

WOODNEWTON NEWS

MAY 2019



News and Reports



Woodnewton Parish Council

Parish Council Report – April 2019

The Council met on Monday 1st April

Playing Field & Equipment:

Council agreed to purchase a new waste bin to replace the damaged bin by the gate to the playing field. In addition, funding was also agreed for new child seats for the swings as the current seats had been identified as a potential hazard due to some splits in the plastic. It was also agreed to refurbish and relocate two of the existing benches to more suitable places on the field. More work to block vehicular access through the children's play area has also been carried out. A natural barrier has replaced some temporary posts with the aim of enhancing safety for all users of the play equipment.

Street Lights:

Cllr Blackmore circulated and spoke to a report on the Replacement Street Light Project, comprising the cost of replacing and installing the new lamps by E-on (alternative and updated quotes are being obtained for comparison/assessment purposes), current electricity and maintenance costs, and potential savings arising from installing the new lamps. Salix could provide a five-year interest free loan of some 65% of the total cost leaving 35% to be funded from reserves or another loan provider. It was estimated that savings could potentially pay for the scheme over a 7-8 year period.

Cllr Blackmore would obtain other quotes for comparison and seek the required approval from Ncalc to take out a loan. A full report would be submitted to the next meeting.

Wild Flower Area:

The area has been seeded and netted, and hopefully will provide both a great habitat for wildlife and an attractive visual display in the coming months. Thanks, must go to Cllr Flack who has spearheaded this project and organised all the volunteers who have helped make it happen.

Spring Clean-Up Day:

A band of approximately 20 willing souls joined us for the Spring Clean Up Day on 6th March. As always, a number of varied tasks were completed in the playing field, the churchyard, cemetery and around the village in general. While each task in itself is not huge, the net effect of all the small things that get done each time such as edging paths, litter picking, weeding, ivy removal etc. all contribute to keeping the village looking nice. These are all the sort of jobs that you may not often notice, but over time will soon become apparent if not done. As always, a huge thank you to everyone who offered their help and to those who provided cakes and refreshments for the willing workers. We look forward to meeting more residents both new and old at the next Clean Up Day in the October.

The next meeting will be on Monday 1st May at 8.00pm

Andrew Hansford - Chairman

St Mary's Church

May Church Services at St. Mary's

5th May 9.30 a.m. Sung Holy Communion (Modern Language)

12th May 9.30 a.m. Said Holy Communion (Modern Language)

19th May 9.30 a.m. Sung Morning Praise – a service for all the family,

26th May 8.30 a.m. Said Holy Communion (Book of Common Prayer)

If you happen to be reading this before the end of April, please note that the service on 28th April will a special Evensong at 4.00 p.m. following our Annual Church Meeting at 3.00 p.m. All welcome!



Cheese & Wine Evening

St. Mary's PCC would like to invite everyone in Woodnewton to a special cheese and wine evening on Friday, 3rd May – 7-9pm. As well as enjoying a glass of wine together, this will be an opportunity to ask questions about our church and to hear about our hopes for the future as we launch our stewardship campaign.

Men's Breakfast

The next Men's Breakfast will be on Saturday 1st June at Queens Head, Nassington at 8.30 to 10.00. Why not come and meet 20+ men from the surrounding villages and enjoy a full breakfast, make new contacts and friends and listen to a wide range of short topical talks? Please register at mensbreakfast@btconnect.com or use this email to find out more. Our last meeting was well attended and on 1st June our in house speakers will be talking about climbing Kilimanjaro, a new charity in Stamford serving surrounding villages and Policing.

We hope to see you there! Ian Scott

Communicare News

May 2019

The quarterly general patients meeting was held last month when we welcomed guest speaker Carolyn Noble from Volunteer Action in Oundle. The charity is entirely supported by volunteers, drivers and befrienders with only three paid employees – they have around 800 clients covering a large area. In Oundle drivers will transport clients for many reasons, but Communicare patients' journeys are solely for medical appointments. During last year 109,000 journey miles were completed and over 25,000 voluntary hours worked.

Clients are only charged for journey miles – VA reimburse the drivers for dead mileage. They are actively seeking more drivers in the north of their area – they currently have 12 clients in Kings Cliffe but no local driver. Communicare and the practice were thanked for their recent donations. Good support is also received from Oundle School and other means of fund raising including sale of various items and quiz nights are regularly organized. Carolyn was warmly thanked for her talk and VA for their continued help and support of patients.

Communicare News (..cont)

The treasurer presented the financial statement showing a current balance of £4498 (£2000 is ring-fenced). A receipt of £950 from the Yarwell & Nassington Brass Band concert last autumn was noted with thanks. A request had been submitted from the Practice for funds to purchase a portable Doppler machine, costing £228.95, to be sited at Wansford for use by nurses in locating pulse points prior to identifying problem circulatory areas. The Officials recommended acceptance and it was unanimously agreed.

Dr Takhar reported that under a new government scheme being introduced in July called National Primary Care Network, the practice is looking into a possible arrangement with Yaxley and Oundle surgeries. This will entail sharing of resources when necessary – i.e. services of specialist staff could be spread over the three locations to make them viable. He emphasized lack of GPs nationally which the scheme is designed to help alleviate - Wansford is generally fortunate in recruiting a sufficient number of trainee GPs. He confirmed that working with two 'Lakeside' practices would not present any anticipated problems with each practice retaining their autonomy. Tie-up of resources covering some 34K patients is in line with plans for the Peterborough area where the original 29 practices could now be condensed into approximately six groups.

He also updated the meeting on proposed expansion of the Wansford site with the addition of a nursing/care home – it has been decided not to proceed in close association with PCH - planning permission is now being sought but no problems are envisaged. The planned site at Kings Cliffe for a new medical/community hub has been rejected as too small and further locations are under consideration.

A new GP has been appointed – Dr Saber Alemi – he worked at the surgery some years ago as a trainee GP and more recently has covered on a locum basis.

Details were shared about a new project in Kings Cliffe called 'Never Alone' – this will be centered on the KC Active Site but will encompass a number of local groups attempting to combat isolation and loneliness for all residents around the area. Depending on progress of its introduction a representative may be asked to speak at the June meeting. Dr Takhar also suggested inviting the Research Team at Wansford to give a talk about their current work on a number of different topics where patients are invited to participate.

Two new self-care services, advertised on the surgery noticeboard, are designed to assist patients with problems not acute enough to see their GP but can be treated by professionals. NHS Action – Physio Direct – is available at various locations and accessible to all patients via a website or telephone line, as is CPFT – Mental Health – which provides talking support therapy.

Wendy Spencer

WHAT'S ON

Woodnewton Cinema

Forthcoming attractions

Our next film screening will be “Mamma Mia - Here we go again” on May 18th. For this screening we shall have a Gin and Prosecco bar and live music for your enjoyment prior to the film. The bar will open at 6.30pm so that you will have the opportunity to enjoy the music and try the variety of gins on offer prior to the film commencing at 8pm.

Tickets to watch the film are £5 for adults and £3 for children. If you would like to reserve tickets in advance please contact Gary on 470593.

Gary's Walk

The next village walk will be a circular walk around Kingscliffe on May 11th.

If you would like to join me please meet at Kingscliffe church for a 10.00am start.

Nene Valley Railway

Amusing the kids this summer just got a little cheaper with some smart ticket purchasing from the Nene Valley Railway. For all of of railway's normal Steaming days and many of their special days events such as the Thomas branch line a saving can be made by buying a Family Rover ticket. Priced at £40, these allow 2 adults and 3 children to visit to the railway (if you don't have three children why not bring along some of their friends?) that's already a saving of £16 compared to buying the tickets individually.

A new initiative for 2019 will see some extra savings for the family at the railway.

We are introducing a family Summer Pass - Which will be valid from 22nd June – Sunday 1st September. A single payment of £65 for the Summer Family Pass allows a family (2a 3c) to visit up to 3 times between 22nd June and 1st September. Like the family ticket this is valid for all standard steaming days and many special events such as Thomas Branch-line.

The Nene Valley Railway Model Rail 2019 will be held on 1st 2nd June.

Bigger than last year it will feature layouts in all scales from N to G including the NVR Garden Railway.

Key layouts of note to enthusiasts will include “Tigley Yard”, “Squaw Falls” “North Level” as well as “Operation Abyss” which depicts a second world war dockside railway based around a military theme.

All exhibits will be based around the Wansford Station using multiple display sites.

Nene Valley Railway - Wansford Station - Stibbington - Peterborough - PE8 6LR
www.nvr.org.uk

Well over a year ago I wrote about the plans that the Parish Council had for a wildflower meadow at the top of the playing field. As result of the very dry and hot summer in 2018 it was impossible to strip any turf and then carry out the necessary ground preparation that year.

With hopes of better conditions in 2019 it was decided to carry out this work in the early spring. The Press Gang went out a few weeks ago and managed to recruit an excellent group of volunteers who, over the course of a long weekend, stripped the



turf from quite a large area of ground and prepared the soil for seed sowing. Most have just about recovered from what was quite a back-breaking task.

Wildflowers thrive on nutrient-depleted soils and we just have to hope that we have removed the best soil with the turf leaving relatively poor ground that has not been cultivated or enriched in any way for some years.

A mix of both annual and perennial seed was sown about three weeks after the initial work was completed. The intervening period allowed time for 'weed' seeds to germinate and be destroyed before the sowing took place. Any remaining grass was similarly treated as the seed mix requires very little competition from other species.

A very large net was then put in place in an attempt to deter birds and rabbits.



Once germination takes place and the seedlings have reached a decent size the net will be removed. The net does seem to be working, although having heard that pricey seed is involved, many birds have been making valiant attempts to defeat the obstacle! Goldfinches are able to fly in and out at will, but others are finding things more challenging. The area is regularly monitored in order to ensure that no bird is trapped beneath the net for any length of time.

So far, since sowing there has been almost no rain and therefore we are watering the seed bed every few days.

Establishment is known to be a dodgy business. Some seeds will germinate quite



quickly, others will take a year or two and some won't bother at all! Therefore it is best to point out that, even with a fair wind, the meadow will not really develop fully for some time. We just hope that things work out and that the area gives pleasure to everyone.

Perhaps you have noticed that we have left a winding path through the area and we hope to install a seat in due course.

One of our main intentions is to provide an area that is conducive to all types of wildlife. The serious depletion of wildlife rich areas is well known and documented. By developing such an area we are trying to join countless other groups throughout the country who, by combined effort, are trying to improve matters, not just for wildlife but for the general well-being of everyone.

We hope that things work out and that you in turn will gain pleasure from the area and those species that choose to make it their home or holiday destination!

Dodge the Flak



Yoga – The benefits and some history

What is yoga?

The Sanskrit word yoga is translated as 'union'. The practice of yoga helps to co-ordinate the breath, mind and body to encourage balance, both internally and externally and promote feelings of relaxation and ease.

In the West, the most widely taught form of yoga is Hatha Yoga and classes will incorporate asana (postures), breathing (pranayama), relaxation and meditation practices.



How did yoga begin?

How did it all begin? This art of striving towards living a purposeful and meaningful life was perfected and practiced in India thousands of years ago. The foundations of yoga philosophy were written down in The Yoga Sutras of Patanjali, approximately 200 AD. This sacred text describes the inner workings of the mind and provides an eight-step road map called THE EIGHT LIMBS to live your life in the best possible way. Here's a whistle stop tour:

The eight limbs, or steps to yoga, are:

1. Yama : Universal morality – how you interact with the world.
2. Niyama : Personal observances and how you treat yourself.
3. Asanas : Body postures (the route many of us come to yoga!).
4. Pranayama : Breathing exercises.
5. Pratyahara : Control of the senses.
6. Dharana : focused concentration
7. Dhyana : Meditation
8. Samadhi : Bliss or Union with your higher power

In the west the focus is usually on the 3rd, 4th and 7th limbs.

What are the benefits of yoga? These can include:

- Deepening and improving the quality of the breath and increasing efficiency of lungs and cardio-vascular system.
- Improved posture, flexibility and strength.
- Improved concentration.
- Enhanced feelings of well-being.
- Better quality sleep.
- Improved balance.
- Ability to quieten the mind.
- Reduction of anxiety and depression.

A new **Gentle Yoga and Movement Class** will be starting in Woodnewton Village Hall on 7th June. This slower more gentle practice is for:

- Beginners and those new to exercise.
- Those with, or recovering from injury.
- Those with mobility limiting conditions.
- Those more senior in years. (Chairs can be used in this class)

Please see the advert in this issue.

Looking forward to seeing you on the floor or in the chair.

Elaine Davis

Woodnewton Parish Council

Annual Parish Meeting

7.30pm Wednesday 29th May – Village Hall

An opportunity to engage with your Parish Council. The Parish Council will be reporting on its activities over the past year and future plans. If you have any questions on what is happening in the Village then please come along. Refreshments provided

Hatha Yoga Classes

Mixed Ability

Woodnewton Village Hall

Wednesday 7.00 pm – 8.15 pm

£8.00 drop in / £40.00 six weekly pass



- Increase flexibility and mobility
- build strength and stamina.
- Learn techniques to help you relax
- Reduce stress and cultivate mindfulness.

Gentle Yoga and Movement

Woodnewton Village Hall

Friday – 10 am – 11am

from 7th June

(£7.00 drop in)

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(chairs can be used in this practice)

For more details: call or text Elaine on 07867 367353 (01832 280247)

Email: salayogauk@yahoo.com

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Gigaclear
Ultrafast Fibre Broadband

Book the village hall by calling Marilyn Jenner at the number below.

Gigaclear have kindly agreed to provide fibre broadband and wifi service to the village hall for another year.

Woodnewton History Group

The Woodnewton History group have an ever growing treasure trove of fascinating material about the village at their website. <http://woodnewtonhistory.co.uk/>

USEFUL NUMBERS and INFORMATION

Parish Council Clerk	woodnewtonpc@gmail.com
Village Hall Booking	Marilyn Jenner 01780 470758
Neighbourhood Watch	woodnewtonnw@googlemail.com
Police	101 (non emergency report, suspicious behaviour and enquiries)
Doctors Surgeries	Oundle 01832 275375 Wansford 01780 782342
Veterinary Surgeries	Oundle 01832 273521 Yarwell 01780 783910

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Contributions: We are always happy to receive articles for publication. Please send articles by email whenever possible to newswoodnewton@gmail.com.

We prefer pictures in jpg format and hi resolution whenever possible.

Handwritten / non-electronic contributions can be delivered or sent to:

June Moore, 5 Lindsey Close.

Closing date for all copy **14th** of previous month.

Recent issues available here: <http://woodnewtonhub.co.uk/village-newsletter/>

The Newsletter is edited and published by Grant Neville, 20 Orchard Lane, Woodnewton.

Any views expressed in the Newsletter are not necessarily those of the Parish Council unless otherwise stated.

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Submissions for material to be hosted on the Woodnewton Hub website should be emailed to grant.neville@rivalogix.com.

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