

Northants 50+ Network Newsletter

Northants 50+ Network, c/o PO Box 177, Guildhall Road, Northampton NN1 1AY

Volume 4 Issue 16 Summer 2011

Editor: Stuart Whitsey

Welcome to the second newsletter in the A5 booklet format! I am pleased to say that we have had very positive feedback on the new style of the newsletter. With a growing membership of over 3000, including group members, the Network is going from strength the strength.

NORTHANTS 50+ NETWORK'S SUMMER FORUM

Northants 50+ Network is holding a Summer Forum on **Monday 20th June** at **Weston Favell Parish Hall** from **2:00pm to 4:00pm** during which will be held our Email Address **Grand Prize Draw of £50 shopping vouchers** and a very short AGM (30 mins).

Our Key speakers for the Summer Forum are Councillor David MacKintosh on The Big Society and Dr. Darin Seiger, Nene Commissioning on NHS Reforms, both talks of which are very topical and on which we are sure you will have plenty of questions to ask!

As all but one of our Board is up for the 2 yearly elections and we are looking in particular to fill the positions of Chairman, Treasurer and Secretary, please find your invitation and nomination form enclosed with this newsletter and help the Network by nominating yourself or another member with their permission. Please note that they will have to attend the AGM in order to accept the nomination! Therefore please complete the nomination form as quickly as possible and send into Pam Wilton, Northants 50+ Network, Room 205, County Hall, PO Box 177, Northampton NN 1AY. Remember please do this as quickly as possible as we need the **form 7 days before the AGM** in order to qualify.



Where we've been

EXPERIENCE KRAFT (OLDER DRIVER EXPERIENCE AND INFORMATION DAY)

On a chilly and misty morning in March, 30 or so, intrepid drivers of varying skills and ages arrived at Silverstone for our 'Older Driver Experience and Information' day. As the criteria for attending was to be over 55 or have 30+ years of driving experience, I think it was safe to say, my entire group met both! Our 'lecture' room was right alongside the racing circuit and we were favoured with actual racing drivers, hurtling around the track!

Fit to Drive

Our first workshop was a fascinating insight about the possible effects of prescription drugs on driving abilities. I for one did not know that as we get older, our bodies take longer to break down drugs. All sorts of revealing facts about alcohol emerged, such as if carbonated drinks are added to spirits, they will get into the blood stream quicker, and using a mouthwash or spray, will increase the level of a breath test (it contains alcohol!)

Skid Pan

This was really what we'd all come for! We were all urged to really 'push' ourselves so we could get the full flavour of handling skids under controlled conditions! Working with experienced Silverstone's instructors we learned about controlling under-steer and over-steer on the skid pan patch. It was really invigorating with the squeal of the tyres on tarmac, and trying so-o-o hard to keep the car in the direction it was supposed to be going.



Keep Mobile

Our final workshop was about staying safe on the roads, such as tailgating, mobile phone users, lane discipline, signalling, and tips on how to deal with these situations and the highway code. We were then given our certificates of completion of Experience Kraft information event, and goody bags.

On a positive note, we were informed that Northamptonshire is graded as the 2nd safest county in the country in relation to driving accidents. Altogether, a very interesting and enlightening day. Thank you NCC 'Casualty Reduction Team' for the opportunity to participate.

Pam Tomalin

What's on in Corby

TEA DANCE

Friday 15th July 2:00pm—5:00pm

Dancing to Dave Hawke with light refreshments and excellent company, join our Corby Activity Coordinators at **The Conservative Club**, Cottingham Road, Corby NN17 1SZ for a super afternoon of fun and dance. We shall also hold a raffle. Tickets are £4 each including refreshments. Please see below for contact details.

CHRISTMAS DINNER/DANCE

Saturday 12th November from 7:00pm till late

A date for your diary! Christmas comes early so that you can enjoy a lovely Dinner/Dance at the **Best Western Hotel**, Rockingham Road, Corby NN17 1AE. At only £20 each you can enjoy yourselves with friends and get into the Christmas spirit early.

For tickets and further information on any of the above 2 events please contact either Carmen Toscano on **01536 601987** or Pam Wilton on **01604 236805** or email pwilton@northamptonshire.gov.uk

What's on in East Northants

SERVE – CARE IN THE COMMUNITY

Shopping Days

SERVE run a **door-to-door** minibus service for the East Northants to take people to nearby **supermarkets**. This service is available on **Mondays** and **Fridays**. Passenger pick-ups start approximately 10:30am and you'll be given 2 hours of shopping time. Please note that this service is dependent on the level of demand.

Pub lunches

SERVE also run a door-to-door minibus service to take people for a pub lunch. Pick-ups start at 11:00am with the last drop off approximately 3:00pm.

Please contact Liz Clarke on T: **01933 315555** or M: **07843 285762** for further details including dates, venues and transport costs.

What's on in East Northants

ACTIVITY GROUPS

Nene Valley Community Action are running the following activity groups:

- **Craft Group, Music and Movement, Keep Fit Oundle Chatterbox, Stanwick Chatterbox, Raunds Chatterbox, Northampton Chatterbox, and Tea Dance**



Please contact Nene Valley Community Action on **01933 396382** or e-mail newhorizons@nvca.org.uk for further details.

COMPUTER COURSES

NVCA have created an **exciting programme** of courses for Summer 2011. Trying one of their courses could be the first step to developing an enjoyable hobby, learning new skills and meeting new friends.

Introduction to Computing

Introduction to using the computer, showing how to use the mouse, keyboard, the desktop and some basic word processing along with basic file management.

Internet and Email for beginners

Showing you how to keep safe on the internet and how to search for information with some practical exercises, how to send receive emails, send/view attachments, set up an address book and manage folders in your email account.

How to edit your digital photos using Picasa

Learn how to edit your photos and download them from your camera, save to disk, and various print options

Courses run for **4 weeks** and cost **£20.00**. Please contact Nene Valley Community Action on **01933 396382** for further details including available dates and venues.

What's on in East Northants

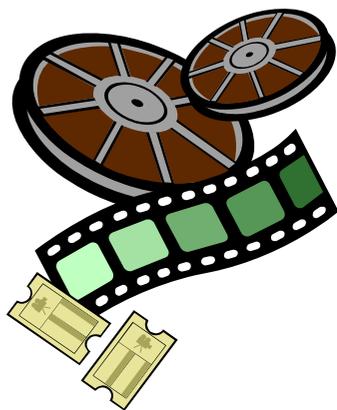
OUNDLE CINEMA SUMMER SEASON 2011

Oundle Cinema is a community enterprise, run entirely by volunteers.

Bookings by phone or in person, at the **OUNDLE FESTIVAL OFFICE**, 4 New Street, Oundle PE8 4ED, **01832 274734** or on-line www.oundlecinema.org.uk **£5** (under-18s, £3). Ticket availability can be checked on film nights on **07840 732112** after 6.45pm (please note that this number does not accept voice or text messages)

Doors open at 7.15pm for tickets and bar services. **The programme commences promptly at 7.45pm.**

- **Sun 5 June**—The Debt (15)
- **Sun 19 June**—Of Gods and Men(15)
French, with English subtitles
- **Sun 3 July**—Paul (15)



In association with Oundle International Festival

- **Mon 18 July**—The Hunchback of Notre Dame (1923) (PG)
9:00pm in Peterborough Cathedral with live organ accompaniment. **Tickets (£10)** can be booked in advance either by phone or in person, at the **OUNDLE FESTIVAL OFFICE**, contact details below.
 - **Tues 19 July**—Pranzo di Ferragosto (U) Italian, with English subtitles
 - **Weds 20 July**—Benda Bilili (12A) French, with English subtitles
- The above two viewings are at the **Stahl Theatre, commencing at 7.45pm. Bookings by phone or in person**, at the **OUNDLE FESTIVAL OFFICE**, 4 New Street, Oundle PE8 4ED, **01832 274734**. (Tickets £5).

What's on in East Northants

GOOD COMPANIONS COMES TO RUSHDEN!

McCarthy & Stone, Townsend Court, High Street South, Rushden
Friday 24th June 2:00pm-4:00pm.

Following a recent visit by Margaret Turner (Activity Coordinator) and Pam Wilton (Facilitator), we are very pleased to tell you that **McCarthy & Stone** have welcomed us to invite 15 members to join them for an introduction to the Northants 50+ Network, **Tea/Coffee** and **Games** in their spacious lounge and conservatory. We shall hold a raffle of course, so why not book in early as places are limited and come and make new friends and spend an enjoyable afternoon with us all. Contact Pam on: **01604 236805** or email pwilton@northamptonshire.gov.uk

What's on in Kettering

THE GREEN PATCH – COMMUNITY ALLOTMENT

We have organised a tour of The Green Patch community allotment site, Valley Walk, Kettering NN16 0LU on **Friday, 19th August** from **2:00-4:00pm**. They have disabled access and limited parking.

This tour of their site will include the allotments, pond, beehives, chickens, ducks and poly tunnels followed by a tea/coffee and cake. If anyone would like some gardening type activities this can be arranged if known in advance. You will have time to meet new members, have a chat, make friends and even the opportunity to buy fresh eggs and seasonal vegetables and possibly plants.

This is an outdoor site, although refreshments will be indoors if wet, so please wear sensible weatherproof clothes and wellies if it looks to be wet and bring your gloves if you want to get 'hands on'.

Numbers are limited to 15/20 people so please contact Pam on: **01604 236805** or email: pwilton@northamptonshire.gov.uk by Thursday **4th August** to book a place. As this is a charity, members are asked to make a donation for refreshments on the day please.

What's on in Northampton

COFFEE MORNINGS

Meet in the Circle Bar to the left of the cafe in Royal and Derngate Theatre **10:30am-12:00noon**. Come along and meet your co-ordinator and fellow Network members in a very friendly and informal get together. Sorry, you need to purchase your own refreshments.



- **Mondays** June 6th, July 4th, August 8th & September 5th

For further information contact Sandra on **01604 718098** or e-mail sandra.frampton240@btinternet.com

GOOD COMPANIONS AFTERNOONS (2:00pm—4:00pm)

Elizabeth House, Wellingborough Road (opposite The Trumpet Park in visitors car park .

- **Fridays** May 27th, June 24th, July 22nd, Aug 26th, Sept 30th

Murray House, Clarke Road, Northampton. On street parking, or on site parking with permit available from the centre manager.

- **Mondays** June 27th, July 18th, Aug 22nd, Sept 19th

Simon de Senlis Court, Robert Street. On site parking.

- **Thursdays** June 9th, July 14th, August 11th, September 15th

NEW Garfield House, Addlecroft Close, Kingsthorpe.

- **Tuesdays** July 19th, August 16th, September 20th

All afternoons are in the residents lounge where refreshments and raffle tickets are available at all of the above venues at a cost of 50p each.

BOOKING ESSENTIAL as spaces are very limited.

Please contact Sandra on **01604 718098** or e-mail sandra.frampton240@btinternet.com to book your place.

What's on in Northampton

LUNCH AND A FILM

Picturedrome, Kettering Road, Northampton



Thursday May 26th	FILM Pygmalion
Thursday June 23rd	FILM Miss Potter
Thursday July 28th	FILM Brassed Off
Thursday August 25th	FILM Days of Wine & Roses
Thursday Sept 29th	FILM Hobsons Choice



We will be meeting at the Picturedrome for lunch at **12:15pm**, where you can purchase refreshments from their very reasonable menu ranging from beans on toast to pasta dishes, salads etc. Prices start from **£1.95**. **OR** join us just for the film at **1:45pm** and purchase an alcoholic or non-alcoholic drink.

Cost of the film is just **£1.00**. **PAY FOR FILM ON DAY**.

SESSIONS HOUSE TOUR

Wednesday July 6th



If you missed the tour in January, we are pleased to say that local historian Alan Clark has kindly agreed to lead another tour. Meet at the tourist information office in time for the tour to commence at **10:30am**. The tour will end at approximately **12:00noon**. There will be a retiring collection at this event.

CIRCULAR WALK—HISTORIC NORTHAMPTON

Wednesday August 10th at 10:30am

Join us on a circular walk starting at St Giles Church, Northampton, lasting about **1hr30minutes**. We hope to have a local historian lead the walk and will end the walk with a welcome cuppa at a small charge.

Please contact Sandra on **01604 718098** or e-mail sandra.frampton240@btinternet.com for further details of any of the above events or to book a place.

What's on in Northampton

PICNIC AT ABINGTON PARK Friday August 19th



Join us for an informal get together. Meeting near to the cafe at **2:00pm – 4:00pm** - we can decamp there if the weather is wet. Please feel free to bring the grandchildren. Please bring your **own chairs and food** etc (although you cannot eat your own food and drink in the cafe). I will try to arrange for a visit to the Church if possible. No need to book – just turn up!

LET THE TRAIN TAKE THE STRAIN Visit to COVENTRY CATHEDRAL—Wednesday Sept 21st

Meet at **Castle Street Station** at **9:45am** to enable tickets to be purchased at the group rate. This will allow us to catch the **10:17am** train to arrive at Coventry at **10:49am**.

It is a short walk to the Cathedral, with possibly a stop at All Hallows Church on the way, which is well worth a visit. You will need to purchase a ticket to Tour the Cathedral.

Train tickets circa **£9.00**
and tour tickets circa **£4.00**.

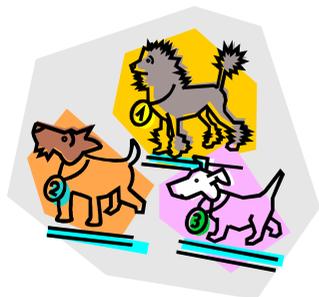


Please contact Sandra on **01604 718098** or e-mail sandra.frampton240@btinternet.com for further details of either of the above events or to book a place on the train trip to Coventry.

What's on in Northampton

RICHMOND CRUFTS SHOW

Richmond Northampton are holding a Richmond Crufts show on the village green Wednesday 14th September 2011.



The cost is **£4 to enter** with many different categories open to all **dogs** of any size and of course winner prizes and trophy!

The show will start at **2:30pm** weather permitting and afternoon tea will be available from **4:00pm** onwards.

All they ask is that you call to book a space with Christopher Rayatt-Howard on **01604 432635** just so that they know how many to expect by Friday 2nd September 2011.

NORTHAMPTON LEISURE TRUST SUMMER TEA DANCES

Summer Tea Dance's will be held on **Friday 8th July** and **Friday 12th August, 2:00pm – 4:00pm** at the **Great Hall, Guildhall**, Northampton. Refreshments will be provided and admission is **£3**. Tickets must be booked in advance for both events by contacting Jenna Smith on **07919 217963** or emailing jsmith@northamptonleisuretrust.org.uk



NORTHANTS 50+ READING GROUP

The group meets at the **Central Library** in Northampton on the **second Tuesday morning** of the **month**. Books they are planning to read over the next year include Brixton Beach by Roma Terne, The Resurrectionist by James Bradley, Dreams from my father by Barak Obama, The Reader by Bernard Schlink and Dark Fire by Bernard Schlink. Please contact Trish Eames on **01604 454129** if you would like to join us.

What's on in Northampton

LEARN HOW TO TRACE YOUR FAMILY HISTORY

Considerable interest has grown in tracing your family history, especially since "Who Do You Think You Are?" came onto our television screens.

The NVCA course is six 2¼ hour sessions, and is designed to help the novice through many of the problems that they come across. The tutorials are tailored to the needs and interests of the current clients, with practical problem-solving demonstrations using family tree examples from the group.

6 Week course—Thursday 16th June to Monday 28th July. 10:15am to 12:30pm. Cost **£30.00**. Venue. Doulton House, 7 Cattle-market Road, Northampton. NN1 1HL

Places are Limited so book early with Nene Valley Community Action on **01933 396382**.

EXERCISE TO MUSIC



Are you interested in attending an up beat exercise session with new and old music? If the answer is 'Yes' then Age Concern would like to hear from you as they are planning on running weekly events in Northampton but want to get an idea of how many people are likely to attend before booking a venue. The cost will be **£5** per person.

Beginners and regular fitness goers are welcome.

The session is good for feeling and thinking 10 years younger.

If this appeals to you please contact Jason Williams on **01604 629595** or e-mail jason.williams@acnorthants.org.uk to express your interest.

What's on in Northampton

SUMMER AT ROYAL & DERNGATE

Upcoming **Made in Northampton** productions on the Royal stage include **Eden End**, which explores the secret heartache and disappointment of ambition unfulfilled, from **Fri 3 Jun - Sat 25 Jun**, and **The Two Gentlemen of Verona**, which sees Shakespeare's story of love, friendship and infidelity transported into the modern world, from **Fri 30 September – Sat 22 October**.



Over in the Derngate auditorium West-End shows include the hit comedy with all your favourite characters, **Yes, Prime Minister**, from **Mon 6 – Sat 11 June**, and the critically acclaimed and Tony award-winning **Avenue Q**, from **Tue 5 – Sat 9 July**.

To book tickets call Box Office on **01604 624811** or visit www.royalandderngate.co.uk

TIME BANK

A Time Bank is a new and exciting way for people **to come together to help others** - and help themselves at the same time! It works like a bank account, but using time instead of money. Participants **'deposit' their time** in the bank by giving practical help and support to others, then they're able to **'withdraw' their time** when they need something done themselves.

Time Banking helps to build a social network of people who give and receive support from each other. It enables people to live independently, helps to tackle loneliness and isolation and has provided new opportunities for individuals and communities.

Anyone and everyone can join. It is open to people of all ages, abilities, ethnic and cultural backgrounds. Time Bank benefits from the great diversity of its members.

For Further details contact Nicola Jones mobile: **07833 479096** or e-mail: taketime.tomaketime@nhs.net

What's on in Northampton

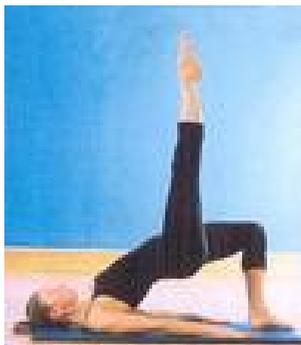
PILATES CLASSES

Friday mornings

May 27th and June 3rd, 10th, 17th, 24th

Start times: 9:15am £34, 10:30am £34, 11:45am pay as you go

Pilates helps to strengthen your muscles, improve posture, tones thighs, bottom, arms and shoulders, gives you a stronger back to ward off back pain, plus many more health advantages.



Classes are held at **Weston Favell Scout Hall**, High Street, Weston Favell, Northampton NN3 3JW.

Men and ladies of any age are welcome. Please bring comfortable clothing and socks and a exercise mat or small pillow to work on.

Telephone Chris Nightingale on **07843 787250** or email chris.nightingale@talktalk.net to book a place or for further details.

BodyInBalance presents SALSACISE

A 7 week course at **Weston Favell Church Hall and Booth Primary School, Booth Lane**



Improve your fitness by using dance based exercise. No experience needed. You'll have so much fun you won't realise you are exercising!

Dates: **May 30th and June 6th, 13th, 20th, 27th**
Cost **£35.00**

Telephone Chris Nightingale on **07843 787250** or email chris.nightingale@talktalk.net for times and further details.

What's on in Northampton

LIFETIME PROJECT NORTHAMPTON

The Lifetime Project aims to provide opportunities for the over 55's, enabling them to look after themselves participating fully as active members of their local community, remaining safe and secure in their own homes and enjoying a good quality of life. We currently provide educational courses on many topics and offer volunteering opportunities across the range of services we provide. Currently the project covers Northampton and adjacent villages, with plans to run across Daventry and the South of the County shortly.

We will be running the following courses on a weekly basis throughout the Spring/Summer. Charges will vary between **£4/£5** depending on the course.

- Aquafit
- Art
- Bridge
- Get More from your Computer
- 1-Day Taster Sessions on using SKYPE; Face Book; Family History
- E-Bay; Shopping on-line; Photograph storage



- Friday Friendship Group
- Keep Fit
- Exercise to Music
- Extend Exercise (for the over 65's)
- Photography
- Tai Chi
- Women's Discussion Group



For full details of all courses contact the Lifetime Office on **01604 629595** or e-mail lifetimeproject@acnorthants.org.uk

What's on in Wellingborough

WHAT'S ON IN WOLLASTON

- **Wollaston Carnival**, Saturday, **June 18**
- **Wollaston Open Gardens Day**, Sunday, **July 10, 11:00am-4:30pm**. Come and enjoy at least 10 lovely gardens which will be open to the public. Cream teas will be served at selected gardens. Entry: **£2.50** - to include entry to all gardens.
- **Wollaston Heritage Society**, **August 18, 7.30pm**, "Talk on Knuston Hall" at the Methodist Hall, College Street, Wollaston.

WHAT'S ON IN EARLS BARTON

Earls Barton Village Festival: Keen amateur artists are invited to exhibit their work as part of the Earls Barton Village Festival, which this year takes place from **4-16 June**. The Festival is a celebration of the life of the community and will include music, drama, poetry and dancing, as well as the exhibition of art works and photography. Exact details are still being finalised, so please contact Bridget Chapman on **01604 810989** or visit the website: www.ebfestival.org for more details.

YOGA

Why not join Louise for Yoga session at "**Bewiched**" the cafe opposite the bus stops in Church Street, Wellingborough. Louise teaches **Hatha Yoga** and incorporates influences from her varied work experience including Fitness, Healthy Lifestyles, and Complementary therapies. Instructing 50+ is not new to Louise as she has taught many adults with physical difficulties. Classes are held on **Monday** and **Wednesday** evenings from **6:00pm—7:00pm** and is varied by including other gentle practises.

To provide variety Louise says she will be happy to just accept a donation toward the cost but I would suggest around **£3** per session. This would be a good way for members to meet.

For further information contact Muriel Ames on **01933 279751**, email murielames@btinternet.com

What's on in Wellingborough

THE FINEDON SESSIONS Friday 3rd June 7:30pm

Finedon Community Centre, Wellingborough Road, Finedon NN9 5LG. Featuring **THE PRETTY THINGS**, the original 60s R & B Legends doing an acoustic set supported by young Daniel Champagne, the Australian Folk Blues Sensation on his 1st UK Tour.



With real ale bar and tickets at **£12** each from Phil on: **07779 490173**

HEARTY WALKERS



Hearty Walkers offer a walk, led by a qualified walk leader, every day of the week (except Tuesdays during the winter). They are all based in Wellingborough, except for the Saturday walk, when each week the group walks in a different country park. For further information, please contact Alex Benoy or Stephanie Canning on **01933 231736**

WALK & PUB LUNCH

Join us for a stroll around Harrold & Odell Country Park, which should be particularly lovely in July. We shall meet at the Bell in Odell and walk round the lake (and possibly also the Nature Reserve) before returning to The Bell at Odell for lunch. The walk will take place on **Wednesday, 27 July 2011 at 11:00**, followed by lunch at approximately **12 noon**. Please contact us (details below) by **Friday, 15 July 2011** if you are interested in this event.

Christine Buchta on **01933 225912**, email c.buchta@btinternet.com or Muriel Ames on **01933 279751**, email murielames@btinternet.com

What's on in Wellingborough

COFFEE MORNINGS/LUNCH

Coffee mornings will be held at the **Bewiched Coffee Shop**, Church Street, Wellingborough (opposite bus stops) on **Wednesday 8 June and 12 July**. They will run from 11:00am-12:00noon, with the option of staying on for lunch between 12:00-1:00pm. There will be NO coffee morning in August.

FRIENDS OF SWANSPOOL GARDENS COFFEE MORNINGS



Come and enjoy these lovely gardens (and especially the rose garden at this time of the year) and meet members of Friends of Swanspool Gardens over a cup of coffee or tea and piece of cake or biscuits.

- Thursday, **9 June 2011, 10:30am-12:00**
- Thursday, **21 July 2011, 10:30am-12:00**

LUNCHTIME CONCERTS AT THE CASTLE

These concerts last approximately **45 minutes** and are given by talented students from the Royal Academy of Music. They are followed by a light buffet lunch.

- **Friday, 27 May, 12:30pm**
- **Friday, 17 June, 12:30pm**
- **Friday, 15 July, 12:30pm**
- **COST: £10.00** (to include buffet lunch)



Please contact Christine Buchta on **01933 225912** or e-mail c.buchta@btinternet.com or Muriel Ames on **01933 279751** or e-mail murielames@btinternet.com for further details on any of the above or to book a place.

What's on at your local library

IMPROVEMENTS TO THE CENTRAL LIBRARY NOW OPEN TO THE PUBLIC

The **Central Library** on **Abington Street** has now re-opened both the basement level and top floor with two newly refurbished and exciting areas for the public. Level 1 (formerly the reference library) has been designed with learners in mind and offers a relaxing, comfortable and tranquil atmosphere for reading and personal study. There is now a coffee area, more individual study areas with comfortable furniture, 10 public computers, a hireable meetings pod and it is also from this floor (accessible by lift) that bus pass applications are completed.



The Northamptonshire Studies room, formerly housed in the Carnegie room has been re-named “Discover...” and has taken up its new home in the basement. This area combines traditional resources for local history and genealogy with a fresh, vibrant look and comfortable seating. Staff in Discover are happy to help you find local history information for anywhere in the county as well as offering support to those tracing their family trees.



Central Library is currently open from **8:00am–6:00pm Monday to Friday** and from **9:00am–5:00pm on Saturdays**. If you haven't visited us for a while, why not come and take a look. You'll be surprised!



For more information contact Carl Dorney on **01604 462040** or e-mail cdorney@northamptonshire.gov.uk

What's on at your local library

AUDIO BOOK DAY AT WESTON FAVELL LIBRARY

On **Monday 13th June**, during the **RNIB's Make a Noise in Libraries Fortnight**, everybody who loves audio books is invited to **Weston Favell Library**.

Audio book narrator **Gordon Griffin** will be speaking on the art of reading the audio book. Gordon has narrated 500 audio books for a range of audio book publishers and RNIB's Talking Book Service. He has been described as a 'true artist of the spoken word'. His talk promises to be both informative and highly amusing.

After Gordon's talk, the Friends of Weston Favell Library group will be introducing a pioneering new service for visually impaired library customers. This service will allow library customers who are blind or partially sighted the use of a Penfriend device, that can 'read' the blurb and author title details on an audio book case. Borrowing the Penfriend from the library counter will make selection of appropriate books far easier for visually impaired library customers.

The event kicks off at **10:30am** and will finish at **12:30pm**. Refreshments will be provided, and everybody is welcome.

For more information contact **Weston Favell Library** on **01604 403100** or email: westlib@northamptonshire.gov.uk

WELLBEING EVENTS AT NORTHAMPTONSHIRE CENTRAL LIBRARY IN JUNE

Thursday June 14th, 5pm

Sleep – the seed bed of mental health

Come to a talk given by **Dr Mike Scanlan** - Clinical Lead, Changing Minds Centre. Mike will talk about the connection between sleep and good mental health, offer ideas on improving sleep and answer questions from the audience.

Continued on next page...

What's on at your local library

WELLBEING EVENTS AT NORTHAMPTONSHIRE CENTRAL LIBRARY IN JUNE

Falls Awareness Week brings two opportunities to meet staff from SERT - the Sensory, Equipment and Rehabilitation Team. There will be equipment on show to help keep people safe and independent for longer.

- **Monday June 20th 10:00am-12:00noon and**
- **Thursday June 23rd 2:00pm-4:00pm**

For further information contact Julie McNeill on 01604 462040 or email jmceill@northamptonshire.gov.uk

WELLINGBOROUGH LIBRARY

BROMFORD SUPPORT

This is a drop-in on Thursdays, from 10:00am-12:00pm. It includes support for individuals who may be vulnerable, lonely or have budgeting or money management problems, rent arrears, problems with benefits, form filling and other issues. Contact **01933 279649** to find out more.

CRAFT CLUB

An informal group of crafters meet at the Library on Wednesdays and Fridays, from 2:00pm-4:00pm, to knit cross stitch, crochet etc. Refreshments available.

READING GROUP

This group meets on the **4th Tuesday of the month** from **5:30pm-7:00pm** except for **June** when it will be on the **3rd Tuesday** of the month. The group discusses a book chosen by members. As Northamptonshire County Council have put together a long list of books, especially available to all Reading Groups in the County, there is a charge of **£1.00** each month for borrowing a book. (Please note: The group does not meet in **August** or **December**).

Contact Wellingborough Library **01933 225365** for more information.

What's on at your local library

WELLINGBOROUGH LIBRARY

FREE FRIDAYS

Free internet access at all Northamptonshire libraries on Fridays. Wellingborough Library has help available for jobseekers from **10:00am-1:00pm** every **Friday**. A member of staff is on hand to assist with setting up an email account, advice on writing CVs and cover letters. Staff availability subject to annual leave and sickness.

FAMILY HISTORY & ANCESTRY WEBSITES

These are available at Wellingborough Library during regular opening hours on the **Free** Internet.

BUS PASSES

These are now issued at **all** Northamptonshire libraries during their regular opening times. Please contact your local library to find out more.

Royal British Legion

EYES FRONT!

FRIDAY, 17TH JUNE 7:00PM

Kettering Parish Church St Peter and St Paul, Market Sq, **Kettering**. An exciting combination of live performance and film about the effect of music in wartime and to help celebrate and fundraise for The **Royal British Legions 90th Anniversary** are special quest stars **Isla St Clair (singer and broadcaster)**, **Faryl Smith (X Factor Finalist)** and **Patrick King (film maker)**.

Tickets are **£7** in advance and **£7.50** on the door available from Giles Coleman on: **0203 2072445** or **07825 450213** or email: gcoleman@britishlegion.org.uk

All proceeds go towards the Royal British Legions new Army recovery centres.

Across the County

GET SET GO — FREE 12 WEEK COUNTYWIDE PROGRAMME FOR THE OVER 55's

It is designed to include talks, demonstrations and activities which may include Chair Aerobics, Tai Chi, Yoga, Extend, Head and Hand Massage, Benefits Advice, Nutritional Advice, Alternative Therapies, Dental Advice, Home Safety, Diabetes Awareness, Line Dancing and a lot more

New Courses due to start are at:

Warwick Court
Warwick St
Daventry
NN11 4XB



Tuesday 10:00 – 12:00noon Starting 24th May for 12 weeks (started but please come along)

Guilborough Surgery
West Haddon Road
Guilborough
NN6 8QE



Thursday 10:00am – 12:00noon Starting 23rd June for 12 weeks

St Marys Church Hall
Allens Hill
Bozeat
NN29 7LL



Tuesday 10:30am – 12:30pm Starting 2nd August for 12 weeks

Due to start but no dates for **Finedon** and **Stanwick**

Please ring Yvonne on **01536 513100** or e-mail yvonne.starkey@acnorthants.org.uk to book your place or for more information

Across the County

WELLBEING FESTIVAL JUNE 2011

Sunday 5th June 10:00am-4:00pm at Saints Rugby Ground, Northampton.

Come and join us for the Wellbeing Festival launch day. A **free event** with lots of fun activities for family and friends – opportunity to have a go, pick up information and find out about local wellbeing activities in Northamptonshire.



opportunity to have a go, pick up information and find out about local wellbeing activities in Northamptonshire.



Month of activities throughout June – Wellbeing Festival Diary available from May 2011.

Wednesday 29th June 7:00pm to late at Masque Theatre, Barton Seagrave.
Free evening of fantastic entertainment

(300 seats available).

For information about this years Wellbeing Festival contact Kerry:

07779 030102 or e-mail info@balancekmc.co.uk



BBC NORTHAMPTON

104.2 FM | 103.6 FM | bbc.co.uk/northampton



Festival of
Wellbeing
in Northamptonshire
2011

Across the County

GOOD COMPANIONS GAMES AFTERNOON

We could do with a little help from yourselves! Do you have any spare Board Games, scrabble, dominoes, card games etc., in good condition that you could donate to our groups in order that we have sufficient to play at the regular venues we are now holding the Good Companions afternoons?



We are looking for some musical afternoons and need a volunteer to play a keyboard on the odd occasion at the events held in the Sheltered and Assisted Living accommodations we use.

Please contact Pam on pwilton@northamptonshire.gov.uk or call on: **01604 236805** to tell her what you can arrange to donate!

ARE YOU AN UNPAID CARER?

Northamptonshire County Council in partnership with Nene Valley Community Action are offering a wide range of training and leisure opportunities for unpaid carers in the county through the "Needs and Aspirations Project".

WOULD YOU LIKE A SHORT BREAK FROM YOUR CARING ROLE TO LEARN NEW SKILLS OR GIVE YOURSELF SOME "ME" TIME?

The new brochure will be available at the end of June and runs from **July 2011** to **December 2011** and will offer a wide range of choices.

Options are available throughout Northamptonshire and are normally half day sessions.

The next directory will be available at the end of June!!

For more information or to obtain a brochure to see the full range of options please ring Nene Valley Community Action on **01933 396382** or email info@nvca.org.uk

Across the County

OLDER PEOPLE FORUMS

The Forums are a great place to air your views and have your opinions heard. The forums are held quarterly and are a good opportunity to talk about locality, health and adult social services issues. Please see below list for dates, venues and examples of just some of the speakers:

Full Gospel Church, Rushden 6th July

- Northamptonshire LINK, Centre for Independent Living

All Saints Church, Wellingborough 19th July

- Computers & mobiles, Northamptonshire LINK, Voice Coach

West Glebe Pavilion, Corby 20th July

- Northamptonshire LINK, Centre for Independent Living

Corn Market Hall, Kettering 28th July

- Computers & mobiles, Northamptonshire LINK, Centre for Independent Living

Saxon Suite, Daventry Leisure Centre, Daventry

- Date and speakers to be confirmed

Guildhall, Northampton

- Date and speakers to be confirmed

All forums run from **2:00pm-4:00pm**

Contact Richard Longrigg, NHS Northamptonshire on **01604 651190** or email richard.longrigg@northants.nhs.uk for further information.

COUNTRY PARKS

For information on activities taking place in our nearest country parks, contact:

- | | |
|-----------------------------|--------------------------|
| • Barnwell Country Park | Tel: 01832 273435 |
| • Brixworth Country Park | Tel: 01604 883920 |
| • Fermyn Woods Country Park | Tel: 01536 373625 |
| • Irchester Country Park | Tel: 01933 276866 |
| • Sywell Country Park | Tel: 01604 810970 |
| • Brampton Valley Way | Tel: 01604 883920 |

Or visit www.northamptonshire.gov.uk

Across the County

ADULT LEARNING COURSES, SUMMER TERM 2011: A NEW SEASON A NEW YOU!

Portrait 2 - Drawing & Painting (U1KOB107A0): Starts 21/06/11 - 23/06/11, 9.30am-4.00pm Tues/Wed/Thurs at Kings Cliffe Old Brewery Studios.

Wildflowers In June – Drawing & Painting (U1KOB108A0): Starts 28/06/11 - 30/06/11, 9.30am-4.00pm Tues/Wed/Thurs at Kings Cliffe Old Brewery Studios.

Life 2 – Drawing & Painting (U1KOB109A0): Starts 05/07/11 - 14/07/11, 9.30am-4.00pm Tues/Wed/Thurs at Kings Cliffe Old Brewery Studios.

Animals – Drawing & Painting (U1KOB110A0): Starts 12/07/11 - 14/07/11, 9.30am-4.00pm Tues/Wed/Thurs at Kings Cliffe Old Brewery Studios.

Yoga (U3IRH110D0): Starts 3/05/11 - 12/07/11, 6.00pm-7.30pm Tuesdays at Huxlow Science College, Irthlingborough.

Supple Strength (U3KYV210D0): Starts 04/05/11 - 13/07/11, 9.30am-10.30am Wednesdays at Kislingbury Village Hall.

Tai Chi (U3WMC410D0): Starts 06/05/11 - 15/07/11, 9.00am-10.30am Fridays at Wollaston Methodist Church.

Knuston Hall Open Day: Northamptonshire Adult Learning will be holding free taster sessions and an exhibition of learners' work on the 29th August 2011. Knuston Hall, Irchester, Wellingborough, Northamptonshire NN29 7EU

Please contact Sara Petty on **01604 236348** or e-mail spetty@northamptonshire.gov.uk for further information.

Out of the County

RUTLAND WATER AND BARNSDALE GARDENS FRIDAY 9TH SEPTEMBER 2011

Come and join us for a memorable autumn two-centre trip. First of all a morning cruise on **Rutland Lake**, including a visit to the **Church museum**. Followed by a drive to **Barnsdale**. At Barnsdale you will find **38 inspiring gardens** to stroll around, or even a few purchases from the nursery, and perhaps finish with afternoon tea back at the **cafe** before heading home. Don't forget your cameras! Cost **£28.00**.

Coach 1 will pick up: Towcester Cemetery (Brackley Rd) @ 07:45 Daventry (Bus Stn) @ 08:10, N'pton (Victoria St bus stop) @ 08:45

Coach 2 will pick up: Wellingborough (Castle Way) @ 08:25, Rushden (Pemberton Centre) @ 08:45, Thrapston (Ben's Chippy, Oundle Rd) @ 09:10

Return to pick up points from Barnsdale @ 5pm.

Approximate drop off times:

Coach 1: Northampton – 18:20, Daventry – 18:55, Towcester 19:20

Coach 2: Thrapston– 17:55, Rushden – 18:20, Well'borough – 18:40



FIREWORKS AND PICNIC STANFORD HALL, LUTTERWORTH, LEICS, LE17 6DH SATURDAY 6TH AUGUST 2011

This is an annual event guaranteed to thrill, with lantern launch and firework demonstrations, followed by the competition around 9.30pm.

Come along and join our group around **5pm** (easy to find - we have a large gazebo with our sign on it). Bring your food & drink and something to sit on (or there are stalls selling food and drink on the night). Lots of entertainment provided while waiting for the fireworks.

Pre booking cost £15.00 (£17 on the night)

For both of the above events please contact Pam Tomalin on T: **01327 703626** or M: **07976 430959** for further information or to book a place.

Information Sharing

NORTHAMPTON CITIZENS ADVICE BUREAU UK ONLINE CENTRE

Across the country, there are more than 10 million adults who don't use computers and the internet, and who are missing out on all the opportunities and benefits they can provide. UK Online Centres, including Northampton CAB, provide an opportunity for people to access computers and the Internet, together with advice and help on how to use them. The overall aim of the scheme is to provide easy access to government and council information, jobs, savings, and each other. You can also access Northampton CAB's website "Advice Guide", which gives information about rights and responsibilities and information.

Northampton CAB has been selected as one of 51 **Community Capacity Builders (CCBs)** in the U.K. CCB's task is to act as a community hub, working with local partners from all sectors and organisations to build a network of volunteers to help pass on IT skills. Their aim is to get entire communities using computers and the internet to improve local lives, areas, and services. If you are interested in becoming involved in the project or would like more detail about what they are trying to achieve, then please contact Richard Wall on T: **01604 235088 x309** or M: **07984 484359** or e-mail rchrwall@gmail.com

There are a number of short courses available which are **FREE**. Learners can work at their own pace with help and support available from staff whenever they need it. The range of courses available includes:

1. Starting with computers and e mails
2. Using the computer
3. Understanding on line shopping, banking and other services (including searching for Jobs on Line), plus social networking



Please call on **01604 235080** for details or to book a place.

Information Sharing

AGE SPAN

- Do you find it difficult to manage your garden?
- Are you elderly or disabled?
- Then age span may be able to help you

Age Span is a project run by Northampton Volunteering Centre. Its aim is to **help people who cannot manage their gardens anymore due to age or disability.**



The project is a one-off service and aims to make gardens more manageable and low maintenance in the long term. They do not provide ongoing gardening

help.

The volunteers who complete the work are supported by staff from the Northampton Volunteering Centre and there is no charge for the labour itself.



To receive help from this project you must: Live in the Borough of Northampton; Have no other help with your gardening; Be living on benefits or a State pension.

Please contact Liz Panton on **01604 637522** or **07901918168** or e-mail liz.panton@nvconline.org.uk



Information Sharing

SMALL PENSION POTS – JAM TODAY?

Did you know that you could convert a small pension into a lump sum?

From April, something called Auto-Enrolment for pensions comes into law. This requires anyone who employs someone – even a home help or nanny – to be given access to pensions savings, increasing the number of small pensions pots in the future.

Subject to some conditions, the tax rules let you convert the whole of a small pension into a lump sum.

You must be over 60, and the cash value of all of the pensions that you have – excluding your state retirement pension – must be less than £18,000.

An additional provision came in a little over a year ago that also allows you to cash in a pension from a former employer with a value of less than £2,000 in addition to the £18,000.

This is how it works:

1. Add up the cash values of all of the pensions you haven't yet drawn
2. If you already draw a pension, value this at 20 times the annual income – so a pension of £300 a year will be valued at £6,000

If the total comes to less than £18,000, then you might be able to ask for some or all of the small pots to be paid in cash. Any pots that are individually less than £2,000 from a past employment can be added.

This is only an outline of a very complicated area and you'll have to pay some tax, of course. Seek advice if you are unsure.

This article is by TaxHelp for Older People (TOP) registered charity no 1102276, offering free tax advice to older people on incomes below £17,000 a year. The Helpline number is **0845 601 3321** or geographical **01308 488066**.

Information Sharing

NEW SUPPORT4 U WEBSITE

It has come to the Editors attention that the incorrect website address was published in the last newsletter for the Support 4 U website. Apologises to anyone who was inconvenienced.

Support4U is a new information website which is a free directory of information, services, organisations and activities to support adults in Northamptonshire to live independently.

We would like your help to improve the site so that it has the information on what would be useful to you. If you'd like to help us to develop this – then come along to one of our workshops. These will be informal, just getting your ideas about what is of interest to you. You don't need any special experience or knowledge as this site is for anyone living in Northamptonshire, however if you, or a member of your family or a friend use social services, this additional knowledge and experience would be welcomed.



To reserve your place or give feedback on the site, ring Ken Ridley on **01604 237977** or email kridley@northamptonshire.gov.uk. Please look at the site <http://support4u.northamptonshire.gov.uk/kb5/northamptonshire/asch/home.page> and consider how it could be better and what you would like to see.

A message from your Board

Well here we are at the end of another quarter and our second year end, where did the time go? The board have been very busy ensuring your voice is heard at local and national level with the massive number of proposed changes to the way our services are provided and financed.

As we come to our year end virtually the whole board is up for election as we are at the end of our two years of tenure. Please have a think if you could spare a little time to join the board and help make real differences to our members lives. We particularly need someone to take over the role of Treasurer, for this role you will need computer access as we are going to be accepting payment for events "On-Line" (This is at the request of our members). We have managed without a Secretary but this adds to the load on the Chairman so if you have those skills please come forward. The Chairmans position will also be vacant as I am standing down, so why not apply?

Roger Rumsey - Chairman

YOUR ACTIVITY COORDINATORS

Our Activity Coordinators would still like to hear from members in areas other than busy Northampton, what events could be put on that would appeal to you! If you could offer suggestions or help to arrange alternatives please contact your Activity Coordinators who are at the end of the telephone – Wellingborough = Christine on: **01933 225912** or Muriel on: **01933 279651**. Corby = Carmen on: **01536 461156**, Daventry = Pam on: **01327 703626** and East Northants = Margaret (in Rushden) on: **01933 314506** and Janice (in Thrapston) on: **01832 733848**. It really is good to talk!



SHOULD YOU REQUIRE A COPY OF THIS NEWS LETTER IN A LARGER FORMAT CALL: **01604 237977**