



Community Connect

Sep / Oct 2022

Issue 25

Inside this issue:

Revd Mandy writes	1
St Luke's Church Tower	2
Service rota	3
Project Propeller	4-5
Running through my mind	6
For your diary	6
OCD	8
Duston Players	9
DPC Connect	10-11
RBL Fashion Show	12
Health & Wellbeing Talk	13
Duston Food Bank	14
Macmillan Coffee Morning	14
Duston Dashers	14
Wellbeing Café	15
Further Info	16

Revd Mandy writes

Well of course we have experienced some very hot weather over the Summer, and we realise that water is very precious, and must be used sparingly, so no over use with the hosepipe!

Talking of hosepipes, mine is attached to the outdoor tap. I have had it since the early 90's and it's travelled with me to every house and garden I have lived in since that time. It's very long and very useful.

It's been used for filling up paddling pools when the children were young, washing cars and of course watering the garden.

And it's there now in the garden ready and waiting to be used to water my pots on the patio.

Of course, it would be no use at all if it wasn't connected to the outdoor tap - to the source of water, in order for it to do its job.

And because it's so very long there are times when it gets twisted and knotted up and when that happens, the flow of water is reduced to a trickle.

The hosepipe, I suggest, can be a helpful picture of how God can use us to bring refreshment and Blessing to others in His Name.

I see that God can use us like a hosepipe bringing his living water into other people's lives. It reminds me of an event in Jesus' life where he met a woman at a well. She had come to draw water. Jesus and the woman got into a conversation and

Jesus told the woman that He could offer her living water and she need not be thirsty again. He wasn't talking of physical thirst but a deep spiritual thirst. He was saying that if we thirst after him and His way of living then we shall be satisfied and truly fulfilled.

In order to bring God's Blessing to others, a bit like the hosepipe, we need to be connected, to the source of the Blessing, God himself.

As the hosepipe is connected to the tap, we need to be connected to God, through prayer, worship and study of His word.

Sometimes, like the hosepipe, our lives get knotted up and Christ's living water cannot flow freely. What stops God's blessings flow through you? Are you knotted up with fear or are you tangled up with the sheer busyness and stress of daily life?

If so, allow his hands to release the knot and let His living water flow through you again. And where is your hosepipe directed?

Who around you needs God's Blessing?

Think about it. Pray about it. Ask God to show you and ask God to place you in those situations and with those people whom He desires you to Bless in His name.

My hosepipe is grey and ordinary and doesn't have the means to be coiled away tidily but it's there in

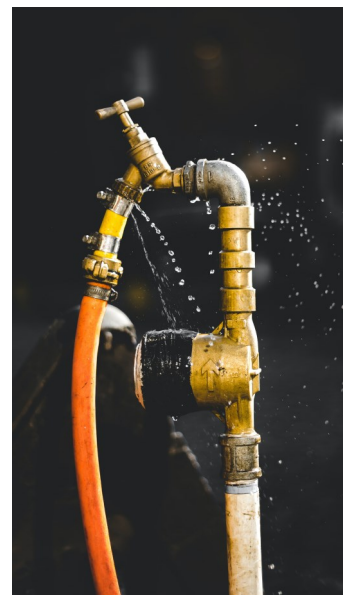
the garden ready for use. We may be ordinary and think of ourselves as not very special, but God has a purpose for us, and if we are ready God can and will use us.

Sometimes when it has been dry over a long period, the authorities impose a hosepipe ban, because the water supply is low. No such thing in God's economy. His living water is an endless supply of blessing. We just need to be connected and ready. I am reminded of an old chorus which goes

**Peace is flowing like a river,
Flowing out through you and me,
Spreading out into the desert,
Setting all the captives free.**

**Let it flow through me,
Let it flow through me,
Let the mighty peace of God
Flow out through me.
Let it flow through me,
Let it flow through me,
Let the mighty peace of God
Flow out through me.**

So, stay connected to the source of living water and let it flow through you to others.



St. Luke's Church Tower



Dear All,

Firstly a belated "Thank You" to all who made donations in memory of our late Tower Captain, my Dad Cecil Swann. I was waiting for the funeral director to confirm the amount, so that I could let you know that £757.75 (£416.38 for the Bell Fund and £341.37 for the Churchyard Fund) was donated.

And secondly, "Thank You" to all who helped and supported our Parish Teas/Sale and Plant Sale on Sunday 15th May, which was held in Dad's memory. We had a lovely and well attended afternoon and raised an amazing £714.50 for the Bell Fund and £237.25 (Plant Sale) for our churches.

During our bell ringing practice on 21st April (the Thursday after Dad's funeral) the Tenor

(6th bell) stay broke. Dad always regularly maintained our bells and made new stays. He always had a few spare in hand, but unfortunately he hadn't made a spare tenor stay. It's very rare for it to break, as it's not used for teaching learners. I don't remember it breaking in all the years I've been ringing. As you can see from the photos it's an unusual shape. It took quite a while for me to source a piece of Ash* big enough. Luckily my brother Nick was able to make a new stay for us. He had a good teacher and is a chip off the old block! We're very grateful to him and "Churchyard Colin" for replacing the new stay (Colin also went up and retrieved the broken one, so that Nick had a template).

*Ash is used to make bell stays because it's springy and can cope with shocks i.e. someone banging the stay!



One of Dad's last wishes was that we arrange for Taylors Bell Founders to come and inspect the bells. We were going to arrange for them to come before Covid struck, but for obvious reasons we couldn't. The last couple of years Dad wasn't well enough to go up the tower, but over the years he'd shown Colin the ropes, so he and Geoff, one of our ringers, have been on hand to deal with replacing ropes, rescuing/replacing broken stays and basic maintenance.

On Monday 1st August David from Taylors came and inspected the bells. Thank you to Karen and her husband (another Colin) for being there to let him in, to assist and answer any queries. We're very pleased to say

our bells passed their inspection. We are grateful to Dad for his dedication in looking after them so well; and to Colin and Geoff too.

We will ask Taylors to inspect our bells every five years prior to the St. Luke's Quinquennial, unless we feel they need looking at sooner.

Thank you all once again for your help, support and kind donations. Special thanks to our ringers for supporting me when I took over from Dad as Tower Captain. I hope I will do him proud!

Love from
Liz Xx
St. Luke's Church Tower Captain.



**Pop along to St Luke's church for a cuppa and some cake and browse our books, jigsaws, cards and crafts.
Dates: Sundays 25th September, 16th October.
All in aid of Church Funds.**



Service rota for September / October

Thu 1st Sep 10am St Luke's
 Sun 4th Sep 8.30am St Luke's
 Sun 4th Sep 10am St Luke's
 Tue 6th Sep 10am St Francis
 Sun 11th Sep 10am St Francis
 Thu 15th Sep 10am St Luke's
 Sun 18th Sep 10am St Luke's
 Tue 20th Sep 10am St Francis
 Sun 25th Sep 10am St Francis
 Thu 29th Sep 10am St Luke's.

Sun 2nd Oct 8.30am & 10am St Luke's
 Tue 4th Oct 10am St Francis
 Sun 9th Oct 10am St Francis (Harvest).
 Thu 13th Oct 10am St Luke's
 Sun 16th Oct 10am St Luke's
 Tue 18th Oct 10am St Francis
 Sun 23rd Oct 10am St Francis
 Thu 27th Oct 10am St Luke's
 Sun 30th Oct 10am St Luke's

CLICK
Confidence. Learning. Integration. Creativity. Knowledge.

Shelby Jackson

REQUEST THE HONOR OF YOUR PRESENCE
 AT THEIR MARRIAGE

Fri 21st October 7.30pm
Sat 22nd October 3.00pm

Steel Magnolias
 BY ROBERT HARLING

An amateur production in association with Concord Theatricals
 IN SUPPORT OF DIABETES UK

Duston Community Centre, Pendle Road, Northampton, NN5 6DT
 Tickets: £8 - £12 (plus booking fee)

Booking via eventbrite: <https://www.eventbrite.co.uk/e/steel-magnolias-by-robert-harling-tickets-250124478047>
 (also search "Steel Magnolias" on Eventbrite)

PROJECT PROPELLER

In May 1999 a small group of aircraft owning pilots got together with the aim of giving WW2 veteran fliers the opportunity to fly once again. Together they set up a scheme which came to be called "Project Propeller". There were numerous aircraft owners and pilots around the country who gave



Eddie Habberley

their time and at their own expense, to fly veterans from local airfields to a chosen airfield where the 'gathering' could spend the day meeting old friends and talking about their experiences.

The very first gathering of all these airmen was held at North Weald airdrome in Essex, over 100 aircraft with their crew and passengers took part.

The day was a great success and the project has since gone from strength to strength each year, apart from the Covid years, this highly popular meeting has gone on regardless of bad weather. If we could not fly, we motored to the chosen



L to R pilot, Eddie, Maurice, pilot

venue.

Regrettably, this year, 2022, has been the last time for this meeting to take place. The number of veterans has dropped to such a low level that the enormous amount of organisation and expense is not worthwhile carrying on. There has been very many aircrew flying from local airfields such as Sywell and Turweston in Northamptonshire.

It was from Sywell on Sunday 19th June 2022 that two members of the Duston & District Branch of the Royal British Legion took to the skies. Those members were Eddie Habberley, an ex RAF Fighter pilot, and Maurice Marriott, an ex RAF Navigator, both WW2 fliers, Eddie flew the Spitfire and Maurice navigated such aircraft as

tion, 'Ha'penny Green' was safely reached.

The day involved meeting kindred spirits when much reminiscing was done and looking over a number of static aircraft; a Spitfire, an Anson twin engine aircraft and a Messerschmitt. Eddie was generously allowed to climb into the cockpit of the Spitfire. Maurice was able to meet other aircrew and memories and tales were told. All the veterans that attended were ably looked after by members of the Air Training Corps who were also so very keen to hear about the experiences of their guests. The day ended late afternoon with a fly past by a Hurricane aircraft from the Battle of Britain Squadron.

An excellent day had been



Eddie and Maurice

the Wellington, Lancaster and Douglas Dakota around, both mainly operated in the Far East.

The last day of Project Propeller was very well attended with aircraft from all over the country being able to get airborne.

From Sywell, at around 09.15am, two aircraft were airborne, one a two seater 'Taylorcraft', high wing monoplane carried Eddie and his pilot, and the other, a four seater 'Robin' carried Maurice and two other passengers.

The flight was rather bumpy due to strong winds and air turbulence but the destina-

had but there was an air of sadness that this was to be the very last gathering.

Both Maurice and Eddie were safely returned to Sywell.

A great many thanks are owed to the organisers of this annual meeting, the ground staff of all the airfields we have visited, the volunteers who looked after our inner selves, and, not forgetting the pilots, who so generously flew us around the country, and lastly, the Air Cadets who chaperoned us throughout the day.

Wolverhampton Halfpenny Green Airport

We would like to sincerely thank Wolverhampton, Halfpenny Green, Airport and all our sponsors and supporters without whose help this event would not be possible. We are indebted to them all.

ACORN PRESS



LNx
business evolution

ROYAL AIR FORCE
AIR CADETS
the next generation

UMBERSLADE
Property, Land, Asset Management.

ROYAL AIR FORCE
UNIVERSITY AIR
SQUADRONS



A Message from the Project Propeller Organising Committee...

We would like to thank all our pilots, volunteers and supporters whose dedication, enthusiasm and effort over the years has made it all possible.

We couldn't have done it without you.

But mostly, we pay tribute to our wonderful veterans who have attended reunions over the years. It has been an honour and a privilege to meet you all and to have had you as part of Project Propeller. We will never forget you.

PROJECT PROPELLER

Where Today's Pilots Meet WW2 Aircrew

PROUDLY SUPPORTED BY

ROYAL AIR FORCES
Association
The charity that supports the RAF family



SUNDAY 19th JUNE 2022
Wolverhampton, Halfpenny Green, Airport
(Formerly RAF Bobbington)

"The Last Rally"

Project Propeller 1999 - 2022

Veterans, we are delighted to have you with us for our final reunion. We salute you and are eternally grateful for your courage, dedication and service during those dark days of World War Two.

Please enjoy your day and, if there is anything you need, please don't hesitate to ask.



EVENT INFORMATION

Refreshments and Food. Hot and cold drinks and biscuits are available throughout the day and tea and coffee can be ordered from our servers or collected from the drinks station. Lunch will be served from 1130 onwards and any of our cadets or volunteer helpers will be happy to take your orders and deliver to your table. The cadets are very keen to talk to you and hear all about your experiences so we encourage you to invite them to have lunch with you after they deliver your food.

PA Set Up. We are aware that the PA system can be intrusive when you are trying to have a conversation. To minimise this, we have set the PA volume so that it will hardly be heard at the rear tables and, additionally, there will be silent periods every 30 minutes or so. If you are still having problems, please let PP Ops know.

Contacting Other Attendees. If you wish to link up with other friends and comrades, please see the list of attendees on each table. It contains mobile telephone numbers for all of our veterans' pilots. To arrange an RV, just ask your pilots to make contact with each other and set up a time and place.

Souvenir Photos. You may wish to have some photographic memories of today's event so we'll be putting our own selection of photos on the PP website and you can download them or free at home. However, we know that some of you don't have access to a computer so we'll produce a set of 20 prints that we will then send on to you. Please see the Ops/Reception staff for details. Note: Unfortunately, we cannot include "bespoke" photos.

Portrait Photos. We have our own photographic studio back with us again courtesy of Sean Strange. Please see Sean's leaflets on your table for information about this service including special Project Propeller 2022 prices. Or contact Sean at the photo studio.

Exhibitors. We are delighted to have our exhibitors with us today and thank them for their support. We encourage you to visit all of their stands and see what's on offer.

Static Aircraft Display. Please feel free to visit the parking areas and look over the special aircraft that have joined us today.

Departure. To minimise the risks associated with mixing pedestrians and moving aircraft, please use our transport to return to your aircraft if you can. If you wish to leave early, please co-ordinate that with PP Ops.

Emergency Procedures. In the unlikely event that we have to evacuate the hangar, walk out the main entrance, turn left and follow the blue line on the ground to the emergency RV point in the Airport Main Car Park. If you need help, our volunteer staff will be available to assist you.

Mobile toilets are available to your left as you exit the hangar.

TODAY'S PROGRAMME OF EVENTS.

0900 – Arrivals begin. Tea, coffee and biscuits are available. Pilots, if you have queries regarding departure slots, fuel, weather etc our ops staff will be happy to assist you.

1100 – Pianist, Mr John Hunter entertains

1145 – Cosford Air Cadet Band performs outside the hangar

1130 - Lunch is served. Please take a seat at any table and our volunteers, University of Birmingham Air Sqn students or the Cosford Air Cadets will be delighted to take your order and deliver your food to you

1200 – Mr John Hunter entertains

1230 – Ex-POW get together at the IBCC exhibition table. Hosted by the RAF ex-POW Association President, Mr Robert (Bob) Ankerson.

1300 – Mr Nigel Marshall (Project Propeller Photographer and Webmaster) – A tribute to the late Project Propeller co-founder, Mr Ian Burnstock

1315 - Mr John Hunter entertains

1345 - Flypasts and departures. A PA announcement will be made at least 15 minutes before the flypasts. Please then make your way to the viewing area in front of ATC. The Cosford Air Cadet Band entertains as veterans and guests move outside.

1401 – Flypast by the Battle of Britain Memorial Flight Hurricane. The Spitfire Mk XVI and other vintage aircraft will depart shortly afterwards

1430 - Mr John Hunter entertains

1430 - Departures begin. Please use our transport to return to your aircraft if you can. Tea, coffee, cold drinks and biscuits are still available

1600 - Last departure

We are most grateful to the British Red Cross for providing all our wheelchairs at no charge.



Running Through my mind

Tim Dwelly



The Ryanair Approach

Follow me on:



I recently returned from a lovely holiday in Portugal. The cabin crew on our Ryanair flight gave their customary pre-flight safety talk. All pretty standard stuff as you'd expect, seat belts, emergency exits, life vests and so on. But one thing leapt out at me:

Oxygen masks

We were instructed that in the event of an emergency, masks would drop down from above our heads and we MUST put on our own mask before helping anyone else with theirs.

At first, this seemed counter-intuitive. I was travelling with my family; my parents in addition to my children. Surely I must make them a priority, ensure their masks are on properly first, right?

Wrong!

When you think about it, the logic behind this approach is clear: How are we meant to help anyone else, if we're struggling to breathe ourselves? Makes complete sense doesn't it?!

This got me thinking – why do we not always apply this philosophy to our every day lives? Helping others is part

and parcel of life. It gives many of us a purpose. But in so doing, we should never neglect our own health and well-being.

Reflecting on my past, I realise this was a trap I fell into at times. Demands of work, family and relationships meant that hobbies, interests were put on the back burner. I'd find myself having less and less time to pursue the things I loved, as my entire days, weeks and months were consumed with helping and supporting others. Then, when I did occasionally find time to myself, it felt alien, and I'd feel guilty for it. Shouldn't I be using this time to catch up on emails? Or isn't there something more helpful I should be doing? I'd feel selfish unless I was doing something for someone else

"Me" time

But here's the thing... making time for yourself, doing something that YOU love doing, is NOT selfish. YOU are just as important as those that you support. Investing time in yourself recharges your batteries and restores the emotional energy needed to help others in the first place.

It's your oxygen mask. It allows you to breathe and

ensures you are strong enough to help others.

What to do?!

If it's your nature to always put others' needs ahead of your own. If you never have time to yourself then please try some of the following:

Remind yourself regularly that YOU are important

Recognise warnings such as exhaustion/emotional fatigue or a growing resentment of your situation or even those you are supporting. Perhaps you're more short tempered than usual?

Set aside time for yourself on a regular basis to pursue the things you love doing. Even if it's just relaxing for half hour with a cuppa, a book and a biccie.

And DO NOT feel guilty for doing so.

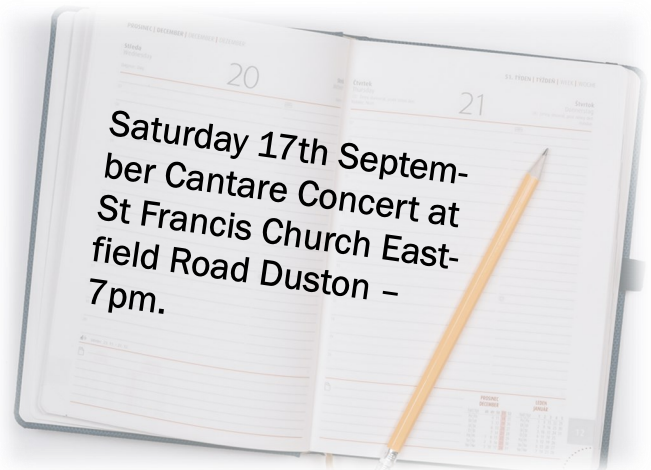
So, thanks Ryanair for your unintended life-lesson. Now to start planning my next holiday with nice hot brew and a custard cream. Until next time...

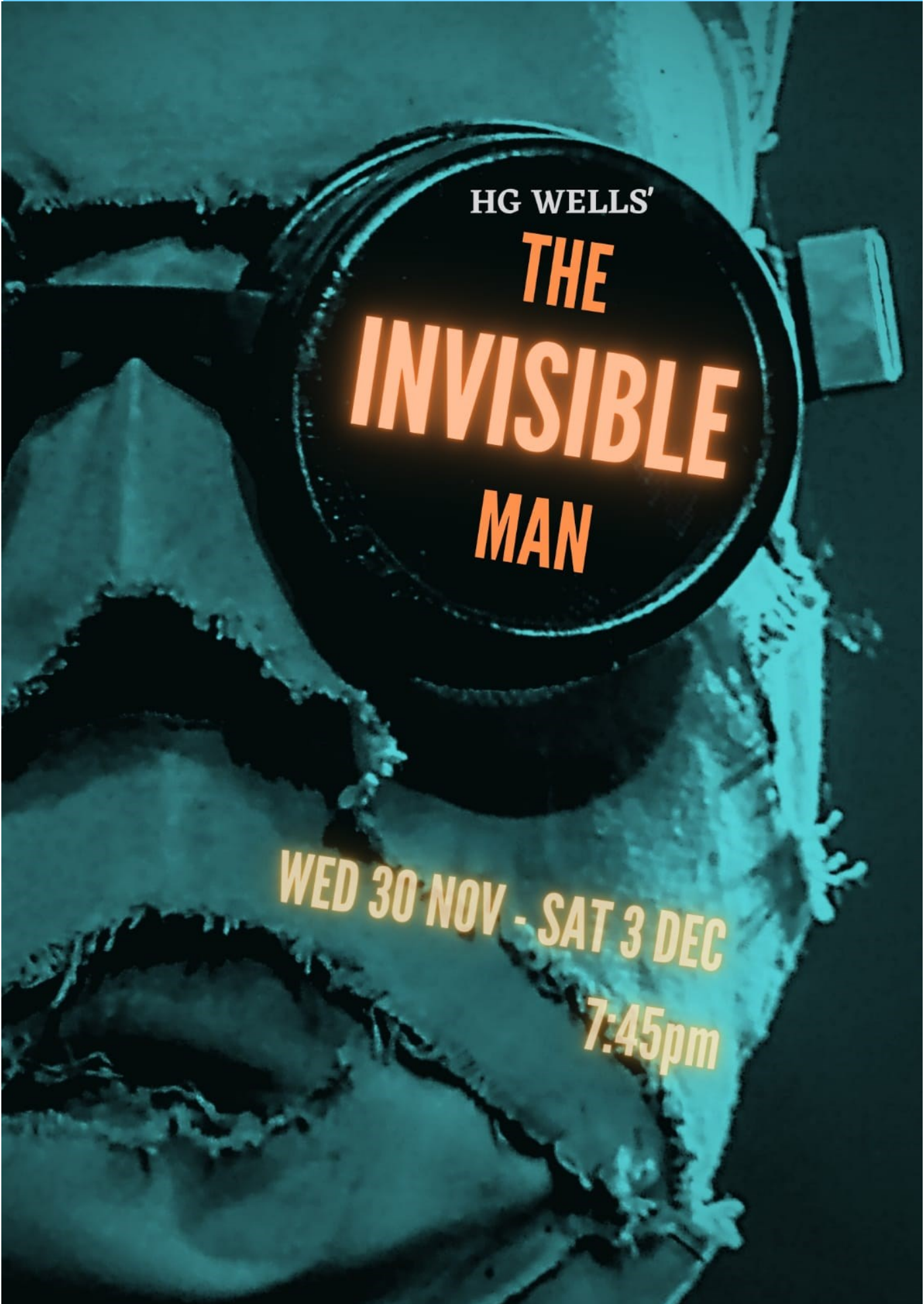
Be kind to yourselves,
Tim.

For your diary...

Thankfully Cantare singing group has been back in action for a while now and has several concerts booked between now and Christmas including the one due to take place at St Francis Church, Eastfield Road, Duston, 7 o'clock on Saturday 17th September 2022. Cantare has performed concerts at St Francis regularly over the years which have been well attended as they sing a varied selection of songs from the shows as well as solos from several individuals. The Musical Director, Andrew Howes, always brings a humorous touch to the whole proceedings which gives a lovely feeling to the evening. Do come along and join us for a relaxing, fun evening. Entry at the door is £5 per person.

Cantare is also coming back to St Francis at 7 o'clock on Friday 16th December 2022 to do a Christmas concert. Keep that date free too.

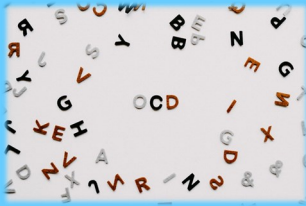




HG WELLS'
**THE
INVISIBLE
MAN**

WED 30 NOV - SAT 3 DEC

7:45pm



Obsessive Compulsive Disorder



OCD is a vicious form of mental health condition that affects around 1 in 112 people sufficiently that it significantly affects their daily living. If it isn't treated, then the OCD may well apply more rules, more restrictions, other themes causing more problems.

The obsessions are typically false, exaggerated or repulsive. The sufferer will experience these in unwanted, repetitive automatic thoughts, which he or she will try to fix by carrying out compulsions - but doing that only strengthens the power of the obsessions, and the obsessions plus compulsions brings on the disorder in the form of mental and physical distress and anxiety. O + C = D.

What sort of obsessions, you might ask? Typically, the sufferer may find the thoughts repulsive, feels they are a bad person for having them and is scared to talk to others about them in case they might believe they are true or the person may be mad. Compulsions include avoidance, excessive cleaning, checking, seeking reassurance, trying to push away or neutralise the obsessive thoughts.

Mostly the obsessions create a fear underpinning them, like the fear of germs, blood, and asbestos contamination and the fear of bodily waste products stools and urine is quite common. Obsessions as to whether an action was completed, such as shutting a window, turning off the oven, switching off a tap are common. Some are vicious - the fear of being a paedophile because of experiencing unwanted obsessional inappropriate attractions to children is a common one, as is

the fear of causing harm.

OCD is treatable, like other anxiety disorders, using a psychological process called Cognitive Behavioural Therapy (CBT). The psychologist explains to the patient how a vicious cycle of distress forms, and how to break that cycle by changing their response to the obsessional thoughts - not believing them, and not carrying out any compulsions as a result of them.

This isn't easy. The sufferer will find the OCD thoughts compelling and believable, even though they are false or exaggerated. And the sufferer needs to learn how to stop the belief before moving on into other parts of the recovery process.

If you think you, or a family member, are suffering from OCD, the best thing to do is to go get help. Talk to your GP - they will be able to provide a diagnosis, and tell you how to seek therapy through the IAPT service (Improved Access to Psychological Therapy). Getting that help may take some time, so if you have the means you might seek private treatment.

Whatever, a good place to get help, guidance and self-help books (which might prove to be all some sufferers need to set out on the path to recovery), is the charity OCD-UK, run by sufferers for sufferers. Go to www.OCD-UK.org. They can especially provide guidance on how to open a dialogue about your upsetting obsessional thoughts with your GP - plus they run online forums where sufferers can exchange helpful information under profile pseudonyms.

What other tools can help us to ignore those unwanted automatic thoughts, and look to cut out the compulsions and ease anxiety? The following, as additions to the essential needed CBT, can be beneficial.

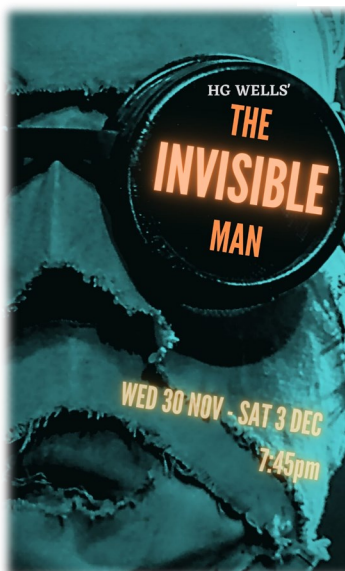
Distractions. When I was very ill with OCD a year ago, my clinical psychologist, from whom I was getting private treatment, worked with me to identify a couple of beneficial structured activities which could steer my thinking away and help break that vicious cycle. We chose joining the local camera club - and enrolling for adult education classes. These worked out really well for me.

She also taught me the basics of mindfulness - a form of wellbeing where we teach ourselves to focus only in the present time, in the moment, on what we can see hear feel, smell taste. We can all have a try at mindfulness quite simply and there are easy downloadable guides to get us started. We can also learn relaxation skills.


Finally, OCD typically seeks to marginalise the sufferer, cut them off from others to wallow in self-pity. So actually doing the opposite, such as coming along to the Wellbeing café and engaging with others, can help counter that.


Roy Worthington July 2022.

DUSTON PLAYERS



www.dustonplayers.org.uk
secretary@dustonplayers.org.uk

 Duston Players

 @dustonplayers

How to get involved

Auditions are 13th Sep at Duston Community Centre

To get involved get involved contact James at:

Taking yourself out of your comfort zone, can be daunting. One of the scariest things you can do is join a new group. But if you can pluck up the courage to do so, you'll be so glad you did.

Duston Players have been entertaining audiences for close to 80 years and this winter we will be performing H.G. Wells' "The Invisible Man"

If you've ever thought you'd like to tread the boards, or be a part of an am-dram group in some other capacity then now is a great time. Come along,

a very warm welcome awaits you! But don't just take my word for it. Here's a snippet of thoughts from our members on how they felt when they first came along.

For more information either get in touch with me (dwelly666@gmail.com) or alternatively, drop an email to the creative force behind our next production; James Burgess.

Come on, what are you waiting for???!!!

I had wanted to join the Duston Players for several years but couldn't quite muster up the courage! My parents helped me gather myself together enough to turn up and I'm so glad I did!! I remember walking up to Debbie's house with my heart in my mouth and Tim opening the door with a big smile! I immediately felt welcome- it was a bit like meeting up with old friends! Once rehearsals began the fun really started. Everyone is so kind and fun and there's always a way around everything. Due to my issues with anxiety I never thought I'd be able to get back on the stage as it filled me with dread thinking about trying to integrate with a new group of people. I don't regret a thing and I'm looking forward to the future!!

Zoe

I meet this lovely lady 10 months ago, and found out she was with a drama group. I joined so I could see more of her. When I helped out on the first set build I was made welcome, which I like about this group. I did my first audition and was very nervous. As time goes on I hope to get over my nervousness, but I do enjoy helping on the set build, and watching the play too.

Brian

I first came across DP when I was helping my WI group man a stall at Duston Fete. Some of the players performed a taster scene from the next pantomime "Sleeping Beauty" (which I heard rather than saw) and later when I met the guys on the DP stall, they seemed a friendly and fun bunch so despite not living in Duston, I decided to go along to the read through/audition for Sleeping Beauty, where I initially assumed everyone else knew each other (although it later emerged there were several "newbies" just like me cast).

All the rehearsals and the show were a laugh a minute, I made some great new friends, and that has been the pattern with each and every production since. All you need is the courage to turn up and you will be made welcome, and DP will discover talent in you, which you didn't know you possessed (plus there's often biscuits!)...

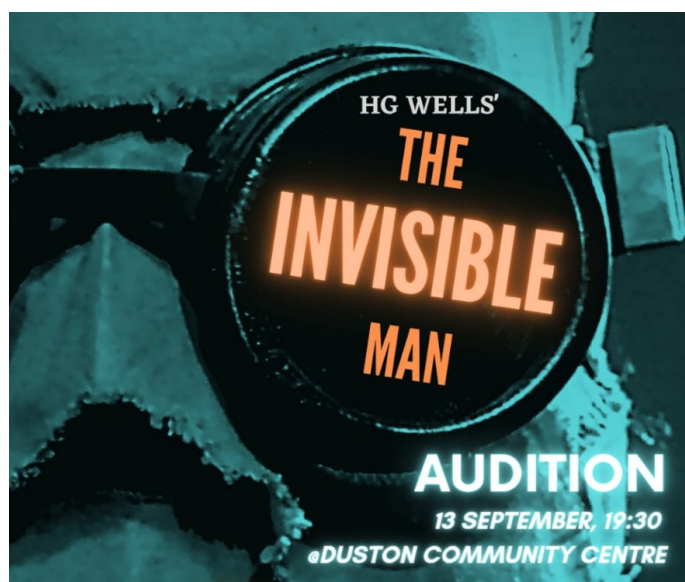
Toni

I turned up for the biscuits, and stayed for the theatre"

Andy

In the Autumn of 1998, I stepped nervously through the doors at Duston Community Centre into a rehearsal for Duston Players' pantomime "Little Bo-Peep". I didn't know anyone there, I didn't know what to expect, I didn't know how I could help out. The only thing I did know was that I loved am-dram and wanted to join. I was given such a warm welcome and have enjoyed almost 25 years with the group doing all manner of things on and off stage. Not a single regret!

Tim





DUSTON PARISH COUNCIL



www.duston-pc.gov.uk/gallery.html

We hope you are all enjoying the beautiful weather. We've had a very busy Summer with the Queen's Platinum Jubilee and our annual Duston Fun Day. Do check out our website gallery for pictures of all the fun we had, and there's more to come!

Here's how to connect with during September & October. We'd love you to join us.

VOLUNTEER WITH US!

There are so many ways that you can help by becoming a DPC friend. Whether it is planting trees, bulbs and tubs, helping us with our projects, or volunteering for the Duston Good Neighbour Scheme, we would love to hear from you. It is so very rewarding. Check our webpage:

www.duston-pc.gov.uk/4-give-to-others.html or contact **Alison 01604 583626**

THE GROW TOGETHER ALLOTMENT

We welcome all ages and gardening abilities but please call us first so that we can let you in. You can stay for as long or as little as you wish.

Tel: 01604 583626

22 SEPT | 11-3PM | WEEDING & PLANTING
20 OCT | 11-3PM | HARVEST & DIGGING

WELLBEING TALKS—Coming up...

'WHAT IS METASTATIC BRAIN CANCER?' - Thu 15th Sep 2pm via Zoom

'BREAST CANCER CARE' - Thu 20th Oct time TBC via Zoom

Contact us to book your free place. Please support these talks and spread the word, as the saying goes; 'Use it or lose it' events@duston-pc.gov.uk or call **01604 583626**

We are currently working on our 2023 programme. Is there a topic you would like us to cover? Please let Alison know.

www.duston-pc.gov.uk/health-and-wellbeing-2022.html

COMING UP...

LET'S CELEBRATE DUSTON

Celebrating all that is great about our village. We will have a daily focus on our facilities, businesses, shops, churches, pubs and restaurants, schools, local history and so much more. Look out for features on our website What's On and Facebook

COMMUNITY HEALTH & WELLBEING FAIR

A wealth of stalls representing all the help and advice available locally in the community. There will also be an opportunity to find out what activities are available locally, info on joining Duston Sports Centre and their wellbeing & fitness programmes as well as support groups and volunteering opportunities.

COMMUNITY BULB PLANTING:

PLANT A TREE FOR THE JUBILEE

Our website contains lots more info about who we are and what we do. If you are not online you can call us and we will be happy to give you more info on any aspect of Duston Parish Council. Please get in touch.

01604 583626

www.duston-pc.gov.uk

[Facebook@DustonPC](https://www.facebook.com/DustonPC)



THE QUEEN'S GREEN CANOPY

Our 'Plant a Tree for the Jubilee' is underway and we would love as much help as possible with planting new trees and hedges across Duston. There will be more planting opportunities October of this year and we would love some help. We have planted a beautiful cherry tree in St Luke's Field and have further plans to plant a 'wild harvest' hedge to include Hazel, Blackthorn, Rowan, Hawthorn, Crab Apple & Dog Rose. As well as providing much needed cover for birds, wildlife and insects, it is hoped that as this matures, future generations will be able to collect the fruits and enjoy making jams, jellies and even sloe gin!

We have also been working with our lovely partners in the village who are planting some of our trees and hedging plants to make their own mark for the jubilee. Residents of Pond Farm and Timken Grange have added trees to their communal areas and we thank you for getting involved.

If you would like to help us plant saplings in October then please let Alison know 07500 787625 or bcdm@duston-pc.gov.uk

You can also get involved by planting a tree in your garden or encourage your community or work place to take part. We have until the end of 2022 to plant for the Queen's Green Canopy and get the trees on the QGC map

<https://queensgreencanopy.org>



Fundraising **FASHION SHOW** & SHOPPING EVENT

YOUR FAVOURITE BRANDS AT UP TO 75% OFF

DOROTHY PERKINS WHITE STUFF RIVER ISLAND NEXT
EVANS NEW LOOK MISS SELFRIDGE TOPSHOP WALLIS
URBAN OUTFITTERS WAREHOUSE MONSOON & MORE!

PLUS FRENCH + ITALIAN DESIGNER WEAR

**SIZES
6 TO 30**

THE ROYAL BRITISH
LEGION



7.00 PM ON MONDAY, 3RD OCTOBER 2022

TO BE HELD AT FOXFIELDS, LATCHETT LANE, UPTON, NORTHAMPTON, NN5 4GG (JUST OFF THE A45)

ENTRANCE £5 TO INCLUDE A FREE TEA, COFFEE OR JUICE. A RAFFLE WILL ALSO BE HELD.

PLEASE COME ALONG AND HAVE SOME FUN. ALL PROCEEDS GOING TO THE ROYAL BRITISH LEGION.

Enquiries to 07464 333 509 or email secretary@dustonrbl.co.uk.

SOS Charity
Fashion Shows

DEBIT & CREDIT CARDS ACCEPTED

CHARITYFASHIONSHOWS.CO.UK



PLEASE JOIN US for our next
**ONLINE HEALTH &
WELLBEING TALK**

THURSDAY 15th SEPTEMBER 2022 | 2.00 - 3.00pm

**What is Metastatic Brain Cancer &
How Can It Be Treated?**

**with Professor Hany Eldeeb
Consultant Clinical Oncologist at Genesis Care**

A FREE, informative presentation giving help and advice

**To pre submit questions, please
email
emily.taylor@genesiscare.co.uk**

**Hosted via
ZOOM**

**For more info & to register please visit
<https://tinyurl.com/4ty6dzym>**

Duston Parish Council working in partnership with St Luke's PPG



**T: 01604 583626
E: events@duston-pc.gov.uk
www.duston-pc.gov.uk**



Please donate if you can!



DONATIONS

URC—Sat & Mon
(10:00—12:00)

St Luke's & St Francis' churches (on days when there are services)

Duston FOOD BANK Needs you!



Duston Foodbank at Duston URC is becoming increasingly busy, only to be expected in the current economic situation. We would be very grateful for any dona-

tions of the following foodstuffs or we are also very grateful for financial contributions. We are spending some £200, every other week and we know that we shall need

to continue to purchase food as well as receiving the very welcome donations of food. The food we need is as follows

- TOP ITEMS TO DONATE**
- * *Tinned meat, fish, vegetables, baked beans, spaghetti, fruit, rice pudding*
 - * *Tea, coffee, sugar*
 - * *Crisps & biscuits*
 - * *Long-life milk*
 - * *Cereals*

Thank you for your help!

Saturday 24th September Macmillan Coffee Morning at St Francis' Church Eastfield Road Duston 10am - 12.30pm.

Donations of raffle prizes, bottles for the bottle tombola,

books, cakes and any bits and pieces to sell will be much appreciated. If anyone would like me to collect, June Draper's number is 01604 753038 where a message may be left. Raffle tickets will be on sale at the beginning of September.



Duston Dashers

We're a Social Running Group!

Come and join us, and we enjoy a nice well-deserved cuppa and a natter at the end.

Sunday morning, meet at Errington Park, Ryeland Rd entrance, just before 0830!

Any questions please get in touch, DM via Duston Dashers FB page or direct on:

All levels of runners are welcome for a nice chatty Sunday run, whether you're in training, want to get active or 'dust down' your trainers!

07485 784370

Lawrie

Come and join us. What have you got to lose?



Every Wednesday 1pm - 4pm
At St Francis Church



Wellbeing Cafe

Recognising that many people suffer from loneliness and stress, as a church community, through the Wellbeing Cafe, we are seeking to provide a safe, warm and welcoming space for people to improve emotional wellbeing, by providing a listening ear, a cup of tea or coffee and access to board games, jigsaws, craft activities and a space for reflection if needed.

The cafe is open on Wednesday afternoons at St Francis Church, Eastfield Road, Duston, Northampton NN5 6TQ from 1pm until 4pm.

Please feel free to pop along.

For more information please contact Revd Mandy Marriott on 07898 364827 or email aj.marriott123@gmail.com



Community Connect

The Rectory
3 Main Road
Duston
NN5 6JB

Email:
aj.marriott123@gmail.com

Helping to connect Church and Community groups together for the wellbeing of all

We aim to get Community Connect out by the first week of each month, so articles for the following month need to be submitted by the beginning of the last week of each month. They can be emailed to Rev'd Mandy Marriott at aj.marriott123@gmail.com or put through the Rectory door 3 Main Road Duston NN5 6JB.

This is your community newsletter.
So keep your articles coming in.

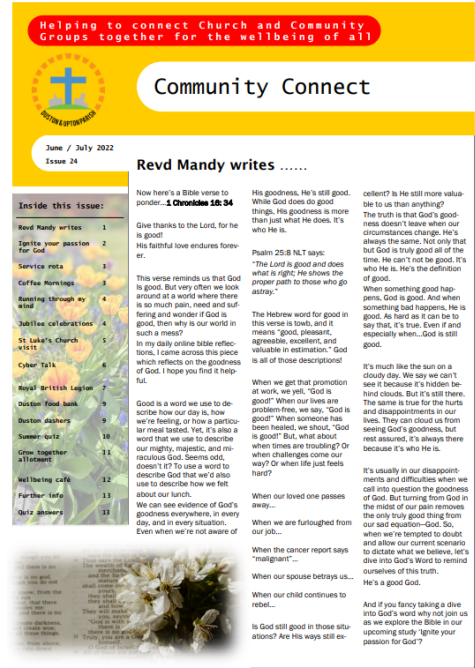
We love to hear from you.

We currently don't charge for Community Connect but if you would like to make a donation towards printing costs then we would be very grateful. Donations can be made by cheque to Duston and Upton PCC or by BACS transfer to Duston and Upton PCC

Acc number 32599613

Sort Code 23-05-80.

Thank you.



Spring into 2023 with us!

We are looking for willing volunteers to help us plant bulbs around Duston during SEPT/OCT

We will also be resuming our 'Plant a Tree for the Jubilee' campaign

We hope you can join us!

Contact Alison for info & dates: bcdm@duston-pc.gov.uk

www.duston-pc.gov.uk/duston-in-bloom
01604 583626