

# Northants 50+ Network Newsletter

Northants 50+ Network, c/o NCC, P.O. Box 177, County Hall, Northampton NN1 1AY

Volume 3 Issue 11 Spring 2010

Edited by Pam Wilton

Welcome to the 11th Network newsletter. Should you want to contact me, especially with an invitation to come and talk to any groups about joining our growing Network of over 1800 members, please email: [pwilton@northamptonshire.gov.uk](mailto:pwilton@northamptonshire.gov.uk) or call: 01604 236805.

From the Summer Newsletter onwards we will be emailing our quarterly newsletter to everyone with an email address to help save on printing and postage and ensure we are more sustainable. If you have a friend or family member that would be willing to receive the newsletter on your behalf, then please ask them to email us about our newsletter on: [northants\\_fifty\\_plus@hotmail.co.uk](mailto:northants_fifty_plus@hotmail.co.uk)

We will send this in 'pdf' format in black and white and you can either read it from the computer screen and just print the pages you need to keep and read again later. Of course, if you would like to receive it in colour just email and ask, we will be pleased to oblige.

## Northants 50+ Network Roadshow coming to Northampton!

**1pm- 4.30pm on Wednesday 23<sup>rd</sup> June 2010  
at Lings Forum Leisure Centre, Weston Favell NN3 8JR**

Over the past year many of you have asked 'when is Northampton having a Roadshow?' Ask no more, just put the date in your diary and join us for a super afternoon of taster sessions and very many information, advice and help stalls!

Last year our Roadshows in Thrapston and Towcester saw a total of 700 people attend with 99% having an enjoyable time. This year it could be you!

You will be able to sample activities you had never got around to trying, hear about local groups in your vicinity, find out how to stay healthy, gain free samples, find out how to work your mobile phone and meet new people over a cup of tea!

We plan to have free taster sessions of: Tai Chi, Dancing, Gentle Exercises, Indoor Kurling, Indoor Bowls and a Gardening demonstration! As well as these we intend to invite over 40 stalls for you to visit and get help and information from, plus free samples to take home with you.

Our programme opens with our guest speaker at 1pm and is jam packed with great things to try right through to 4.30pm. This will also be the date for our Annual General Meeting to be held in the Dance Studio at 3.10pm when our Board of volunteers will be reporting back to you on everything they have done on your behalf over the past year, come and listen whilst you are there!

Regular bus services nos. 1, 16 & X46 arrive at Weston Favell Centre regularly and parking is free at the Lings Forum Car Park (beside The Emmanuel Church), as well as under the Weston Favell Centre/Tesco for up to 4 hours. Looking forward to seeing you on **23<sup>rd</sup> June**. Please make a note of our date!

# Countywide Events!

## Summer Mystery Tour

Wednesday July 7<sup>th</sup>

Would you like to have an extra special day out with Northants 50+ Network?

Where are we going? Why don't you come along and find out? We can recommend this trip with: **two mystery locations**, with plenty of time to enjoy at each. We can tell you that the furthest distance from Towcester pickup to the first stop, is approximately 1hr 15mins (plus pickups) and it's in a northerly direction! (If time permits, possibly a third destination)

We have left meal choices to you (as everyone's tastes are different) but inexpensive food will be available at both venues, or if you prefer, bring your own. (arrange at time of booking)

Our 53 seater coach will pick up from: Towcester, Daventry, Northampton and Wellingborough (Corby t.b.a.) and return trip at 5pm Cost: (Including entry charges/ excursions & coach travel) £23 each

**(This event is open to friends and relatives of members in order that we can keep to the above prices and fill the coach)**

Organiser – Pam Tomalin on: **01327 703626**  
(for booking form Tel or email:  
[northants\\_fifty\\_plus@hotmail.co.uk](mailto:northants_fifty_plus@hotmail.co.uk))

## National Men's Health Week 14th-20th June

Running since 2002, each year the NMHW focuses on a different area of policy relevant to men's health. This year it will focus on the issue of physical activity and sport. The aim is to get men and boys more active and also to make greater use of sports venues for the delivery of health services and campaigns.

If you would like to do something with your groups please contact [ian.banks@emhf.org](mailto:ian.banks@emhf.org) on 07771 557509 for more information., or look at these websites: [ccc.malehealth.co.uk](http://ccc.malehealth.co.uk)  
[www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

## Spalding Flower Festival and Parade

Saturday May 1<sup>st</sup>

Come and join the Northants 50+ Network for a memorable spring day at the annual Spalding Flower Parade and Festival. This is a stunning event, not to be missed, with carnival floats decorated with thousands of tulip heads and spring flowers, marching bands, street markets, a huge country fair, music, arts and entertainment. The floral floats are also on static display at the festival site, Springfield Gardens from the morning of the parade, before leaving for their colourful journey around the town in the afternoon. This really has the 'Wow' effect so don't forget your cameras.

Our 53 seater coach will pick up from: Towcester, Daventry, Northampton and Wellingborough (Corby t.b.a.) with drop off at the site, around 11am and return on Saturday evening at 5pm to your pick up points.

Cost (including entry to the festival and return coach travel): £14 each (seniors) and £15 each (Adults).

**(This event is open to friends and relatives of members in order that we can keep to the above prices and fill the coach)**

Organiser – Pam Tomalin on: **01327 703626**  
(for booking form Tel or email:  
[northants\\_fifty\\_plus@hotmail.co.uk](mailto:northants_fifty_plus@hotmail.co.uk))

## We need your help with emails!

We need to update your email address on our records as so many of you appear to have changed it since joining the Network and we keep sending out emails that bounce back! We will not pass your data including email address, to any other organisation.



When we hear important information that we feel many of our members would, or should know about, we send you an email straight away – so you could be missing out without ever knowing about it!

## Whats on in Corby

### Corby Social Friday 2nd July 4pm– 7.30pm

Join our Corby Activity Coordinators on an early evening walk, followed by indoor kurling and short mat bowls with afternoon tea and entertainment. Tickets from Pam on: 01604 236805, Doreen on: 01536 741339 or Jacqui on 01536 269248 at £5 each .

#### **Other dates to put in your diary from your Corby Coordinators are:-**

Friday 10th September - An interesting Talk  
Friday 19th November-Christmas Buffet Dance

### Older Peoples Forum

West Glebe Pavilion - 2– 4pm on 28th April  
everyone welcome just turn up on the day!

#### **Help with Green Goddess information!**

Do you remember the 1950s when the Home Office was at the TA hall at 52 Elizabeth Street and the Green Goddess Fire Engines were kept there?



Ernest Hayes from Dunoon owns one of the Green Goddess vehicles that was stationed there till at least 1976 and he is trying to gain the history of the vehicle throughout its service in the Corby Northants Area. Maybe someone there was with the Auxiliary Fire Service/ National Fire Service, or worked on the Goddesses and have some stories or photos of them. If anyone can help with this matter could they email Ernest on: [Scotamb69@aol.com](mailto:Scotamb69@aol.com). tel: 01369 707919. Any assistance will be greatly appreciated.

## Whats on in Kettering

### Older Peoples Forum

20th April 2-4pm at the Corn Market Hall,  
just turn up on the day please.

### **No Batteries Allowed Kettering Library**

**Saturday 24 April 10.30 - 12.30**

The Friends of Kettering Library will be hosting an event where they will resurrect all those games we used to play before we had the luxury of batteries. Come and show the youngsters how to have fun with cat's cradles, french knitting, making hand puppets, clapping games, pom pom making and lots more - bring your own to share!

### **Keephealthy@Kettering Healthy Lifestyles and One Stop Guide**

In partnership with Kettering Borough Council, Keephealthy@Kettering offers several activity and social sessions that are gentle and affordable throughout the Borough, ranging from Tai Chi and Old Tyme Dance to New Age Kurling. All sessions are advertised in the One Stop Guide available at [www.kettering.gov.uk/health](http://www.kettering.gov.uk/health) or Kettering Tourist Information Centre on 01536 410266 or [tic@kettering.gov.uk](mailto:tic@kettering.gov.uk).

### **Kettering Swimming Baths**

Kettering are offering free swimming lessons to the over 60's. Anyone interested should contact Kettering Swimming Pool (Pauline Edwards) on 01536 410253 for details of the dates and times.

### **Men's Health Groups**

**KFG-Kettering Fit Group** at Montagu School, Glebe Rd Mondays 6.30pm-7.45pm

**Rothwell Men's Group** at Montsaye Community College, Greening Rd. Tuesdays 6.30pm-7.45pm

**Fitness and Health** at The Community Centre, Pioneer Avenue, Burton Latimer NN15 5LJ Thursdays 7.30pm-8.30pm.

They all cost £2 per session - more details: Yvonne Starkey on 01536 513100

# Whats on in Daventry

## Bridging the Generation Gap in Daventry A unique orchestral experience

A musical project 'Identity' which brought old and young people together, and led to a truly amazing free concert in Daventry on the evening of 18<sup>th</sup> February, with over 120 people from Daventry District, braving the heavy snow to come and be entertained.

The Scheme, which was organised by Daventry District Council in partnership with Daventry Youth Forum (DYF) and Daventry District Over Fifties Forum (DOF) was the culmination of four days of creative music workshops with the two groups, (some of whom had no previous musical experience), and under the guidance of Workshop Leader, Lucy Forde, composer, flautist and music educator.

The groups worked separately for the first workshop, coming together to form a combined group for the final three full days of music sessions including both choral and instrumental activities. The final day of the project saw the participants meeting the 15 –piece Orchestra, and professional musicians from the East Midlands based Sinfonia ViVa Orchestra, to be able to rehearse together prior to the performance.

The programme included music from Benjamin Britten and Igor Stravinsky, played by Sinfonia ViVa, with interludes of the new composition composed and played by DOF and DYF.



As a participant in the project, I can truly say it was utterly inspirational, not to mention an honour to work with a professional Symphony Orchestra, and my fellow 'musicians' young and old, and an experience which will remain with me for many years. Role on the next one... Pam Tomalin (DOF member & Vice Chair of Northants 50+ Network)

## Daventry Library

- \* **StressBusters:** Read Poetry on the second Monday of the month: 2pm. No charge.
- \* **Hear and Now:** The Audio Reading Group for the Visually Impaired on the first Tuesday of the month: 2pm. No charge.
- \* **Mind and Spirit:** The Read Yourself Well Reading Group on the first Wednesday of the month: 10.30am. No charge.

Try something completely different...

## 'Indoor Wall Climbing'

Daventry Leisure Centre  
Saturday, April 10th  
from 12 noon - 1pm

Exclusively for Daventry Over Fifties Forum (D.O.F) members, Daventry District Council working in partnership with The Empowered Project invite D.O.F. members to get out and take part in these two fun packed lively and challenging activities.



and  
"Kayaking"

Daventry Leisure Centre  
Sunday 11<sup>th</sup> April  
1pm-1.40pm



To reserve your free place DOF members need to contact Della Butcher on: 01327 302418.

## Whats on in East Northants

### Stanwick Lakes—Pond Dipping Wednesday 30th June 2pm-5pm

By popular demand Northants 50+ Network are going Pond Dipping at Stanwick Lakes again this summer. It brought back so many happy memories that we have been asked to organise another trip, but this time as well as pond dipping, we will follow a trail around the lake by the visitors centre and complete a quiz with Ranger Geoff as well as enjoy tea and cakes in the private room at the centre.

So if you missed it last year or just want to try again, contact Pam on: 01604 236805. The cost is £5 with afternoon tea and cake. Parking is charged at £2 a car so bring a car full and share the cost.

### OLDER PEOPLES FORUM 2pm—4pm

**Rushden** - Wednesday 21st April at the Full Gospel Church—everyone welcome!

**Oundle** - Tuesday 27th April, Queen Victoria Hall—everyone welcome!

### Inclusive Taster Day

This annual event which provides Taster sports and activities for people with disability takes place on Saturday 24<sup>th</sup> April 10.00am – 3.00pm at the Pemberton Centre, Rushden. Last year over 100 disabled people, carers and parents took part in the 20 activities that were available ranging from Climbing, Archery, Trampoline, Kurling and Boccia. For further information kindly contact: 01933 352990 or email: [roger.lovesay@culturalcommunitypartnerships.org.uk](mailto:roger.lovesay@culturalcommunitypartnerships.org.uk)

### Maid Marion's Archery Club

This Archery Club which is for Women of all ages particularly 50+ has been meeting at the Pemberton Centre, Rushden on Wednesday mornings 9.00am – 11.00am for the past two years and numbers have grown continuously such is the popularity of the sport and the sociable environment within.

No matter what standard, even beginners are welcome by Mrs Hood and qualified tuition is provided as is all equipment. Contact the Pemberton Centre Tel: 01933 350324

### Learn more about the Technology you own...

Free 'Drop In' Sessions will be held at  
**Thrapston Library** on:

Thursday 15<sup>th</sup> April— 10.30am – 2.30pm

Saturday 29<sup>th</sup> April— 10.30am – 2.30pm

Thursday 13<sup>th</sup> May— 10.30am – 2.30pm

One-to-one advice sessions are available with young volunteers. Why not bring along your mobile phone or any other piece of technology you would like some help with. You never know what you may learn.

### NVCA Update on School of Life

#### Facebook Group Launch

NVCA are looking for people to sign up to their newly formed Facebook account. Simply go to Facebook and search Nene Valley Community Action – "School of Life" and feel free to sign up!

#### Promotional

Lots of promotional work is taking place this month, starting with an assembly at Oakway, where the launch of the Children's University will take place with a short talk on "School of Life" to all the children and staff. Staff will be attending the Careers Fair at Sir Christopher Hatton School and contact has been made with Tresham College in Wellingborough who have also expressed an interest in the project.

### Rushden Historical Society

Rushden Station, Station Approach NN10 0AW

The Society's Transport Museum is open every Sunday from Easter to October 10am-3pm with free admission and starting at Easter 3<sup>rd</sup> & 4<sup>th</sup> April their steam hauled train service has its **Easter Bunny Specials**; followed by a **Mixed Traction Weekend** Diesel and Steam train service 29<sup>th</sup> & 30<sup>th</sup> May; **Station Anniversary Weekend** 12<sup>th</sup> & 13<sup>th</sup> June and **Father's Day Specials** 19<sup>th</sup> & 20<sup>th</sup> June both are Steam hauled train services.

More details from: 01933 318988 or email: [davec@rhts.co.uk](mailto:davec@rhts.co.uk)

## Whats on in Wellingborough

### OLDER PEOPLES FORUM

Wednesday 14 April, 2-4pm at the Tithe Barn, please come along to hear the speakers and have an enjoyable afternoon. If you are interested in helping to plan what happens at the future Forum meetings please let us know when you arrive. We would love to hear from you then or by calling Rob on: 01604 651745

### Tea in the Park Saturday 10<sup>th</sup> July 2pm-4.30pm

Friends of Swanspool Gardens are once again holding their Tea in the Park at Swanspool Pavilion and welcome everyone.

For more details contact: Alex Benoy on: 01922 231736

### Lunchtime Music The Castle Theatre

Pupils from the Royal Academy of Music in London are performing for 40 minutes on Fridays 28<sup>th</sup> May, 2<sup>nd</sup> July and 23<sup>rd</sup> July at 12.30 at The Castle Theatre, Castle Way, Wellingborough

Tickets are £6 including Buffet lunch tel: 01933 270007.

### Back to Whats on in Northampton:

**Museum Mornings for the Over 60s** at Guildhall Road 10.30am – 12.30pm Thursday 25<sup>th</sup> March is the Northamptonshire **Portable Antiquities Scheme** – entry free of charge, but small charge made for refreshments. Tel: 01604 838544 /838111.

*and*

### **“Trickster” the bogus caller musical** Friday 26<sup>th</sup> March 10am – 1pm The Guildhall, St Giles Sq. Northampton

Northamptonshire Police are holding a Free morning of entertainment and information in this musical, followed by lunch and a host of information stands and advice on keeping safe from distraction burglaries and doorstep crime. Places are limited and **must be booked** by calling Enzina Small on: 03000 111 222 Ext 8348. Transport can be provided for parties of 10 or more!

## Whats on in Northampton

### Easy Rider Northamptonshire

Have you got a bike but haven't cycled in years?

Never rode a bike but want to learn?

Want to learn how to fix your bike?

Want to find out about led cycle rides?

Well you can, take part in the next FREE 6 week course, the project increases the uptake in cycling, offering adult training, basic cycle maintenance, cycle maps, bike loans and much more! A six week cycling course gives an introduction to cycling, on road experience and improving confidence. Owning your own bike is not necessary as they have bikes to loan.

There are weekly led rides held every:

\* Tuesday, 10.30am from Victoria Park, St James

\* Friday, 10.30am from Delapre Campus, Alton Street, Far Cotton.

Led Bike Rides around Northamptonshire, all rides start at 10.00am:-

20<sup>th</sup> February Brixworth Country Park at bike shop

17<sup>th</sup> April Brixworth Country Park at bike shop

26<sup>th</sup> June Brampton Holt Car Park, Brampton Valley Way

7<sup>th</sup> August Stanwick Lakes at bike shop

For more information on the Easy Rider project and to register your interest for our training, cycling sessions or volunteering, please contact in Northampton

Jason Williams

([jason.williams@acnorthants.org.uk](mailto:jason.williams@acnorthants.org.uk)) 01604 629595 / 07957 353482 or in Kettering Yvonne [yvonne.starkey@acnorthants.org.uk](mailto:yvonne.starkey@acnorthants.org.uk) 01536 513100



There is also the opportunity to take part in the Age Concern Charity Bike Ride in June this year. All interested participants should contact Susie Davies on: 01604 611200 or email: ([susie.davies@acnorthants.org.uk](mailto:susie.davies@acnorthants.org.uk))

# Whats on in Northampton

## **Abington Park Museum Thursday 3rd June 1pm– 2.30pm**

Come and join our Northampton Activity Coordinators at Abington Park Museum at 1pm for a guided tour and talk by Victoria Davies, the information Resources Officer for the Museum and Art Gallery—then browse at your leisure. Cost £2 each.

Afterwards you are free to go for a cup of tea at the Park Cafe or to go for a stroll around the park. Buses nos. X46 & 4 go to Abington Park.

Contact: Pam Wilton on 01604 236805 to book a place asap.

## **Talking Tea at Far Cotton Library, The Rec Centre, Far Cotton Thursday 25<sup>th</sup> March 10.30am – 12.00pm**

Come along to the library to enjoy a local history quiz provided by Far Cotton History Group. Over a cup of tea and a chat, find out about services for the elderly and housebound as well as library 'friends'. Tell us what you think about library services

## **Active 4 Life Lings Forum Leisure Centre, Weston Favell**

**Forum Cinema** - Every Tuesday morning at 10.30am their **Silver Screen** takes place for the over 50s with screenings of a mixture of popular and independent films. Coming soon:- 30 March Invictus (12A) the latest film by Clint Eastwood on Nelson Mandela & the South African Rugby World Cup), Crazy Heart, Up in the Air, Shutter Island, Alice in Wonderland, Sherlock Holmes, The Ghost & more!

Tickets £3.40 Leisure card holders and £3.95 non-card holders. More information call Rod on: 01604 837300 and mention you read it here!

### **Forum Leisure Centre**

Regular weekly 50+ activities at the Lings Forum Weston Favell each Monday are a Tea Dance, 50+ Bowls, 50+ Aqua Aerobics and 50+ swimming (swimming also on a Friday). With state of the art gym, fitness studio, squash courts and cinema. More details about these and their 50+Day tel: 01604 837300

## **Film Show and Talk Thursday 22nd April 2pm-4.15pm Parklands Community Centre, Spinney Hill**

Join our Northampton Activity Coordinators to see a newly shot film by Emily Keen of KR Collective featuring Northampton people, their memories are sure to rekindle your own memories. We will then have afternoon tea and cake, followed by a short but amusing talk by Reg Spittle on the Boot & Shoe trade.

Tickets are £5 each from Pam on: 01604 236805 and there is ample parking and a regular bus service no.11 goes to Spinney Hill.

## **Northampton Volunteering Centre**

Is one of the partners in the 'School of Life' project which aims to bring older (50+) and younger people (25 and under) together through the sharing of skills. The project is being delivered through a partnership between the County Council and third sector organisations in 3 pilot areas: Northampton, Wellingborough and South Northamptonshire, with the County Council being the lead body.

**NVC** are working with some schools in Northampton and would like additional volunteers (age 50+) to participate in a number of events that we are holding in the Northampton area. Some of the events that are planned are: Gardening Projects; Wii event; learning about IT - such as surfing the web and animation; arts and crafts; talking about old records and many more.... Travel expenses i.e. bus/petrol expenses will be reimbursed.

To get involved contact Priti Chavda on 01604 637522 or email [priti-chavda@northampton-volunteers.org.uk](mailto:priti-chavda@northampton-volunteers.org.uk)

## **Celebrating Communities Saturday 17th April 10am-3pm Fish Market Gallery, Northampton**

Come and join the Northampton Engagement Work forum (NEW) at their **free** event which includes, activities, food tasting, complementary therapies, music, dance, information, displays, workshops plus a free raffle. Everyone is welcome!

# Whats on in South Northants

## South Northants 50+ Forum gains momentum

Brackley welcomed the new South Northants 50+ Forum for its second meeting event on 16 February at Waynflete Baptist Church. They discussed transport issues, heard about the School of Life project and did some gentle exercises

John Watts from the County Council led the afternoon's programme with a discussion on public transport. Amanda Harris from snvb gave an overview of the 'School of Life – Age is just a number' project, which encourages the exchange of skills between under 25 year olds and the over 50s. As it was half term several young people joined with the members to play golf and other games on the electronic Wii equipment.



South Northants 50+ Forum Chair, Linda Bunny-Martin said "The afternoon was a great success starting with a lively discussion about public transport. During refreshments everyone enjoyed the information stands and the icing on the cake was Northamptonshire's own 'Mr Motivator' who encouraged everyone to take part in a fun exercise session."

## Towcester Library

**Poetry for Pleasure** on Wednesday 28<sup>th</sup> April at 7pm 'The animal kingdom' charge £3 each.

## Middleton Cheney Library

**Quarterly Read and Chat Coffee Morning** on Friday 4<sup>th</sup> June at 10.30am. Small charge is made for the refreshments

'Rehab' walk is for the elderly and those recovering from illness. 2pm on Wednesday 12<sup>th</sup> May starting at Middleton Cheney Library. The walk is only 30 minutes finishing with refreshments at £1 each. It is planned for this to be the start of regular short, health walks.

## Roade Library

Afternoon Tea Group meets the first Thursday at 3pm and two special events coming soon – 3<sup>rd</sup> May **The Arthurian tradition** in 19<sup>th</sup> Century art and literature and 3<sup>rd</sup> June '**Meet the author event**' with local crime writer Leo McNeir.

More details from Judith Davies email: [jmdavies@northamptonshire.gov.uk](mailto:jmdavies@northamptonshire.gov.uk) or tel: 01327 703130

## South Northants School of Life 'Age is just a number'

The School of Life project, seeks to promote skills exchanges between under 25s and over 50s. Older people may teach young people to achieve things which they may not be taught in school, such as how to put up a shelf, how to budget, how to grow vegetables and how to tinker with a car. In return, young people can show older people how to use a mobile phone, use eBay, keep fit using a Nintendo Wii and how to use a digital camera. Through the project both age groups can share their hobbies, fishing, sport, music, drama, dancing and crafts for example.

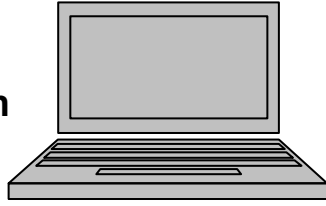
For starters, in late March, the project in South Northamptonshire will be cooking up a storm with a series of recipe exchange sessions taking place at Roade School in Roade and Magadalen College in Brackley. When both generations will prepare and cook their favourite food and then sit down together to eat and chat!

The project coordinator for South Northamptonshire, Amanda Harris, said: "This should be a fun way of passing on a favourite recipe. We want people to come along, cook together and have fun!" If you have treasured recipes to share contact her on 01280 841250 or email her at [theschooloflife@snnvb.org.uk](mailto:theschooloflife@snnvb.org.uk). Amanda would love to hear from you if you have other ideas or skills to share.



# Whats on in South Northants

## Help for some villagers in South Northants!



You are entitled to free One to One training sessions delivered by a trained member of the Library staff if you live in any of the following villages. The topics include Basic Computer Skills for Beginners, Basic Internet and Email Skills, Family History, Assistance with surfing on the internet to save money, find employment, volunteering opportunities and writing a CV.

Weedon Bec and Woodford Ward: If you live in any of these contact Woodford Halse Library: 01327 260101 or email: [woodlib@northamptonshire.gov.uk](mailto:woodlib@northamptonshire.gov.uk)

- |                     |                  |
|---------------------|------------------|
| * Byfield           | * Canons Ashby   |
| * Charwelton        | * Everdon        |
| * Farthingstone     | * Fawsley        |
| * Preston Capes     | * Upper Stowe    |
| * Stowe IX Churches | * Woodford Halse |

Deanshanger Ward: If you live in any of these contact Deanshanger Library on: 01908 562889 or email: [deanlib@northamptonshire.gov.uk](mailto:deanlib@northamptonshire.gov.uk)

- |                 |                  |
|-----------------|------------------|
| * Cosgrove      | * Deanshanger    |
| * Old Stratford | * Passenham      |
| * Puxley        | * Wicken         |
| * Whittlebury   | * Yardley Gobion |

All training sessions include advice on how to make the most of your library membership and can be delivered at your home or at either of the above two Libraries. The Library staff who deliver these training sessions in your home will have current Criminal Record Bureau Checks (CRB) and wear photographic identity badges.

These training sessions are funded by Northamptonshire County Council's Empowering Councillors Communities Fund to the Woodford Halse Photographic Archive at Woodford Halse Library and to the Friends of Deanshanger Library at Deanshanger Library.

## Health Walks in South Northants

There is a comprehensive health walk programme in South Northants including short walks from libraries and longer walks for those who like more of a challenge. A programme can be obtained by contacting Colin Hull, Sports Development Officer, on 01327 322337 or emailing [colin.hull@southnorthants.gov.uk](mailto:colin.hull@southnorthants.gov.uk)



All walks finish with refreshments.  
The photo shows the Wicken group enjoying a cuppa!

## Safe 'n' Sound Project

Snbv's Safe 'n' Sound project, which is part of the countywide Home Safety Referral scheme will be hosting several 'Community Connection' events at the following locations:-

**Brackley WI Hall** on Tuesday 23 March from 2pm to 4pm,

**Culworth Village Hall** on Wednesday 14 April from 9.30am to 11.30am

**Yardley Hastings Memorial Hall** on Tuesday 25 May from 9.30 to 11.30am

Safe 'n' Sound events bring together representatives from the Police, Fire Service, Health, Care and Repair, Age Concern, South Northants Council, South Northants Homes and local village groups.

Barron Walton the project co-ordinator from snbv said "Together we hope to encourage householders in South Northamptonshire to take measures, which will help them feel safer in their own homes and get more involved in their communities". The events are free and people are welcome to drop in and find out more about the services and activities that are available locally over a cup of tea and a biscuit.

## Across the County

### **The Get Set Go and Goodlife programmes**

Aimed at the over 55's these are 12 week, 2 hour programmes including an hour talk, and an hour light exercise with a tea or coffee break in the middle. Talks may include complementary therapies, Health issues (such as diabetes or heart disease), Falls prevention or community safety (Police or fire safety), amongst many other options.

Currently running they have:

- Manoranjan Group every Wednesday 1pm-3pm at the Hindu Community Centre, Highfield road, Wellingborough.
- Northampton Cathedral Group 2pm-4pm at Semilong Community Centre, Norfolk terrace, Northampton
- Solar every Tuesday 1pm-3pm at the Doddridge Centre, St James, Northampton
- HiHo Club Tuesday's 10am-12noon at St Andrews Church Hall, Kettering

They are also looking for groups to get in touch if they are interested in running this programme. All groups are welcome to apply as long as the members are over 55 and based in Northamptonshire.

If you are part of or in contact with any groups with a health condition there is a program specific to the groups needs. They have space for 5 health condition specific groups a year, if you would like your group to be one of the 5 please get in touch so they can discuss the possibilities for your group.

If you would like any more information please contact: Craig Reilly at Age Concern Northamptonshire on: 01604 611200 or 07881850977 [craig.reilly@acnorthants.org.uk](mailto:craig.reilly@acnorthants.org.uk) or for further information and new groups please visit their website [www.acnorthants.org.uk](http://www.acnorthants.org.uk)

### **Volunteering with Age Concern Northamptonshire**

Have you ever considered volunteering? Age Concern can offer volunteers a wide range of opportunities around the county to suit the

hours you can give. Volunteering offers high returns: for example, routines are maintained – or established – that are vital for wellbeing; social networks develop which can offer new friendships or support systems; and volunteering can help to expand lifelong knowledge and experience! At Age Concern, services to older people in the county continue to grow and diversify, encouraging mental, emotional and physical health in older people by providing services within clients' homes or social setting such as Day Centres (Lifetime Centres). With a total of 11 charity shops around the county all income generated stays within the confines of Northamptonshire, helping to support our own communities.

If you would like to know more about how you can help in your area of the county, please contact Jo Gunnett on 01604 611 200.

### **Membership of Kettering General Hospital NHS Foundation Trust**

The Trust is run by a set of rules which encourage more public involvement in the way decisions about health services are made.

The hospital has a membership, made up of members of the public and staff. The hospital has a duty to engage with local communities and encourage local people to become members and ensure that the membership is representative of the communities they serve. Being a member doesn't cost anything and is not time consuming. As a Member you will receive regular updates about the Trust. The hospital wants Members to have a real voice on how the Trust is run and how it will develop in the future.

Being a Member you will be able to:

- Receive a bi-monthly newsletter featuring hospital news
- Learn more about health issues by attending events
- Stand for election and become part of the Council of Members
- Just Trust focus groups
- Access to NHS Discounts

If you are 16 years old and live in Northamptonshire or even parts of Leicestershire and Bedfordshire, you can join. For further information please contact the Membership Office on: 01536 492169 or email [membership.manager@kgh.nhs.uk](mailto:membership.manager@kgh.nhs.uk). Alternatively you can visit the website: [www.kgh.nhs.uk](http://www.kgh.nhs.uk)

## Information sharing

### Charging Policy Review – Update February 2010

We would like to thank all customers and colleagues who took part in the initial eleven week consultation that finished in January 2010.

Upon the completion of the consultation and analysis of the results, it has been decided to extend the consultation to ask our customers for feed back on more specific issues, including the banded charging options, charging against Severe Disability Premium, charging for transport, and charging for equipment such as Telecare.

From results of the consultation, it has been agreed that charging for carers services will not be included in the review of the Charging Policy. We will continue not charging for carers services, however this will be reviewed in line with the rest of the Charging Policy on an annual basis.

We are now in the process of co-ordinating a co-produced 8 week consultation with our customers that will begin in earnest in May with the hope that a Key Decision will be made by Cabinet in August. We will be letting our customers know how they can take part in this in due course.

The Policy Team, Finance Team, Legal Team and Public Engagement Team are working closely together to ensure that a robust consultation will help Cabinet make an informed decision later this year.

If there are any queries, please e-mail [HassPolicy@northamptonshire.gov.uk](mailto:HassPolicy@northamptonshire.gov.uk) or tel: Ken Ridley on 01604 237977 to pass them on.

### Health and Adult Social Services Engagement Policy

How do you want to be treated when we want your views?

During December and January, Health and Adult Social Care (HASS) talked to customers, residents, staff and voluntary sector groups about how they wanted HASS to engage and consult on their services.

We had a great response with over 100 people being involved, lots of debate about good and bad experiences. Ideas on how we could improve things and suggestions for how we develop the Engagement Policy.

After collating this information and feedback from other meetings we have produced a draft policy that we would like to share with you and get your comments and feedback on.

You can get a copy in 3 ways follow this link on the internet:

[www3.northamptonshire.gov.uk/Democracy/Consultations/Register.htm?search=all](http://www3.northamptonshire.gov.uk/Democracy/Consultations/Register.htm?search=all)

\* Visit your local library and view on line or ask for them to print off a copy

\* Phone Ken Ridley on 01604 237977 and he will post a copy to you.

We look forward to receiving feedback from you. If you would like to be more involved in ongoing consultations about our services please call Ken and ask for a registration form, then we can add you to the Getting Involved register and notify you when we are discussing something you are interested in.

### 'Living with Stroke' health information day

Stroke is the third biggest killer in the UK behind heart disease and cancer and has a devastating impact on hundreds of thousands of people of all ages.

You may have seen the adverts in the media about F.A.S.T. – symptoms to look out for when someone is having a stroke. But what about prevention, treatment and ongoing support for stroke patients and their carers? If you want to know more, come along to 'Living with Stroke' at Northamptonshire Central Library in Abington Street on Friday April 16th, from 9.30am – 4.30pm.

This free health information event is organised by the library service in conjunction with NHS Northamptonshire. A number of organisations will be represented, including the Stroke Association. A similar 'Living with Stroke' event is planned for Thursday May 13<sup>th</sup> at Weston Favell Library. For more details about these events contact Julie McNeill on: 01604 462040 or email: [jmceill@northamptonshire.gov.uk](mailto:jmceill@northamptonshire.gov.uk)

## News from your Board

### Help us to grow our membership

As you are aware our membership is ever increasing and we know have over 1850 members and looking to continue to grow! The bigger our membership, the bigger our voice is when it matters! You can help with this.

If each of you introduced a friend or family member – they have nothing to lose, lots to gain and membership is **free** – then we could at the very least, double our membership overnight! That's a thought isn't it! Can you help us please?

Call Pam on: 01327 703626 or 01604 236805 or email: [northants\\_fifty\\_plus@hotmail.co.uk](mailto:northants_fifty_plus@hotmail.co.uk) to ask for an application pack to be sent to your friends or family!

The Northants 50+ Network is managed by a Board of volunteers who are elected bi-annually at the AGM in June. The Board members respond to consultations, attend meetings and oversee the activities of the 50+ Network.

### Discharge from hospital

The Board have been very busy in the last 3 months representing you. Members sit on the Overview and Scrutiny Committee for Health and Adult Social Care, Northamptonshire County Council. Recently they have been exploring the new arrangements for discharge from hospital and the policy of "think home first", which is aimed at helping people to be discharged into their own home.

Roger Rumsey, Chair said " I met a team of people who are keen to get this initiative started... and working towards avoiding the problems of discharging people with insufficient support.... and enabling people to go home to recuperate wherever possible."

### Brackley Health and Social Care Campus

There is a proposal to develop Brackley Health and Social Care Campus, offering a range of

GP, dental, pharmacy and community services under one roof. These include diagnostics, mental health, medical, therapy i.e. speech, physiotherapy etc., health visitors, social services and training and education for GP registrars.

Further details on this proposal on: <http://www.brackleyhealthcentre.co.uk/> for comments or queries tel: Sinead Austin on 01604 651262 or email: [consultations@northants.nhs.uk](mailto:consultations@northants.nhs.uk)

### Turn Furlong Specialist Care Unit

There are 4 specialist units across the County, Turn Furlong is in Kingsthorpe and provides 51 beds with 24 for respite, 19 for Dementia and 8 re-habilitation. People are referred from across Northamptonshire, often after discharge from hospital, with approximately 1000 people receiving services in the year. The units are light and spacious, with training kitchen to help with rehabilitation.

Roger says " overall I was very impressed with the quality of care on offer and the dignity and the treatment of clients and their families". However he did note some problems with discharge from hospital arrangements.

Further Specialist Care Units are at Spinneyfields, Rushden; Longlands, Daventry and Thackley Green, Corby.Tel: 0845 124 4500

### Delivering the Future – A Primary Care Strategy

The economic downturn requires a 10% saving to be made over the next 3 yrs and primary care can play a role in improving performance by:  
\*Quality of care in primary care/ control of demand;  
\*Stronger alignment with community services;  
\*Enabling delivery of care closer to home

To deliver these changes there needs to be a strong partnership between NHS Northamptonshire, Local Medical Committee and Nene Valley Commissioning. If anybody would like to see a copy of the report please contact: Michelle Tansley on 01604 651745

For those that ask about our website, you can find it via:

[www.northamptonshire.gov.uk/en/councilservices/community/50plus/pages/default.aspx](http://www.northamptonshire.gov.uk/en/councilservices/community/50plus/pages/default.aspx)

**SHOULD YOU REQUIRE A COPY IN A LARGER FORMAT CALL: 01604 236805**