



Town & Parish Briefing

Edition 8 | 9 December 2022



Welcome to the latest Town and Parish Briefing, bringing you a round-up of news, activities and information about West Northamptonshire Council.

We hope you'll find this briefing informative, and we encourage you to share it widely within your organisations. If you have ideas and suggestions for future content, please email us at communications@westnorthants.gov.uk

Helping create #CleanerCommunities

Cllr David Smith, Cabinet Member for Community Safety & Engagement & Regulatory Services

Since adopting the [fly-tipping charter](#) earlier this year, our teams have been working hard to create cleaner communities.

The Charter, which complements the previously launched litter charter, draws together five key actions to tackle fly-tipping, and work has been ongoing over the last few months to deliver this work, alongside the continued enforcement duties undertaken by the environmental crime team.

The progress against these key actions is as follows:

1. Our camera deployment policy, an internal policy document setting out where and when we will deploy enforcement cameras, has been finalised and adopted by our teams.

2. Our communications strategy is in place, in the form of our new Cleaner Communities campaign. This aims to work with the public to demonstrate the amount of work that goes into keeping our streets and open spaces clean, as well as offer advice on how they can support our work, by managing their waste properly and reporting wrongdoing.

A new web area has been launched at www.westnorthants.gov.uk/cleaner-communities and we have been sharing posts on social media showing the day-to-day work carried out by our environmental crime officers, and show residents how they can support that work.

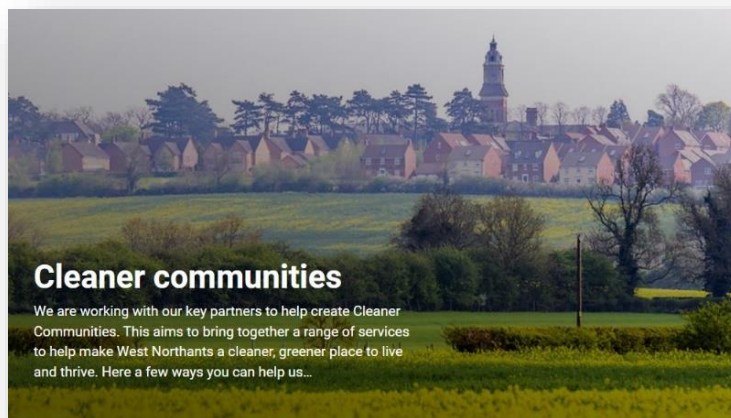
Town and parish councils can support the campaign by sharing our #cleanercommunities posts.

3. A comprehensive review of the use of CCTV and its effectiveness has been carried out, and we are in the process of obtaining additional CCTV cameras to assist with evidence gathering.

4. We are working with partners to identify the best method of sharing data about fly-tipping hotspots. While a common method is not yet in place, the data is being shared effectively, allowing us to target enforcement activity.

5. We are assessing the use of our external contractor, and a procurement exercise will be undertaken to identify the most appropriate way of delivering this service once the contract expires.

As part of the Cleaner Communities campaign, we will keep working with businesses, landowners and residents to educate them on their responsibilities to ensure compliance with legislative requirements and reduce fly-tipping. We will not hesitate to take enforcement action where robust evidence supports us doing so, in line with our enforcement policy.



Check your Christmas collection arrangements

Cllr Phil Larratt, Cabinet Member for Environment, Transport, Highways and Waste

Waste and recycling collection calendars covering the Christmas period and the whole of 2023 are now live on our website.

Residents can check their collection days and [download the calendar by entering their postcode on our website](#)

The key messages for residents this year are:

- Waste and recycling collection days in the South Northamptonshire and Northampton areas will not change over Christmas and New Year.
- Collections in the Daventry area which are due to take place on Monday 26 December, will be collected on Saturday 24 December instead.
- Garden waste collections will be suspended from 24 December until 6 January.

Real tree collections

Crews will collect real Christmas trees between 9 and 20 January. Residents in the Daventry and South Northants areas should put trees out on the day that garden waste is due to be collected in their area.

In the Northampton area real trees should be put out next to recycling bins, and those on sack collections can present trees beside their recycling boxes and green sacks on their collection day.

Additional recycling and Recycling Centres

Additional recycling can be put out in clear plastic bags or boxes alongside recycling bins and boxes, or can also be taken to the [nearest Household Waste Recycling Centre](#)

These are open as usual throughout the festive period except for Christmas Day, Boxing Day, New Year's Day, when they will be closed. Centres will also close early on Christmas Eve, at 2pm.

Christmas Recycling Guide

We have also this week [published a Christmas Recycling Guide](#) to help people make the most of our collection services this year.

[More information about waste and recycling collections can be found on our website](#)



Our opening times over the festive period

Opening arrangements for Council facilities such as offices, libraries and recycling centres are available on our website.

This information, together with details about waste and recycling collection arrangements, can be [accessed from our Christmas page](#)

Some of the council's statutory services will be operating as normal on 28, 29 and 30 December. These include [children's services](#), [adult social care](#) and [death registrations](#).

Resources will be in place for emergencies such as homelessness, and residents can continue to [access a range of services around the clock on our website](#)

Financial and practical cost of living support

Cllr Matt Golby, Cabinet Member for Adult Social Care and Public Health

We have launched a range of financial and practical support to help residents cope with the cost of living crisis – and town and parish councils are encouraged to help by spreading the word.

Our council's Anti-Poverty Strategy sets out how we will work with partners to support people struggling financially, what we will do to stop people falling into poverty and how we will work to get the best deal for the people of West Northants.

This work is well underway, and we are committed to its delivery, with a range of support available for our communities this winter including the following:

Cost of Living Support Hub

Our newly launched [Cost-of-Living Online Support Hub](#) is full of information and advice about the rising cost of living to help residents find support and help available to them.

Those without access to the internet can call our customer services team on 0300 126 7000 and speak to somebody directly about the support available between the hours of 9am to 5pm, Monday to Friday.

Household Support Fund

Financial help is also at hand for households who will benefit from the £2,599,628 third tranche of the Department for Work and Pensions (DWP) Household Support Fund announced last month.

Between now and March 2023 financial support will be available:

- **To households with children:** A £15 voucher was available for October half term and further support will be provided over the Christmas break to families of children on free school meals.
- **To up to 4,000 households working but receiving a low wage:** [Online applications are now open to residents](#) earning £300* or less a week to receive payments totalling £250 into their bank accounts towards winter essentials. The first award of £125 will be credited to the applicant's bank account at the point of approval of the application. The second payment will be credited to the same bank account 60 days later (without the need for a further application).
- **To a further 1,750 families** who will receive financial and practical Cost-of-Living help via community engagement, food banks and emergency funding.



Welcoming Warm Spaces Grants are now available

Our Welcoming Warm Spaces scheme is creating a network of non-judgemental, safe and welcoming places which people can use to get together, maybe have a hot meal, or a cup of tea and a chat with others, while helping them reduce their heating bills.

We would like to thank all of our Town and Parish colleagues who have worked with us to develop these so far, and are delighted to announce we have launched a new Warm Welcoming Spaces Grant to help this work continue.

Town and parish councils, community and voluntary organisations, registered charities and other qualifying bodies can apply for between £500 and £1,500 to help create new warm spaces in their communities.

The deadline for applications is 1 March 2023. Email communitygrants@westnorthants.gov.uk for an application form and find [details of how to apply on our Warm Welcoming Spaces page](#)

People can [find their nearest Welcoming Warm Space via our online directory](#)

Queen's Green Canopy scheme to continue

Cllr Pinder Chauhan, leading on the Queen's Green Canopy for West Northants Council

On the wishes of His Majesty The King, The Queen's Green Canopy initiative has been extended to the end of March 2023 to enable people across the country the opportunity to plant trees in memory of Queen Elizabeth II.

Our Council is proud to continue to support this initiative and we are inviting communities across West Northants to join this programme.

Planting trees supports our natural environment for residents and visitors to enjoy, and supports key aims within our council's new Corporate Plan, as we work towards making West Northamptonshire a greener and cleaner place to live, with thriving towns and villages.

We would like to thank everyone who has supported this initiative so far, and would town and parish councils to participate.

Planting season takes place from now until March and schools, community groups and clubs are eligible to [apply for free saplings from The Woodland Trust](#), available on a first come first served basis.



Two of the 350 trees that formed a sculpture outside Buckingham Palace during the Platinum Jubilee celebrations were recently gifted to Brackley Wolf Cub Pack (5th Brackley Scout Group) and Northamptonshire Music & Performing Arts Trust.

The trees were presented to the Cubs recently by the Vice Lord-Lieutenant of Northamptonshire, Morcea Walker MBE, and a further gifting ceremony is being planned with the Music & Performing Arts Trust.

More information about the campaign is available on the [Queen's Green Canopy website](#)

Please support Covid-19 impact assessment

The Health protection team in our Public Health team are carrying out a COVID-19 impact assessment on behalf of the local system partners.

Six sets of questionnaires have been developed which will go out to businesses and other private sector agencies, parents of children through educational settings, healthcare providers, social care providers, voluntary and charity organisations and local residents.



The surveys look to find out how the COVID-19 pandemic has impacted people's lives and in what ways. The team will also analyse its wider impact on the public, private and voluntary sectors.

As part of the questionnaires being shared, the team are asking for feedback from local residents about their experiences of the COVID-19 pandemic.

Town and Parish Councils can help support this by sharing the link below with residents. The survey takes around 20 minutes to complete and closes on 12 December 2022.

People can [complete the questionnaire here](#)

Spread some Comfort and Joy this Christmas

Cllr David Smith, Cabinet Member for Community Safety & Engagement & Regulatory Services

An annual Christmas campaign to bring comfort and joy to those staying in refuges across West Northamptonshire is underway.

Organised by our Community Safety team, the campaign's aim is to help those who are staying in refuges as a result of experiencing domestic abuse, as well as other vulnerable families who are struggling at Christmas.

The project also raises awareness of domestic abuse, incidents of which tend to increase over the Christmas period.

Gifts for men, women and children as well as Christmas food and essential items are being put together and [a list of suggested donations can be found on our website.](#)



Donations can be made at West Northamptonshire Council's offices at Lodge Road in Daventry, The Forum in Towcester, The Guildhall and One Angel Square in Northampton, as well as at Daventry Fire Station, in Staverton Road.

The deadline to donate items is 12pm on Friday, 16 December.

All of the items donated will go directly to local people living in refuges as well as other vulnerable families in West Northamptonshire this Christmas. These donations will be distributed between the Northamptonshire Domestic Abuse Service (NDAS), Home Start and the domestic abuse charity Eve.

Nene Valley visitors urged to have a say

Cllr Rebecca Breese, Cabinet Member for Strategic Planning, Built Environment and Rural Affairs

People who visit the Upper Nene Valley Gravel Pits Special Protection Area are being asked to complete a survey to understand their impact on wildlife habitats.

The survey is being undertaken by Footprint Ecology on behalf of WNC, and colleagues at North Northants Council, Bedford Borough Council and the Beds, Cambs and Northants Wildlife Trust.

The Upper Nene Valley refers to the specific washlands and lakes either side of the River Nene between Northampton and Thrapston in Northamptonshire.

Anyone who uses the valley to walk, run, cycle, fish, birdwatch, row or indeed undertake any other activity, is asked to complete the survey.

We are lucky to have some diverse habitats right on the doorstep of our major urban centres which provide a great place to stay healthy and to remain in touch with nature.



So it is important that in order to make the most of these areas, we understand the impact on these habitats. The survey will be open until the end of December 2022 and takes less than 10 minutes to complete. People can [complete the Survey of the Upper Nene Valley here](#)

New energy-saving grant scheme launched

A new Government scheme has been set up to help people make energy-saving improvements to their homes.

Across the UK, many households will see the cost of gas and electricity rise by more than 50% from April 2022 as the energy price cap – the limit on what energy suppliers can charge – increases.

Sustainable Warmth is a new Government grant scheme designed to fund energy-efficiency upgrades to residents who are most likely to be impacted by the high cost of rising bills.

These improvements will help residents to use less energy and spend less on their energy bills.

The energy-efficiency grants will cover a range of energy-saving home improvements designed to balance the needs of residents with carbon reduction and grant availability.

Energy and cost-saving upgrades that people may be able to get for their homes include:

- Insulation and ventilation upgrades
- An upgrade to a low carbon heating system (the new heating system cannot include a gas or oil boiler)
- Heating controls
- Solar PV (that generates free electricity)
- Energy efficient lighting.

Information about the scheme has been added to our website, and we will be promoting the scheme across our social media channels.

You can support that work by promoting the scheme to residents in your town and parish areas.

People can find out more information and check their eligibility by visiting our [energy efficient grants webpage](#)



**Save on bills.
Save on energy.
Save the planet.**

Check if you're eligible for fully-funded energy-efficiency upgrades.

Apply before:
31st December 2022

#STAYWARM&SAVE

Department for Business, Energy & Industrial Strategy | Sustainable Warmth | e-on

New scheme to promote healthy eating

Our Council is working with two Northampton charities on a new scheme to champion the benefits of growing and cooking food.

The Grow! Cook! Eat! is a partnership between our public health team, Northampton Hope Centre, and Community Health-Works UK CIC.

It offers support and training to community organisations across West Northamptonshire to enable them to become local experts in how to grow and cook food and to share knowledge in their communities – improving people's health across our communities.

The Grow! Cook! Eat! Team can:

- Offer training in growing and cooking new, tasty, low-cost recipes
- Give groups the skills that allow them to train others
- Help develop local projects and spread the word in communities
- Provide access to funding for local organisations to help them get projects started and keep them going.

The key target areas in West Northamptonshire are: Castle Ward, St David's, Kingsley, Spencer, Billing, Westone, Brookside, St James', Headlands and Talavera.

For more information contact the scheme coordinator: Kathleen@northamptonhopecentre.org.uk or call 01604 214300.

Discussion with professional walkers over PSPO

Cllr David Smith, Cabinet Member for Community Safety & Engagement & Regulatory Services

Key representatives for those who make a living by walking dogs are being invited to meet with Council and service leads at our Council following the implementation of new rules relating to public open spaces.

You may recall that following public consultation, the [Public Space Protection Order \(PSPO\) was formally adopted across the Daventry and South Northants areas](#)

The PSPO aims to keep members of the community safe while enjoying public spaces, and includes a ban on people smoking in children's playgrounds, as well as a requirement that dog walkers pick up after their pets do not walk more than four dogs at the same time in public spaces.

More than four dogs can be walked on private land with permission of the landowner, as well as in dedicated dog walking areas.

Promotion of the proposed new rules started in August, with further publicity around the decision-making at a Council meeting on 11 October.

However, since the Order came into force on 1 November, professional dog walkers have contacted the Council to request alternative options are considered to allow the walking of more than four dogs in public open spaces.

We are listening to these concerns, and in order to understand these queries, the Executive Director for Place, Stuart Timmiss and I are in the process of arranging a meeting with representatives for professional dog walkers to discuss the options going forward to support these groups.

Until these talks have taken place, the Council will not be taking enforcement action where more than four dogs are being walked in public open spaces, as long as dog walkers adhere to the other requirements of the PSPOs.



School admission arrangements consultation

Cllr Fiona Baker, Cabinet Member for Children, Families and Education

We are asking people for their opinions on the admission arrangements for schools run by academies and trusts.

Institutions which act as their own school admission authorities must review the process by which parents and guardians apply for places at their schools on an annual basis. If changes are planned, they have to first be consulted on.

Trusts, foundations, academies and other governing bodies have to make sure their admission policies meet local needs and it makes sense to do that in a consistent manner using the council's central position and well-established partnerships throughout the community

To that end, our School Admission Team have now opened a formal consultation on the admissions arrangements for any mainstream schools whose admission authorities have asked us to co-ordinate their consultation for them. The consultation runs until Saturday, 31 December 2022.

Following the consultation period, admission authorities review their proposed admission arrangements for 2024 and determine them by 28 February 2023, ensuring they are published by 15 March 2023.

People [can view the list of schools consulting this year and respond to the consultation here](#)

Alternatively, people can email responses to schooladmissionsconsultation@westnorthants.gov.uk

Latest update on Boundary Commission review

Cllr Suresh Patel, Chairman of the Council's Democracy Standards Committee and the Local Boundary Review Working Group

Our Council has put forward a suggested pattern of ward boundaries for the council area following last month's meeting of full Council.

As town and parish councils will be aware, the Local Government Boundary Commission for England (LGBCE) is currently carrying out a ward boundary review ahead of the authority's next elections in 2025.

LGBCE carries out the review in two stages. The first stage determined the electorate for 2028 which is 325,511, and the number of councillors required to serve the population, which the LGBCE have suggested should be 77. These figures provide an average number of electors per councillor.

During the second stage the Commission consult on the pattern of wards and also the number and names of wards.

At last month's Council Meeting, councillors decided to submit a 77 proposal as suggested by the Commission, but also agreed a preferred proposal of 78 members, which enabled a greater balance of representation between rural and urban areas in West Northamptonshire.

The criteria require a balance between ensuring there is an equal level of electors per councillor, and the need to ensure that the ward pattern reflects local communities.

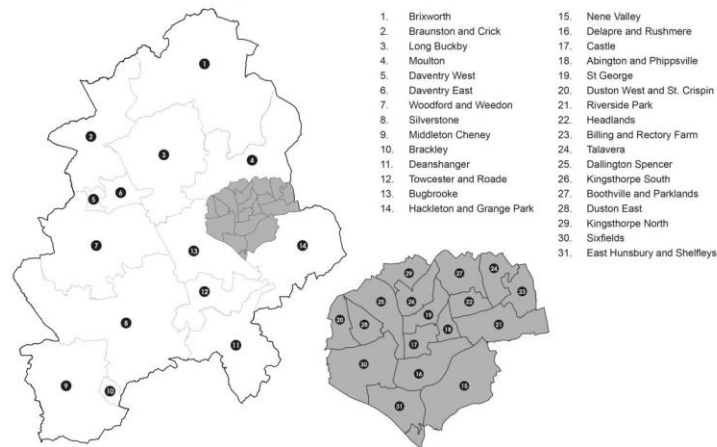
The pattern of wards we have proposed is supported by evidence assembled from across the Council about the communities in the area and the way in which they can be most effectively represented from the next local election in May 2025.

The review is expected to end in July 2023, when the LGBCE will make firm recommendations to Parliament through an Order which will give effect to the new electoral arrangements.

Following this, the Council will begin the process of undertaking community governance reviews and parishes will be provided with further details nearer the time.

There will be a further opportunity for people to have their say on the ward patterns between February and April next year. More [information about the process can be found on the LGBCE website](#)

West Northamptonshire Unitary | Electoral Wards



Please help spread the word about newsletter

As mentioned in last month's *Town and Parish Briefing*, our Council has launched a new e-newsletter with the aim of keeping residents informed of news and updates about our Council.

Issued fortnightly, the newsletter site alongside our other key communications channels to keep people informed about the services we provide, from bin collections to highways, environmental health to housing, schools and education, to health and wellbeing.

People are urged to [sign-up via our online subscription portal](#), so they can receive regular information straight to their inbox.

Please encourage residents in your town and parish areas to subscribe to the newsletter so we can reach as many people as possible.

Consultation and engagement update

We are currently running a range of public consultations on a variety of issues, from traffic enforcement through to the accessibility of our leisure centres.

Details of all of these can be [found on our Consultation Hub](#), where you can also [sign-up to alerts to find out about new consultations](#) and find out [how the feedback we received has shaped decision making](#)



Open activities on the Consultation Hub

[Powers to enforce against moving traffic offences:](#) a consultation on proposals to expand the work we carry out against illegal and dangerous parking and misuse of bus lanes, by allowing us to use enforcement powers on drivers who commit moving traffic offences. Closes 21 December

[School admission arrangements:](#) A statutory consultation which admission authorities like ours must carry out annually. We are not proposing any changes to the admission arrangements for schools. Closes 31 December

[Term dates for Community and Voluntary Controlled schools:](#) Closes 31 December

[Northampton Local Plan Part 2:](#) Government-appointed Inspectors have asked us to put proposed further main modifications out to public consultation, so they can take views into account when writing their report about the Plan. Closes 19 December

[Brockhall Conservation Area:](#) We are reviewing conservation areas in the Daventry area, as well as considering new designations. A draft appraisal and management plan has been prepared and we are seeking people's views on it. Closes 16 January

[Public Spaces Protection Order for Francis Jetty:](#) We are considering whether to make a new PSPO to close off a pedestrian route between two town centre roads in Northampton, to help control anti-social behaviour. Closes 19 December

[Accessing leisure centres for people with disabilities:](#) Our Disabled People's Forum are working with Leisure Centres across West Northants as well as Northamptonshire Sport to find out more about what people with disabilities want from our leisure centres. Closes 16 December

[Visitor Use of the Upper Nene Valley:](#) A survey undertaken in partnership with North Northamptonshire Council, Bedford Borough Council and the Beds, Cambs and Northants Wildlife Trust to understand how people use the Nene Valley, so we can understand the impact on its important wildlife habitats. Closes 31 December

Please share your news with us

Do you have a story to share with us and your fellow parish and town councils? Perhaps you would like to highlight an innovation that has proved particularly beneficial? Shine the spotlight on a new scheme you are developing? Or share news and photos from an event you have organised?

Submit your ideas for future articles by emailing us at communications@westnorthants.gov.uk

Explore West Northants this Christmas

Cllr Dan Lister, Cabinet Member for Economic Development, Town Centre Regeneration, & Growth

With the Christmas season upon us, our Economy Team has launched a new Explore West Northants Christmas Campaign.

The [ExploreWN App](#), which was launched earlier this year, has already got hundreds of businesses registered and there have been hundreds of downloads.

We are lucky enough to have some fantastic independent shops, traders and restaurants across West Northants offering a great range of choice and products.

A new Christmas Category has been added to the app, to showcase all the exclusive seasonal offers and discounts available from our amazing businesses across West Northants.

People are encouraged to support our local high streets - and find those perfect Christmas presents for friends and family - [by downloading the app for free.](#)



The app also showcases some great events and activities taking place throughout West Northants, helping people to support local businesses, and to explore all the wonderful attractions that are on our doorstep.

Say hello to our customer service team

Cllr Mike Hallam, Cabinet Member for HR & Corporate Services

Our Customer Service Teams visit locations across West Northamptonshire on a monthly basis, offering advice and guidance to residents on a range of issues.

The locations are being expanded all the time, with a new hub taking place in Crick on 19 January.

We are grateful for your support in promoting these events to residents, but Town and Parish Council Clerks, and your local councillors, are also very welcome to attend for help with any casework or other queries you may have.

Sessions coming up over the next month include:

- **Brackley Library** (Manor Road, NN13 6AJ): Fri 16 Dec from 10am to midday.
- **Brixworth Library** (Spratton Road, NN6 9DS) Tues 20 Dec from 10am to midday.
- **Crick Old School** (Church Street, NN6 7TP) Thurs 19 Jan from 10.30am to 12.30pm.
- **Hunsbury Library** (Overslade Close, Northampton, NN4 0RZ): Thurs 15 December 1pm to 4pm.
- **Moulton Library Plus** (Moulton Reedings, NN3 7AX): Fri 23 Dec from 10am to midday.
- **Weston Favell Library** (Weston Favell Centre, NN3 8JZ): Fri 9 Dec from 12.30pm to 3pm.

Visit our [monthly Drop-in Sessions webpage](#) to find out more.

Homes for Ukraine 'thank you' payment raised

Cllr David Smith, Cabinet Member for Community Safety and Engagement, & Regulatory Services

Our Council has increased payments for Homes for Ukraine hosts to £550 a month from December through to March 2023, with the additional £200 to help cover rising living costs.

Residents who are kindly hosting Ukrainian refugees in West Northants through the Homes for Ukraine scheme are already able to opt in to receive £350 per month as a 'thank you' payment, which is administered by WNC on behalf of the Government.

The payment assists hosts with any additional costs that may be incurred, and the Council is now adding a discretionary increase of £200. The additional funding comes from a special grant to help with the Homes for Ukraine scheme, taking the total up to £550 per household.

West Northamptonshire has received over 660 arrivals since the Homes for Ukraine scheme started, with 480 still living in the area. In total 407 sponsors have registered to receive Ukrainian guests, with 290 currently hosting.

For those not staying with hosts, some have moved into their own accommodation or moved to other areas in the UK, while others have returned to Ukraine or to other countries in Europe.

We recognise that hosts may be facing additional pressures over the coming months due to the increases in the cost of living, which is why we have taken the decision to pay an additional £200 on top of the initial 'thank you' payment for those that are hosting Ukrainian guests in the months of December to March.

We are extremely grateful to all those who have expressed an interest in becoming a sponsor and those who continue to host our Ukrainian guests.

The additional £200 payment and original basic £350 payment are tax-free and should not affect entitlement to benefits or Council Tax status.



Planning service ready for clearance week

Cllr Rebecca Breese, Cabinet Member for Strategic Planning, Built Environment & Rural Affairs

Colleagues in our Development Management team are taking proactive steps and working hard to clear a backlog of planning applications, and reduce the time it takes to determine applications in future.

On Thursday 15, Friday 16, Monday 19 and Tuesday 20 December, they will be carrying out an intensive clearance, during which planning officers will concentrate on 'discharge of conditions' planning applications. Any enquiries which come to the team during this period will be responded to from Wednesday 21 December.

This temporary measure does not relate to Planning Enforcement or the teams who deal with Policy, Enforcement, Conservation and Trees, who will continue to operate as normal.

A similar exercise was carried out by the service in August, when officers prioritised older planning applications that were due a decision, with all non-urgent calls and emails diverted to the customer service centre. It proved a success, with decisions on 273 cases determined - nearly four times the average number of decisions made in one week.

During the period, people can continue to [view details or comment on planning applications online](#)

People with [enquiries about Permitted Development can find out more on the Planning Portal](#)

Chairman shares frightening sepsis experience

Councillor André Gonzales De Savage, Chairman of the Council

I was pleased this week to support a campaign to raise awareness of sepsis, following my recent experience of falling ill with it in January.

Sepsis is the body's life-threatening reaction to an infection and causes the immune system to overreact and start attacking the body's own tissues and organs.

It can sometimes be hard to diagnose due to the symptoms being like other illnesses and that's why it is important to be vigilant.

By sharing my experience for a press release, issued recently, I hope I can help raise awareness of this life-threatening illness and the signs and symptoms associated with it

I remember sitting at home, wearing multiple layers of clothing and still needing to be covered in blankets to try and stop the profound shivering I was experiencing. My body felt like an ice block, I had felt unwell for a few days at this point and was gradually feeling worse. It was like nothing I had experienced before.

I took myself to bed in the hope that a good night's sleep would make me feel better, however I found myself at 4am, wide awake needing urgent medical help. My wife rushed me to A&E and at this point, I was struggling to walk, unable to control my balance and was still severely shaking through feeling extremely cold.

I spent just over a week in hospital experiencing further symptoms of Sepsis. The day I was discharged, I couldn't believe it. I didn't think I was going to be able to walk again.

It was only a few days prior to going to A&E that I had watched a news report about sepsis and its symptoms. Had I not see that coverage, I wonder if I would have sought medical help when I did. In the run up to being admitted into hospital I remember feeling gradually worse, which is maybe why I didn't recognise the symptoms early on. I hope by doing the same and sharing my story, others will recognise symptoms of Sepsis and the severity of it.

Not all symptoms occur but if after taking the logical home remedies of paracetamol or Ibuprofen, the symptoms don't go then action should be taken fast and hospital treatment should be sought. Common symptoms include:

- Very high or low temperature
- Uncontrolled shivering
- Confusion
- Passing less urine than normal
- Blotchy or cold legs and arms
- Fast or difficult breathing, rapid heartbeat
- Feeling dizzy or faint.

Those at a higher risk of serious illness are recommended to get the pneumococcal vaccination which is available on the NHS. [Find out more information on the Pneumococcal vaccine](#)



The Chairman of the Council

Councillor André Gonzales De Savage is the Chairman of West Northamptonshire Council for 2022/23, and is supporting [Northamptonshire Search and Rescue](#) and the [Northamptonshire Air Ambulance](#) during his year in office.

If you would like the Chairman to attend your activity, event or function, please contact the Chairman's Secretary at chairman@westnorthants.gov.uk

Our Council in the news

Here's a roundup of the news releases and updates published by our Council during October. Don't forget you can keep up-to-date with these and search the news archive by [visiting the News section of our website](#). You can also [sign-up to receive our newsletter](#)

In the past month, we issued press releases on:

- [West Northamptonshire Council to consider funding Abington Park facilities](#) – Nov 1
- [Two inquests set to open this week](#) – Nov 1
- [Public Health in Northamptonshire calls for women to come forward for breast screening](#) – Nov 1
- [Avian influenza: Housing order to be introduced across England](#) – Nov 2
- [Call for the community to do its part on firework safety](#) – 3 Nov
- [Council partners with community volunteers to tackle litter](#) – 3 Nov
- [Cabinet to discuss improved SEND provision in West Northants](#) – 3 Nov
- [Consultation on further main modifications to Northampton Local Plan opens today](#) – Nov 7
- [Frontline Health and Social Care Staff reminded to take up the offer of FREE Flu jab](#) – Nov 7
- [Paralympian helps celebrate achievements of disabled people](#) – Nov 7
- [West Northamptonshire Council launch Cost of Living Support Hub](#) – Nov 8
- [Pilkington Communications crowned West Northamptonshire's Business of the Year](#) – Nov 9
- [Residents invited to have their say on a one-off proposed arrangement fee](#) – Nov 9
- [Views sought on gating Northampton Town Centre alleyway](#) – Nov 10
- [West Northants invited to have its say on new traffic powers](#) – Nov 10
- [West Northants flying the flag for national sporting success](#) – Nov 11
- [Living tree sculpture unveiled in memory of the fallen](#) – Nov 11
- [Northampton Bike Park scoops award win within first year of opening](#) – Nov 11
- [Join virtual sessions on safeguarding children and young people online](#) – Nov 14
- [Get your two or three year olds protected with the free flu nasal spray](#) – Nov 15
- [CityFibre has laid enough cabling in Northampton to lap Silverstone 143 times](#) – Nov 15
- [Warning to West Northants shops selling tobacco products to minors](#) – Nov 15
- [People invited to join Armed Forces Community Walk](#) – Nov 15
- [Have your say on the 2024-25 school admission arrangements](#) – Nov 15
- [Waste and recycling collection arrangements this Christmas](#) – Nov 16
- [Knife Angel App relaunched for knife crime week of action](#) – Nov 17
- [Giving the gift of food safety this Christmas](#) – Nov 17
- [Access people with disabilities have to leisure facilities examined](#) – Nov 18
- [A week of learning: Northamptonshire Safeguarding Adults Board](#) – Nov 21
- [Financial and practical Cost-of-Living help available now](#) – Nov 21
- [Visitors to Northants' protected areas urged to complete survey](#) – Nov 22
- [Avian Influenza \(Bird Flu\) - Update – 22 November](#) – Nov 22
- [Are you ready for Small Business Saturday 2022?](#) – Nov 24
- [Council reassured by Ofsted report highlighting improvements to children's services](#) – Nov 25
- [Partners in West Northants come together to mark 16 Days of Activism](#) – Nov 25
- [Dedicated carers share their lives for an 'outstanding' service supporting others](#) – Nov 25
- [Invitation to provide comfort and joy to vulnerable people](#) – Nov 25
- [Four more pay the price of dumping waste on the street](#) – Nov 25
- [Major new cultural centre to open in the heart of Northampton](#) – Nov 25
- [Christmas recycling guide](#) – Nov 28
- [Every day heroes celebrated at Male Role Model Awards](#) – Nov 30
- [Communities invited to plant trees in memory of Queen Elizabeth II](#) – Nov 30