer the area, have been informed. Rumours that this was action by the Parish Council are completely false, as we have no control over this area.

### Other news

The Parish Council is aware of problems of anti social behaviour and litter around the former Pittam's barn, close to Heritage Farm Close, and is exploring possible solutions.

We still have a vacancy for a parish councillor and if you would like to find out what this entails please contact the Parish Clerk, Sally Willis.

Perry Thomas (Chair).



## Notes from Parish Council meetings

Currently meetings are being held via Zoom video conference until social distancing rules allow us to meet in person again.

### Tuesday 4<sup>th</sup> August 2020

There was no Parish Council meeting in August.

### Tuesday 1<sup>st</sup> September 2020

The Clerk has been working from home since government advice suggested this was the best thing. After assessment the clerk has decided to work in the office again, and this commenced on Tuesday 8<sup>th</sup> September.

Full minutes available on the Parish Council website at <https://www.hardingstoneparishcouncil.gov.uk/>

The next meeting will take place on Tuesday October 6<sup>th</sup> 2020 at 7:30pm.

The hours are Tuesdays and Thursdays, 10am to 2pm. Visitors to the office in the Parish Room must wear a face covering, and only 1 person (or 1 family bubble) can enter the building at a time. There will also be a sanitiser station.

The Police reported one incidence of criminal damage in Hardingstone in July. August figures are not available.

The External Auditor had returned their response and they are happy that the Parish Council are following proper practices.

## Hardingstone Covid-19 Support Group



The Mayor's Parlour  
The Guildhall  
St. Giles Square  
Northampton NN1 1DE  
Tel: (01604) 837804

E-Mail: [mayor@northampton.gov.uk](mailto:mayor@northampton.gov.uk)

### RE: A Special Thank You

Over the past 17 weeks, through the local community resilience hub, we have been coordinating requests to support those most vulnerable in our communities. More than 1,100 vulnerable people in Northampton have requested help and have been supported through the Hub.

Residents have been helped in so many ways, including: through the collection of food, shopping and furniture, emotional and mental health and wellbeing, loneliness and social isolation and requests for financial support as many faced and continue to face hardship.

The hub drove our community and voluntary sector, local businesses and faith groups. Many effective partnerships have emerged at a neighbourhood level, which we are sure will last longer than COVID-19. A fundamental part of the operation and success of the hub has been as a result of the community and voluntary sector, the strength of its existence and emergence in the town, without it, it simply would not have worked.

Full Council, at its last meeting, formally acknowledged the help from all of you and resolved to send its thanks on behalf of the Council.

I would, as Mayor, like to thank your organisation and each and every one of your volunteers for their hard work, commitment and compassion in delivering and continuing to deliver a much needed and valuable service to our communities.

Yours sincerely

The Hardingstone Covid-19 support group have had their efforts recognised by the Borough





**Friends of Hardingstone** ♥

Putting the heart back into Hardingstone

## These are the last FoH tote results.

Thank you to all who have taken part and helped benefit other groups in Hardingstone.



## FoH is not shutting down!

FoH will still run Coffee Mornings & Pins & Needles (when the Parish Room is able to open).

We aim to organise Poppy Crosses as usual for Remembrance Sunday.

We may also be involved in other events.

### Tote results for August 2020

All outstanding tickets holders have been repaid. Thank you to those who donated refunds back in.

Prize	Ticket Numbers	Prize	Name
1 <sup>st</sup>	05 & 23	£40	R Bennett
2 <sup>nd</sup>	11 & 16	£20	C Wilks
3 <sup>rd</sup>	14 & 15	£15	J Payne

Pam 761374 Josie 762019

## News from St. Edmunds Church

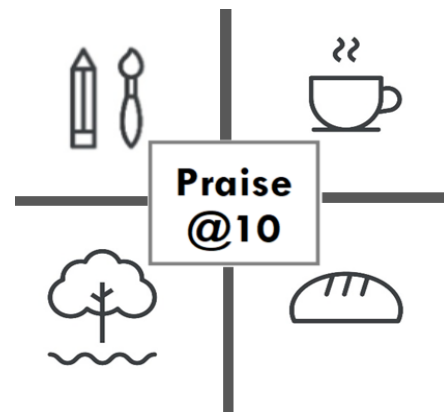
### St. Edmunds Adapts

After the enforced closure of the church building during lockdown, we were delighted to have a phased reopening in July. Careful risk assessments, thorough cleaning and various adaptations were done before the first visitors for private prayer were welcomed on Wednesday 1<sup>st</sup> July. Sunday services resumed inside the church on 19<sup>th</sup>, but in view of ongoing local restrictions, we thought it safer to worship outdoors in our beautiful churchyard on 26<sup>th</sup>.

This was a very special and memorable occasion, reminding us that God is everywhere, and especially



in the beauty of His creation around us. We enjoyed it so much that outdoor worship will continue as much as possible, weather permitting.



Canon Beverley is now only able to lead us once a month for holy communion on the 4<sup>th</sup> Sunday. But Praise@10 will continue with lay leaders and more informal, creative services every week.

We are looking forward to offering you coffee from the new super-duper machine we purchased with a grant from the parish council, but until this is permitted, please bring your own refreshments, mask and a chair to be outside if it's fine.



The Supporters of St Edmund's Hardingstone.

At the end of November, keep a look out for notices about

### A Light For A Loved One

which will again be lighting up the yew trees in the churchyard.

Application forms will be available in Viren's Londis store.



## Slow, Slow, Quick, Quick, Slow

**Strictly speaking I was having a rest.** I had just weeded and dead-headed one of the beds in the garden near the house, and was sitting down in the sun: front seat, observing the display. Suddenly something caught my eye. Coming from the same planted area hopped a young frog, making large leaps for a 2inch/5cm creature, but not really unusual. It circled a heather bed and was followed in hot pursuit by a slow-worm that was over a foot long, about 40cm. The slow-worm danced in rhythmic S shaped moves, complementing the speed and distance of the frog. In this performance they were completely synchronised.



The whole sequence lasted about 20 seconds, so not long enough for a photo shot. They circled across the grass before disappearing back onto the flower bed. Strictly speaking, slow-worms eat mainly slow-moving prey such as slugs, worms, and snails, as well as the odd

insect and spider. Not frogs. They do not bite and are actually legless lizards. They shed their tails if caught by a predator. Was this role reversal or getting your own back?

I did not see if the slow-worm got the chance to tango with the frog but its timing was impeccable. But was it playing leap frog? I was glad I was sitting in the judges' seat and not still weeding. I probably would have fallen over in fright.

The scores are in. Mine is 10. Pam.

### Slow-worm statistics

Length: 40-50cm

Weight: 20-100g

Average lifespan: up to 20 years

Conservation status:

Protected in the UK under the Wildlife and Countryside Act, 1981. Priority Species under the UK Post-2010 Biodiversity Framework.

When to see: March to October

## An update on Michael Auden

We thought you might like to see a fairly recent water colour painting of Bewick swans by Michael Auden. Many of you will remember Michael and his late wife Dorothy, who lived for many years in Dolphin House on the Green, overlooking the war memorial. He also lived in Martins Lane for a few years.



Michael now lives in Tetbury, Gloucestershire, near Crispin, his son. Michael observed these swans last Autumn at Westonbirt Arboretum, which is not far from where he now lives. He still paints, sketches, gardens, and goes for walks, attends Probus meetings (Covid permitting), and has made many friends. He says he is a great conversationalist! I can vouch for this as his ex-neighbour, and when I spoke to him on the phone in September he was as lively as ever, saying he was in good health though admits his memory is just

that... a distant memory!

For many years he voluntarily maintained Hardingstone's war memorial garden, and played an active part in the Church. He was the parish representative involved in the appointment of Rev. (now Canon) Beverley as our priest. He has been on the welcome desk at Tetbury church as a guide (Alan and I

had a tour and learned the secret of the very slim pillars), and also reads lessons at church, including virtually via zoom meetings. He says that Crispin has to set up the computer. What should be a quick walk to the High Street for a little shopping takes much longer because of all the people he meets.

Michael does keep in contact with some people in the village and wishes to be remembered to residents.

Pam



## Memories of the war years in Hardingstone 1939-45

My mother was born in Hardingstone in 1937. She lived along White Rails in the High Street until she was about 9 years old, next to the school and the 'Rec.' (now Scout huts area). The rails are still there but the six houses have long since gone and new ones built. In a few notes on her childhood she remembered:



*"Rose-hips [picked to make rose-hip syrup], evacuees, chewing gum, rations...making 1/4lb (100g) of sweets last all week" ... "Taking an empty tin to school to have it filled with drinking chocolate powder from America" ... "A week off school to pick up potatoes" (and kind POW's helping to fill her bucket as she was only seven) ... "going round collecting paper and books, which were stored in a barn which was full. I don't know whether they even used them. I collected so many I had a 'Field Marshall' badge!"*

When lots of evacuee children arrived from London, she remembered having a classroom in the pub because there wasn't enough room in the school.

### The end of the war:

Mum remembered: *"Fun things like a ride on a tank when a convoy of Canadian soldiers came through the High Street They gave us sticks of macaroni."* She said *"Really, the fear of the war passed me and, I think, most of the children here, by - I was waiting for the very last newspaper, I thought it would just say "The War is Over" and then there wouldn't be any more wars."*

Hannah Mayes.

Photographs:

Left: Relatives of Hannah's mother (Ann Tilley) on VE Day 1945 (L to R):

Susan Inwood (Ann's grandmother)  
Grandmother's daughter, Susan (mother's aunt)

Pearl Tilley (Ann's elder sister, aged 9 or 10)



Right:

Pearl Tilley (Ann's older sister, left), and Hannah's mother, Ann aged 8, in 1945 Guide and Brownie uniforms.

## An Evacuee in Hardingstone 1939-41

Hannah's mother became friends with Reg Manning, who was evacuated to Hardingstone during the war. Some years ago he returned to talk to Hardingstone History Society, and these are some of his memories of that time. Hannah has provided some additional notes, shown in italics.

During the last week of August 1939 most of the pupils of Newington Green School, Islington, North London were evacuated to Hardingstone. As with all evacuees, we were equipped with our brown carrier bags containing rudimentary supplies (a few tins of food with a bar of chocolate) and a few clothes, and carried our gas masks around our necks. The first part of the journey was by train to Northampton, and thereafter by charabanc to Hardingstone, although none of us had any idea where we were heading.

On arrival we were taken into the school (now the Village Hall) to stand and await our billets. My friend George Keene, and another boy (whose name I have forgotten but I'll call him 'William'), were billeted together in a house in



Waiting for a billet

Newport Pagnell Road, between The Warren and Panorama Motors\*. I think the people we were staying with thought we should be earning our keep - they gave us the job of digging a hole for an air raid shelter: no mean feat for a trio of 11-year-olds.

\* Now redeveloped as 'Pagnell Close'

Continued on page 9

# Hardingstone community and heritage

## An Evacuee in Hardingstone 1939-41 (Cont)

After a while we became bored and started a war of our own in which William accidentally got hit on the head, which didn't endear us to our foster parents.

### ***They had their first encounters with animals in the country (Hardingstone was then a small rural village):***

Opposite the house, across the road was a sloping field with a pond at the bottom, on the side of which a pair of swans and their young nested. Not having seen real swans before, George and me moved in to get a closer look. Before we knew it, one of the swans let us know in no uncertain terms that we weren't welcome; it scared us silly and we ran like mad. We were declared 'ruffians' and sent back to the school with our carrier bags to wait for a new billet.

We were then taken to some cottages in the High Street known as White Rails. I loved living at White Rails because it was next to the 'rec' and the village kids played there. We used to go to a pond in the woods near Eleanor's Cross

where we'd try to make rafts or catch newts and frogspawn, or just meet up with Far Cotton kids for a fight - but we never seemed to win!

***Harry Tilley, my grandfather (whom they nicknamed 'Titch' as he was very tall), and his family, also lived along White Rails, and they helped Reg and George to feel at home, entertaining them with scary ghost stories and inviting them to tea with the family. But Reg and George had to move houses again.***

The time I stayed at White Rails was all too short. We were very sad and upset when our foster mother, Mrs Cook, became ill and we had to once again be re-homed.

***They went to stay in The Warren where he remembered being sent out with a sack to collect 'keck' for rabbit food. Despite the ups and downs of our time in Hardingstone, on the whole we had a great time and I have many happy memories.***

Reg Manning.

## Hardingstone House Detectives

### Grove Cottage - No.1 The Green

Previously we reported on No.14 The Green, now we move across to the east side, and we are indebted to Mr and Mrs A Edge for the loan of old documents regarding No.1. Now one house, it shows the signs of two doorways and indeed it was recorded as two tenements (at some time three, but perhaps the third was a building added on the back.)

The oldest document, dated 21<sup>st</sup> May 1770, was a declaration by Mary Clarke who contracts with her brother John Clarke to pay him £5 for lodging in his house for five years, this sum being a legacy from her father's will.

The next two documents, dated 3<sup>rd</sup> and 4<sup>th</sup> of May 1774, see the sale by John Clarke (shoemaker) and wife Ann to son William Clarke (Staymaker) for £72 and 10 shillings.



John signed the document and Ann like Mary made her mark. It appears that the lease (first document) and release (the second-dated the day after) was a device to avoid the conveyance being enrolled and made public. Interestingly it conveyed not just the property but also a pew in Hardingstone Church ('Next the Clerk's seat').

The Clarke family connection ended in 1790, after which it was briefly owned by William Gibson before passing to Sarah Dunkley in 1792, the purchase price having risen to a princely £120. The last Dunkley to own the property was William who,

in a mortgage agreement of 1851, is recorded as being a Blacksmith residing in Brington. Briefly owned by the Phipps family, we have a solicitors fee note transferring the property to Mr F Simmons in November 1861. This was the last of the documents retained.

If you have an old house mystery, contact John on [supporters@hardingstone.church](mailto:supporters@hardingstone.church) or Tel 760411



## Cobbler's Cottage repairs

Some of you may have seen the work that was recently completed on the front of our house at 80 High Street. Simon Ritchie of Shire Stonework has done a fabulous job. Apart from looking so beautiful, Simon has been explaining a little about how the lime mortar benefits the building. Some of the information he has provided is given below:

*One of the major causes of damp in old houses is linked to the use of cement (strap) pointing. This became popular in the late 1960's and 1970's, when every builder was going around offering to 'repoint your walls and make them look nice'. A solid brick or stone wall, built with lime mortar, needs to breathe. It loses its moisture content through the mortar joints. If this breathability is blocked, through the use of cement, the*

*wall immediately starts to get wet. Water is trapped, and the only way it can get out is via the brick or stone. In winter, the damp brickwork then freezes, and the familiar rotting and spalling bricks or stone start to appear.*

Mortgage lenders often insist on putting in damp proofing systems, which is ineffective and can be detrimental. Amongst other things our house had plastic cladding behind the plaster and the wall was wringing wet behind the cladding. The moisture had nowhere to go.

I would like to thank Simon for helping to improve the aesthetics of the village and allowing our house to breathe once again.



The boot sign has now been reinstated outside 80 High Street after a coat of paint.

Soon after we moved into the house I asked a Northampton records office historian about the name of the cottage. She said it was most likely invented. She was right in that the name and sign appeared long after the cobbler; however, I should have asked my neighbours. There was indeed a cobbler living in the house. Here is a quote from the History of Hardingstone, compiled by Joan White:



*Mrs Swannell says: When I first came to work in the village as a children's nurse ..... the cobbler used to mend shoes for the villagers, and children used to love to watch him.*

She describes where the cottage is and how the children could peer in the low window to see him. The book also records that Mr George Norris could remember the cobbler making shoes for him in the early 20<sup>th</sup> century, costing 5 shillings (or 25p) a pair.

How much would bespoke shoes cost now?  
Marianne.



## Wildlife on the old Hardingstone nine golf course

The abandoned Hardingstone golf course area between the village and the A45, with its long grass and spinney, has become a haven for wildlife. I have regular sightings of foxes, voles and shrews (caught by the cat!), buzzards, kites, a sparrowhawk and even bats flying about on warm summer evenings.

One fox has recently been visiting my



garden, eating and collecting fallen pears - it has been eating them on the spot, but also picking two or three up at once and trotting off with them. It could be a vixen that might have had cubs (and is thus very thin and hungry!).

I think this area really needs protected nature area status and a wildlife survey.

HM

## The Beast of Hardingstone?

I was taking a dawn walk across the Cherry Orchard when a strange looking animal jumped out from the back of the Hardingstone Lane gardens. It leaped and danced out into the open, stopping about 30 metres in front of me, then turned and slunk away like a cat. I wasn't quick enough to capture it on camera before it disappeared behind the ridges, leaving me wondering what I had just seen.

As I moved on I spotted it again in the distance, poised at the edge of the trees near the footbridge to Delapre, and

managed to take this picture. A golden sandy colour, it was the size of a very large dog, but it moved like a cat (with a touch of kangaroo!).



A week or two later there was a similar dawn encounter at the other end of the village. This animal was sandy-coloured and dog-sized as it slunk cat-like from the Warren into Heritage Farm Close, eventually disappearing into the undergrowth by the field.

We have all heard of escaped or released big cats living wild in the UK. Is this our very own Beast of Hardingstone? We are keen to hear about other sightings. Kate S.

### CHAIN SNAKE

chain lying on the floor  
a snake dead  
its tail dragging in a pool  
of oily water

its scales of rust  
its skeleton of links  
its eyes a loop.  
coiled as if to attack  
now in harmless defence;  
all strength gone  
all menace gone  
but the links can still rattle  
like a predator.

Geoffrey M



### THINK ABOUT IT

I'd rather be  
at a river's source  
than its estuary.

Michelle Lewis suggests that we light up the village for Halloween.



Saturday 31st October - Let us decorate the front of house / garden and be ready to share between the hours of 5 to 7pm for all to see and have fun.

# Spooktacular Hardingstone







**Classes will focus on:**

- strengthening weakened abdominals
- checking for and helping repair diastasis recti
- relieving back pain caused by postural changes

re engaging and strengthening pelvic floor muscles  
understanding how to exercise safely for each stage of your recovery and what exercises could set you back

help you recover more quickly and avoid long-term complications

work on exercises that help functional strength so you can move with confidence!

In addition you and baby will get to enjoy the fresh air and company of other mums.

Class sizes are limited to ensure social distancing measures adhered to, so please contact ASAP to reserve your place. Note baby should stay in buggy throughout the class, unless you need to feed them.

Classes £8 each paid at time of booking.

Find us on Facebook or email

[SEvolutionfit@gmail.com](mailto:SEvolutionfit@gmail.com) for further details and to book your place.

The hardest lesson for most new mums is realising they need to look after themselves in order to look after their baby - stop putting yourself last and invest in your recovery so you can feel great and enjoy motherhood!

Happy mum = happy baby!



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## Simon Douglas

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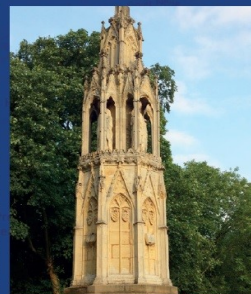
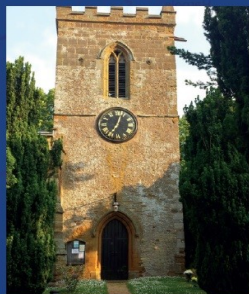






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