



Northamptonshire ACRE's Rural Wellbeing Service Newsletter

Promoting your personal and community wellbeing

AUTUMN 2017 EDITION



Welcome to our Autumn newsletter. The summer is now officially over and we must all look forward to clocks going back, nights drawing in and fires and central heating going on! Roll on next summer!



Our Wellbeing Service fieldworkers, Linda and Dawn have been busy out and about during the summer with the Information bus meeting people and giving advice and information, both in the bus and in their own homes. They have visited villages, small and large throughout the County, been popping in to social groups, helping with new clubs and even been to a summer festival!

We have been attending various forums across the County over the summer keeping up to date with health and wellbeing issues and initiatives, meeting new providers of services and making ourselves aware of any change of information or services from the many providers we signpost to.

The information bus will be out and about in villages as normal on Tuesdays and Thursdays until the end of November this year and then will not be out again until Spring next year when the warm weather returns.

To see our diary until November go to : www.northantsacre.org.uk/ruralwellbeing



Our diary of visits with the Information bus for 2018 will be available in our next newsletter in the New Year. If there is a village that you think we should visit, who would benefit from seeing us, let us know and we will try to include them in our new diary of visits next year.

During the winter season the Wellbeing Service will be out and about visiting lunch clubs, social clubs, libraries and meeting people at various venues across the County giving free advice and information as usual.

If there is someone who you think would benefit from our service and would like us to visit them in their own home please let us know. Our fieldworkers are DBS checked and will visit people across all areas of the County.



BLISWORTH CANAL FESTIVAL

The Rural Wellbeing Service attended the Blisworth Canal Festival on Saturday 12th August. The weekend event took place on the Blisworth waterfront and throughout the whole village. There were over 100 stalls and attractions including a dog show, live music, vintage vehicles, pony rides, boat trips & our information bus as well!

The information bus was visited by lots of people from different parts of the County and other parts of the country as well ! We provided valuable information on a range of subjects and services and also gave out free bags, trolley coins and pens ! We also had our own "Own a Village for a Day !" competition with a prize of an Amazon gift voucher !



DEENE PARK – VOLUNTEER AWAY DAY

During the summer Rural Wellbeing staff, guests and volunteers spent a very enjoyable day at the historical Deene Park in East Northants. The weather was warm and sunny and after a private tour of the house everyone enjoyed lunch and then had a stroll in the lovely gardens. Deene Park is the family home of the Brudenell family and the house has been in the family for over 500 years. One of the family's famous ancestors is the 7th Earl of Cardigan who led the Charge of the Light Brigade. The house contains a collection of memorabilia from the Crimea and a fine collection of the 7th Earl's uniforms. The house also has formal gardens and a lovely old kitchen tea room which serves home made lunches & cakes !

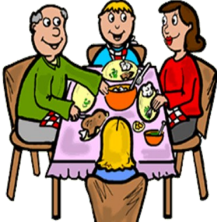


The house is only open to visitors on Sundays & Bank Holidays but the Tea Room & gardens are open most days. For more information go their website : deenepark.com or Tel: 01780 450278. It's well worth a visit !



The "Chatterbox" Club !

Do you live in or near **Easton on the Hill** ? Do you want to make new friends, enjoy a cup of tea and cake, have a natter ,listen to a guest speaker or learn something new ? If so, then come along to one of our regular monthly get togethers.



Where? Village Hall, Easton on the Hill

When ? Wed 25th October - 2pm- 4pm
Wed 15th November - 2pm - 4pm

Wed 20th December - 2pm– 4pm

Xmas Tea afternoon!

EVERYONE WELCOME!

For more information or need a lift contact :

Linda Bryan on 07855 213006 or Robert Vipan on 01780 751869



Fettledene Afternoon Club

Do you live in or near **Crow Hill, Irthlingborough** ? Do you feel lonely or isolated ? Do you want to make new friends, go out on lunch trips, share stories and have a natter over a cup of tea ? Why not come along to the **Crow Hill Community Centre** ? The club meets every other Thursday from 2pm to 4pm. The next meeting dates are :



Thursday 9th November 2pm-4 pm

Thursday 23rd November 2pm- 4pm

Thursday 7th December 2pm- 4pm

Thursday 21st December 2pm- 4pm

Come and join in a Xmas celebration tea !

EVERYONE WELCOME!



For more information or if you need help with transport please call.....

Caroline Cross on : **07527 530529**



Some handy tips to keep you warm and healthy this coming winter !

- If you're not very mobile, are 65 or over, or have a health condition, heat your home to at least 18C (65F)
- Keep your bedroom at 18C all night if you can – and keep the bedroom window closed.
- Draw the curtains at dusk and keep doors closed to block out draughts
- Wear several layers of clothes rather than one chunky layer – clothes made from cotton, wool or fleecy fibres help to maintain body heat
- Use a hot water bottle or electric blanket to keep warm in bed – but don't use both at the same time
- Have at least one hot meal a day – eating regularly helps keep you warm; and make sure you have hot drinks regularly
- Try not to sit still for more than an hour or so indoors – get up and stretch your legs
- Stay active – even moderate exercise can help keep you warm
- Find out if you can get the flu jab for free on the NHS
- If you start to feel unwell, even if it's a cough or cold, don't wait until it gets more serious. Seek advice from your [pharmacist](#).

Why not check up on older vulnerable neighbours and relatives to make sure:

- They are safe and well ?
- They are warm enough, especially at night ?
- They have stocks of food and medicines so they don't need to go out during very cold weather ?



FORTH COMING EVENTS

- **Rural Wellbeing Surgery - Earls Barton Library - On the 2nd Wednesday of each month from 11am to 1pm.** One of our fieldworkers will be available once a month in the library in Earls Barton to give free advice and information on a range of services, support groups, general wellbeing information any help with any concerns you have. The library is in Broad St, Earls Barton, NN6 0ND
- **Flore Fireworks 2017– Frid 3rd Nov** - An annual event running for 50 yrs. Candlelight procession, bonfire, sparklers, food . Brodie Lodge Playing Field, Spring Lane, Flore
- **Pattishall Xmas Craft Fair –Sun 19th Nov** - Pattishall Parish Hall, School Rd, Astcote
- **St Mary's Annual Xmas Fayre –Sat 18th Nov** –St Mary's Church, Ringstead
- **Craft Market– Sat 18th Nov-** Gretton Village hall, Kirby Rd, Gretton
- **Fairtrade/Eco Market –Sat 11th Nov-** annual event held in St Peter's Church, Oundle
- **Walking for Health** - With the Walking for Health programme, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends. From reducing stress, to losing weight, to sharing laughs, Walking for Health has something for everyone! For more information about Health Walks in the county contact: **Jackie Browne** on **01604 366455** Email: jbrowne@northamptonshire.gov.uk or go to the website www.northamptonshiresport.org/health-walks

PHOTO GALLERY

A few more interesting old phone boxes seen in the County to add to our collection !



Thank you to Angela for sending us this photo of the phone box at Wollaston museum ! Have you seen it ?



Looking for things to do and places to go ? Have you checked out your village phone box for information to help you ?! What a great idea ! Well done to Weedon Bec !



Not just a defibrillator in this phone box but a library as well ! Have you spotted this one ? This phone box can be seen in Fotheringhay.

BEST VILLAGE COMPETITION



Blisworth, in South Northants was announced Best Overall Village in Northamptonshire ACRE's Best Village competition 2017 at a presentation evening held in the High Barn at the Hunsbury Hill Centre in Northampton in July.



The trophy was presented to two proud residents of Blisworth by Paul & Annette Hollowell of Hollowell's Funeral Services, who kindly sponsored the competition. There was also a cash prize of £1000 to be used for community projects. Well done Blisworth !! Congratulations also go to **Irchester** (Large Village Winner) , **Syresham**, (Small Village Winner), and **Evenley** (Newcomers Cup Winner) .

The Best Village competition is open to all villages in the County with a population of up to 6000 residents. Judges look at all aspects of village life including community & social activities, local communication, provision for young people and senior residents, use of IT and social media, involvement of local businesses, general tidiness and more. If you live in a village and think your village deserves recognition then why not enter your village in next year competition ? For more information contact David Scudamore on **01604 762230**.

EVERYBODY NEEDS GOOD NEIGHBOURS

Come along to our free event to find out more
Tuesday 21st November 2017
Moulton Community Centre, Sandy Hill, NN3 7AX
11.30am-3.30pm

- Hear the benefits of running a Good Neighbours scheme
- Listen to first-hand knowledge of existing schemes
- The opportunity to meet other groups & organisations
- Professional support available

A row of colorful hands in various colors (blue, yellow, green, orange, red, purple, pink, teal) raised in a gesture of support or unity.

The logo for Daventry District Council, featuring a stylized green house icon and the text 'DAVENTRY DISTRICT COUNCIL'.

The logo for ACRE Northamptonshire, featuring a stylized green house icon and the text 'ACRE Northamptonshire'.

The logo for Good Neighbours, featuring a stylized house icon and the text 'Good Neighbours'.

To book your place and free lunch
call Rebecca Breakwell at Northants Acre on
01604 825884

Help Shape Social Wellbeing in Northamptonshire

Commsortia are responsible for managing social wellbeing services on behalf of First for Wellbeing. We work with our partners - voluntary and community sector organisations – to deliver services in Northamptonshire.

To do this, however, we need to understand what people in Northamptonshire think of the services currently being offered and how we can make improvements for the future.

We are looking for people to take part in focus groups in **October and November 2017**. If you'd be interested, we would love to hear your views on the following:

Day care centres

Care and repair services

Benefits and financial advice services

Independent living support services

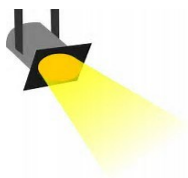
Housing services

In particular we would like to speak to people who have:

- Experience of using a wellbeing support service in Northamptonshire
- Considered using a wellbeing support service
- A physical or learning disability
- Experienced financial difficulties
- Experienced homelessness or risk of homelessness

If you are interested in participating please contact: holly.hamer@voluntaryimpact.co.uk or phone 01604 625796.

Please let us know if you have any special needs regarding transport. A contribution towards travel expenses is available.



SPOTLIGHT ON A SERVICE



Do you need help with home repairs, plumbing, electrics, fencing, gardening, odd jobs that you can't do yourself?

Do you require adaptations to help you remain independent in your home such as grab rails, a ramp, keysafe, home security? Is your property draughty or cold?

It is often hard to find a trusted, professional, reliable organisation to help.

Care & Repair is an organisation with Charitable Status which offers subsidised rates for vulnerable customers and hardship funding for those most in need (subject to funding availability and eligibility). They can also offer FREE Energy Efficiency works too (subject to eligibility).

They can help with repairs and maintenance of homes whether you are a homeowner, privately renting or a council tenant. They cover the WHOLE of Northamptonshire!

All of their technicians are DBS checked, wear a uniform and carry ID with them.

You can contact them on **01604 782250** for a FREE quote

or email : office@careandrepairnorthamptonshire.org.uk

Care & Repair (Northamptonshire)Ltd , 25 Tenter Rd, Moulton Park, Northampton NN3 6AX

Registered society under the Co-operative & Community Benefit Societies Act 2014 Reg No. 25783R

Contact Details



01604 825883



wellbeing@northantsacre.org.uk



www.northantsacre.org.uk



[ruralwellbeingservice](https://www.facebook.com/ruralwellbeingservice)



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Fieldworkers:

Linda Hook 07808 330549

Dawn Howard 07720 091343

Charity No. 1080038 Company No. 3937576

Quote of the day?

“ Count your age by friends, not years. Count your life by smiles, not tears . “

John Lennon

The next edition of the Wellbeing newsletter will be the Winter edition in January 2018.

If you would like to be added to our mailing list to receive a copy of our newsletter please get in touch .

