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News and information for South Northamptonshire residents

Winter 2020













Welcome





Welcome to our winter edition of SNC review.

We have never experienced a year like this, and I dearly hope that as we approach Christmas, circumstances will allow our families to gather and take that

simple pleasure from each other's company.

The losses and the hardship have been real, but so too has been the overwhelming sense of strong community. Where volunteers in their thousands ensured that no household should be left isolated or hungry, where near-on every person sleeping on the streets was moved under a roof, where neighbours got to know each other better than ever, and where delivery drivers, shelf-stackers and refuse collectors were recognised for their hard work alongside care workers and those in our NHS.

2020 was the year we came together in adversity. But it has also been a year in which we have set our eye to the future. You will read in this edition about the new medical centre and the new supermarket in Brackley, and the continuing advances in the Towcester town centre regeneration.

We have faced these challenges together, but we have also grown stronger together too, with your local council truly a part of our shared local community.

I would like to end on a positive note by congratulating all those at Brackley based Mercedes-AMG Petronas who have won the FIA Formula One Constructors' Championship for the seventh time in a row, see page 8 for more on this.

Councillor Ian McCord

Leader of South Northants Council

All information correct at time of printing. Printed on environmentally friendly paper from renewable sources. When you have finished with this magazine please recycle it.



In this edition, you will find some practical advice and support, including tips to keep you and your family warm and well this winter and details of when to put out your bins over the holiday period.

For us as a district council, it has been the year where our waste crews collected about a thousand tonnes of extra rubbish from our homes each month, but still managed to keep our recycling rates high with an eye to our sustainable future.

It has been the year when the expertise of environmental health and public health council workers came into their own, providing effective, workable local solutions to the challenges the pandemic threw at us.

It has been the year in which our revenues and benefits staff turned on a sixpence to get support, grants and payments out to thousands of local businesses and residents whose finances had been turned upside down.

It has also been the year when our staff pulled together, learned new skills, and supported each other in not only keeping over 95% of our routine services running throughout, but took on new and extra duties, including making Test and Trace work at a local level because we know our towns and villages.

Please continue to lookout for each other over the coming months and stay safe.

Richard Ellis

Chief Executive, South Northants Council

Contact us

You'll find many services available online at: www.southnorthants.gov.uk. Alternatively, contact us on: customerservice@southnorthants.gov.uk
General enquiries 01327 322322.

*Photos used in this issue were taken before the UK went into lockdown.



On 1 April 2021, two new unitary councils – West Northamptonshire Council and North Northamptonshire Council - will launch, replacing the existing district and borough councils and the county council.

South Northants will become part of the new West Northamptonshire Council (WNC), alongside Northampton and Daventry.

North Northamptonshire Council will cover Corby, Kettering, Wellingborough and East Northants.

These two unitary councils will be responsible for all public services provided to residents and businesses in their areas, providing more efficient service delivery and greater opportunities to transform services and increase value for money.

Many services currently delivered by the county council will be split between the two new councils. There will be no disruption to your service delivery, but there will be new ways to get in touch – including a different phone number and website.

At the start of the new year, a major campaign will kick off, to make sure residents have all the information they need ahead of these changes.

The WNC logo will be revealed soon, which was developed by in-house designers following a public survey in September this year.

Some big developments have already taken place, with key senior staff now in position, including new Chief Executive Anna Earnshaw, who was previously the Deputy Chief Executive of Northamptonshire County Council.

To keep up to date with news about West Northamptonshire Council, visit futurenorthantswest.org or follow the council on Twitter @futureNwest or on Facebook @futurenorthantswest.

Council takes home building excellence award

South Northants Council was announced the winner of the Best Individual New Home Award and was commended in the Best High-Volume New Housing Development category at this year's prestigious Local Authority Building Control (LABC) Awards.

The LABC Regional Building Excellence Awards take place each year to celebrate building works undertaken across the UK and

recognise excellence in both technical work and people within the building industry.

SNC received the Best Individual New Home Award in recognition of a unique new build house in Gayton, which was designed by M Square Architects Ltd and built by Cornerhouse Building Contractors Limited.

Councillor Phil Bignell, portfolio holder for planning, said: "Receiving this award is a fantastic achievement. The LABC focus on the very best in technical innovation and construction quality, both of which we take huge pride in with all our new developments in the district."

Cllr Bignell went on to say: "As well as the accolade of Best Individual House, SNC were also highly commended in the Best High-Volume New Housing Development category, for the Morris Homes development at St Georges Field, Wootton.



Keep your home warm this winter

Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition.

Follow these tips to keep you and your family warm and well at home:

- If you are not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C
- Keep your bedroom at 18C all night if you can
- Use a hot water bottle or electric blanket in bed but do not use both at the same time
- Draw curtains at dusk and keep doors closed to block out draughts
- Have at least one hot meal a day and regular hot drinks
- Get your heating system checked regularly by a qualified professional
- Get a flu jab

If you need medical advice when a pharmacy is closed, call: 111 or go to 111.nhs.uk



Help with heating costs

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	Northamptonshire Energy Saving Service (NESS)	Energy tariff checkingHome energy assessmentFinancial health check	01604 623700 enquiries@nessteam.org.uk
	Warm Homes Project	First time gas central heating systems	www.northantswarmhomes.com or South Northants Council 01327 322322 pshousing@southnorthants.gov.uk
$\left\langle \cdot \right\rangle$	Green Homes Grant Scheme	Insulating your homeInstallation of low-carbon heating	www.simpleenergyadvice.org.uk/ pages/green-homes-grant
	Care & Repair (Northamptonshire) Ltd	 Emergency assistance to fuel poor or vulnerable households to repair or replace broken or condemned boilers Handyperson scheme and home security 	01604 782250 office@care-and-repair.org.uk
	South Northants Council	 Accessible heating controls Disabled facilities grants First time gas central heating systems Home improvement loans Emergency funding Advice on repairs to private rented accommodation 	01327 322322 pshousing@southnorthants.gov.uk

You may be able to claim financial help with heating your home with the Winter Fuel Payment or the Cold Weather Payment. For more information on how to reduce your bills and make your home more energy efficient, visit the government's **Simple Energy Advice website**, or call the Simple Energy Advice helpline on **0800 444 202**.



Can you offer a few hours a week to help with your local community?





Towcester Area Door to Door (TADD) urgently need to recruit more volunteer drivers to help people across South Northants.

TADD is a friendly, affordable service which helps people attend medical appointments and access services which contribute to their wellbeing.

The service operated entirely by volunteers supports the NHS and other healthcare providers in combating isolation and loneliness and helping people remain independent in their own homes.

Keith Rippon, Chair of Trustees at TADD said: "This year, more than ever, our elderly and vulnerable members need the support of a friendly, affordable, door-to-door service for their medical appointments. Please encourage your friends, neighbours and relatives to enquire about volunteering and please be assured we are endeavouring to comply with COVID-19 safety measures on all our journeys."

Want to learn more about volunteering for TADD?

Visit <u>www.towcesterareadoor2door.com</u> or email <u>volunteer@towcesterareadoor2door.co.uk</u>

Getting active again safely...

The national lockdown which began in March, meant all our face-to-face fitness activities were suspended with immediate effect. This was a huge blow to our instructors and the many residents from across the district who regularly attend sessions.

Our Healthy Communities Team were therefore delighted when they were able to start running a series of safe sessions as the lockdown restrictions were eased towards the end of July.

Kieren Westbury, SNC's Youth Activator, said: "We provided online training sessions throughout lockdown which proved a great hit, but it is so nice to be able to resume face-to-face activity. We have all really missed coming together for sport, it is so important for both physical and mental wellbeing."

The popular Wildcats football sessions for girls (aged 5-11) began again at the end of July, much to the delight of the many youngsters who had been really missing their weekly practice.

Mum Alison said her daughter Zara (aged 9) was absolutely thrilled when Wildcats returned. She said: "When we received the message in July, Zara was over the moon and couldn't wait to get back!"

"Before her first session back all the safety information was explained in advance, so we felt very comfortable with the new procedures and what to expect. Zara was so happy to be playing again even with social distancing rules in place, she just loves the Wildcats sessions."



The weekly Home Educated Football Sessions at Towcester Centre For Leisure, Blisworth Walking Football and Towcester Walking Football also started again in July.

Councillor Karen Cooper, SNC's portfolio holder for wellbeing, said: "We all know how important regular physical activity is at the best of times, and as we live through a pandemic it's even more crucial.

"People who exercise regularly have a lower risk of developing many long-term conditions, such as heart disease, type 2 diabetes, stroke and some cancers. Research has also shown that physical activity can boost self-esteem and sleep quality, as well as reducing your risk of stress and depression."

Cllr Cooper went on to say: "Our Healthy Communities Team have done a great job getting the fitness sessions back up and running and have worked really hard to make sure all the sessions comply with the COVID safety guidelines."

To find out more about our active sessions contact <u>healthy.communities@southnorthants.gov.uk</u>.

New leisure, retail and healthcare facilities welcomed in Brackley

The urban expansion which offers much needed infrastructure to the historic market town, includes over 2,000 new homes, a new medical centre and community hospital, a Sainsbury's and Argos store, a petrol station, a 66 bed Care Home (pictured below) operated by Kingsley Healthcare, which includes specialist dementia facilities, and Marston's Paisley Pear pub and hotel (which opened in 2019).

As well as an improved and extended GP practice for the town, the three-storey medical centre will accommodate a minor injuries treatment centre, 16 intermediate care beds (which includes those previously provided at Brackley Cottage Hospital), a pharmacy, a café and ambulance base, as well as 130 car parking spaces.

The building will provide medical facilities for all residents of Brackley as well as the surrounding villages, mostly delivered by the Northamptonshire Healthcare NHS Foundation Trust. Additionally, the Brackley Medical Centre will operate its GP services within the building.

Councillor Stephen Clarke, South Northamptonshire Council's portfolio holder for economy and regeneration, said: "This development is a great boost to Brackley in terms of much needed facilities, but also in bringing jobs for local people giving the town's economy a real boost, which like the rest of the country is needed more than ever at the moment.

"Our Economic Growth Team and the SNC Job Club have worked closely with the Sainsbury's store to recruit staff from the talented local workforce."

Paul Dyer, Sainsbury's Brackley Store Manager said: "This store will be the newest Sainsbury's supermarket in the country and we are delighted to welcome people from the local community to join our team, with over 100 new jobs across a range of roles and levels."

SNC prepared the Brackley Masterplan which is now coming to fruition. The Council brought the project to life by working with national developers and businesses to develop detailed



design and sustainability plans. The SNC planning team produced a design code to ensure the development blended with the surrounding area. Cllr Phil Bignell, SNC's portfolio holder for planning, said: "Brackley has received over £10 million investment in infrastructure over the past 5 years including a refurbishment of the Town Hall, a new swimming pool and extended leisure centre, a new community centre, a new school and many smaller projects to support a growth in population from 14,000 to 20,000 between 2016 and 2021."

Councillor Anthony Bagot-Webb, Chairman of South Northants Council and former Town Mayor of Brackley, commented: "I am extremely proud of the many businesses and civic groups and of course Brackley Town Council who have all worked hard to support this development."

As we went to print Sainsbury's was preparing for an official opening on 25 November.





Think Local

Support small businesses this festive season

Small businesses are at the heart of our local communities and, with the impact of the coronavirus pandemic, they need our support more than ever.

Now is the time to make a big difference to the local economy and the community we live in. SNC is asking residents to 'Think Local and Support Small Businesses' in the run up to the festive celebrations and for the foreseeable future.

South Northamptonshire has a wide range of excellent and diverse small businesses and traders, such as:

- Artisan bakeries
- Butchers
- Turkey farms
- Produce and farm shops
- Florists
- Trades like carpentry and plumbing
- Home decorators
- Hair and beauty services
- Garden and gift centres
- Eateries and distilleries
- Antiques
- Legal and accountancy services

This year many of our local shops and businesses will be taking part in Small Business Saturday (5 December), which is the national day to support small businesses. Many will have great offers and incentives for keeping it local, so make sure you check out your favourite shops online before and after Small Business Saturday.



To help you find places to shop, eat and stock up with gifts and provisions, you can find an interactive map on our webpage to see exactly where participating businesses are located.

From hiring services to purchasing goods, make sure you 'Think Local and Support Small Businesses' this year and beyond. Together we can help to support and restore our local economy.

Want to know more and see who is participating? Visit our Small Business Saturday webpage for more information: www.southnorthants.gov.uk/smallbizsat Find us on Twitter: @SNorthantsBiz and Facebook: SouthNorthantsCouncil.

Mercedes and Lewis Hamilton achieve the 'impossible'

It gives us great pleasure once again to congratulate Brackley based Mercedes-AMG Petronas after they secured their record breaking seventh double Formula One World Championship.

After the Portugal Grand Prix in October, commentator Martin Brundle described the moment Lewis broke Michael Schumacher's F1 win record as a 'Herculean task.'

But unlike the Greek hero, the team has not been alone on their quest. Dozens of district-based suppliers, fabricators, engineers and hospitality businesses have helped them along the way.



Thanks to them, South Northants gets to play centre stage to a global audience.

Cllr Anthony Bagot-Webb, SNC Chairman, commented: "It's true FI and high-performance engineering is a key economic sector within the district, but the dominance of Mercedes and Lewis Hamilton goes beyond the household incomes and inward investment they support.

"Their resilience and determination is an inspiration to all. So, it gives me great pleasure as civic leader to congratulate all those involved in this fantastic achievement, you are a credit to the district and example of true British excellence."

Webinars prove a hit with South Northants residents

When the COVID-19 pandemic first hit earlier this year, the SNC Job Club were quick to respond by going virtual and moving their support online. In addition to the services they normally provide, the team also started running a series of webinars offering a range of advice to support job seekers and local businesses during these unsettling times.



What's really encouraging to see, is that residents continue to start new businesses across the district, despite the challenges presented by the coronavirus outbreak.

During the early stages of setting up his business Kavalier Custom Clothiers, Ryan Saunders (pictured above) benefitted from some of the webinars the Job Club ran in partnership with the University of Northampton (UoN). We caught up with Ryan to find out how he was getting on.

Ryan, tell us about you and your new business

"I am 35 years old, living in South Northamptonshire, and I have a passion for helping people use clothing as a tool to enhance their lives.

"I am a former soldier. I left the British Army (Army Air Corps) in October 2015 and initially took on a franchise specialising in bespoke clothing and personal styling.



"However, I was not happy with the standard of the franchise products and decided that I could do better and started the process that led to Kavalier Custom Clothiers.

"Kavalier Custom Clothiers is a custom clothing retailer using a hybrid model to run the business. We don't have a physical shop and we don't sell online. All our sales are done face-toface at the customer's home or office. This means we can offer online pricing but with a truly personal experience."

Tell us more about how the webinars helped you

"I have been helped greatly by the SNC Job Club webinars, especially working with the advisors at the University of Northampton.

"The initial one-to-one diagnostic with an adviser boosted my confidence. When you are working on your own, it is difficult to be certain about the decisions you need to take, especially when dealing with areas of business that you are unfamiliar with. The support program was able to help answer those questions.

"The adviser was very helpful providing information, useful documents and templates, as well as specific advice. The marketing and business planning webinars provided useful hints and tips and further guidance.

"I am really pleased that I discovered the programme run by SNC Job Club, as they have helped me set up my new business. The one-to-one support and free webinars were very useful, and I appreciated the encouragement and advice I had from the accredited advisers at UoN. All of this has been essential in helping me on my start-up journey."

Join us for our upcoming webinars

UoN is one of many expert partners working in collaboration with the SNC Job Club to provide a one-stop employment hub for local residents. Whatever you need in terms of returning to employment, the SNC Job Club is on hand to help you.

To find out more about all of the support available through the SNC Job Club, from help to identifying a new career to starting your very own business, please visit www.southnorthants.gov.uk/jobclub.



PLEASE NOTE there will be no green bin collections during w/c 21 December and w/c 28 December

Collections due 25 December will be made on Monday 21 December

Collections due 1 January will be made on Monday 28 December

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Check your collection day and area on our website; www.southnorthants.gov.uk/binday

Recycle right this Christmas

Christmas is a time of celebration and festivity, but this can often bring lots of extra waste.

The good news is that most of your waste can be recycled in either your blue or green bins or your silver food caddy. However, it is important to recycle right this festive season. Please put your waste in the correct bins so that it can be recycled properly.

Here are some handy reminders for your festive recycling:

Blue Bin

- You can't recycle cards or wrapping paper with glitter on this should go in the black bin
- Make sure cans and tins are fully empty and give them a rinse before putting in your bin there is no need to remove the labels
- Please don't place broken wine glasses or Pyrex in your blue bin as these are a different kind of glass to bottles and jars and they don't melt down in the same way
- We can't recycle plastic toys in the blue bin as they are made from different types of plastic. The
 technology used at the recycling factory can't sort them properly. If toys are in good condition,
 please donate to charity or give them to someone else to reuse
- We can take extra recycling if you leave it next to your blue bin in a box or bag please do not use black bags as the crew can't see what is in them and they can't be recycled.

Green Bin

- We will have a short pause in the green bin collections between Christmas and New Year. There will be no collections between 21 December and 1 January
- When the green bin collections start again in January, we will be collecting real Christmas trees. Please place next to your green bin (cut in half if large) and remember to remove all lights and decorations.

Silver Caddies

- A big proportion of your waste is food and you can recycle this every week by using your silver caddy
- We can take all types of food even mouldy and out of date food, meat, fish, bones and cheese as well as fruit, vegetables and bread
- Keep your caddy clean by using a compostable liner which are available to buy from supermarkets, discount stores and online. Alternatively you can line with newspaper.

If you are still unsure on what you can recycle and which bin it needs to go in, please visit our A to Z directory online - www.southnorthants.gov.uk/wasteandrecycling.



With climate change causing nature and biodiversity across the world to decline at an alarming rate, SNC has pledged to support the planting of 92,515 trees in the district – one tree for every resident.

Teaming up with the Woodland Trust and Lloyds Banking Group, we want to help support local landowners to plant more trees and improve the district's biodiversity.

Cllr Dermot Bambridge, portfolio holder for environmental services, said: "The loss of nature and biodiversity contributes to climate change and reduces our capacity to adapt to its impacts.

"These include flooding, drought and wildfires, increased pests and diseases, higher temperatures and crop failures.

"Improved nature and biodiversity can also help improve air and water quality as well as our physical and mental wellbeing.

"That is why we are taking steps to help, by partnering with the Woodland Trust and Lloyds Banking Group to support the planting of 92,515 trees; one tree for every resident in our district."

Currently, forestry and woodland only accounts for 8.4 per cent of total land use in the district. When we compare this to the total across the whole of the UK, 13 per cent, it is clear we have a lot more we could do.

Through the Woodland Trust's MOREwoods scheme, SNC will provide up to 15 per cent of planting costs and Lloyds Banking Group will provide up to 75 per cent as part of their pledge to plant 10 million trees in the UK. This leaves just 10 per cent of costs to be provided by the landowner.

The Woodland Trust will also provide expert advice and assistance to help plan and design each project.

This scheme is available to landowners with at least 1.25 acres of land available for tree planting.

However, if you have a smaller area of land that you would like to plant trees on, you may be eligible for a free tree pack from the Woodland Trust. The packs contain a variety of species of between 15 to 420 trees depending on your needs.

Free tree packs are also available to community groups, schools and other not-for-profit organisations such as parish councils and resident associations. You could even set up a group for the purpose of planting trees.

How to apply

We already have some landowners interested in this scheme and funding will be allocated on a first come first served basis so do get in touch quickly if you would like to apply.

If you are interested in applying to the scheme or would like to enquire about a free tree pack, please visit www.woodlandtrust.org.uk for more information.

Alternatively you can email us at <u>climatechange@southnorthants.gov.uk</u> and we can put you in touch with the Woodland Trust.

Moat Lane shortlisted for prestigious national award

Despite a turbulent year, the team behind the Moat Lane Regeneration project has much to be proud of.

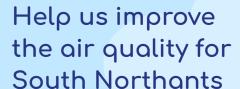
The Moat Lane scheme, which began in 2009 with the purchase of the Watermeadows, has seen a derelict part of Towcester town centre completely transformed.

As well as dozens of new homes and a new retail thoroughfare in Whittons Lane, the project also saw the restoration of the historic Bury Mount, which has become a focal point for the town.

As the development nears completion with nearly all the new retail units and homes occupied, the team received news that the project has been shortlisted in the mixed-use category at the Planning Awards 2020.

Cllr Dermot Bambridge, SNC's portfolio holder for environmental services and Moat Lane Project Board chairman, believes the nomination is well deserved. He said: "As a council, we are immensely proud of what we have achieved for Towcester. As many towns have struggled, we have managed to attract new businesses and residents and created a truly wonderful environment for people to live and work.

"In particular, what to me are most impressive are the overall design and attention to detail in the new buildings, which include the council offices, state-of-the art library, shops and houses, and the way that they blend in with the centre piece of the historic Bury Mount. This overlooks the Grade II* listed almost 60-acre Watermeadows that SNC purchased for the enjoyment of the people of South Northants. The extra car parking we have provided is also a great bonus."



Residents can now have their say on the Council's vision for tackling air pollution in the district, with the opening of the consultation on the South Northants Air Quality Action Plan for 2021 to 2026.

The plan outlines the actions that South Northants Council will take to improve air quality for those who live and work in the district.

A 12-week consultation on the proposed plan opened in November 2020 and finishes on 1 February 2021. You can comment on the plan through the website, in writing or by email.

Copies of the draft Air Quality Action Plan can be found on the council's website www.southnorthants.gov.uk/consultation.

Gym refurbishment complete at TCL

A major revamp of Towcester Centre for Leisure is now well underway after works were delayed earlier this year due to the pandemic.

Work to extend the gym and create a new multipurpose workout space finished in November increasing the space available to users by 20%.

The development of a multipurpose room (previously the hair salon and beauty room) was also finished In November. The space will be available for yoga, pilates, children's parties, meetings and training sessions.

As we went to print, progress was set to begin on the refurbishment of the swimming pool and changing rooms, including dedicated disabled changing facilities, additional family changing areas and improved shower facilities.

Work is also going on behind the scenes to improve the air handling and temperature control of the whole leisure centre. This work is expected to be completed early next year.

Cllr Karen Cooper, SNC's portfolio holder for wellbeing, said: "These refurbishment works will deliver significant improvements for customers. The team have done a fabulous job to get the new gym and multipurpose room ready after such a long delay. We are now looking forward to getting the next phase of refurbishment finished early next year."



The eviction ban was initially put in place at the end of March for three months to help private and social tenants whose health or finances were affected by the coronavirus crisis.

The extended ban ended on 21 September with landlords once again able to start the legal process to evict tenants.

The government has however changed the minimum notice periods tenants receive for evictions from three to six months. This rule will be in place in England until at least 31 March 2021, apart from in cases involving things like anti-social behaviour and domestic abuse.

If you are a private tenant, a landlord can ask you to move out by issuing a Section 21 or Section 8 notice. A Section 21 notice is commonly referred to as a "nofault eviction" as landlords don't need to give a reason for evicting you.

However, as of June 2020, the government now states landlords must submit evidence about how their tenants' circumstances may have been affected by coronavirus.

If they don't, judges will be able to suspend the court proceedings until they provide the details.

This means eviction proceedings for thousands of people could effectively be pushed back by months. Landlords can only start court action once your notice period ends. If you've not had notice yet, your landlord probably won't be able to apply to court until spring 2021 at the earliest. But you could be at

risk of eviction before then in the following situations:

- You got a valid notice before 29 August 2020
- Your landlord started court action before or during the eviction ban
- You get a shorter notice because of high rent arrears or anti-social behaviour

Councillor Karen Cooper, portfolio holder for housing, said: "We urge anyone who is having trouble paying their rent to speak to their landlord in the first instance to see if they can work out a payment plan. Alternatively, please contact the Housing Options Team at the council who have a range of support and advice to help our residents who are experiencing difficulties.

"You can and should stay in your home, especially if you have nowhere else to stay. Get advice before giving up your home voluntarily even if eviction seems unavoidable."

It's illegal for your landlord to:

- Harass you
- Lock you out of your home, even temporarily
- Make you leave without notice or a court order

If you are at risk of being evicted please contact our Housing Options Team for free and confidential advice: T: 01327 322374 E: housing.options@southnorthants.gov.uk.

Our **Money Advice Service** can also help if you are having problems with rent or mortgage payments, managing your money or other debt issues: T: **01327 322275** E: **moneyadvice@southnorthants.gov.uk**.

NHS Winter message



With winter upon us, health and care leads in Northamptonshire are urging people aged 65 or over and those at high risk from coronavirus (on the NHS shielded patient list) to get vaccinated against flu.

Every year the NHS offers free flu vaccines to those who are 65 years old or over to help protect them from the highly infectious viral illness.

It is essential for people in these groups, as well as in other categories (see below), to have the flu vaccine as these are the groups that are the most susceptible to further complications of having the virus.

As seen with COVID-19, respiratory illnesses can be extremely serious and can be fatal. Those with co-infection of the two viruses are more at risk of severe respiratory complications or death, and most cases of co-infection were in older people and those at 'high risk'.

You are eligible to receive a free flu jab if you:

- are 65 and over (including those who will be 65 by 31 March 2021)
- have certain health conditions
- · are pregnant
- are in long-stay residential care
- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- live with someone who is at high risk from coronavirus (on the NHS shielded patient list)
- are a frontline health or social care worker
- are aged 2 to 11
- are 50 64 years old (part of the extended programme to start in late November)

Lucy Wightman, Director of Public Health Northamptonshire (pictured right), said:

"Getting a flu vaccination is the best way of protecting you and your family from flu every winter. This winter, we are not just dealing with flu but with COVID-19 as well. It is especially important that those who are eligible for free flu vaccine this year, take up the offer. Along with other respiratory conditions, flu can cause problems in those who are most vulnerable and I urge residents within these two groups to take up their vaccinations this year."

If you are not sure if you are eligible please contact your GP or local pharmacy or visit www.nhs.uk/ conditions/flu for more information.

People who are not in the eligible groups and therefore not eligible for the free NHS flu vaccination are still strongly recommended to make their own arrangements to have the flu jab as the virus can be serious for anyone who catches it. Vaccinations are available for a small charge at many local pharmacies.





WHAT'S ON

Visual Arts



Towcester & District Art Society

Throughout November, members' art can be viewed online here www.towcesterart.com and purchased by card (for collection on 5 December).

Joint Exhibition of Paul Wharton and Roy Holding

The first joint exhibition across both Forge coffee sites in Culworth and Evenley promises to brighten any winter gloom with a feast of mountain and seaside scenes in bold colours. On until 31 December. **www.forgecoffee.co.uk/whats-on.**



South Northamptonshire Art Trail

This year's Art Trail was a great success. If you missed it, or want to contact an artist who is a member of SNA, details and images are online here **www.arts-sn.org.uk**.

The Heseltine Gallery

Exceptional: A-Level Painting from The Year That Never Was

View the online exhibition of Chenderit School's A- Level art and be amazed: **www.theheseltinegallery.org.uk/online-exhibitions**.

Previous online exhibitions can also be viewed.





Open Exhibition 2021

This year's showcase exhibition will not be going ahead, due to the ongoing restrictions, but the 2021 Open Exhibition will take place in the usual May slot during Oxfordshire Artweeks... all being well.

Details for artists can be found at <u>www.theheseltinegallery.org.uk</u> or email <u>sue.carverhill@southnorthants.gov.uk</u>.

Art & Craft workshops have restarted at many places around the district (with restricted numbers), including Yardley Arts in Yardley Hastings, Vitreus Art in Towcester, Artistic Retreats in Boddington, Stitching Kitchen and Rightangle Gallery in Brackley.

Performing Arts

Jazz @ The Walnut can be enjoyed monthly on a Sunday lunchtime at The Walnut Tree in Blisworth. Booking is essential due to restricted seating at tables: T: **01604 858589** or E: **tadjazzfriends@gmail.com**.

Brackley Youth Theatre runs drama classes on a Wednesday night for Juniors (aged 8-11) from 6.30 to 7.30pm and Seniors (aged 12-17) from 7.45 to 9.15pm, plus a new Minis Class for 5 to 7 year-olds from 5.15 to 6.15pm. For more information visit **www.byt.class4kids.co.uk**.

Visit <u>www.southnorthants.gov.uk/arts-and-culture</u> for more information on local arts.