

RAVENSTHORPE VILLAGE HALL: VOLUNTEER WITH US!

Our village hall has always been more than just a building — it's where our community comes together, celebrates, and supports one another. But it only thrives because of people like you. We're looking for a few more helping hands — whether you can spare an hour now and then or want to get more involved, every bit makes a real difference.

Volunteering is a chance to meet others, shape what happens here, and keep our hall at the heart of village life. If you've ever enjoyed an event here, this is your chance to help make the next one happen. We'd love to have you with us.

Interested? email contact@rvhall.online
 Or call Chrissie 07507 895303 or Bob 07710 813069

CHURCH NEWS



Christian Aid: 10th - 16th May. Envelopes are included in the newsletter and may be returned to Gill Douglas at Hill House or to the church but only if there is a service on that day. You may also use the dedicated online Giving page for Ravensthorpe <https://fundraise.christianaid.org.uk/fundraiser-2026/christian-aid-week-2026-st-denys-ravensthorpe>



From the beginning of June, we will be going into **Interregnum** when we will be saying farewell to Rev Jo Ognjanovic, Rev Cecily Nurmahi and Rev Allison Twigg so there will be a change to services: so please check the service schedule. Rev Jo's final service will be on 3rd May at Guilsborough at 11.00 am. Rev Allison's final service will take place on 7th June at The Creaton in Bloom service at 7.00 pm. Rev Cecily will be leaving at the end of June. It is with great sadness that we say goodbye to this inspirational team but wish them every good wish and blessing for their future ministries.

There will be no **Youth Church** on 23rd and 30th May.

CHURCH CONTACT FOR MORE INFORMATION:

Rev'd Allison Twigg 01604 846099 revallisontwigg@gmail.com; Associate Priest: Rev'd Caroline Burnett 01604 328629; caroline_burnett@btinternet.com; Assistant Curate: Rev Cecily Nurmahi 01858 791228; revcecilynurmahi@gmail.com Assistant Curate Jo Ognjanovic 07800 505891 revjo.church@gmail.com
 The Uplands Group Office: uplandsgroupoffice@gmail.com;
 Website: www.uplandsgroupchurches.org.uk

CHURCH SERVICES: RAVENSTHORPE & UPLANDS GROUP OF CHURCHES—MAY 2026

	Location	Service Type	Time	Flowers
Sunday 3 May	Ravensthorpe	Communion / Morning Prayer	8.30am	Barbara Guest & Jane Pinnock
	Other Churches/ Services	Creaton (9.30am CW Communion); Guilsborough (11.00am BCP Communion); Spratton (11.00am Worship for All).		
Sunday 10 May	Other Churches/ Services	Hollowell (11.00am CW Communion); Spratton (8.30am Communion / Morning Prayer). Thornby (9.30am BCP Communion).		
Sunday 17 May	Ravensthorpe	CW Communion	9.30am	Barbara Guest & Jane Pinnock
	Other Churches/ Services	Cottesbrooke (11.00am BCP Communion); Creaton (8.30am Communion / Morning Prayer); Guilsborough (11.00am Brunch@11; 6.00pm Evensong).		
Sunday 24 May Pentecost	Ravensthorpe	Worship for All	11.00	Barbara Guest & Jane Pinnock
	Other Churches/ Services	Cold Ashby (9.30am BCP Communion); Spratton (11.00am CW Communion).		
Sunday 31 May Trinity Sunday	Thornby	Group Service	10.00am	

RAVENSTHORPE & COTON PARISH COUNCIL

By the time you read this we will have held the Annual Village Meeting which is scheduled for Saturday 25th April – a full report will be given there on PC news and business. So just a couple of short items.

The Garden Bank opposite the Village Hall and the Village Green – this garden bank established many years ago, and planted up with the advice of Haroldine Pasley-Tyler, had gradually got a bit untidy and overgrown. The PC discussed ideas to tidy it up and are very grateful to a group of enthusiastic and knowledgeable volunteers who have come together, started work already, and devised a plan to rejuvenate it. The lead has been taken by Ruth Rolls and the Pocket Park volunteers supported by members of the WI and others. Well done to them and we look forward to enjoying the results of their hard work.

Our Village Postie – Chris

We all know that the postal service leaves a lot to be desired – mail often takes far too long to arrive, deadlines are missed and even hospital appointments. But against all this I only hear good words about Chris who does his very best against the constraints imposed on him. I just wanted to recognise his efforts – it can't be easy.

Diane Hayes Chair of the Parish Council

Get up and Go/ Strength and Balance class in Ravensthorpe

Muscle loss is a normal part of ageing and one of the more dangerous ones. The trick isn't just to know this is happening, but to do something about it before it quietly starts chipping away at what your body can manage – the longer you leave it the harder it is to fix.

From about 50 onwards we lose roughly 0.8% of muscle mass and 2-3% of muscle strength each year. By the age of 70 that adds to around 23% less muscle and half your body strength.

Muscle loss can sneak up on us – muscle is part of what keeps us steady on our feet, mobile, and hard to knock over. Walking is excellent but it isn't enough, it is excellent for cardiovascular, metabolic, mood, and brain health. What it doesn't do is provide the repeated muscular challenge needed to tell your body that your muscle is still required. Resistance exercise is the signal that tells your body to keep your muscles.

The Otago programme is the result of many years of research in building muscle strength and preventing falls in older people. It was devised by staff from the University of Otago in New Zealand. There are a lot of Otago exercise classes provided in the UK – in Northamptonshire there are more than 70 weekly classes.

In June, in partnership with Northamptonshire Sport, we will be trialling 3 sessions in the Village Hall. They will be on Tuesday mornings from 1030am – 12 noon with an hour of exercise followed by tea/coffee, and they will be free.

Participants always have the support of a chair available, the class will cater for those that have little or no need of support, to others who will – at least at the beginning of the course – need the reassurance of support. The village hall website will have details of how to register to join these classes or ring Di on 07873271126 or Bob on 07710 813069.

June Newsletter: the deadline for the May Newsletter is Saturday 23 May. . Any queries to Alan Worthington, 07801 051402 (text or phone), and contributions to ravensthorpenewsletter@gmail.com.

CRABTREE PIT POCKET PARK UPDATE

As volunteering on the pocket park pauses during the early summer months, and not resuming until the hay cut in August, our attention turns to rejuvenating the village green garden bank. This is behind the bench between Church Hill and the Village Hall.

The bank is owned by the Parish Council. Apparently during a council meeting many decades ago, a resident described the overgrown area as an unpleasant backdrop to the village green. We believe that after this Haroldine Pasley-Tyler undertook the project using plants and shrubs from Coton Manor. This transformed it from brambles and elders to a garden feature. Since then it has been further stocked up with plants from Ravensthorpe Nursery and maintained for a few years by Ravensthorpe WI.

However, despite the recent ongoing maintenance of trimming the edges, the laurels, brambles, travellers joy, and other vigorous species have takeover again at the back of the bank. These have blocked the light to the plants underneath such as hypericums, roses, and hellebores. Therefore, it now requires a real investment of effort and time. Many residents have fond memories of the bank in its glory days, and are therefore willing to invest their time to help. We have organised a volunteer session on Sunday 17 May at 3-4.30pm. Please do join us to revive this village feature. If you have any queries please do email Ruth and Natalie on crabtreepit@gmail.com.

Ravensthorpe Village Hall



Discover a variety of delightful treats, refreshing beverages and a fantastic array of handcrafted items from local artisans. Enjoy browsing unique stalls, meeting friendly faces and soaking up a relaxed village atmosphere.

Charity No 278283
For more information 07507 895383

RAVENSTHORPE VILLAGE HALL: WHAT'S ON IN MAY?

For more information visit www.rvhall.online.co.uk

ARTS & CRAFTS	CRAFTERNOON: 2.15pm every Thursday.	Call Di 770482 or Pauline 770634.
BOWLING	SHORT-MAT BOWLING 2pm every Wednesday.	Call Lin 07557 396627
BRIDGE CLUB	2pm every Tuesday.	Call Bernadette 01604 770424
CINEMA	Tuesday 12 May & Tuesday 2 June 7.30pm.	See box, right.
COFFEE MORNINGS	Wednesday Coffee Morning. 10.30—12.00 Wednesday 6th & 20th May. All welcome.	
GAMING CLUB	Saturday 2 May 7pm Raven Loonies Table-Top Gaming Club. For more visit https://ravenloonies.com	
NATIONAL THEATRE LIVE	All My Sons. Friday 1st May 7.30pm. Tickets available from rvhall.online .	
PARISH COUNCIL	RAVENSTHORPE & COTON PARISH COUNCIL Wednesday 20 May at 7.30pm	
PILATES	Paula Edmunds Pilates. 9.30am Every Monday.	Paula 07799 798424
	Pilates with Sophie: Every Thursday at 9.30am (not 7th May).	Call Sophie 07764 586990
SHOTOKAN KARATE	Every Sunday at 9.30 (Seniors); Every Thursday at 6pm (Juniors).	Call Andy 07891 132675
TABLE TENNIS	Mondays at 7pm.	Call/ text 07710 813069
VILLAGE FAIR	Saturday 16 May, 11-4	See box
WI	Thursday 21 May 7.30pm.	Gill Douglas 01604 770541



CIRCUIT-STYLE WORKOUTS AT RAVENSTHORPE MEMORIAL PLAYING FIELD

TAMMYB FITNESS SESSIONS ARE FOR EVERYONE
OVER 18 & ALL ABILITIES

**£7 PER SESSION:
SATURDAY 9AM
SUNDAY 9.15AM
TUESDAY 7PM**

CONTACT Tammy on 07793 917 493

RAVENSTHORPE VILLAGE HALL



RAVENSTHORPE

VILLAGE CINEMA

Tickets £7. Go to: rvhall.online/cinema;
email: cinema@rvhall.online; or telephone
Mike & Mo Cobbe 01604 328822

Tuesday 12 May 7.30-10pm Mainstream screening *Hamnet*

Oscar winner Jessie Buckley stars with Paul Mescal in this beautifully realised film of Maggie O'Farrell's best selling book. One of the most talked about films of the year.



"This sublime adaptation of "Hamnet" couldn't have been done any better" (The Telegraph)
"Paul Mescal and Jessie Buckley will break your heart {in} this transcendent adaptation of Maggie O'Farrell's novel about the death of Shakespeare's son" (The Times)

Tuesday 2 June 7.30pm *Song Sung Blue*

In this music biopic, Hugh Jackman and Kate Hudson are pitch perfect as a loving couple finding success as a Neil Diamond tribute act. "With pitch-perfect performances, "Song Sung Blue" hits every emotional chord, delivering a wholesome, family-friendly film and a fitting tribute to one of the most beloved singer-songwriters in modern music history." (Rotten Tomatoes)
"A film that follows a Milwaukee married couple as they rise to fame with a real-life band called Lightning and Thunder is undeniably entertaining" (The Guardian)



This will be the last film run by Mo & Mike Cobbe for the Village Cinema. It will be followed by drinks to celebrate their retirement and 10 years of Ravensthorpe Village Cinema.



National
Theatre
Live



Friday 5th June - Playboy of the Western World

Nicola Coughlan (*Bridgerton*) joins Éanna Hardwicke (*The Sixth Commandment*) and Siobhán McSweeney (*Derry Girls*) in John Millington Synge's riveting play of youth and self-discovery. Synge's 'succulent' text is delivered in its original early 20th century melodic Hiberno-English dialect which captures the lyricism of the language but for clarity we will screen with sub-titles.



Further information and booking link at <https://www.rvhall.online/events-and-activities-calendar/national-theatre-live-screening-les-liaisons-dangereuses/>



Buckby Library & Hub
for books & buzz

Update from Buckby Library & Hub

Sunday May 10th: we are having a **pop-up stand** at the entrance to the **Althorp Literary Festival**. If you are going to the Festival, do come and see us. We will have information about our forthcoming events and activities. Also, if you're interested, you can talk to us about being a volunteer, or find out about our friends and sponsorship schemes and being a trustee.

Wednesday May 13th: 'Spring into May' with our wonderful **Long Buckby Community Band** which is providing a musical evening at the library. Come and relax café style to enjoy their performance. Seating is limited so get your free tickets from the library or the Peephole in the High Street; donations are very welcome on the night – thank you! Doors open at 7pm and the performance starts at 7.30. Refreshments available.

Tuesday May 26th: our monthly film is **Song Sung Blue**. "Lightning and Thunder, a Milwaukee husband and wife Neli Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together." Tickets are £7.50 from the library or the Peephole in the High Street. Doors open at 7pm; the film starts at 7.30. Refreshments available, including ice creams.

And don't forget our library services and all the regular activities we hold at Buckby Library & Hub! We also provide a Chatty Café and wellness support through links with local providers. To find out more, please visit our website and What's On calendar: <https://buckbylibraryhub.org/calendar/>; sam.holst@buckbylibraryhub.org; 01327 84259; NN6 7QB

ART, CRAFT AND MORE IN A DAY IN MAY

Do you love garden birds or are you fascinated by folklore? Either can be explored in a day through the intimacy of drawing at Rugby's Percival Guildhouse. Saturday Workshops being run on 16th May include Drawing Garden Birds in Coloured Pencil and Themed Life Drawing: Folklore, Legend and Myth. Alternatively, you could try your hand at the beautiful craft of needlefelting or collage or get your Spanish in shape for that longed-for summer holiday.

For full details of all six workshops being run on the 16th May visit: <https://percival-guildhouse.co.uk/workshops-general-interest/> While you're there take a look at what's on offer on Saturday 13th June too..



Ravensthorpe
Beer Festival

Friday 10—Saturday 11 July

*Playing Field Lottery winners for April:
Peter & Sue Horgan (£50); Rob & Nicola William (£20).*



Our next meeting will be on May 21st at 7.30 p.m. In the Village Hall when we will discuss this year's Resolutions which concern the Accessibility of Public Toilets and Action on Women's Homelessness: addressing the rise in homelessness among women and improving support systems. This will be followed by a Beetle Drive and Bring and Buy Plant Sale. Visitors are always welcome - admission costs £5 to include refreshments.

A previous Resolution, "Bystanders can be Lifesavers" prompts us to promote **the British Heart Foundation's short video**.

What is RevivR?

RevivR is the British Heart Foundation's free, interactive, online CPR training course. In just 15 minutes, you can learn how to save a life and receive your very own CPR certificate. It couldn't be simpler – you just need your mobile phone or tablet and a cushion to practice on. Scan the code or search "BHF RevivR"



**National
Garden Scheme**
At Ravensthorpe Nursery

Our first opening for the year will be 8th, 9th and 10th May, 11 a.m. till 5 pm., admission £6, children free. Tea, coffee and cake and plants for sale.

Jean has put the NGS Garden Open leaflets in the porch of the Village Hall for people to help themselves.

This year the National Garden Scheme is inviting people across the UK to take part in **The Big British Garden Survey**, which aims to build a national picture of where wildlife is thriving in gardens and where there may be opportunities to encourage more biodiversity.

The survey asks everyone with a garden, large or small, an allotment or balcony, to record the wildlife visiting their green spaces. "Taking part is simple - record the butterflies and other insects that your garden attracts. Mapping your garden and answering a short habitat survey will provide useful context about the features that might be supporting wildlife in your garden too," says National Garden Scheme Chief Executive, Dr Richard Claxton.

Just go to: ngs.org.uk/the-big-british-garden-survey

CREATON CHOIR

Creaton Singers meet every Tuesday 7:30 - 9pm in United Reform Church, Creaton. They are looking for more Tenors & Basses to join them. It's a friendly choir, singing a selection of light-hearted music & performing around 3 concerts a year. Chris & I joined about 6 months ago, if you would like more information please call Tricia 07585615426.