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More than 130 Northamptonshire walks to download and print FREE!

There's no doubt about it, walking is good for you. It's good for your heart, it's good for your lungs, it's good for the muscle and bone growth of your children and it's good for your feeling of wellbeing! Strong scientific evidence now supports the many benefits to health of regular walking – it is recommended that we take at least 10,000 steps a day.

Studies show that walking can:

- Reduce the risk of coronary heart disease and stroke
- Lower blood pressure
- Reduce high cholesterol
- Reduce body fat
- Enhance mental well being

Walking offers a great way to help children get the active habit. If parents express excitement about the prospect of a walk in the countryside, they are more likely to transmit this feeling to their children. It's important to treat the walk as an exploration or adventure and to go at the child's pace, no matter how often they want to stop and look at things; take treats to eat and plenty to drink; and head for some landmark that will appeal to them such as a castle, a playground, an ice cream van or a boating pond. If children experience walking as part of a fun activity they are more likely to want to go again.

How do you find out what is on offer? John Harris, a keen walker, got fed up with the lack of information on walks in the County, so he decided that if he couldn't find what he was looking for – he had better create it, and www.walkinginnorthants.co.uk came into being!

www.walkinginnorthants.co.uk gives you all the information you need for the best walking in the County:

Details of more than 120 walks to download and print free, details of all the Northamptonshire walking groups, maps and walk books – plus loads more information.

So check out the website and get walking!



Special points of interest:

- Standards Board
- New Councillor
- Youth project



Thrapston News and Views Autumn 2009

CHRISTMAS LIGHTS 2009

It seems early to think about the Christmas lights but plans were put into place by July and are now well on the way to be ready for 5th December when we shall be once again 'lighting up' our town.

We consulted with the town people in an earlier news letter and had an overwhelming positive response for the lights to be used again this year.

You will see a few new ones that will be LED as they consume much lower amounts of energy and will replace some of the much older lights that failed consistently year on year.

We are hoping to have a local celebrity to switch on the lights and Father Christmas to entertain the children. Carol singing will take place around the tree with the school children at 3.30 pm and the lights will be switched on at 4 pm.

You are invited to join us in the Plaza for free wine, or fruit juice and mince pies.

In this time of economic gloom it's good to remember the reason for Christmas and to celebrate as a community and it won't be the same if you are not there so please join us.

THRAPSTON FIREWORKS-November 5th

Autumn already? Oh dear how on earth can we afford more than a few sparklers this year??!

Rather than spending money on a couple of rockets come to the Town Council's Firework Display on Castle Playing Field,

Chancery Lane. The only cost is as much as you can afford for the bucket collection for local charities such as the Air Ambulance.

See you there—6.45 for a 7.00 pm start.



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Know what your Councillors do- Standards Board

In 2008 I was elected as a Town Councillor representative on the East Northants Standards Board, which comprises:

- 4 Elected members of East Northamptonshire Council
- 4 Independent members drawn from the general public
- 2 Members of a Town Council in East Northants
- 2 Members of a Parish Council in East Northants

The E.N. Monitoring Officer and Deputy are also in attendance. The Chairman and Vice Chairman are elected from the independent members.

The Standards Board's role and function includes:

Promoting and maintaining high standards of conduct by Councillors.

Assisting Councillors to observe the Members Code of Conduct. Dealing with complaints against Councillors (such as perceived breaches of the above code).

Any complaint comes initially to an Assessment Sub Committee of 3 members chaired by an independent member. This Committee has 4 decision options laid down in government guidelines.

Should the complainant or Councillor(s) concerned disagree with the decision a Review Sub Committee can be convened with different members of the Board taking part. The aim is to be fair to, and open with, all parties.

Cllr Prue Goss

New Member Joins Thrapston Town Council

Chairman
Welcomes
New Councillor

We are very pleased to welcome Ray Dodds to the Town Council. Ray and his wife who have lived in Lilac Close for the past seven years have actively become involved with TADS and other local groups. Ray is employed by a local firm in a senior management position. His experience will be of great value to the town and we look forward to working together.

Cllr K Fouhy (Chairman)

Town Council Welcome Pack

A useful
welcome
to new
Thrapston
residents

If you have recently moved into Thrapston, and have not yet received one of our Welcome Packs, please call into the Town Council Office at The Thrapston Centre, 77 High Street (on the corner of Oundle Road) and pick one up.

The Office is open Monday to Friday between 9.00am and 12.30pm and on Saturday morning between 10.00am and midday.

The pack includes leaflets on town history, local organisations and clubs and local businesses. Also included is a street map of Thrapston and Islip.

Thrapston Youth Projects

The Town Council have several projects in mind for the young people of the Town. The biggest and most exciting is the revamp of the BMX track area in Meadow Lane that has fallen into disrepair.

The interest in the BMX/skate board scene is quite strong in the Town and a safe environment for the young people to enjoy their sport and 'Hang Out' has been requested by quite a number of them.

The Groundwork team who is assisting the Town Council are now looking at drawing up plans for the area and will shortly be wanting input from our local youngsters as a youth ownership and participation of the project will be needed. It is hoped the young people will want to be involved as the whole youth provision in Thrapston takes shape.

The Community Youth Committee, are looking at ways to deliver on the needs and wants of our young people that were identified in the survey taken at the beginning of the year. It is hoped that a dance/hiphop night can be arranged at the Plaza. If you have ideas of events that would be of interest please email us and let us know.