



Issue 12

April - May 2021



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

We are including several articles from villagers which we didn't have room for last time, together with some new ones. We hope that you find them interesting, and if **you** can help by providing an article or photographs for future issues we would welcome your input.

* On April 1st the Borough and County Councils will be replaced by West Northamptonshire Council (WNC). As the councillors to WNC will not be decided until elections in May, the former councillors shown in 'Useful Contacts' below should be able to provide support until then.

As we recover from the lockdown, we hope to include items and information from Hardington organisations and clubs again. We work to agreed editorial and advertising guidelines. Articles should be sent to the

editor, and if possible should be restricted to around 250 words.

The editor has complete discretion to omit or to edit submissions. Deadlines for sending items are given below.

Articles, notices and advertisements published in the newsletter do not necessarily 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.

Send your items to: hpsourcemag@gmail.com
or deliver to: The Parish Room High Street NN4 6DA

Issue	Send your items to us by	Delivered by
No. 13. June —July 2021	1 st May 2021	Last week in May
No. 14. August —Sept 2021	1 st July 2021	Last week in July
No. 15. October - November 2021	1 st September 2021	Last week in September

Useful contacts (see note above '*')

Borough Cllr for Hardington: Jonathan Nunn
cldr.jnunn@northampton.gov.uk
01604 837210

Borough Cllr for Hardington: Luke Graystone
cldr.lgraystone@northampton.gov.uk
07857 746711

County Cllr for Hardington: Lizzy Bowen
libowen@northamptonshire.gov.uk
07740 176037

Vicar: Vacant
Contact the Church Warden (below)

Church Warden St Edmunds: John Wilson
hardingtonchurch@gmail.com
01604 760411

Clerk to Hardington Parish Council
clerk@hardingtonparishcouncil.gov.uk
The Parish Room, High Street NN4 6DA
www.hardingtonparishcouncil.gov.uk
facebook.com/Hardington-Parish-Council
07709 523746 (office hours Tue & Thu 10-2)

Northampton Borough Council
northampton.gov.uk
0300 126 1000

Northamptonshire County Council
northamptonshire.gov.uk
0300 330 7000

Hardington Neighbourhood Watch
Pam 761374
Jim 709715

HPS miscellany

An apology

In the article about John Whiting in the last issue, we incorrectly said that he was born in 1930, when it was actually 1934. Sorry John, please accept our apologies.

Readers appreciation

Three readers have been kind enough to provide their comments on the newsletter.

Linda and Marc said:

Thank you for a great newsletter this month (Issue 11). The village people have excelled with all the interesting articles, we thoroughly enjoyed reading their contributions.

Well done to all those who sent items in, and to the team who put it all together.

A village to be proud of. Thank you

Joan commented:

I think that HPS is an excellent magazine, especially issue 11 where the information on the restructuring of local councils was most informative. It's an excellent way to keep people informed. My thanks to all involved.

Our Starship Friends

With whirring wheels and flashing light
Those little white robots are a marvellous sight!
They're ever so cautious when crossing the road
(I think someone taught them The Green Cross Code!)
Sometimes they get stuck, but we come to their aid,
Wouldn't want the customer's shopping delayed!

So helpful and friendly, it's nice to know

They'll still get to us, come hail or snow.

When you're tired and you're frazzled at the end of the day

Those vital supplies are a mere click away.

Long may they continue to gladden our hearts.

I want to adopt one – now where do I start?

EW.



Strong winds bring down tree



Pictures taken from *What's on in Hardingstone's* Facebook page

Two pictures of the tree that blew down in Ilex Close in the early hours of Thursday, 11th March 2021. The tree was located on the left, just after the junction with Back Lane.

Sale of Business Centre



The Small Business Centre in High Street has changed hands. It was set to be auctioned by NALC Auctions on 21st January, but was actually sold prior to the auction. The description for Lot 8 included: "This site offering an income producing commercial cottage style industrial site with major future potential development." nalcauctions.com

Recipe for preserving husbands

from Mortlach Church, Dufftown, Cookery Book (1940's)
Preserves and Chutneys section.

Be careful in your selection. Do not choose too young and take only such as have been reared in a good moral atmosphere. Some insist on keeping them in pickle, while others keep them in hot water. This only makes them sour and sometimes bitter.

Even poor varieties may be tender and good by garnishing them with patience, well sweetened with smiles and flavoured with kisses to taste.

Then wrap them in a mantle of charity, keep warm with a steady fire of domestic devotion, and serve with peaches and cream.

When thus prepared, they will keep for years, and improve with age.

VB.

Note: This reflects the attitudes of the decade.

Can anyone provide a similar item about wives ???

Would you like to be a Parish Councillor?

On May 6th 2021 there will be elections to vote for councillors to fill the seats on your parish council.

Hardingstone Parish Council has 11 seats, and all seats are open for election. Everyone has to nominate themselves for election, including current councillors. If 11 or less people stand, they are automatically elected, but if there are 12 or more there will be an election where the public will decide who they would like to have represent them.

You should consider becoming a parish or town councillor if:

You Can Think, Listen and Act locally

You want to do something positive for your community

Parish councillors are the most local part of our democratic system, living in the community they represent. As a councillor you could make a real difference to your local neighbourhood.

Can I become a parish councillor?

Most people can stand for election, providing they are:

A British citizen, or a citizen of the Commonwealth or the European Union

18 years or older on the day of nomination for election

Residents of, or live close to, the parish.

There are restrictions concerning people who are subject to bankruptcy orders, or who have been convicted within the last 3 years of a UK offence which is subject to a prison sentence.

How do I apply?

The deadline for nominations is 4pm 8th April 2021.

More information can be found on the Parish Council website: www.hardingstoneparishcouncil.com

Contact the clerk for details of standing for election:

e-mail: clerk@hardingstoneparishcouncil.gov.uk

Tel 07709 523746

WANTED



Do you care about Hardingstone?

**Do you want to do something positive
for your community?**

Can you think, listen and act locally?

**Elections to Hardingstone Parish Council will be held
on 6 May 2021***

Why not consider becoming a Councillor?

To find out more please visit

www.hardingstoneparishcouncil.gov.uk

*Applications must be submitted by 4pm on 8 April 2021

February and March Parish Council meetings

From 1st April the county will be moving to Unitary Authorities. As residents of Hardingstone your principal Authority will be West Northamptonshire Council. The website for this council cannot go live until 1st April, but Facebook and Twitter accounts have been live from early March, so follow there for updates. As a resident you should not see any immediate changes, bins will still be emptied and street lights will continue to be lit.

The Parish Council have given permission for a coffee cart, 'Simply Sicily', to sell in the Rec. I am sure the trader will be advertising dates and times once he has everything ready to go.

Elections will be going ahead on May 6th. This will be for Parish Council, Unitary council and the Police, Fire and crime commissioner. To reduce footfall at Polling stations residents are being encouraged to register for postal voting. To do this

contact Electoral Services at Northampton Borough Council - elecereg@northampton.gov.uk

The Parish Council were given a covid grant from NBC. This was a government funding that they received and passed to all parish councils. Hardingstone Parish Council have passed this grant onto the Village Hall to help them get the hall ready to reopen later this year, and as a thank you for the help they gave the volunteers last year.

Following on from the good efforts of the volunteers, the parish council is considering setting up a Good Neighbours scheme, to help those that need ongoing help from time to time with things like lifts to medical appointments, changing of light bulbs, and grass cutting. To do this we are looking for volunteers who would like to help organise this and match volunteers with those requiring help. If you are interested please contact the clerk.

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

The next meetings (zoom) are on Tuesdays April 6th and May 18th 2021 at 7:30pm.



Hardingstone Neighbourhood Watch



Northamptonshire
Neighbourhood Watch

Neighbourhood policing news

Jim Kerr, our Parish Council Police Liaison rep attended a virtual meeting hosted by Stephen Mold, the Police and Crime Commissioner along with Supt. Adam Ward and Supt Kev Mulligan. 70 Parish Council reps from across the county attended. About £1.3million is to be spent, countywide, on 100 new cameras, both fixed and mobile. ANPR capacity is to be increased significantly as this reduces and prevents all types of crimes. Neighbourhood Policing was the focus of the meeting. Over 18 months neighbourhood officer numbers will go up from 50 to 100. 170 other officers will be added. There will be 16 neighbourhood areas commanded by Supt Kev Mulligan in West Northamptonshire (where Hardingstone is). Maps published soon. We hope that Parish and NHW reps can have, say, quarterly meetings with our Police and nearby parish reps as this was helpful in the distant past.

Scam calls and attempted fraud were discussed. Police say ALL attempts at fraudulent actions should be reported to Police so they can log them locally and nationally. The organisation Action Fraud can then target problems. Police say the money from over 2000 covid fines will be channelled back to the local authority. This was a useful informative meeting.

Bones found near the A45, Hardingstone.

You may have seen the media coverage over human bones found close to Cherry Orchard and the A45. An inquest found that the bones were the remains of a 92 year old man who went missing in 1999. Police say his family have been informed. An item of clothing contained cards proving his identity.

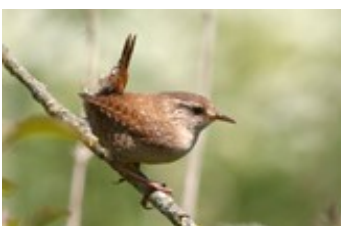
Jim Kerr and Pam Pease.
Tel 761374



RSPB Bird Watch 2021

The RSPB's annual birdwatch is carried out on the last weekend in January every year. People observe birds that land in gardens or open spaces over a period of one hour. The maximum number of birds present at any one time are counted, (not the overall total to avoid double counting), and the figures are then submitted to the Society. The RSPB then crunch the numbers, and are able to see increases or declines in the observed species year on year. The table on the right shows the ten top birds counted by observers, together with my observations. I encourage birds to visit my garden by feeding them all year round. Pam P.

	RSPB top ten in 2021 ↓	I saw this number in my garden	I also saw	
1.	Blackbird	7	Great tit	2
2.	Woodpigeon	1	Wren	1
3.	House sparrow	0	Goldfinch	1
4.	Starling	0	Dunnock	1
5.	Carrion crow	1	Green woodpecker	1
6.	Magpie	2		
7.	Black headed gull	0		
8.	Blue tit	4		
9.	Robin	2		
10.	Feral Pigeon	0		



Wren



Goldfinch



Green Woodpecker

A royal heirloom

During the late 1700s my third great-grandfather, Johann Christoph, a court tailor to the Hanoverian Royal Household, bequeathed a finely embroidered satin waistcoat worn by George III to his family. This treasured possession was later sent to America for display at an exhibition at the request of his grandson George Frederick, who emigrated there in 1887 and lived in Connecticut before moving to New York. The waistcoat was never returned, and in spite of exhaustive enquiries by my American cousin Jane, no trace of it could be found.

In 2012 the Pittsburg TV Antiques Roadshow featured a beautifully embroidered satin waistcoat of the late 1700s, appraised at \$1,000. The owner had found it folded in tissue paper in the drawer of a dresser that had belonged to her parents who lived in Connecticut, before moving to New York. That was all she knew of it.

Cousin Jane saw the programme and subsequently purchased the waistcoat before generously presenting it as a gift to our family here in England. In 2015 it was shown on the BBC Antiques Roadshow when Hilary Kay, their fabric and costume expert, commented on its workmanship, describing it as a flamboyant and intrinsic example of gentleman's dress of the late 1700s.



Arnold Francklow .



Quiz Corner

A BIT OF EVERYTHING

1. What is a Pademelon?

An Italian musical instrument, an exotic fruit, a small marsupial or a straw hat worn by gauchos?

2. There is a village in France near the Somme which has a one letter name. Which letter is it?

A, Y, K, or X?

3. What do both Vito and Michael Corleone have in their hands moments before they die?

An orange, a candle, a glove or a knife?

4. Literally translated, the name of which kind of street means 'the bottom of a bag'?

5. What is the chemical symbol for tin?

6. What is the largest shark?

7. What sports ground was known as 'the cabbage patch'?

8. Who wrote 'The Uncommercial Traveller' and 'Dombey and Son'?

9. What did Homer Simpson say was 'the cause and solution to all of life's problems'?

10. How many times has Lewis Hamilton won the British Grand Prix?

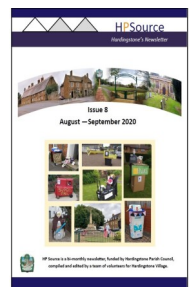
Answers on page 13

Advertising in HP Source

A new round of advertising for 6 issues of HP Source starts with the June/July issue.

At the moment there is one space available, so if you trade in or close to Hardingstone, and are thinking about advertising in the newsletter, please contact us to register your interest, so we can send you details:

e-mail: hpsourcemag@gmail.com



Lottie Spencer (1895 - 1993)

Mrs Spencer was our neighbour for some 20 years, living in the adjoining small cottage number 9 Back Lane, Hardingstone. She lived there independently until her late nineties. Mrs Spencer was diminutive in stature but remained very active, working on her very extensive garden. Dressed in a blue coat and wearing a blue felt hat, Mrs Spencer could be seen patiently waiting for the bus, as she did not drive. She was a very private and modest person, and always insisted on calling me "Sir", despite my protests. I was probably some 40 years younger and felt embarrassed by this form of greeting.

Mrs Spencer, born in 1895, hailed from Brighton and even in her old age made regular marathon trips back to see her favourite nephew there. Always clutching several heavy bags of homemade cakes, jam and other treats, she would take the bus to the town centre, and then walk to the railway station. After arriving at Euston, Mrs Spencer, still carrying several heavy bags, would cross London on the Tube for the final train journey to Brighton. The return journey was no easier, as her nephew loaded her up with quantities of sugar, flour and dried fruit to replenish her stocks.



Lottie Spencer (left), pictured with Anney Digby. Lottie was a long time member of the WI, and this photo was taken on 17th February 1988 at the 70th anniversary celebration of the founding of Hardingstone WI.

Mrs Spencer told us that she was the star singer in her church choir in Brighton. Apparently her talent had been picked out by Dame Clara Butt, the famous contralto. She offered to train her professionally, but her mother vetoed this, saying that she must continue to help at home, bringing up her younger siblings. Later she went into service as a cook.

Her husband, Albert, lost his arm in the First World War and was convalescing in Brighton when they met. Albert Spencer was employed by Express Lifts in Northampton, but tragically died when he choked on a sweet. This tragedy must have left her with only his small work's pension, so she lived very modestly and could not

afford to modernise the cottage.

Mrs Spencer worked for St John's Ambulance for many years and was very actively involved in incidents such as the bad railway crash at Weedon.

When St John's Ambulance retired her, Mrs Spencer became an unpaid volunteer, both at the General Hospital and at blood donation clinics in the town. She also visited care and nursing homes. Her contributions to the community were acknowledged by the award of a British Empire Medal (BEM), and the Queen twice picked her to receive Maundy Money.

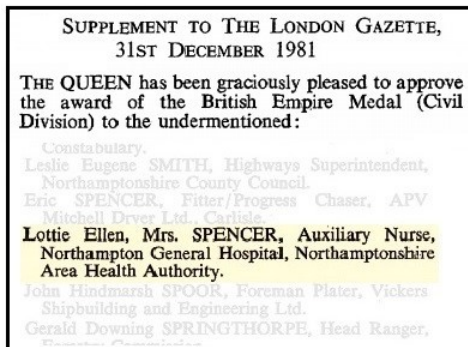
Often, when helping as a volunteer, her elderly patients would bemoan their age related trials and tribulations, but Mrs Spencer never berated them for their negative attitude by pointing out to them that she was far older than they were.

Mrs Spencer was an indomitable character. She loved to work in her huge garden and on several occasions we saw her, now well into her eighties, crossing the flat roof of her rear extension, leaning out to pick the crop of white cherries where many branches of the large tree overhung.

Her other pleasure was regular trips, on the QE2 liner where she became a favourite of the crew and captain. Occasionally she would produce her photo album, and proudly show us pictures of her dining at the captain's table.

TB.

The second part of this article will appear in the next issue.



Historical Gold Dust for the New Parish Chest

The setting up of the Land Registry appears to have made the retention of old Title Deeds, conveyances etc. redundant. Such documents have, over the years since the Land Registry came into existence, been destroyed; sometimes by banks or building societies without the approval of the owners. A wealth of historical information has been, and is being, lost.

As readers of HP Source are aware there is a small team researching the history of the old buildings that make up the core of the old village of Hardingstone. The documents not only give us a picture of the people who owned the dwellings, but also their occupations, relations and little quirky details like owning a pew in Church which went with the property.

A plea, please, if you have possession of old house documents, can we borrow them to record their contents? The originals will be returned, the detailed research will be printed out and put into the Parish chest for future generations, and with your approval an article will appear in a future edition of HP Source.

Contacts are Richard & Maggie Ceely (700712), and John Wilson (760411). We understand, with Covid-19 restrictions, you may not wish to lend documents at this current time but please think of us when things return to normal.

Once we have 'mined out' the old village, then we can turn our attention to recording the expansion of the village, WW1 onwards.

Additions to the Parish Chest

Mrs Ann Shaw died on 20th December, 1894, and her death is No. 232 in the register. Ann and her husband John lived 'of independent means' at no. 3 The Green, and she is buried in St Edmunds churchyard.

Mr Simmons was a carpenter and funeral director, who lived next door at No. 1. His bill for the funeral was £10-19-10, (£10.99), equivalent to about £1482 today. The vicar received the equivalent of £46, with the bell ringing and extra deep grave digging costing £16.84 each.

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BURIALS in the Parish of <u>Hardingstone</u> in the County of <u>Northampton</u> in the Year 18 <u>94</u>				
NAME	Abode	When Buried	Age	By whom the Ceremony was performed, or by whom Certificate was given under Burial Laws Amendment Act, 1860.
George Endonwick No. 225	Far Cotton	Oct. 24 th	38 yrs	Wm Endonwick Certificate under B.L.A. Act 1860
Anna Elizabeth Brinkley No. 226	Far Cotton	Nov. 1 st	4 yrs	John Thomas Brinkley Certificate under B.L.A. Act 1860
Catherine Goldley No. 227	Far Cotton	Nov. 1 st	70 yrs	George Parker Certificate under B.L.A. Act 1860
John Field No. 228	Cotton Road	Nov. 28 th	73 yrs	W. Hughes Vicar
John Augustus Hill Barrow No. 229	Belcher Alley	Dec. 8 th	58 yrs	W. Hughes Vicar
Henrietta Cross No. 230	Hardingstone	Dec. 9 th	60 yrs	W. Hughes Vicar
George Edward Allen No. 231	Far Cotton	Dec. 13 th	8 yrs	Edward Allen Certificate under B.L.A. Act 1860
Ann Shaw No. 232	Hardingstone	Dec. 20 th	71 yrs	W. Hughes Vicar

1894	Mr Shaw Hardingstone		
	To Mr Simmons		
Dec 21	Funeral of the late Mr Shaw		
	Elm shell with lining, curtains		
	lace full trimmed shroud all		
	complete a oak coffin planked and		
	capped with brass fittings brass		
	screws to lid brass plate and		
	writing name all complete	8	10 0
	16 ft 11 in. 1 in. best red deal and		
	6 ft of scantling 3 in for covering		
	of the coffin and time to do	0	5 0
	Paid the six carriers 5/6 each	1	13 0
	Vicars fee	0	6 10
	The Bell	0	2 6
	Extra deep grave	0	2 6
		10	19 10
	Paid Dec 28/94		
	J. Simmons		

Parish Chest

Can you help please?

A reader has sent us a photograph of pupils at the village school, but in spite of the many names that have been provided, we don't know the date.

Do you recognise anyone? Who is the 'Unknown' pupil?
Can you provide any information about those pictured, either then or now?

Can you provide a date, or date range, to indicate when the photo was taken?

Please telephone John Wilson on 760411 or e-mail HP Source: hpsourcemag@gmail.com with any information you can provide.

Thank you.

TOP ROW

Beryl Walding	Gillian O'Brien	Unknown	Frank Wootton	Edward Bunhope	Richard Taylor	John Wadsworth	Diane Gudgeon	Margaret Sibley
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MIDDLE ROW

Jay Botterill	Ann Sparks	Terry Umney	Bruce Inwood	Roger Lyon	Colin Wood	Rosemary Bedding	Margaret Shrewsbury
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BOTTOM ROW

Keith Pell	Rita Smith	Marjorie Lyon	Jasmine Martin	Eddy Jones
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St. Edmund, King and Martyr, Hardingstone Church news



St Edmunds services during the vacancy

After celebrating the Living Brook benefice Easter Day service at Horton churchyard, Praise@10 will resume the monthly pattern of Sunday services. We are always open to suggestions for being more inclusive, so please come along and give us feedback.

The April Communion service on the 25th will be led by Archdeacon Richard, and this is an opportunity to speak to him and air any views that you may have regarding the parish or the Greater Northampton deanery in general. The Annual Parochial Church Meeting will follow the Communion service on 23rd May.

For any enquiries or concerns please do contact me, and for anything relating to clergy I will contact the assistant rural dean, Revd Judy Evans, who has oversight for the time being.

John Wilson, Churchwarden.

1st Sunday
Coffee

2nd Sunday
Craft

Praise @10

3rd Sunday
Creation

4th Sunday
Communion

Every Sunday at St Edmund's
We'd love your company

Sunday 2nd May, 2 – 4.30 pm
In the Churchyard
Spring Plant Sale in aid of Church Funds

ST EDMUND'S CHURCHYARD
LET'S GET STARTED AGAIN!

**WILDLIFE PROJECT &
TIDY-UP THURSDAYS**

**IF YOU LIKE TO SPEND TIME OUTDOORS,
IN A SPACIOUS PEACEFUL AREA,
VISIT THE CHURCHYARD
ON APRIL 8TH 10AM – 12 NOON**

OR PHONE 760411
FOR MORE INFORMATION

SAVE THE DATE!
Midsummer Merriment
weekend 26th & 27th June
- the Hardingstone Great Get Together event, 2021

All around the village, including...

DECORATED BINS competition

HIDDEN GARDENS

EVENTS on the REC & more

Something for All
#GreatGetTogether #MoreInCommon

Church opening for Wellbeing activities



St Edmunds Wellbeing Café

Opening mid-May for friends and neighbours in the Hardingstone area.

The Well is a new Community Café and local meeting place.

Drop in to the church on Tuesdays and Fridays for

- A coffee or tea (fair trade)
- Others to chat with
- Newspapers, puzzles, books etc
- A beautiful churchyard outside when the weather is fine
- Important local history and heritage

Plenty of volunteers are needed – please phone Hilary (760411) if you'd like to help.

More details will follow after Easter.

Are you keen to meet up with other people in a safe and local meeting place? Fancy catching up with friends old and new over a cuppa, in a lovely historic building? If so, come and try 'The Well' this summer, on Tuesdays and Fridays starting mid-May. St Edmunds is excited to be one of the Northampton Community Cafes, opening up for wellbeing activities.

Manned by volunteers, the café will offer drinks and host activities that will brighten our lives a little. Chat with others if you fancy or just pop in to enjoy the ambience; maybe swap books or do a puzzle. In fine weather, we can be outdoors in the beautiful churchyard. Lots of ideas are being developed, and the more volunteers we have, the more we can do.

Please contact Hilary via hardingstonechurch@gmail.com (or phone 760411) if you can help, and look out for more details after Easter.

Look Up

If you stand at the top of Coldstream Lane and look across the road at Hervey House, there is a Fire Insurance plaque high up on the wall. Acts of 1707 & 1774 required every parish to provide engines, hoses and ladders. Insurance companies established their own more efficient companies for subscribers whose buildings bore the companies' own firemarks.



Typical Fire Insurance Plaque

Proceed eastwards along High Street. What is missing at the Londis Store? Wisteria Cottage also bears a firemark. Go up the churchyard path, skirt the

Tower and look up on the south side and you see a sun dial (but not the marks to tell the time?) Go a little further and squint up to where the nave roof meets the Tower and you will spy one of two swift bird boxes installed last year.

In the wild east end of the graveyard, bird boxes and a bat

box have been dotted around.

Retrace your steps to the High Street and proceed towards The Green. As you pass Hocus Crocus, look up. Above the word crocus is a carved stone head which was rescued from a pile of stone brought up from Delapre Abbey.

The east range of buildings at The Green show three more fire marks. Swing down Back lane and, soon after the lane has turned back to westward, No. 22 has probably the only mullion window left in the Village. On your return journey spot the houses which have been extended by enclosing an attached barn or outhouse.

JW.

Daffodils

Many people in Hardingstone wish to thank St Edmunds for their thoughtful gifts of daffodils on Mothering Sunday.



Spread the word



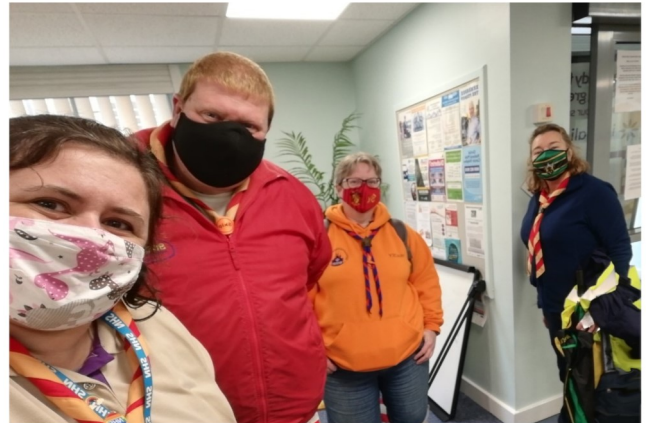
Could regular deliverers please let HP Source know if they will be away/unable to deliver the next issue.

We deliver about 900 HPSource newsletters 6 times a year in the village. In order to cover illness and holidays, we are looking for people to become occasional reserve volunteers.

If you can offer to deliver to your road please email hpsourcemag@gmail.com or phone 761374 giving your contact details and the road you could cover.

1st Hardingstone Scouts support vaccination programme

A few weeks ago Chief Scout Bear Grylls put out an appeal for Scout Groups to support with the vaccination effort. 1st Hardingstone answered the call with some of our adult members, including our Group Scout Leader on his 50th birthday, supporting Grange Park Medical Centre. So far they have assisted with the smooth running of over 2000 vaccinations.



Step Forward With Lewis

Step Forward With Lewis is proud to announce that our February Virtual Race challenge raised £260 in aid of Scleroderma & Raynaud's UK.

The charity helps those who have difficulty due to reduced blood flow in their fingers and toes, which can result in extreme pain.

We know many of our Steppers who took on this challenge



come from Hardingstone, so a massive well done to you all.

With Easter, and those inevitable eggs, just around the corner we are putting on another virtual challenge we hope you'll all enjoy.

Taking place between April 1 and 7, the aim of our Easter challenge is for entrants to complete 5km during that week.



Easter Medal

It costs £12 to enter (plus £2 postage and packaging) and you'll get our cool Easter medal in return.

We'll be donating £5 from every entry to the RSPCA in Northamptonshire.

To enter, or for more details, simply email stepforwardwithlewis@gmail.com

For more information visit

www.stepforwardwithlewis.com

Not a career for the faint-hearted !

During 1943 I was evacuated from London to the village of Little Houghton, and from 1944 until 1953 I attended the local Church of England school. Then, having passed an entrance examination, I attended Wellingborough Technical School until the age of 15 years.

On leaving school I was accepted by the Northamptonshire Constabulary as a Police Cadet. My first duties were within the Force Control Room, at Wootton Hall.

At this time the Northamptonshire Police were under the command of Captain R. H. D. Bolton, who had served as an officer within "The Duke of Wellington's Regiment". Whenever the Chief Constable, Capt. Bolton, entered the Control Room, all members of Staff immediately left whatever they were doing and stood to attention, this was until we were instructed to be seated! On one occasion I stood up so quickly that my chair toppled over, which brought a wry smile from the Chief Constable.

During my time as a Cadet, sport and fitness was a priority and on many occasions I was chosen to represent the Police at Cross country running and athletics. Many of these events were performed at other Midland Police areas, plus various Military and Air Force bases.

My initial Constable training was for 3 months (military style) at no.4 Police District Training Centre, Staffordshire, where the training area was a disused war time Royal Air Force Base no longer used by the Ministry of Defence. I had been assigned the number of 330, and my first posting was as a Beat Officer at Kettering. These were the days of policing when all we were issued with was a heavy blue uniform, note book, whistle, truncheon and handcuffs. Our only form of communication was via a blue police telephone pillar, a member of the Public or the nearest red telephone box that was quite often 'Out of Order'.

As a Probationer Constable, Saturday evening duties were carried out at the bus stop for Corby, where a Police presence was required to keep some type of law

and order. We were there to prevent disputes between passengers and the bus crew over queue jumping, or not having money for a ticket. It was not unusual for Police Officers to travel on the double-deck bus in order to quell the trouble makers. I have known that unruly passengers were occasionally ejected before reaching their destination!

At the first fatal road accident I was sent to the fatality was a pedal cyclist. At the time I found this to be a little

disconcerting, as the deceased resided at a house with the number of 330 (my assigned number), and 3 years later my second fatality had the surname of Paul (this being one of my Christian names).

Having been transferred to Towcester Division as a Traffic Patrol Officer in 1962, I was often seconded to patrol the M1 Motorway. The extreme severe winter of 1963 left me with lasting memories. I witnessed a snow-plough which entered deep snow drifts, only to emerge with a brand new Hillman 'Minx' plus other small vehicles which had been completely engulfed by the drifting snow.

During my 23 years services as a Traffic Patrol Officer I attended various training courses, including Advanced Driving courses. These courses included written and practical driving tests, which on my final drive was, to say the very least, a tense experience, especially when having to commentate at 100mph to the Examining Inspector!

Paul Jackson.



Answers to Quiz Corner on page 6.

- | | |
|----------------------|--------------------------|
| 1. A small marsupial | 7. Twickenham |
| 2. Y | 8. Charles Dickens |
| 3. An orange | 9. Alcohol |
| 4. Cul-de-sac | 10. 7 times |
| 5. Sn | (2008, 2014, 2015, 2016, |
| 6. Greenland shark | 2017, 2019, 2020) |

The changing face of Hardingstone



Landimore Park development

Work has now started on developing the last remaining agricultural fields in Hardingstone, despite objections from the village and the Borough Council. In 2020 the field to the east of The Warren was sprayed with noxious chemicals, which killed off all vegetation and therefore deprived the pollinators,



birds and small mammals, of the plants, seeds and insects which they rely on for sustenance. Some suggest this was the reason for the hordes of black beetles which fled into residents' houses last year. Perhaps this is a microcosm of what humanity is doing to the planet.
PT



Hardingstone Cricket Club

With a new - and hopefully as Covid free as possible - season edging ever closer, Hardingstone Cricket Club is proud to announce we will be moving to Northampton High School.

Following more than a decade of success playing at Wootton Rec, the club is excited to be moving to the Newport Pagnell Road school. A new cricket square and an artificial strip have been laid at the school, while plans to develop further training facilities and even to construct a pavilion are in place.



This is a truly golden opportunity for the club, which comes with first class facilities and a pitch on which we hope to play some really good cricket.

Since its formation in 2009, the club has moved rapidly from a pub side playing friendlies to

having two extremely competitive sides playing in the Northamptonshire Cricket League with a total of ten league titles under its belt.

In 2021, the 1sts will be playing in Division Six and the 2nds in Division Nine.

Craig.

Northampton High School

Northampton High School achieves its fourth Eco-Schools Green Flag!



Northampton High School are pleased to announce that they have passed the (online) Eco-Schools inspection and achieved their fourth Eco-Schools Green Flag!

Keep Britain Tidy (the awarding body) have taken the opportunity to thank the school community for continuing to work on our Eco-Schools Green Flag during these unprecedented times, stating that "it is a true reflection of the school's determination to make a real difference".

Hopping across the pond: an international collaboration between Northampton High School and students in California

In February, pupils at Northampton High School made the most of digital possibilities to connect with students over 5,400 miles away at the Academy of Our Lady of Peace, San Diego in an international collaboration project.

Students from the two schools took part in a 'Living Library' event, where girls from the UK and USA prepared presentations on topics of interest, as they aimed to gain a greater understanding of their different cultures. At a time when the world can seem small and closed-off, this project offered pupils the chance to connect with one another through informal after-school gatherings and to broaden their horizons by exchanging stories and experiences of what it's like to grow up in the UK and USA.

The project sought to empower girls to find their voices, to make new friends and to learn more about growing up in different settings. Students drafted biographies of their teachers and created profile pictures to introduce their class teachers to their new friends in California. Mrs Fordham and Miss Taylor, Year 6 teachers at Northampton High, were excited to be able to connect online, "the digital age allows barriers to be broken down and a strong unified approach to be adopted, strengthening our resolve to make the future brighter for all women and girls".

Jamie Nash.

Maintaining your health while working from home

I run my own Massage Therapy Practice, Kirkys Therapies, from my home in Hardingstone. During the lockdown I have had a number of clients coming in for emergency treatment - neck and shoulder issues, hip and low back pain, and sprains. This frequently occurs because they are working from home and their posture has not been good - either slouching on the sofa with a laptop, on a breakfast bar chair, or even lying in bed with a laptop. Sometimes it can't be helped, everyone is facing challenges through this difficult time, but if we are more aware of our bodies and how bad posture over long periods can increase risk of injury, then hopefully many self-inflicted injuries can be avoided.

Some tips to help you avoid these problems

1. If working from a laptop or desktop - try to make sure you are in a supportive chair you are comfortable in.
2. Elbows are above the table or desk top with your wrists resting comfortably on the desk or table. There should be no discomfort. The weight of your arms should rest on your wrists - you should not be hunching up your shoulders in any way. This causes muscle tension.
3. Laptop or monitor should be raised above the table top level by a good two hands width - this will allow you to sit up fairly straight WITHOUT tilting your head downwards to look at your screen.
4. You should be able to sit up straight but relaxed with your

chin parallel to the floor, eyes looking comfortably down at the screen or monitor - WITHOUT tilting your neck downwards.

5. Rotate your head and neck often, gently, to keep your neck and shoulder muscles moving.
6. Take regular breaks throughout the day to get up and stretch your legs and your back. It really is important to do this at least twice in the morning and twice during the afternoon - not counting lunch breaks.

Tilting your neck and head downward and forward will lead to neck, upper back and shoulder tension, tension headaches, rounded shoulders, and the start or the worsening of a forward head posture. Sitting awkwardly for long periods of time will cause your back to stiffen up, and sudden movements such as grabbing a bag of groceries, or picking up a child, can cause the already stressed muscle to go into spasm and lock up - causing a great deal of pain and a sudden mobility issue.

Laura Kirkwood
Kirkys Therapies
www.kirkystherapies.co.uk
kirkystherapies@gmail.com
Tel 07812594834



Supporting Independence Programme

Are you aged 18 or over?

Have you noticed any recent changes in your health?

Do you have difficulty walking or need help moving about?

Are every day tasks becoming difficult?

Do you need someone to help you on a regular basis?

Do you sometimes feel lonely or isolated?



If you have answered "yes" to any of the questions above, we may be able to help.

Call us on **0300 126 1000** from 8am-6pm Mon-Fri

Or complete an online form at:

www.northamptonshire.gov.uk/sip

The Supporting Independence Programme provides up to 12 weeks of one to one support for those of us who may have slowed a little, are feeling less confident getting around or who need someone to help on a regular basis.

This could be support to increase your levels of physical activity, support with your general health and daily living, or providing emotional, social or nutritional support and advice. Support is currently delivered over the phone, and includes:

- | | |
|-----------------------------|------------------------------|
| Social isolation | Falls |
| Lifestyle | Medication |
| Mental and emotional health | Physical health and mobility |

An assessment form can be completed by anyone living in Northamptonshire, or completed on their behalf, to see if they would be eligible for independence support.

For further information, please call 0300 126 1000, or you can access the online assessment form by following the link for the Supporting Independence Programme:

<https://www.northamptonshire.gov.uk/councilservices/health/pages/supporting-independence.aspx>



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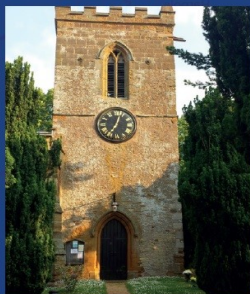
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