SILVERSTONE News & Views

EST. 1979

Issue 282 - April 2026

Annual Village Meeting arrangements

...

New local business pull out, health, beauty & wellbeing

...

Panto goes down a storm!



Credit: James Smart







FORMULA 1 • PIRELLI

BRITISH GRAND PRIX

02-05 JULY 2026

SILVERSTONE VILLAGE RESIDENTS INFORMATION DROP-IN EVENT

- Inter-Agency Group representatives available to answer questions
- Traffic Management maps
- Key operational details

WEDNESDAY 20 MAY 2026

16:00 – 20:00

ST MICHAEL'S CHURCH ROOMS
LITTLE LONDON, NN12 8UP

Scan the QR code for further information.

West Northamptonshire Council

Buckinghamshire Council

Thames Valley Police

Northamptonshire Police

Buckinghamshire Fire & Rescue Service
We save lives

national highways

NHS East Midlands Ambulance Service NHS Trust

Northamptonshire Fire & Rescue Service

Silverstone

Musings from the Ed

Has anyone else noticed that large glowing ball in the sky recently (shhhh, you may frighten it away)? Mind you, by the time this arrives on your doorstep we will probably have seen a sprinkle of snow as is usually the case in late spring. Just as we pop out our "plant after last frost has passed" plants, BAM! The "Last Frost" comes along and reduces them to wilting heaps.

Loads of things in this edition for you lovely readers. Firstly, the **Annual Village Meeting is on 8th April 7pm – 9.30pm at the SRA**. This is a meeting for residents to learn more about what is happening in your village and to ask questions of those presenting. The folk at Cafe74 have agreed to open at 6pm for drinks and snacks if you want to grab coffee and cake before the meeting. Details are later in this edition. Everyone is welcome and remember to **BE KIND**. Questions may not be able to be answered straight away on the night. We are happy to accommodate answers to queries raised in the next edition if presenters wish to use this publication to communicate their answers with the community.

Check out the centre pages for the first of our new pull out features. This edition it is local **Health, Wellbeing, Beauty & Therapy providers**. The June edition will be focussing on **Home Services**; building, handyman services, home improvement services, chippies, sparkies, plasterers, decorators, brickies, roofing, garden services, estate agents etc.

The August edition will feature **Professional Services**. Accountants, book keepers, virtual office services, marketing specialists, website designers, graphic designers, PR specialists etc.

We are looking for village based businesses and businesses that serve the village. If anyone would like to be included, just send in your details to us via email. This is about promoting your local services and making the village aware of what is available to them should they need it. Entry on the listing is FREE. If you decide you want to run a supporting advert, just let us know – usual rates apply and can be found towards the rear of this publication.

Enjoy this edition and let us know what you want to see in future editions of Silverstone News & Views.

Have a happy springtime!

silverstonenewsandviews@gmail.com

Silverstone Panto

"Well, you missed a treat at the end of February if you didn't come to the Village panto' at the SRA!"

I have spoken to a number of people who say that they think it was the best one ever. "Sleeping Beauty" was the chosen one for 2026 and indeed it was excellent with a cast of both old and new members all of whom played their parts splendidly; too many to mention by name apart from Pete Dyer who took over the busy role of Queen during the last week so ably and amusingly.

He certainly looked the part and was able to ad-lib brilliantly if the odd line eluded him!

Another mention must be the producer, Michelle, who works tirelessly to plan and provide 3 good performances. The scenery was great, once again so beautifully painted by Elaine Dyer who never fails to impress. So, a huge thank you to you all Silverstone SADs for a most enjoyable and successful event.

Your local Theatre Critic









Top and middle: Rosanne Marriott, Above and right: Anne Pullen

Picnic in the Park!

Sat 20th June 7pm

SRA Playing Fields

Music · Food · Bar

Fireworks

Tickets £5 from Crofts or scan the barcode

Get your name on our wall of fame!



Small brick
2 lines - 32 characters £50

Large brick
4 lines - 64 characters £100

Scan the QR coded or visit
www.the-sra.org.uk

Registered charity number 269521

News and updates from the SRA

With spring arriving, there's plenty happening at the Silverstone Recreational Association, so here are a few updates and dates for your diary.

After a particularly wet few months, we would like to thank Silverstone Football Club for their patience while we managed the playing field. We've invested both time and money into essential field maintenance and are looking forward to completing the remaining fixtures without further disruption. We are also exploring investment in additional equipment to help us stay on top of field maintenance in the future.

If you've visited the SRA recently, we hope you've noticed our commemorative **brick wall** continuing to grow. Please do keep buying bricks and adding to the wall – it's wonderful to see so many people stopping to look, read the messages and find familiar names.

Our SRA Annual General Meeting will take place on Wednesday 22 April at 7.30pm at the SRA, Church Street. Everyone is very welcome to attend. It's a great opportunity to hear about our plans, ask questions and have your say about the future of the SRA, including the appointment of trustees for the coming year.

We're delighted to be able to confirm two dates for the next **Aston Martin F1 factory tours: Saturday 25 July and Saturday 31 October.** These tours are always extremely popular, so please keep an eye on News and Views and our social media channels for ticket sale information. Our sincere thanks go to Aston Martin for their continued support of the SRA.

Plans for **Picnic in the Park** are well underway, with the event taking place on **Saturday 20 June**. A big thank you to Pete and Elaine Dyer for organising what promises to be another fantastic community event. We look forward to seeing the village come together once again for a great day on the field. We are also planning to bring back **bingo nights** later in the spring, so keep an eye out for further announcements.

As you might expect, we're always looking for **volunteers** to help support the SRA. There is no expectation to attend regular meetings; we simply want to build a group of people we can call on from time to time when help is needed with jobs or with organising and delivering events. If you would like to get involved, please contact us via our website (www.the-sra.org) or our Facebook page.

Finally, thank you to everyone who visits and supports the SRA – it was originally established for the benefit of the whole village, and we are proud to continue providing facilities for everyone to enjoy - from the **Pavilion Bar** and **Café 74** to the playing field and park. We look forward to welcoming you all.

SILVERSTONE GARDENING CLUB :: SPRING SHOW



Saturday 28 March 2026 :: 10.30am – 12 midday
St Michael's Church Rooms

- **Displays of daffodils, tulips, springtime flowers**
- **Photo competition**
- **Home-made produce**
- **Children's section**
- **Refreshments**
- **Enter the competitions – open to all**

Find out more – silverstone.garden.club@gmail.com

PLANT BRING-&-BUY



Saturday 9 May 2026 - 10am
In front of St Michael's Church

Find out more – silverstone.garden.club@gmail.com

Silverstone Gardening Club

The Gardening Club has made an excellent start to the anniversary year, welcoming some new members and guests to the monthly presentations. The planters in the village centre have come to life with a bright and cheerful display of spring flowers, especially the tête-à-têtes.



Credit: S Hudson

Forthcoming meetings and events:

- **28 March** - Village Spring Show - 10.30am-12 midday
- **30 March** - Paula Fleming - Gardens of Le Manoir Aux Quat'Saisons
- **27 April** - Green Leaves Nursery - Alpines/unusual plants with plants to buy
- **9 May** - Plant Bring-&-Buy - In front of St Michael's Church
- **11 May** - Coach visit to RHS Hyde Hall

The Plant Bring-&-Buy has grown over the past few years to become a popular event. It brings together so many people from around the village with enthusiastic queues eagerly waiting for the sale to open! Now is the perfect time to be sorting out borders so please pot up any spare seedlings/plants to contribute to the plant stalls – they will be greatly appreciated.

The Club is entitled to an annual free admission to a RHS garden and this year we have a coach excursion booked to take members to Hyde Hall in Essex. The garden should look resplendent and lush with late spring blooms, extensive Dry Garden showcasing drought-resistant Mediterranean plants, and many other emerging planting schemes to enjoy.

All are welcome to our Club meetings in St Michael's Church Rooms. Annual Membership is £5. Members pay £2 on Club nights, guests pay £3. Doors open at 7.15pm for a chat over tea/coffee before starting at 7.30pm. Members are reminded that doors will open at the earlier time of 7pm on 30 March.

Club information from the Secretary, Sally Hudson, at silverstone.garden.club@gmail.com

Silverstone Flowers information from Glenda Hunter Fuller at glendalouisefuller@yahoo.co.uk

Heather Illingworth
Chairman
Silverstone Gardening Club

News from Silverstone Parish Council

clerk@silverstone-pc.gov.uk | Telephone: 07956 449 205
www.silverstone-pc.gov.uk

Neighbourhood Development Plan
At the meeting of the Full Council on Monday 9th March there was a discussion to determine the best way forward for the Silverstone Neighbourhood Development Plan. Councillors have identified a need to do further consultation with statutory bodies which will mean that the Plan will be delayed in being returned to WNC before it is sent to the Planning Inspector for approval.

Residents who have read the draft WNC Local Plan will know that Silverstone village has been allocated 131 houses over the lifetime of that plan. This equates to approximately 7 new dwellings every year for the next 20 years. This will need to be added into the Silverstone Neighbourhood Plan as soon as possible.

The Council was presented with advice from their professional planning consultant as to whether to continue with the current Plan to get it completed as soon as possible and then to start an early review of it, or whether to cease work on the current Plan and to immediately start work on a new plan.

The Council agreed to follow the advice of the planning consultant and to continue with the current plan as speedily as possible and then to move to an early review of that plan. This will include consulting with residents as to the location and schedule for the new housing.

West Northants Draft Local Plan Response
As mentioned before, WNC has produced a draft Local Plan which aims to shape the future for West Northants. Recent Government changes mean WNC must plan for more housing and employment land than before. However, they need to ensure that this is done responsibly. That means ensuring the right infrastructure is in place, protecting the countryside, and creating the right economic opportunities – all things which we know our residents feel passionately about. Responding to this consultation is an essential part of that process. Silverstone Parish Council is in the process of forming a detailed response to this consultation in which we aim to reflect the needs and wants of this Parish as we have been told by residents during our Neighbourhood Development Plan consultations.

Highways and Speed Watch
The Council is intensely aware of the concerns that many of our residents

have on this topic, both in the condition of the road surfaces and the traffic in the village. At the meeting on the 9th March, the Council agreed to formally write to express our concerns and to press for remedial action on behalf of the community. The Council is also continuing to work with the Traffic Calming Group who in turn, are also working with the regional Road Watch Group who are initially addressing the state of road surfaces in the region.

As a reminder, residents are requested to report potholes and other highways issues via the fixmystreet website: https://fix.westnorthants.gov.uk

The Council is also delighted to announce that they have been able to fund Silverstone Speed Watch to enable them to purchase a Parish owned speed camera. This means that there will be more flexibility for the group to monitor traffic and will enable more data to be accumulated as evidence for traffic calming schemes around the village.

Welcome

The Parish Council would like to extend a warm welcome to its newest councillor. At the meeting on the 9th March, Ian Wilkes was unanimously voted in as a councillor. This brings the number of Silverstone Parish Councillors to eleven, which means we are in the happy situation of having a full complement of councillors.

Allotments

The Parish Council is very aware that there has to date been very little progress on this and has now agreed to appoint a councillor with specific responsibility for allotments. The Council recognises that bringing the allotments into being will not be an easy task; the delays and legal hurdles to date have been extremely time consuming. However, we do hope that with tenacity and commitment, some proper progress can be made.

Volunteer Flood Warden



The Council is looking for two local residents to volunteer as Flood Wardens and help strengthen our community's resilience to flooding. This is a voluntary role and a chance to make a real difference.

Flood Wardens help the parish before, during and after flood events. They keep an eye on drains, streams and watercourses, share flood alerts and warnings, raise awareness of local flood risk, and provide vital local information to the Council and responding agencies. They also support community recovery by helping to gather information on impacts and assisting with clean-up activities. Full training is provided. For more details, please contact the Parish Clerk.

News from the Methodist Chapel

How lovely to enjoy the sunshine and lighter days and to see the colourful spring flowers in our gardens and around the village.

We are now in the season of Lent, and it will soon be Easter! You may have noticed a cross outside the Chapel - each week of Lent a symbol is added to remind us of Jesus's journey to the cross on Good Friday, these symbols will then be replaced with flowers on Easter Sunday as we remember His glorious resurrection.

There will be a service of Holy Communion on Maundy Thursday, April 2nd at 7pm in the Chapel and on Easter Sunday a sunrise celebration in Olney Pocket Park (bottom of Graham Hill) and a service in the Chapel at 10am and this will include Holy Communion. Everyone is invited. The annual World Day of Prayer service was held at the beginning of March, and this year was written by Christian women in Nigeria. A very moving and prayerful service as we thought about the people of Nigeria and their struggles. The photo shows a display of symbols from Nigeria – coloured cloth, stones, rice, oil, fruits, education and candles of hope.

The **Community Café** is open on the 2nd Thursday of each month from 10am – 12noon, serving your favourite coffees – cappuccino, latte, flat white, espresso and pots of tea, plus amazing homemade cakes. A huge thank you to all our volunteers & cake bakers who work so hard each month and to everyone who comes along and gives so generously. If you've not visited yet, why not pop in and have a lovely treat, bring your friends too.

A group for little ones under school age and their mums, dads, grandparents, meet for TIGGERS on a Friday morning from 9.15 – 11am. Lots of ride-on toys, books, cars, Duplo building bricks and train, dolls, Play-Doh, a baby area, plus drinks and biscuits & lots of fun! £2 per family, no need to book, just pop in, we'd love to see you.

Sunday services - each week at 10am we meet for a mix of modern and traditional worship – Coffee is served from 9.40am. We share United Services with our friends from St Michaels Church on the 3rd Sunday of each month at 10am. In April, May & June this will be at St Michaels Church. A very warm welcome awaits you at any of our services.

Please see our outside noticeboard on the Chapel wall for details of services and events, it is updated weekly.

If you would like to hire the Chapel or Schoolroom, both have an open plan and adaptable space, please call Mrs Mavis Evans 07549 115598.

Our Minister is Rev'd Sara Cliff - 07974 784059



Silverstone Community Café

The Hope Centre in Northampton were delighted with the £430.00 raised at the February café. This will help with their work supporting people who struggle with the impact of financial hardship and homelessness.

All the profit from the March café £430 will be given to the Renew 169 Café in Towcester, a wellbeing café and community garden for anyone struggling with their emotional or mental health.

Thank you to everyone who supports us every month, and to our amazing volunteers.

Dates for your diary

April 9th Methodist Homes
May 14th News and Views

Village Events

Date	Event
28/03/2026	SGC Spring Show
29/03/2026	Palm Sunday service
30/03/2026	SGC Gardens of Le Manoir
01/04/2026	Chat & Craft
01/04/2026	Book Club
02/04/2026	Maundy Thursday
03/04/2026	Good Friday service
03/04/2026	The Wood Oven
05/04/2026	Easter Sunday service
05/04/2026	Easter Praise and egg hunt
08/04/2026	Gurkha Streetfood
08/04/2026	Annual Village Meeting
09/04/2026	Community Café
13/04/2026	Finance Committee meeting
13/04/2026	Planning Committee meeting
13/04/2026	PC meeting
14/04/2026	WI When Terror comes to Parliament
15/04/2026	Chat & Craft
22/04/2026	SRA AGM
27/04/2026	SGC Green Leaves Nursery
29/04/2026	Chat & Craft
01/05/2026	The Wood Oven
06/05/2026	Book Club
09/05/2026	SGC Plant Bring & Buy
10/05/2026	Rogation Sunday
11/05/2026	SGC RHS Hyde Hall trip
11/05/2026	PC meeting
12/05/2026	WI 94th anniversary celebration + speaker
12/05/2026	**News & Views cut off for June edition - 4.00pm**
13/05/2026	Chat & Craft
13/05/2026	Gurkha Streetfood
14/05/2026	**Community Café in aid of News & Views**
20/05/2026	F1 Grand Prix traffic arrangements exhibition
27/05/2026	Chat & Craft
03/06/2026	Book Club
05/06/2026	The Wood Oven
08/06/2026	PC meeting
09/06/2026	WI "Three Pillars" Jo Silvestre
10/06/2026	Chat & Craft
10/06/2026	Gurkha Streetfood
12/06/2026	Moveable Feast

	Community eats & drinks
	Events
	Groups & clubs
	Church/Chapel events
	PC

	Time	Location
	10.30 - 12.00pm	Church Rooms
	10.00am see article	St Michael's Church
	Doors open 7.15pm for 7.30pm start	Church Rooms
	2.00pm - 4.00pm	Church Rooms
	7.00pm	White Horse Pub
	7.30pm	St Michael's Church
	2.00pm	St Botolphs, Slapton
	5.00pm - 8.00pm	SRA
	8.00am	St Michael's Church
	4.00pm	St Michael's Church
	5.00pm - 8.00pm	SRA
	6.30pm	SRA
	10.00am - 12.00pm	Methodist Chapel
	7.00pm	SRA
	7.30pm	SRA
	8.00pm	SRA
	Doors open at 7pm for 7.30pm start	Church Rooms
	2.00pm - 4.00pm	Church Rooms
	7.30pm	SRA
	Doors open 7.15pm for 7.30pm start	Church Rooms
	2.00pm - 4.00pm	Church Rooms
	5.00pm - 8.00pm	SRA
	7.00pm	White Horse Pub
	10.00am	St Michael's Church
	See article	Pits Farm
	See article	
	8.00pm	SRA
	Doors open at 7pm for 7.30pm start	Church Rooms
	2.00pm - 4.00pm	Church Rooms
	5.00pm - 8.00pm	SRA
	10.00am - 12.00pm	Methodist Chapel
	4.00pm - 8.00pm	Church Rooms
	2.00pm - 4.00pm	Church Rooms
	7.00pm	White Horse Pub
	5.00pm - 8.00pm	SRA
	8.00pm	SRA
	Doors open at 7pm for 7.30pm start	Church Rooms
	2.00pm - 4.00pm	Church Rooms
	5.00pm - 8.00pm	SRA
	See notices around the village	Church Rooms

News from St. Michael's Church

As I type, we are already preparing for Easter, a very special time for our Church. At the moment, during Lent, our popular Soup Lunches are under way, with many people enjoying these occasions. A separate report will follow, as will a report on T@4 held monthly in the Church room.

Just a reminder of our Easter Services again.
29th March - Palm Sunday Beginning at the Methodist Chapel at 10am and proceeding down to St Michael's for the service
2nd April - Maundy Thursday A simple meal at 7.30pm with Communion held in the Church Rooms.
3rd April - Good Friday Good Friday Liturgy, 2pm at St Botolph's, Slapton.
5th April- Easter Day, Holy Eucharist 8am, Easter Praise 4pm in Church with an Easter Egg Hunt in the Church Room.

Other dates are;
10th May - Rogation Sunday service, held at Pits Farm.
12th June - Moveable Feast A shared meal beginning in the Church Room and moving to various homes in the village. Carolyn Lovell is organising this popular event, contact her on ce.lovell2012@gmail.com
T@4 continues every second Sunday of the month at 4pm in the Church Room and Open the Book meet frequently too.

Our Church Room is now very popular for parties, clubs, meetings etc. For enquiries regarding this, please contact Mel Dennison on 01327 857050 or melmrsb@btinternet.com.

All are very welcome to attend services at our Church, please see the notice board outside Church for details.

Update on the latest events
Our Family Service, T@4, has continued on the Second Sunday of each month in the Church Rooms where all of any age are most welcome to join us at 4pm. At our recent get togethers we have been concentrating on the love of God for us all and our own love for all with whom we come into contact .
We based our February session on Valentines Day and the youngsters with us made beaded bracelets and Valentine hearts of card and coloured papers.

In March we decided to celebrate Mothering Sunday a week early with readings and prayer and little bouquets made for everyone there.

Our April Meeting will be the week after Easter followed in May by our visit celebrating Rogation Sunday to Pits Farm for a Service followed by tea. This is always a popular event, and all are welcome to join us at 3pm on Sunday, 10th May

Our team visiting the 3 local Church Primary Schools is currently taking the story of Jesus at a wedding changing the water into wine to perform for the children. Our leader has made 6 beautiful very large jars, and the children are enjoying saying Glug, Glug, Glug as water is poured into each. There is always fun in audience participation in every story, and we always need some extra help from them in dressing up to take part. They love this!

Hoping to see you at some of our events.

Mel Dennison

Proper Silson No 5: Ernie

Ernie Colborn lived in Cattle End at the junction with Green Lane. His brother in law was Arthur Dunkley who lived at the bottom of Cattle End where he had a large open fronted shed, the home of his hurdle making, and a constantly burning open fire, where now is the start of The Woodlands.

Ernie had the reputation for being a mole catcher. Doc enlisted his services. However, one evening when he was returning in the Land Rover with his children aboard the headlights revealed a large mole dragging a trap on its paw as it crossed our path.

Doc dismounted and removed the trap and on the exhortation of the children, he went as far away as he could in the adjacent field and released the animal. A few days later he told Ernie what he had done. The mole catcher was clearly offended. 'I'm not coming again!' Ernie said with some force, and he didn't.

Doc

Silverstone Speed Watch needs you!

Each year, a group of volunteers come together to take part in the community Speed Watch scheme. With our new radar gun, we are now able to operate to our own timetable. The team need more volunteers to continue this year and beyond. Just a few hours of your time every now and again, reduces the burden on others for this important role. The information we gather helps shape future traffic calming measures which benefits the community as a whole.

If you are able to spare some time, please drop us an email silverstonespeedwatch@gmail.com

Silverstone Hosts the 2026 Pothole Olympics?

Silverstone village took full advantage of February's freezing mornings to host the 2026 Pothole Olympics. Silverstone was a natural host, being in Northamptonshire, the home of the British pothole, and an iconic international sporting venue. The sports were based at three centres, West End, Abthorpe Road and the notorious A43 Roundabout.

West End was the venue for the ever popular Four-Man Bob, the Big-Air and the Skeleton. Frozen water covering West End from Hazelwood descending to the Abthorpe Road making it a very challenging course. Teams from around the world were beaten by the local favourites, Cold Higham. Their Four-Man Bob team comprised of Bob Hope, Bob Try, Bob Will and the ever-successful Bob Wynn. Gus Tee stormed to victory in the Big-Air with Vac Hulme trailing in last place.

The Skeleton was narrowly won by the consistent M T Head from Exmouth. The runner-up, sponsored by Linnell Bros Ltd., was an entrant from Woodend, Chow Pin Log. Jubilant M T described his victory as "an out-of-body experience".

Focus of action then moved to the A43 roundabout where it hosted the veteran sections of the diving and figure-skating. Coming out of retirement, the diving was won by Britain's very own Tom Daly, beating, in a timely manner, his close rivals Alan Weeks and Jimmy Fortnight. His winning dive was a twisted chain cast-on, entrelac stitches, finishing with a Latvian bind-off. The skating victor was, former Olympic champion, John Curry sponsored by Whittlebury's Bengal Village, closely followed by his teammate, Pilau Rice. Curry's winning performance, distancing himself from the

opposition, was completed with his signature move, the Vindaloo Dash.

The third and final venue, the Abthorpe Road, which has challenged many competitors having a long history of deflating their egos and puncturing their ambitions. The sports were Open Water Pothole Swimming and Snorkelling. Fending off the challenge from Magnus Pike and Donald Duck, the open water pothole swimming was won by Northamptonshire's very own sporting icon, cricketer Graeme Swann. Having not trained specifically for the event he did admit he had winged it. The conditions took a dive for the worse for the snorkelling, when the very low temperature resulted in halting the competition. The competitors could not compete with their assets frozen.

West Northamptonshire County Council spokesmen, Bill M Lotts, said they were pleased to provide conditions to bring a new sport to the county. They are currently working, along with outside agencies, on plans to maintain and expand facilities to host the Pothole Olympic Games in 2030 and beyond.

Silverstone's Olympic correspondent – Sir Kitt Champion.

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Wellbeing with Gini

Self-management for better health: small steps that stick

Spring is around the corner and summer hot on its toes, and with it comes more chances to get outside. Fresh air, daylight and gentle movement can boost mood, sleep and energy levels. But if your motivation feels at rock bottom after a long, wet winter, you're not alone. Getting back on track isn't about pushing harder; it's about setting yourself up to succeed with approaches that support your confidence, sense of control, and feeling connected.

One helpful way to approach lasting change is to focus on building your confidence, making choices that fit your life, and seeking support from others. When these areas are nurtured, sticking with new habits becomes much easier.

1. **Build confidence: make it doable**
   Try this: Pick one goal for the next 7 days that is specific and realistic: "I will walk to the end of the street and back on Monday, Wednesday and Friday." If you miss a day, treat it as information, not failure: what got in the way, and what could help next time? Small goals that feel achievable boost your confidence and help you see progress, no matter how gradual.

2. **Take back control: choose your 'why'**
   Try this: Give yourself options. On low-energy days, aim for a "minimum version" (10 minutes of something light). On better days, do more if you feel like it. Having choices reduces pressure and keeps you in charge, making it easier to maintain a routine that feels right for you.

3. **Get support: don't do it alone**
   Try this: Make your next step social: meet a friend for a short walk, join a beginner-friendly class, or check in weekly with someone you trust. Sharing your goals or activities with others can make the process more enjoyable and help you stay motivated.

This spring, you don't need a complete overhaul. Pick one small change, make it yours, and build from there. Consistency comes from feeling capable, having choice, and being supported. When you focus on these foundations, new habits stand a much better chance of sticking.

Want support? If you'd like help setting realistic health goals, building motivation, or finding local support options, get in touch. We can talk through what's getting in the way and plan a next step that fits your life. Whether you're looking for practical advice or simply someone to check in with, support is available to help you move forward.

Get in Touch

For individuals: hello@talktogini.co.uk
For groups and organisations: enquiries@ginidellow.co.uk

Talk to Gini

supporting YOU to live well

Gini Dellow
BSc (Hons) Psych, MSc, MBPsS

www.talktogini.co.uk
Telephone: 07539 936464
Email: hello@talktogini.co.uk

Talk to Gini offers specialised health and psychological coaching from a qualified practitioner, helping those with long-term conditions and anyone seeking behaviour change. Please get in touch for a free initial chat; we offer pro-bono support for those who meet the eligibility criteria.



Grey Matter Workout

Answers on page 46

1. When does spring officially begin in the UK?
2. What is the name of the full moon that appears in April?
3. What weather phenomenon is most associated with April?
4. Which famous English playwright was born and died in April?
5. In the UK, which bird is often seen returning in spring after wintering in Africa?
6. What is the name for animals that sleep through winter and wake up in spring?
7. Which country is famous for its cherry blossoms in spring?
8. Which European country hosts the world's largest tulip festival?
9. What ancient site in England is aligned with the rising sun on the spring equinox?
10. What's the name of the traditional Easter cake topped with marzipan balls?

theWI
INSPIRING WOMEN

Think the WI is all Jam and Jerusalem?

Think Again!





We're so much more!

Come and see what we're really like!

Meet the members, see what the WI has to offer

Join us for wine, tea and of course, cake!

- **Learning something new every month**
- **Friendship**
- **New Experiences**
- **Community Spirit**

Tuesday 16th June, 7.30pm onwards

Church rooms, Little London, Silverstone



All Women welcome.
No pressure
just pop in!



Nisa

10% off any item on the list of ingredients for this recipe from Crofts Stores, CROFTSAPR26



Spaghetti with spring greens, lemon lemon & hard cheese

Ingredients for 4

- **4 person serving of spaghetti, fresh or dried,**
- **300g Spring greens, washed and ready to wilt in boiling water**
- **5 tablespoons butter**
- **1 lemon, zest grated and juiced**
- **150g finely grated hard cheese, plus more for serving**
- **Good pinch black pepper**
- **2 tsp oil**

Method

1. Cook the spaghetti according to the manufacturer's instructions, strain and add oil, mixing gently to coat all the spaghetti with the oil. Put to one side.

2. Bring a large pan of water to the boil and add the greens. Leave for 3 minutes and strain. Put greens onto a board and chop into approx. 1cm strips.

3. Melt the butter in a large pan, add the lemon zest and half of the grated cheese. Add in the pepper and cooked spaghetti. Mix well and then add the greens. Again mix well ensuring that the ingredients are good and hot, serve immediately in warmed bowls, finishing with a sprinkle of the remaining grated cheese.



Health, Wellbeing, Beauty & Therapy providers

Name	Services
Clubbercise with JoJo	Dance fitness in the dark, disco lights & club bangers, suitable for all fitness journeys
Nikki Hollins Fitness	Personal Training
Beauty & aesthetics by Sammi	Beauty advanced facials, Massages, Aesthetics, Korean glass skincare.
Elite feet By Carrie	Mobile foot practitioner. Nail care, Corn & Callus removal, Verruca treatment, ingrowing toenails, fungal nail treatment, ear irrigation, B12 injections, Diabetic foot checks
Erika's Tranquil Beauty	Beauty Treatments and Neals Yard Remedies Consultant.
Silverstone Nails & Beauty	Skin - dermaplaning, microneedling, skin peels, bespoke facials, Bio Sculpture luxury gel Nails, HD Brows, LVL Lashes, Elim medical grade pedicures
Signature Smiles	Based in the north side of Brackley. A dental practice which is patient focused and holistic. We also offer same day emergencies
Bowen 4 balance	Bowen Therapy, McLoughlin Scar Tissue Release, Core Postural Alignment, DORN therapy & Breuss massage
Elizabeth Rabone Holistic Therapy	A range of holistic complementary therapies including reflexology, massage, aromatherapy, Indian head massage, lymphatic drainage, Thai foot massage and facial acupressure, in the comfort of your own home.
Touch of Tranquility	Holistic Therapist offering Swedish Body/Deep Tissue/Hot Stone Massage/Facials/Reflexology/Indian Head Massage/Reiki
Beth Cochlin Counselling	Counselling and Psychotherapy (short or long term)
Cheryl Watson Coaching	Accountability & Transition Coach. Non-clinical, prevention-focused support that helps people build the habits, confidence, and self-management skills needed to take ownership of their health and lives, and to address health challenges between appointments and referrals.
Talk to Gini	Specialised health and psychological coaching from a qualified practitioner, helping those with long-term conditions and anyone seeking behaviour change.

Fitness | Beauty therapies | Complementary therapies | Mental Wellbeing

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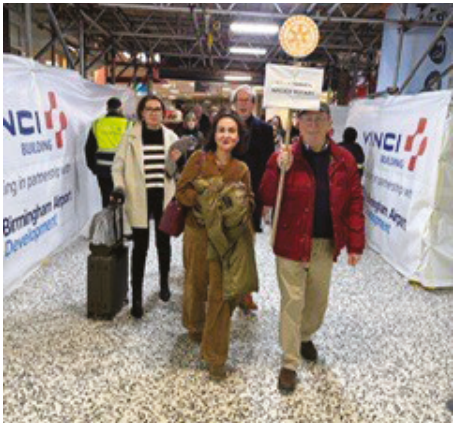
Rotary Towcester

45 ANNIVERSARY 1981-2026

Rotary twinning

In the last issue the Towcester and District Rotary were so looking forward to welcoming our counterpart club in Willich, Germany.

Our visitors were greeted at Birmingham Airport by Roy Bricknell who started this 'Rotary friendship' when he met a fellow Rotarian on, of all places, a cruise ship! And the rest, they say, is history.



It was a hectic three days starting on the Saturday with a trip to Silverstone Circuit and a backstage tour, even travelling round the track to experience what it was like. Some of the visitors even experienced what it would be like to stand on the famous winners' podium. When they watch this year's GP it will give a hugely different perspective.



All this led to lunch at our local White Horse establishment where the staff went above and beyond to prepare the upstairs room and provide typical 'pub grub' for 30.

Over the weekend the group visited Towcester Museum, Stoke Bruerne, Delapre Abbey, Stowe School.....the list of our local landmarks goes on. Our club is grateful to all the establishments who extended a welcome and made sure our guests learned such a lot about our area.

Whittlebury Park was the base, and we are very grateful to the management for providing excellent accommodation and also the venue for the Rotary 'Last Night of the Proms'. The Orchestra from Sponne School and Kidlington Concert Brass put on memorable performances of such pieces as The Eve of the War, from War of the Worlds to a selection from the 80's; Flashback, Benny Goodman's The King of Swing, to name but a few of the marvellous musicianship displayed by our young musicians (many of them live in our parish). The Sponne Choir provided a beautiful rendition of 'To Make You Feel My Love' by Adele. All this ended with a rousing end piece including Fantasy on British Sea Songs/Jerusalem/ Pomp and Circumstance. There was much flag waving and audience participation.

Not to be outdone, our musicians surprised our guests with a comical German Oompah song from the Black Forest which was really appreciated by our German friends.

Much needed funds were raised for the music dept at Sponne, NMPAT and Rotary funds to support local initiatives.

A joint meeting of the two clubs took place of the Saturday evening where a twinning agreement was signed by the two clubs. The next step will be to arrange for our club to visit Willich(near Dusseldorf) which we are all looking forward to.



From left to right:
Alexander Berresshiem (President Elect of the Willich Club); Rotary District Governor, Moira Penney; Rt Hon Sarah Bool (our local MP) and John Sidwick (President of Towcester and District Rotary)

Silverstone
Annual Village Meeting

A chance for residents to connect, stay informed, and hear from local organisations about their ongoing initiatives and community updates

Wednesday 8 April 2026

7-9:30pm

Main Hall

Silverstone Recreational Association

Church Street
Silverstone
Northamptonshire
NN12 8XA

clerk@silverstone-pc.gov.uk

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Rosemary's Garden Tips

April and May jobs

"Oh, to be in England now that April's here".

How beautiful our hedgerows are; adorned with wild plum and blackthorn blossom. Closely followed by sweet, spicy smelling Hawthorn, the Darling Buds of May.



James Smart

April must surely be the busiest time of the year for gardeners with so much to do.

- Sow hardy annuals directly into the soil, marigold, nigella, poppies and cornflower to name but a few.
- Harden off any seedlings which you have grown indoors, by placing them outside in mild weather and bringing them in later.
- You can plant out half-hardy items such as Cosmos at the end of the month, again if mild.
- Once you have hardened off your Sweet Peas, you can plant them out, two to each support in the garden. Tie them in to start with, later they will cling on with tendrils. It's a good idea to cut some of the unwanted tendrils off as they often twist round the flower stems and make them curly.
- Perennial weeds such as bindweed(convolvulus) will appear now. You can try digging it out, but one small piece of root left behind will grow again. One way to eradicate it is to let it grow up a stick, then apply a suitable systemic weedkiller by wearing rubber gloves and rubbing the product onto the weed.
- Prune all spring flowering shrubs such as Forsythia when finished. This encourages more flowers next year and helps to keep the plant in great shape.

- Put your Citrus plants outside for the summer soon. Repot if necessary, using specific citrus compost if available, or any good compost. They prefer slightly ericaceous, but peat free composts are rubbish in my opinion. A good tip is to save your used tea bags which are compostable, such as Yorkshire Tea. They are acidic and you can use them as a mulch to rot down which works very well with my Citrus and my potted Pieris which is thriving.

- Directly sow just about all varieties of vegetable seed now, into a prepared seed bed. With warmer soil, and longer daylight hours, everything should be ready to grow and thrive.



James Smart

- Plant out Tomatoes and Cucumbers later, in early May undercover as they need frost protection.

Happy gardening!

Who's in Mrs Purser's Orchestra?





Ivor Billhook – Old Silson Correspondent

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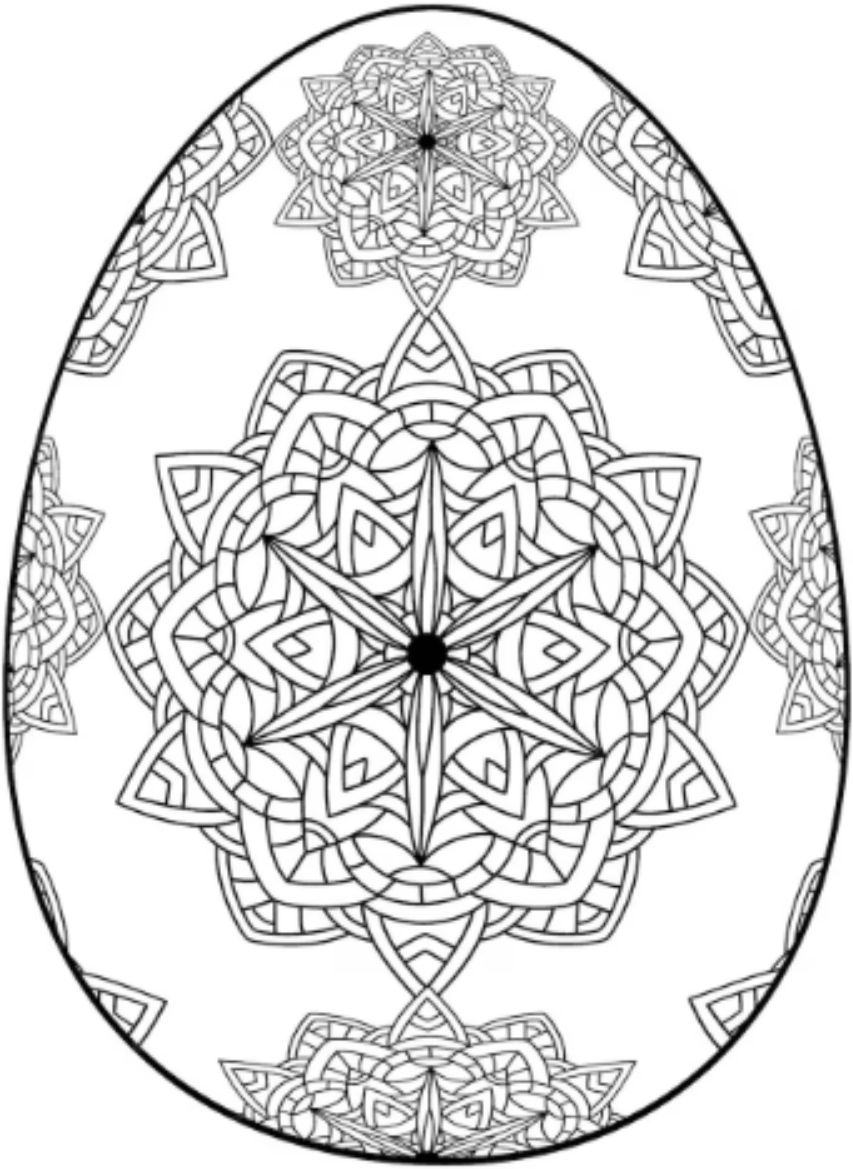
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Springtime Colouring



Credit: Freepic

Arthur Turnell and the Silverstone Saints

Should you happen to pass the war memorial on Stocks Hill on a cold winter's night it would be easy to think that the life of the servicemen commemorated on the memorial stopped on their death; whether WW1 or WW11. This, of course is not true, each name has a follow-on story and perhaps none more so than Arthur Turnell who died during WW11 while serving in the RAF.

Arthur (Tiny) Turnell, a Northampton man, married a Silverstone girl, Bertha Osborne, in 1937 and lived in Kingsley Road. He served in the RAF and tragically died in October 1944 leaving Bertha with two young sons, Dick and Roger.



Northampton Saints 1965/66
Roger – b.row, 3rd from left. Dick - m.row – 3rd from right.
Barry – f.row 3rd from right.

Bertha accepted the challenge, as many other war widows of her generation; to pick up the pieces that life had given her and do the best for her two boys, Dick and Roger. Bertha was a larger-than-life character, and she had the "Osborne" characteristics of strict family values, so it was with, humour and determination, she was to devote her life to doing her best for her boys.

Dick and Roger's primary education started in Silverstone. Both passed the Eleven Plus and went on to attend Towcester Grammar School. They obtained high grades in their academic studies and excelled in sport. Their sporting ability showed in outstanding at rugby, they joined the Old Towcestrians Rugby Club before progressing to play for, one of England's premier sides, Northampton Saints.

Dick (Saintsman – 1224) was a blindside flanker with 345 appearances in the black, green and gold, making his debut in 1955 and captained the side; brother Roger (Saintsman – 1237) was a tight-head prop for 14 years with 208 appearances from 1956. This was in the amateur days of rugby and at a time when Northampton Saints were a top side and supplied many players to the England team. The Silverstone Osborne contribution to the Saints side was further endorsed with Dick and Roger's cousin Barry Oldham, who lived with Bertha for many years. He followed in their footsteps, debuting in 1964 with 337 appearances. One very special occasion was when all three boys played for the East Midlands XV against the Barbarians.

Each November we remember Arthur Turnell, his name is on our war memorial but the legacy he left, has given Silverstone much to be proud of and will inspire future generations. Bertha was a dedicated mother and formidable woman who "did not take prisoners" and that "Silson spirit" helped her boys excel in a sport that took no prisoners.

Thank you, Arthur and Bertha, we will remember you".

Gerald Lovell

The Methodist

Tiggers

Parents and tots group

Term time

DATE: Fridays TIME: 9.15 - 11am

CHILDREN AGES: 0-5yrs

An opportunity for little ones to play whilst parents can have a chat and a cuppa

Recommended donation

£2 a session per family

For more details please contact - Judith 07445 224607

At Silverstone Methodist Chapel, Murswell Lane, Silverstone, NN12 8UT



Silverstone Springtime Search

Answers on page 46

Q Y S U S L V B M N K E N L L A M B W U M F E
O N E Q Y G V L O S E A N H O U R C T M Z R A
S Y R C Y G N E T S N I K T A C R R L C Z C S
T U R T C G N I L K C U D F O A L O E A Y V T
A T Z I P U X B W V Y S U C O R C S N U I F E
R A W C Z R B F U R E V O S S A P D T J B L R
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G E W W P S C U I C S O N S U S S I C R A N R
L C Y D G C A P I H U E D Y M R P B X K K U R
E A S D T U L I P N K Z R I N K W Q F K I A O
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S F U H Y A C I N T H X B L U E B E L L C L L
N X P R G T E L W O D B U N N Y E X B I C E C

Find the following words in the puzzle.
Words are hidden ↑, ↓, →, ←, and ↘.

PUSSY WILLOW
SPRINGTIME
LOSE AN HOUR
NARCISSUS
BLUEBELL
DAFFODIL
DUCKLING
PRIMROSE

PASSOVER
HYACINTH
BLOSSOM
CATKINS
EQUINOX
TADPOLE
CHERRY
CROCUS

CYGNET
EASTER
HOGLET
OSTARA
BUNNY
CHICK
OWLET
TULIP

BUDS
CALF
LENT
FOAL
LAMB
CUB
KID
KIT

SILVERSTONE CRICKET CLUB

Where: Silverstone Recreational Association
Church Street, Silverstone, NN12 8XA

When: Fridays from **8th May** (running for 8 Weeks)

What Time: 5:30pm - 6:30pm

Contact: Juniors@silverstonecc.co.uk

Try All Stars Cricket

- All Stars Cricket provides a fantastic first experience for all children aged **5-8** years old where they're guaranteed **8** weeks of jam-packed fun,activity and skills development.
- The programme is designed to introduce children to the sport, teaching them new skills, helping them make new friends and have a great time doing so.
- Every child that registers will receive a personalised t-shirt, bat, ball and backpack

To register & for further information
Follow the link and search
Silverstone Cricket Club
www.ecb.clubspark.uk/AllStars



Looking for the next step?



Try DYNAMOS CRICKET

- Dynamos Cricket provides a fantastic next step for all those graduating from All Stars Cricket and the perfect introduction for all 8-11 year-olds new to the sport!
- It's all about fun and provides children with a more social offer, focusing on developing the fundamental skills required to play cricket.
- Every child who registers will receive a Dynamos Cricket New Balance t-shirt, personalised with their name and number.

To register & for further information
Follow the link and search
Silverstone Cricket Club
www.ecb.clubspark.uk/dynamos

Silverstone Cricket Club, also offer hard ball cricket training and have teams for U11, U12,U13 and U15 age groups, with a dedicated team of fully qualified ECB coaches, email for more information - Juniors@silverstonecc.co.uk

20  26

Let's shine FESTIVAL

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free of charge



To find out about the 'Let's shine Together' mission please take a look at the 2025 archive:

https://www.letsshinetogether.co.uk/

Event 2026 details will be added on 31st March 2026

The Astwell Benefice A group of six parish churches situated in South Northamptonshire, working as one, in mission and in ministry, to share the love of God

Flags

Some months ago, I had an idea. Not a very good one. It was that if Silverstone village did not wish to be constantly linked to motor racing and Silverstone Circuit there had to be an alternative. So, in an article in the village 'NEWS & VIEWS', I proposed that the village could be recognised by a great flying of flags from as many residencies as possible. All sorts of flags. My hope was that with so many nationalities involved in motor racing in the village we would have a great variety flying, not just the Union flag. It was about six weeks after my submitting the proposal to the publication date.

Meanwhile, in the Midlands there developed a political party flag war between those flying the 'Union flag' and those flying the Red Cross on a white background. These rival factions placed 'their' flag upon as many lampposts as possible.

My own idea was lost before it had been published or had a chance to make its individual, non-political statement about our little village!

Meanwhile Jeny, (ever sensible) had pointed out that we had no flag pole and that we should have one. I remembered Collars of Oxford who had made Finn Dinghy masts for me in the early sixties. Yes, they would make me a proper flag pole. These had become one of their main products over the years. They made me a beautiful 15 foot white pole. With the aid of Edmund Linnell, who had provided the oak for the construction of a tabernacle on which to mount our pole and also of Paul Denton, the builder, who dug the required hole and mixed the concrete, the result was a beautiful flag pole flying various flags in turn whilst the 'Flag War' was waged some miles away. What a stupid proposition on my part!

A Christmas drive through the Birmingham/Coventry area revealed flags still secured to lampposts. No doubt to remain there until they rot, but if synthetic, that will probably be never. It reminded me of 'Sam, Sam, pick oop thee musket. ..... Nay thee knocked it down so thee pick it up'. The Stanley Holloway poem suggests that we should say 'You put them up, so you take them down' but I doubt local authorities would have the bottle to say that. So, what's left of them will stay up! Maybe I will relaunch my proposal another day? Maybe if the village were interested? Maybe not. Maybe? Maybe ?

Doc

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u3a Towcester

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Towcester u3a is thriving; we've just exceeded 700 members who all can enjoy a wide range of activities. Whether it's getting out in the fresh air with one of our walking groups, staying active playing sports – from pickleball to pétanque – or creative pursuits.

There's also the opportunity to visit gardens, churches and top shows at the theatre. Get the most out of visiting our capital with the London Visits Group, which takes you off the tourist trail, whilst for anything mechanical, 'Boys Toys' does what it says on the can!

You're bound to make new social contacts with our regular coffee mornings and monthly meetings with speakers covering a variety of topics. Being a member also gives you access to many on-line workshops and talks – there's sure to be a topic which interests you.

Live your best life in retirement with the u3a
To find out more visit towcesteru3a.co.uk.



James Smart

Christmas Lunch



Belated news - great community event

It was great to be able to host a Christmas lunch for 20+ pensioners in the Church rooms just before Christmas. This is the second year this event has been run by a team of village volunteers with the support of local businesses.

Attendees tucked into a traditional Christmas lunch after pulling crackers and enjoying a glass or two of Christmas cheer. Before lunch we did some Carol singing, and everyone left with a small gift and door to door service for those that needed it. We received lots of positive feedback, including these kind words. "Thank you all for the delicious community lunch, I thoroughly enjoyed the lunch and the occasion, it was a treat to meet up with everyone"

A big thank you to those who helped us identify people who would benefit from this event and to our sponsors (Waitrose, Graham Churchill, Silverstone Circuit and Absolute Flooring) without whom this event would not have been possible.

We plan to run this event next December and are always looking out for additional people who would enjoy a communal Christmas dinner. If you know of anyone, we would love to hear from you. Places are limited but we will try and accommodate as many as possible. Please email any suggestions to clareray18@gmail.com



James Smart

Support your village magazine!

Many thanks to those of you who have supported us already. If you would like Silverstone News & Views to continue to produce lively, informative, independent news and opinion moving forwards, **we need your help.**

Join us in our drive to finance the print costs for your local magazine to keep it alive; both now and for future generations.

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We are very happy for any support the residents, groups & clubs of the village are able to give us to help keep this publication independent and alive.

We will also be extending page sponsorship to every edition moving forwards. This is a great way to acknowledge a birthday, anniversary, significant date, friend or family member or to see your name or your group's name in that edition. You will see examples in this edition.

Page sponsorship is £5 per edition. If there is a particular page that takes your fancy or you are happy to leave it up to us, just let us know before cut-off for that edition. Send your request to silverstonenewsandviews@gmail.com.

Guidelines for content

Content from a single contributor/club/group/not-for-profit organisation is 450 words. If articles include photographs, these account for 50 words from the 450 allowance.

Free adverts for these types of contributors will be included at half or quarter page where space permits. Please ensure you have both formats to hand and provide them to us by cut off. This enables us to ensure we use the space available in an efficient and effective way, allowing for the maximum coverage for your content. Should anyone from this type of contribution group wish to secure a larger space, for instance, a full page advert, the full page advertising rate will apply, and a space will be guaranteed to accommodate it.

We thank you for your understanding. If you have any queries regarding these guidelines, please contact silverstonenewsandviews@gmail.com

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Answers to Grey Matter Workout page 21

1. Around March 20th – 21st, 2. The Pink Moon, 3. April showers, 4. William Shakespeare
5. Swallow, 6. Hibernators, 7. Japan, 8. The Netherlands, 9. Stonehenge, 10. Simnel cake

Answers to Silverstone Springtime Search on page 38

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