

Dear friends, Revd Mandy here.

Having been brought up in Scotland, New Year or Hogmany was a time for ritual, parties and New Year resolutions. Hogmany was also a time for putting everything in order before the New Year arrived. In times past, the whole house had to be swept, and all the debts paid. Anything that had been borrowed had to be returned, clothes mended, clocks wound up, musical instruments tuned, pictures straightened, silver and brass polished. Special Hogmany food was to be prepared: oatcakes, cheeses, shortbread, black bun, which was a rich cake made with dried fruit, almonds, spices and brandy baked in pastry.

On the stroke of midnight, the head of the house opened the door wide until the last stroke of the church clock's bell had died away. The old year had been let out and the new year had been let in.

Then came the custom of first footing. In the first few minutes of the New Year, a knock would come at the door, and upon opening the door there would stand a tall, dark and preferably handsome stranger with mistletoe in one hand, and bread, salt and coal in the other, symbolising life, hospitality and warmth.

The first footer is to bring luck and prosperity to the household in the coming year.

We may smile at quaint old Scottish customs, but perhaps from them we can see that it is important for us to get our spiritual house in order from time to time. Mend broken relationships, tune up our prayer life, ask God to put straight our crooked ways.

And as we welcome the New Year in, let us also welcome, not a stranger, but an unseen guest in the person of Jesus Christ. Let us bring him into our homes and hearts this New Year, for he will bring peace, blessing and guidance to us as we step out into the future.

New Year is often a time for reminiscing, for looking back over the past months. Many of us will be glad to see the back of this year. We may indeed look back with sadness because of the losses in so many ways due to the Pandemic but perhaps we can look back with gratitude and joy too. We can take time to thank God for opportunities given, friendships made and blessings received as well as asking God to help and heal past hurts or present fears.

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Church services in January at St Luke's and St Francis.

Sunday 3rd January St Francis

Thursday 7th January St Luke's

Sunday 10th January St Luke's

Tuesday 12th January St Francis

Sunday 17th January St Francis

Thursday 21st January St Luke's

Sunday 24th January St Luke's

Tuesday 26th January St Francis

Sunday 31st January St Francis

Children's Society – a big thank you to all the boxholders for their response to our appeal for cheques this year to avoid opening boxes, counting cash and risking a hernia carrying it to the bank! The total amount donated was £358.

Ian and Molly

Volunteering by Moira

Many of you know me as walk leader together with Susan at the Wellbeing Café but this is part of our volunteering roll at the Patients Participation Group at our surgery St Luke's Primary Care Centre.

As part of this group each year we are an extra pair of hands to help the surgery to deliver the flu jab to as many as possible. This year's challenges have made it more important for as many as possible to assist with this task, directing people around the one-way system, hand sanitising and making sure they leave the building as all clinics were outside normal working hours.

We have just completed our first weekend at the Covid19 vaccination station working alongside many young people who were also volunteering. I was impressed by the joy and positivity from all the patients who have been offered this jab in the first wave.

One man told me he grew up wearing a gas mask and now is back wearing a mask.

Volunteering in any capacity gives you a good sense of achievement, can be an asset to your career and in my case, as I was there at the end of the clinic, I was offered the Covid19 jab due to no shows.

Thank you to all the medical staff in the Blue PCN, volunteers and above all the scientists who have given us this glimmer of hope. Looking forward to when we can all meet again at the wellbeing café. If you are interested in joining your surgery PPG, go to their website and look for PPG page where you will find more information.

Or speak to me.

Can you contribute ?

"We plan to continue sharing news and ideas every month and would love YOU to contribute too.

If you would like to share your thoughts, ideas and pictures, then please send them to me via email aj.marriott123@gmail.com or post them through my door 3 Main Road Duston NN5 6JB. Thank you.

Prayer

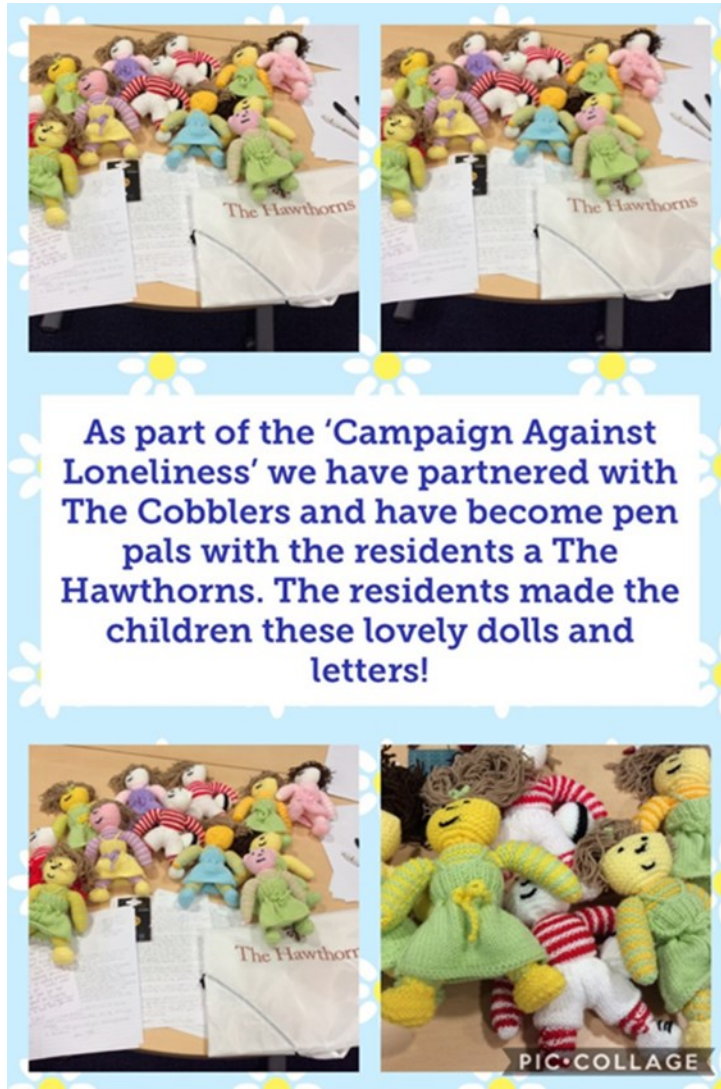
A little bit of courage , Lord,
Is what I need today,
A little bit of courage, Lord,
To see me on my way.

I haven't got to scale great heights
Or walk upon the waves,
But I can win my daily fights,
When I believe that Jesus saves.

And if you give me courage, Lord,
And a joyful heart, today,
For that courage I'll be thankful,
As I go on my way.

Jane

St Lukes CEVA school have partnered with The Cobblers during this pandemic and this is the result.....



Duston youth clubs.

Year 6 club is on every Wednesday during term time, at 4:30 at St Luke's Centre (Milway/ Main Road)

Year 7+ is on after at 7pm.

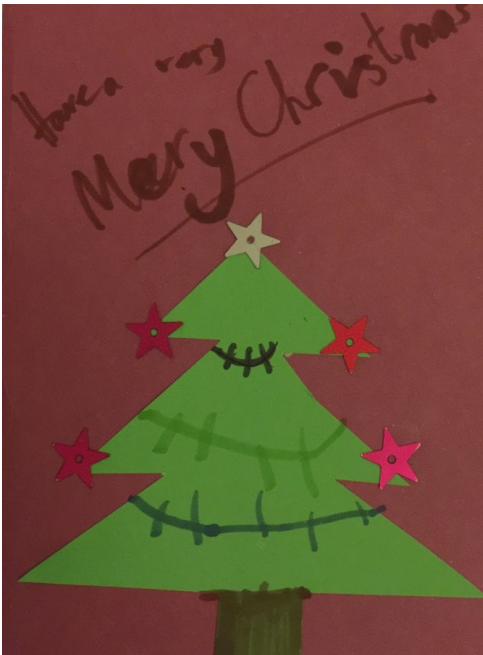
Subs are £1.

For more details check:

Facebook @youthinspireduk and email lauram@cypn.org

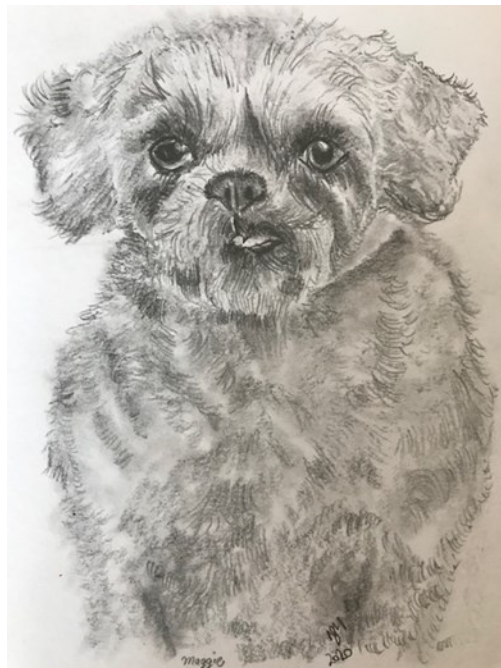
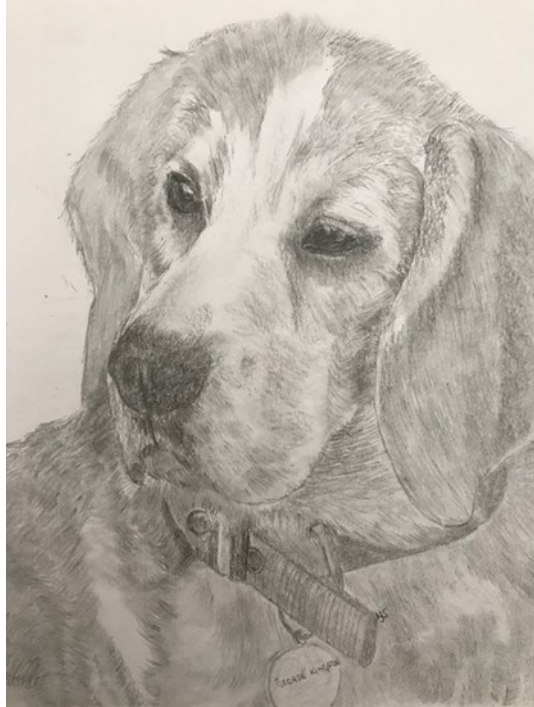
The 87th Northampton Brownies made cards to bring extra cheer at Christmas.

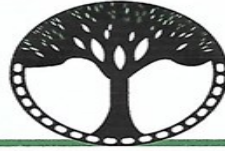
Well done!



During lockdown Nikki Hills turned her hand to drawing dogs belonging to people she knows.

What a lovely idea! Here are some of her furry friends.





DUSTON PARISH COUNCIL

We are fast approaching the end of the most unusual year anyone has ever known. A year of uncertainty, worry and unfamiliarity, but also a year of incredible community spirit, acts of selflessness and new bonds and friendships.

We would like to thank every single one of you who has gone above and beyond to make a difference to friends, family, neighbours or complete strangers during this time.

We hope you have managed to get involved in some of the initiatives we have put on and that we have managed to keep you feeling connected to our wonderful community.

Looking forward to 2021 we are asking you all to 'Save the Date' of Sunday 27th June for our annual Duston Fun Day

We are already planning new events and initiatives for the coming year, virtual at first but hopefully by late Spring we will start to see some seeds of hope that we can all get out and be together again.

Please keep safe and well; there is light at the end of the tunnel

Alison & Sarah

Christmas Greetings from all of us at
Duston Parish Council

**DUSTON FUN
DAY 2021!**


SAVE THE DATE

**SUNDAY 27TH
11AM - 4PM JUNE**

**ST LUKE'S PLAYING FIELD, MELBOURNE
LANE, NN5 6HS**

Contact us for more info
T: 01604 583626 | E: events@duston-pc.gov.uk
or visit our website www.duston-pc.gov.uk

 Duston PC

 @duston_pc



DUSTON PARISH COUNCIL

AFFINITY DAY CARE

Fern Overton talks about the new Day Care Facilities in Duston.....

I've attached some photos that are a snippet of what we've been up to in our first month of opening.



As you can see we love to keep busy and try lots of different activities. Our main aim is enjoyment and our 3 core values are Care, Friendship and Fun.

Our service not only provides an opportunity to meet new people and reduce social isolation, we are also a means of respite for informal carers at home.

We are based at St Luke's Community Centre Monday- Friday 10:30am - 15:30pm and we look after anyone over the age of 55.

Prices start from £35 per day depending on needs and transport requirements but includes all daily activities, a two course home cooked lunch, any outings or entertainment and all refreshments throughout the day.



We are a Community Interest Company which means we reinvest profit back into the local community and are very keen on partnership working and support local businesses. We have been incredibly busy during our first month but have some availability left to welcome new friends. If you would like more information please call us on 01604 372744.

We are classed as a support service under the governments Coronavirus guidelines. This means we are able to continue with our service in Tier 3 & Tier 4 and also if there is another national lockdown.



A recipe from Ann

"If you need a pudding for a party or Sunday lunch - try this - it's quick, easy and delicious!"

Cheesecake

125 gm Digestive biscuits

75 gm butter

300 gm Cream cheese

60 gm Icing sugar

1 teaspoon Vanilla extract

1/2 teaspoon Lemon juice

250 ml Double cream

Crush the biscuits, melt the butter and mix together. Spread into a 20 cm loose bottomed tin and press down lightly. Leave in the fridge to set.

Beat together the cheese, icing sugar, vanilla and lemon juice. Whip the cream and fold into the cheese mixture.

Spread over the biscuits and leave to set in the fridge for 3 hours or overnight.

Turn out onto a serving dish and decorate with fruit or fruit spread

ENJOY!!

Shedversation No. 6

Welcome once again to my shed, to the place now known as 'Shedgnosis.' I guess it's time for another for some more of my musings or another 'Sheditation' as it were.

"What's your take on genetically modified food?" asked my significant other just the other day as she was serving me a leg of salmon. Lovely girl. I met her on a deep sea fishing trip during 1973. She always likes to keep dead flowers in the house to remind herself that nothing is forever.

Anyway sheds: I said I'd chat a little more about shed history, as in previous issues I had allowed myself to wander off track. We know that the early sheds of England, or 'shaden' were for storing the extra stuff that we like to accumulate, including small animals, seasonal stuff such as garden tools, and later on bicycles, motorbikes, bar conversions, and how they transmogrified into offices and such like. I still can't clarify if shed comes from the old words for 'shade' or 'shed' as in to slough off, which rather bizarrely is pronounced "Sluff."

I recently had the good fortune to discover the 'UK Men's Shed Association.' Gosh. In our modern times it might be said that the organisation sounds a little sexist by seemingly excluding women, and in the following I risk stereotyping men. I'll let you be the judge:

'The UK Men's Sheds Association,' is a registered charity, and is the support body for 'Men's Sheds' across the UK. They were originally founded in 2013 in response to a need for a central body to represent and raise awareness of a small, but growing number of Men's Sheds. Back then there were just 30 Men's Sheds in the UK. In 2015 they became a registered charity with a view to providing more formal support to the Men's Shed movement. Today there are over 600 Men's Sheds open and an additional 150 or more in planning. That's around 13,000 people, or Shedders, as they are known, benefiting from regular social interactions, new and improved skills, and regular, active participation in the activities they enjoy. The rate of growth of Men's Sheds is between six and nine a month.

Why have I not heard about them before? After all I have spent the last 9 months in one with full solar and ground source heat pump powered internet.

What is a 'Men's Shed?'

Men's Sheds (or Sheds) are similar to garden sheds, and are a place to pursue practical interests at leisure, to practice skills and enjoy making and mending. The difference is, that as I mentioned in a previous Shedversation, garden sheds and their activities are often solitary in nature while Men's Sheds are, it seems, the opposite. They're about making social connections and friendship building, and sharing skills and knowledge.

They are intended to be community spaces for men to connect, converse and create. The activities are often similar to those of garden sheds, but for groups of men to enjoy together. They increase wellbeing, help to reduce loneliness and isolation, and most importantly, they are intended to be fun. I can imagine the laughter that would ensue, especially when I share my jokes with them, but then again maybe not.

Their mission is to enable access to a Men's Shed for every man that would benefit from one, and they won't stop until they've achieved it.

Why are they needed?

For a long time research has shown the negative impact of loneliness and isolation on a person's health and wellbeing. Recently there has been more evidence which shows that loneliness and isolation can be as hazardous to our health as obesity and excessive smoking. Surveys from mental health charities are finding that millions of people report feeling lonely on a daily basis.

Men typically find it more difficult to build social connections than women, and I don't think I am stereotyping here, and unlike women of a similar age, fewer older men have networks of friends, and rarely share personal concerns be they about health or other stuff. It is not the case for all men, but for some, when retirement comes, it can feel like personal identity and purpose is lost. Men's Sheds can change all of that.

Their stated aims are:

Promoting the Men's Sheds movement so as many people as possible know about them. They'd like 'Men's Sheds' to be a household name so that every man knows what they are and how to find one.

(The nearest Men's' Shed is in Gladstone Close, Spencer, Northampton NN5 7AY, and the person to contact is: Martin Price Email: mprice@engagementworks.com Tel: 01604 700339 Mobile: 07765 224 715)

Promoting individual Men's Sheds to help put interested members of the community in touch with their nearest Men's Shed. There is an up-to-date map of UK Sheds on their website, and they also share this on social and print media, and by forwarding enquiries to the relevant local Shed groups.

Providing advice and guidance on starting up and running a shed to help grow the number of UK Men's Sheds. They can provide practical information guides, and toolkits on topics such as registering as a charity, insurance, funding, sourcing equipment and venues, and volunteer recruitment. They provide telephone, email and in-person support to individuals and groups wanting to start a Men's Shed. A Shed doesn't have to be an actual shed as they often aren't sheds at all; they can be empty offices, portable cabin's, warehouses, garages, and in at least one case, a disused mortuary

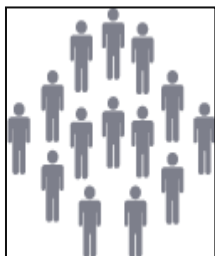
Training volunteer Ambassadors with experience of starting their own Men's Sheds to mentor and guide like-minded individuals and groups in starting and managing Men's Sheds across the UK.

Holding networking events to connect men from different Men's Sheds across the UK. There they can share experiences, knowledge and skills, and make friends for life with others who share interests and a common purpose.

They also raise awareness of Men's Sheds and their many benefits by:

Talking about the social and health benefits of Men's Sheds in reducing isolation, and empowering local communities. They can do this through various communication channels, including public events, online and in the media.

Representing their members and the UK Men's Shed movement at a local, national and international level. They do this by liaising with organisations, government authorities, companies, other Men's Shed associations and related charities, to help develop partnerships, generate funding opportunities and negotiate sponsorship deals to deliver real value to their Member Sheds.



An estimated number of 14544 families in the UK are benefiting directly from having a member involved in a Men's Shed project.



(The nearest 'Men's' Shed' is in Gladstone Close, Spencer, Northampton NN5 7AY and the person to contact is: Martin Price Email: mprice@engagementworks.com Tel: 01604 700339 Mobile: 07765 224 715)

I'm off to give them a call right now.

This article has been 'shedited' by me, and is based on the wealth of information that can be found on 'The Men's Shed Association' website: <https://menssheds.org.uk/>

Genii Homecare and Lifestyle services.

We are a concierge service, providing a variety of different care, in home and general services for individuals to enable them to remain living independently and to live life well.

Initially, we would meet in your home to discuss your daily living needs and longer term life goals too. We would 'tailor' a lifestyle plan with all the support and other services to need us to deliver to help you live well, how you choose.

Genii Home Care employs fully qualified and experienced staff who meet a strict list of moral criteria too. We never employ agency staff as we know that using the same staff with a client builds a strong and trusted relationship and consistency of high standards when it comes to the quality of care and services we provide. We have been operating for a number of years and have mainly grown through recommendation from our existing clients. We would be delighted to provide testimonials or references from them if required too. We can provide a minimum of one hour call per week right up to full 24/7 live in care.

The number of hours will depend on an individual's personal circumstances and needs. We discuss this during the assessment stage and our lifestyle plans are very flexible at any time to accommodate people's changing life circumstances.

Our friendly team operate a 24/7 on call service as part of our support provision too, which always gives peace of mind for service users and their families who may need our advice or help at any moment in time.

We specialise in dementia support services, end of life care, sensory impaired support services, mental health support, MND, cancer support and much more.

Our rating of 'Good' from the Care Quality Commission (England) reflects our quality of service.

We would be delighted to offer you a free of charge assessment and consultation to 'actively' listen to your requirements and answer any questions you may have.

"Live life, love life" and "People are everything" are our mottos and we really do 'Walk the talk'. See below for further details.

PEOPLE ARE EVERYTHING

WE SUPPORT:

Adult and child care
Older people
Respite
Hospital transitions

Learning disabilities
Physical disabilities
Sensory impairments
High dependency care

BASIC SERVICES:

- Cleaning
- Food preparation and serving
- Social interaction/stimulation
- Personal care support
- Medication assistance

EXAMPLES OF
TAILORED SERVICES:

- IT/admin support
- Laundry
- Shopping services
- Gardening
- Hairdressing
- Deep cleaning
- Decorating
- Days out
- Sit in service
- Transport services
- Nutritional advice

LIVE . LIFE . LOVE . LIFE



T: 01604 211323
www.geniihomecare.co.uk

Got Questions?

Is there more to life than this?

Does God exist?

What happens next?

Join the adventure

Alpha Online @ Upton Café Church

A chance to explore faith, ask questions, and share your point of view.

To book your place, email info@kucc.co.uk or log in on the night at www.kucc.co.uk/online.

7:30pm | 2nd and 4th Wednesday of the month
From Wednesday 13th Jan

An eleven week course ran in partnership with Duston & Upton Parish and Kislingbury and Upton Community Church.

Alpha.org
#TryAlpha

Alpha

If anyone would like to share in the Alpha course online in January, please see the attached poster for joining details. Thank you.



Local Radio for Northampton

106.9fm across Northampton - nliveradio.com
and on Smart Speakers "Launch N Live Radio"

NLive

studio@nliveradio.com

 [nliveradio](http://nliveradio.com)

Weekdays

From 7am - Breakfast with Colin

Wake up with Colin, with what's on, new music and Name That Film

From 10am - Undiscovered Northampton

What's going on in and around the town

From 1pm - The Golden Hour

An hour of golden hits from across the decades

From 2pm - Afternoon Delight

2 hours of non stop entertainment, fun and games

From 4pm - Drive

Keeping you going on the way home

From 7pm - Specialist Interest Shows

Open4Business, Ambidextrous, Simon Selects and more

From 9pm - Specialist Music Shows

Different days with different genres from Rock and Pop to Latin & Dance

Weekends start early; Thursday's 6pm Weekend Calling, 8pm Music Extravaganza, 10pm Sarah Clarke & Co.

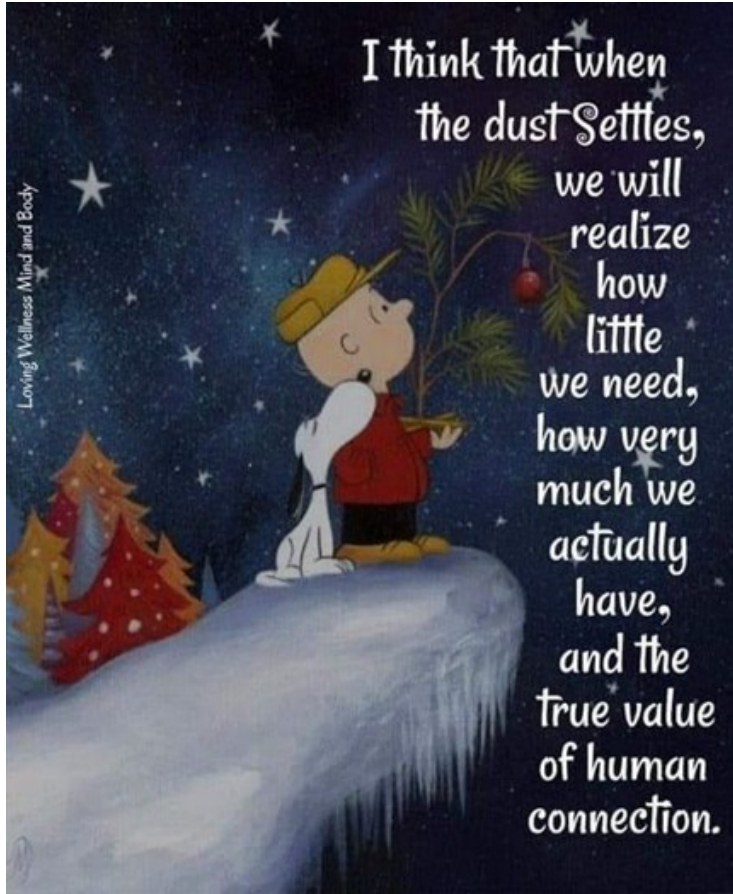
**Friday's 4pm Tidy Friday, 6pm Shoetown Sounds - local music show
8pm RnB Show, 10pm Rock Your Socks Off**

Weekends

There's something for everyone during the weekend with a mix of entertainment, specialist music, community, faith, politics, arts and culture

We are **your** local radio station for Northampton, and we're passionate about the town and everyone in it, from the great community groups, charities, local businesses, arts, culture and sport.

To find out more or get involved head to NLiveRadio.com



Loving Wellness Mind and Body

I think that when
the dust settles,
we will
realize
how
little
we need,
how very
much we
actually
have,
and the
true value
of human
connection.

Duston Players – past, present and future.

With Christmas just gone and the New Year in full swing, many people think about their past, present and future. For Duston Players that past is over 75 years, the present is rather quiet, and the future is unknown, but hopefully full of exciting things!



Apparently it was the buses, or lack thereof, that started it all, back in 1944. It appears that during the later years of the war the buses between Duston and the town centre didn't run late enough to enable a trip to the theatre, and, so the story goes, Duston theatre fans decided the only solution was to put the plays on locally. The very first was "Give Me A Ring" by James Welch, and permission had to be sought to wear uniforms on stage (which was given as it was a good morale boosting play).

There followed a couple of shows every year until by the late 40s and 50s there were three or even four each year, including a selection of thrillers, comedies, dramas and classics – but oddly, no pantomimes until 1982's "Cinderella", which turned out to be so successful that we've performed a panto more or less every other year since then, and between 2013 and 2016 we did one every year. A pantomime is a demanding production, though, and we returned to the every-other-year format after that – or would have done were it not for the closure of theatres in 2020 which stopped us doing a specially written Halloween pantomime, several years in the planning based on the 31st of October being a Saturday in 2020 and therefore perfect for a run of a horror – comedy. Will it ever see the light of day?

The saddest thing for us is that when everything stopped we were just a few weeks away from opening “The Ladykillers” which had seen our highest ticket pre-sales for years and was looking to be a dead-cert box office smash. Instead, the cast were left running their lines over Zoom, and wondering if we would ever get back on stage again.

During lockdown, however, we haven’t been completely idle, taking part in a special zoom version of Shakespeare’s “Twelfth Night”, sharing videos of old productions online, making an advent series of Christmas readings, and most ambitious of all, recording the lines for a new puppet film, the four-part “First Men In the Moon” with puppets and props built by member James Burgess (who has worked on props for “Doctor Who”). The first two episodes are available via our website at www.dustonplayers.org.uk or our Facebook page, with the final episodes due soon.

With light at the end of the tunnel thanks to the vaccines becoming available, we’re hoping to be back on a real live stage some time in 2021, hopefully with a revived “The Ladykillers”, and the enforced inactivity has allowed us to make plans for many other productions so once we are allowed to perform again, nothing is going to hold us back – we hope to see you at our shows very soon

