SIGNPOST

The Ownby Group of Parishes Magazine

Volume 28 | May 2019 | Issue 2

2019 Open Churches Festival

Saturday 11th & Sunday 12th May

St Peter's Church, Glentham

Sat 11th - 10.00am to 4.00pm
Sun 12th - 10.00am to 4.00pm

St Helen's Church, Saxby

Sat 11th - 11.00am to 5.00pm
Sun 12th - 11.00am to 5.00pm

St Hilary's Church, Spridlington

Sat 11th - 10.00am to 4.00pm
Sun 12th - 10.00am to 4.00pm
Organ recital on Sat 12.00pm to 12.30pm

Ss Peter & Paul's Church, Owmby

Sat 11th - 10.00am to 5.00pm
Sun 12th - 10.00am to 5.00pm
Exhibition: "Community Arts Exhibition"
Local History: Learn about the village history from the Saxons to present day

St Peter's Church, Normanby

Sat 11th - 10.00am to 4.30pm
Sun 12th - 10.00am to 4.30pm
Exhibition: "Community Arts Exhibition"

St Michael & All Angel's Church, Hackthorn

Sat 11th - 10.00am to 4.00pm
Sun 12th - 10.00am to 4.00pm
Exhibition: "Geneology - emphasis on local men who lost their lives in WW1"

LETTER FROM THE MINISTRY TEAM

ARCHBISHOP JUSTIN WELBY NEEDS YOU!

Dear Friends

Did you know that the various churches in the Lincoln district contribute £13 million of work freely to the city? They do this through many ways such as Foodbank, work with the homeless and vulnerable, provision of pre-school and toddler groups, parenting skills, after school clubs such as Messy Church, mentoring recently released prisoners, counseling, offering lifts, visiting and support of elderly people.



The Archbishop of Canterbury is asking us to pray for the outreach work of churches. This is not only for this work alongside people but also to change the hearts and outlook of people.

To this end he is calling for us to pray between Ascension Day (when our Lord ascended to heaven) and Pentecost (the day the Holy Spirit came) 30th May and 9th June. We wonder if you could support the Christian efforts by joining in with prayer. It will only take a few minutes a day to find quiet to do this.

And do you know what? If you do you will probably find a payoff for yourself. People who spend a time in quiet and in prayer also find themselves suffused with a sense of peace. Prayer can become addictive!

John Beverley

PRAYER FOCUS FOR MAY

We pray for the peace of God, which passes all understanding to descend on the world. We pray for it to change the hearts of those who would harm innocent people. That it would eradicate all hatred, jealousy, injustice and intolerance. Leaving behind the compassion and love of God to grow and encircle the entire globe.

FROM THE REGISTERS



We welcome into the family of the Church by baptism:

Baptised at Hackthorn on April 14th - Austin Henry Crane

We remember with love those who have died:

Funeral at St Peter's, Glentham, 21st March - Sheila May Thompson, aged 84

Funeral at St Hilary's, Spridlington on 5th April - Dora Alexander, aged 90

Requiem Mass at St Peter's, Glentham on 5th April - Michael Robin Chapman, aged 79

Funeral at Ss Peter & Paul, Owmby & Lincoln Crematorium on 1st April - Laura Mary Storr, aged 90

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REGULAR CHURCH SERVICES				
Wednesday	8.30 am	Morning Prayer	Spridlington	
Friday	4.30 pm	Evening Prayer	Spridlington	

CHURCH SERVICES				
Sunday 5th	9.30 am	Holy Communion	Glentham	ST
3rd of Easter	11.00 am	Holy Communion	Spridlington	ST
	6.00 pm	Evening Prayer	Owmby	LH
Sunday 12th	9.30 am	Holy Communion	Saxby	JH
4th of Easter	10.30 am	Sunday Special (Sunday School)	Owmby	LH
	11.00 am	Morning Prayer	Hackthorn	BW
Sunday 19th	8.30 am	Holy Communion	Spridlington	ST
5th of *Easter*	9.30 am	Holy Communion	Owmby	ST/JB
	6.00 pm	Evening Prayer	Glentham	ST
Sunday 26th	9.30 am	Holy Communion	Hackthorn	JH
6th of Easter	11.00 am	Family Service	Owmby	LH
Thursday 30th *Ascension Day*	7.00 pm	Deanery Eucharist	Hackthorn	

GLENTHAM METHODIST CHAPEL			
Sunday 5th	10.45 am	Family Church	Richard Alderson
Sunday 12th	6.00 pm	Circuit Easter Offering Service	
Sunday 19th	10.45 am	Messy Church	
Sunday 26th	8.45 am	Breakfast - Service at 9.30 am	OA

Promoting A Safer Church

The care and protection of children, young people and adults involved in church activities is important to us all in the Owmby Group of Parishes.

If you have any concerns please contact one of the following:

Owmby Group Safeguarding Officer:
Shirley Keyes - 07944 403974

Rector:
Revd Sally Turnbull - 07549 522494

Diocesan Safeguarding Officer:
Debbie Johnson - 01522 504081 or 07712 321361

==========

Glentham Chapel Safeguarding Contacts:
Sheena Grebby - 01673 878578 & Connie Hurd - 01427 668959

Wolds and Trent Circuit Safeguarding Representative:
Fred Wrath - 07938 722618

Ministers for Wolds and Trent Circuit:
Rev Sarah Parkin - 01472 851287 & Rev Louise Carr - 01427 615184

District Safeguarding Officer (Safeguarding in Lincolnshire):
Howard Smedley - 07758 239286 or 01636 815319

THANK YOU

MICHAEL CHAPMAN

Bernadette, Paul and Katie wish to thank all those who supported them during Michael's illness and after his death on 15th March. The care given by the Marie Curie nurses, night sitters and St Barnabas Staff was second to none. To our friends who offered hospitality to the extended family over the period of the funeral and to Bill Marshall, funeral director for his sensitive guidance. To the Submariners who provided a distinguished Guard of Honour. To Sally our Vicar who sustained Michael during his illness. Finally, to The White Heather for providing a lovely venue and food where friends and family could happily reminisce about Michael.

We as a family will never forget the kindness shown to us.

What lies behind us and what lies before us
are tiny matters compared to what lies within us.
Ralph Waldo Emerson

Sacred Space at St. Helen's Saxby

'a gem of a church'

You are invited to join us for a Quiet Evening
at Saxby church on
St. Helen's Day
Tuesday May 21st
6.30pm - 8.30pm

The Bishop of Grimsby the Rt Revd David Court
will lead us through an evening of
guided meditation, reflection and prayer.

This is an opportunity to get away from it all for a short while in the peaceful surroundings of
The sacred space of Saxby church.

No need to bring anything other than yourself.

Refreshments will be available.

There will be a retiring collection

If you would like to join us please contact
Rosemary Cox on 01673 878258

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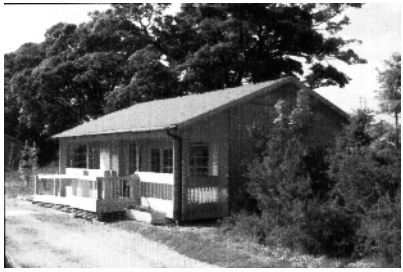


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HACKTHORN & COLD HANWORTH

HACKTHORN C. OF E. PRIMARY SCHOOL

Rand Farm Park was the venue for this year's Year 5 & 6 residential weekend, and what a joy it was for all who went. The staff were so proud of our motivated, enthusiastic, polite and well-behaved children and also the glowing comments received from the farm staff. It's also a fantastic learning experience for everyone, especially at this time of year when there is new life to look after, as well as the more regular (smelly!) farm chores. Some even got the chance to milk a cow! A big thank you to all at Rand Farm who made us so welcome.

Every year our Easter Service at the church seems to get better, not to mention more musically ambitious. This year, not only were the congregation captivated by the haunting sound of the bell plates as played by our Year 5 & 6 pupils , but the whole school sang in 3 rounds (yes 3) accompanied by the school ukulele orchestra (the tuning of which is an impressive achievement in itself). This certainly was a very fitting finale to a very busy term and earned everyone a well-deserved break.

Summer term is when the whole school starts to go to Gainsborough once a week for swimming lessons. This is one of our proudest traditions which sees experience passed down from old to young as the senior pupils help out the newcomers with getting ready to acquire this potentially life-saving skill. We believe very strongly that children should start swimming as early as possible and continue throughout their primary school career even after they have achieved the government's 25m target.

We will be having our annual Maypole dancing event on Thursday 23rd May this year, so please come along if you'd like to get a first-hand experience of our unique school. Refreshment will be served from 1:30 and the entertainment is due to begin at 2pm.

Contact the school on 01673 860295 to arrange a visit or to request a School Brochure.



Hackthorn Gardening Club

ANNUAL BAZAAR



Hackthorn Village Hall

Wednesday 22nd May at 6:30pm

Come and enjoy an evening with traditional games, refreshments, cake stall and the chance to buy vegetable and flower plants for your summer garden displays.

Entrance just £1.00

MOBILE LIBRARY			
Normanby by Spital	Council Houses	12:00 - 12:30	Wednesdays
Hackthorn	School	13:30 - 14:30	May 8 June 5
Full details, enquiries and renewals: 01522 782010			

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SPRIDLINGTON

There were no events sent in concerning Spridlington for this issue. If you have news, an article or story, or are holding an event you feel would be of interest to other local residents for future Signposts, please contact Steve, the editor.

ST HILARY'S CHURCH - CHURCHYARD MAINTENANCE

We are so proud of our Church and grounds and very grateful to all the volunteers that give their time to keep it in such good condition.

There are a couple of gaps on the rota for grass cutting in the summer months, so if you could help in any way with this, we would love to hear from you. A mower and strimmer can be provided if necessary.

If you feel you could help with this, please contact Claire Marris on 861127.

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NORMANBY & OWMBY

NORMANBY BY SPITAL PARISH COUNCIL NEWS

On Sunday 24th March 2019, an impressive team of volunteers joined the second litter pick. In total 15 bags and two tyres were collected.

Ian, Eileen and Roger did a sterling job on the road to Caenby. Normanby Cliff was admirably tackled by Ian, Carol and dog; David and Eileen and the Whitehead family (plus dog) who dragged the tyres from the ditch.

Around the village, Keith and Angie along with Andrea and children, and Victoria and children collected along the streets, outside the school and Church yard. Stuart and Elaine tackled the Owmby end of the village, including the cemetery.

Once again, the rubbish was mainly plastic and bottles which never degrade and also a container of oil was discovered.

A great effort and nice to see volunteers of all ages. Next litter pick mid-September.

Cllr Linda Houtby

Thank you Linda for organising another litter pick, but how sad that there was even more rubbish than last time.

We are grateful for the very efficient service Simon Smoothey of WLDC provided in taking away all the bags of rubbish the following day and providing the equipment.

There is a vacancy on the Parish Council, so if anyone is willing to be co-opted, is aged 18 or over, lived or worked within a 3 mile radius of Normanby by Spital for over one year, please contact Nadine Fox on 878148 or nbyspc@gmail.com

The Annual Parish and Annual Parish Council meetings will be held on Wednesday 15th May at 4 Field Lane, starting at 7.30.

Nadine Fox, Clerk to the Parish Council

COFFEE MORNING

Thursday 2nd May at 10:30 a.m.

Lindum House, Private Lane, Normanby
hosted by Lois and Ken Green



Bring & Buy stall including Cakes. Raffle. Everyone welcome
Proceeds to Ss. Peter & Paul Church funds

'The Bottle & Glass' at Normanby

Men's Breakfast (cost is £6.00)

Saturday 11th May at 9:00am



An opportunity for men to meet and chat over a delicious full English breakfast!
Please Phone Peter Atkinson on 01673 878806 to reserve a place
Organised by Glentham Methodist Chapel

OWMBY BY SPITAL PARISH COUNCIL NEWS

Minutes of the Council Meeting held in the Parish Church on 12th March 2019.
PRESENT - Cllrs D Mellor, D Leah, S Carter, C Brooke, Cllr Strange & the Clerk plus 1 member of the public.

REPORTS FROM DISTRICT COUNCIL & COUNTY COUNCIL - County Councillor Strange reported that there is a new acting Chief Executive. Highgate Lane is on the schedule to be repaired and that he is going to report it again due to the hazardous state it is in. The new Lincoln bypass is due to open during the summer 2020. Funds have been made available to provide a roundabout on A46 at Dunholme Holt which is an accident blackspot. Cllr Strange also reported that Council Tax will increase. A number of local councils are lobbying the government for fairer funding for rural areas as urban areas receive much more per head.

COMMUNITY FIELD UPDATE - It was reported that the wood on the field has been burnt. The field has now been rolled and will be seeded when the weather conditions allow. A number of grants have been applied for and the CPC are awaiting the result of their bids. The Clerk and Cllr Leah had sought advice from LALC regarding the finances for the CPC and action has been taken to ensure that all financial matters are correctly dealt with following this advice. The CPC have raised concerns that they are unable to apply for a number of grants as they are a committee of the parish council. A joint meeting with NPC to review the CPC members and terms of reference will need to be held in May.

NEIGHBOURHOOD PLAN UPDATE - Isabelle Brooke reported that a character assessment of the NP area was underway. It was resolved to sign the contract for Open Plan to complete this work. Grant money has been received and in now in OPC's bank account.

CEMETERY MATTERS - Clerk has contacted Green Grass numerous times regarding cutting the hedge between the old and new part of the cemetery. Once the hedge has been cut the remedial work on the path can be undertaken.

PROVISIONAL DATE AND TIME OF NEXT MEETING - 14th May, 2019 at 7.30pm

Full minutes of the meeting can be viewed on the Owmby Group website at https://qto.es/obspc

Charlotte Wright, Clerk to the Parish Council

LATEST WHIST DRIVE RESULTS			
1st Lady	Lois Green	**2nd Lady**	Janet Andrew
1st Gent	Jean Cowperthwaite	**2nd Gent**	Brian James
Low Score	Dawn Cowperthwaite Ken Green	**Near Score**	Janet Andrew Brian James
Miniature	Lois Green Brian James	**Raffle**	Brian James Richard Harrison

On **Wednesday 8th May** we will be at the home of Lois and Ken Green
Lindum House, Normanby by Spital. We start at 7:30 p.m.
If you would like to join us, please contact 01673 878525. You would be most welcome.

The latest time for entries to the June Signpost is Wednesday the 15th of May at 6:00 p.m.

OWMBY PCC MONTHLY DRAW		
1st	**2nd**	**3rd**
Ian Elliott	Bettine Clark	Lois Green

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GLENTHAM & CAENBY

Glentham Village Hall

COFFEE MORNINGS

Wednesdays 10:00 - 11:30 a.m.

May 1st, 8th, 15th, 22nd & 29th

All welcome

Proceeds to Village Hall Funds

St Peter's Guild

COFFEE MORNING



Tuesday 21st May at 10:30 a.m.

Prospect House, Glentham

by kind invitation of Terry & Mervyn

The proceeds will be in aid of Glentham Church

All Welcome



PRESENCE PRAYER AND BIBLE STUDY GROUP

Inter-denominational - Praying for our Communities

Thursdays 9th & 23rd May at 7:00 p.m.

at Tilsit, Bishop Norton Road, Glentham.

Contact Jenny or Peter on 01673 878806

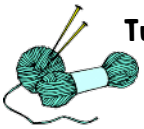
Sugar & Spice

Saturday 18th May at 9.30am

Ladies if you would like to join us at **The Willows** for coffee, cake, friendship & informal discussion about some of the 'big questions' in life, please contact Anne 01673 843362, Janet 01673 818718 or Jenny 01673 878806 for further information

Organised by members of Glentham Methodist Chapel

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Bank Holiday Mondays: Closed all day

Morning newspapers delivered to: Glentham, Bishop Norton, Normanby, Owmby, Spridlington, Hackthorn.

Contact us: High Street, Glentham, LN8 2EQ. Telephone/fax: 01673 878474

Owmby & Normanby WI

Glentham Village Hall

Thursday, 9th May at 7:30pm

Resolution Meeting

A chance to debate this year's resolution before the 2019 Annual Meeting
with cheese and wine to aid discussions!.

Competition: Make your own cheesy biscuits.

We look forward to seeing you all.
NEW MEMBERS & VISITORS ALWAYS WELCOME

GLENTHAM & CAENBY TAPESTRY GROUP

The next group meeting will be on
Tuesday 7th May at 7.30 p.m.
Trap House, Glentham
All old and new members are welcome.

POST OFFICE OPENING TIMES

Glentham	**Monday**	**09:00 - 11:30**
	Thursday	**14:00 - 16:00**
Normanby & Owmby 01673 878353	**Monday - Friday**	**07:30 - 19:30**
	Saturday	**08:30 - 19:30**
	Sunday	**09:00 - 16:00**
Welton 01673 860336	**Monday**	**13:00 - 18:00**
	Tuesday	**09:30 - 14:30**
	Wednesday	**10:00 - 13:00**

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- Uncle Henry's Family Extravaganza at Market Rasen Racecourse Saturday 7th July

www.thejockeyclub.co.uk/marketrasen/events-tickets/family-extravaganza-2/

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POLISH HERITAGE DAY

OPEN DAY

Sunday 5 May 2019

1000 - 1600hrs

Home of the Polish Bomber Sqns

(RAF Ingham Heritage Centre)

- **Visit and See our Work-in-Progress**
- **Discover RAF Ingham's Wartime Story**
- **Guided Tours & Heritage Centre Project**
- **Polish Bomber Sqn Talks 1100hrs/1230hrs**
- **Wellington Bomber Crew Silhouette**
- **Memorials & Memorial Garden**
- **Polish Families Nissen Hut**
- **Live Music with Miss Marina Mae 1300hrs**
- **WWII Operations Living History Group Mission Briefing 1400hrs**

Free Entry-Car Park Donations Welcome
Light Refreshments Available

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WELTON FAMILY HEALTH CENTRE NEWS

DID NOT ATTEND (DNA) - In March, almost 98% of patients attended the surgery for their appointments. We would like to thank these patients for attending or cancelling appointments that they were unable to make so the slot could be used by another patient. Unfortunately, 90 patients still failed to attend for their appointments which would have meant an extra 15.5 hours of available appointments. Please sign up for our text messaging service so we can send you reminders before your appointment. It is free and easy to do. You can also text the practice to cancel an appointment on 07930 880337.

PRESCRIPTION CHARGES - With effect from 1st April 2019 the cost of a single prescription has risen to £9.00. If you regularly need two or more items per month on a prescription then it is more cost effective to sign up for a pre-payment certificate. Please see Dispensary for more details.

TRAVEL VACCINES - If you are planning to travel abroad this summer, please give us at least eight weeks' notice where possible. Some of the more exotic destinations require a complicated schedule of vaccinations which takes a lot of nurse time to research and administer. Whilst we will always do our best to fit patients in, if we do not have enough notice we may not be able to give you your vaccines in time.

WAITING ROOM - We have noticed an increase in patients bringing hot drinks into the waiting room. For health and safety reasons, I'm afraid we will have to politely request that patients do not do this. We have chilled water available at all times for anyone that may need it.

SAMPLES - If you are required to bring in a sample, please could we ask that you use the correct container as we are only able to accept samples in the containers provided. For infection control purposes, we are unable to decant from one container to another and so will have to reject any samples unless the correct containers are used. Please note: jam jars, Pringles tubes or Tupperware containers are not allowed!

BECKY JONES, ADVANCED NURSE PRACTITIONER - Becky would like to say a big thank you to all the patients that have purchased the packs of charity sweets she had been selling in the waiting room. Becky was running in the London Marathon on 28th April 2019, raising funds for Children with Cancer UK.

STAFF TRAINING - The surgery will be closed from 1pm on Tuesday 21st May until 8am on Wednesday 22nd May as the staff will be receiving their annual CPR training. Please could we ask that you order any medication with as much notice as possible to enable us to meet our tight deadlines.

Nadina Prestedge - Practice Manager

WELTON PATIENT AND DOCTORS ASSOCIATION

I would like to start this newsletter with an apology. We had a few issues prior to serving the spring lunch and we, as PDA committee and helpers, were disappointed with the meal that was served. I have contacted a number of diners for honest feedback and the majority were happy with the meal but some had minor complaints. We hope that you will accept this apology if your meal was less than perfect and that you will continue to support our lunches (tickets for the Christmas lunch will be available from 1st October) and please be assured that we are working hard to iron out the problems!

We sold a record number of tickets at 101 and made a record profit of £802.24 after deduction of expenses. A number of positive comments were received about the way that the cakes were presented and we were only left with 2 small cakes which again is a record. The raffle made £347 and thanks to everyone who donated prizes and bought tickets. There were 50 prizes which is another record. Thank you to all who supported this event in any way.

The PDA will holding their annual **plant sale at the May Day event Monday 6th May** held on and around Welton village green. If anyone would like to donate plants either annual bedding plants or larger plants which have been split, please get in touch and we can arrange to collect. For those of you who grow your own bedding plants please consider planting a few extra seeds. For those of you who prefer to purchase your plants ready established please visit us on the day. Fingers crossed for another day of excellent weather. We have the use of a very large green house to store plants prior to the sale. Last year we raised a total of £537. Can we exceed that total this year?

Dates for 2019
Autumn Fayre - 26th October
Christmas Lunch - 6th December

If you require any further information on any of the above don't hesitate to give me a call (862570).

Janet Goddard

Things To Do In The Garden During May

During May, your garden will burst back into life with not only flowers and plants beginning to grow again but also the wildlife too. Pollinators such as butterflies and bees will emerge from hibernation or will arrive from warmer climates. Birds will also be nesting and feeding their young, so we recommend not trimming any hedges during this time as this will disturb them - if you really need to trim hedges then hand tools will cause minimal disruption. As birds as feeding their offspring, they will require additional food such as dried mealworms, a tasty and nutritious food for when caterpillars or worms are not enough.

Many flowers will also need to be sown in May, such as the ever-popular Sunflower. Sunflowers are available in many varieties with different characteristics. Hanging baskets finish off any garden, driveway or house. We recommend planting hanging baskets and then allowing the flowers to become established before displaying outside - perhaps keep them in a greenhouse or somewhere sheltered (with light) fir a couple of weeks before putting them outside.

Chafer Grubs and Chafer Beetles as a hot topic as they are causing havoc in lawns across the County - they are troublesome garden pests that destroy lawns and are difficult to control. Chafer Grubs are very easily recognised with white/cream bodies with a brown head and 6 brown legs and they are usually curled into a C shape in the soil under turf and at about 1-2 inches in length. Often it is the Chafer Beetle that is seen first, as they swarm over your lawn or garden. The female beetle will burrow down into the ground and lays eggs near plants in summer, and the larvae hatch out a few weeks later (Chafer Grubs). They will then pupate over Winter and hatch as adult beetles in late Spring. In some cases there can be up to 100 Chafer Grubs in one square metre.

The most common sign of a minor problem with Chafer Grubs is brown patches of grass and when you look closer, this brown grass can be pulled up easily because the grubs have eaten the roots. This should not be confused with droughted grass that has gone brown and this will not pull up as the roots are still in the ground. Secondary predators of the grubs such as crows, badgers, foxes and other birds and mammals will also damage your lawn as they will rip up or peck through the grass in order to get to the grubs underneath and then eat them. We recommend (and you can buy these from us) setting up a garden Chafer Beetle Trap, that works by attracting the adult beetles that emerge from the soil between May and June with a specially formed liquid that you will need to add to the trap during installation. The beetles are then trapped inside the plastic container and they are unable to escape. By catching the Chafer Beetles in this trap you will prevent them from reproducing and laying more eggs.

For **FREE** advice from our technical experts please call Agrigem on 01522 246491 or visit www.agrigem.co.uk



Your Neighbourhood Policing Team

PC 541 Steve TOYN - - steve.toyn@lincs.pnn.police.uk

PCSO 2206 Julie MCFAUL - 07973 848114 - julie.mcfaul@lincs.pnn.police.uk

PCSO 2297 Angie LAW - 07973 843527 - angie.law@lincs.pnn.police.uk

One of your neighbourhood officers will be attending the Coffee Mornings / Police Surgeries below. We will be pleased to meet you and discuss any issues you may wish to raise.

Date		Location	Time
Sat	4	Welton Methodist Church	11:00 a.m.
Wed	8	Faldingworth Village Hall	10:30 a.m.
Wed	8	Bishop Norton Village Hall	12:00 p.m.
Thurs	9	St Mary's Church, Welton	11:00 p.m.
Fri	17	Fillingham Village Hall	10:00 a.m.
Tues	21	Park House, Welton	10:00 a.m.
Fri	24	Corringham Village Hall	9:30 a.m.

Please be aware: On occasions there may be non-attendance due to unforeseen circumstances and unavoidable occurrences. Please accept our apologies should this happen.

To report a crime, please **call 101**. If it is **urgent**, please **call 999**. If you would like to pass information anonymously, please call **Crime Stoppers on 0800 555 111**.

BISHOP NORTON WEDNESDAY LUNCHES

Two course home cooked meals with tea or coffee served in the village hall at 12 Noon

£5.00 PER PERSON

8th May, 12th June, 10th July & 14th August

EVERYONE WELCOME!

Please ring at least two days before to book your place

Karen 01673 818798

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WELTON VILLAGE LIBRARY AND COMMUNITY HUB

We are expanding our Hub events in May to include a new venture which is more health focused and potentially of benefit to local residents.

We have invited 'Singing for the Mind' to come along and present a session of music and singing with the idea that people can join in as they like perhaps playing instruments that they may know but not have had a chance to use in recent years. Of course its up to the participants to decide, the session works by playing and singing different genres of music to see which music the participants react most positively to and then use those pieces to invoke positive reactions.

As Singing for the Mind themselves point out, singing is enjoyable, exhilarating and good for your health and has many benefits including reducing stress, increasing confidence, self esteem and expression and bringing back memories that have been lost. Indeed the British Voice Association has evidence that patients suffering from neurological conditions such as Parkinson's disease, stroke and dementia benefit from regular singing in terms of communication, sociability, lifting of spirit and mood.

So if you feel this would benefit you or someone close to you please do arrange to come along to Manor Park on Tuesday 14th May at 2:00 for what promises to be an hour or so of love, hope, laughter and joy through music and singing.

We hope that if there is sufficient interest this can be the opportunity to start regular sessions of this nature for Welton and surrounding villages.

Last but by no means least and for a much younger age group we will also be running a children's storytime in the May half term holiday, that will be in the Library at 10:30 on Tuesday 28th May, all welcome.

Mike Hubbert - Library Volunteer

Plant & Craft Fair

Come and enjoy a slice of cake and cup of tea/coffee.
Have a look at some lovely crafts and homemade gifts
and grab a bargain on all types of plants.
All proceeds going towards **Sturton Cygnets** preschool

Sunday 12th May 10.30 - 2.00pm

Free entry, family friendly, toilets on site
Sturton by Stow Community Centre, School Lane, LN1 2BY



Bishop Norton Village Hall on Saturday 11th May 2019 at 7:30 p.m.

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BLIND EYE ROCK BAND

LIVE 70's Pub Rock Band
(plus SOUP FOR ONE, a soul funk extravaganza)
Tickets £7.50 per person to include supper - Please bring your own drinks.

To book tickets please ring Karen on 818798

If you have news, an article or story, or are holding an event you feel would be of interest to other local residents, please contact Steve, the editor.

USEFUL TELEPHONE NUMBERS

Adviceline Lincolnshire	08444 111444	**Doctors**	
Alcoholics Anonymous	01159 417100	Ingham	01522 730269
Anglian Water	08457 145145	Hibaldstow	01652 650580
British Rail	08457 484950	Market Rasen	01673 843556
Bus Enquiries	08456 050605	Test Results	01673 840256
Charities		Dispensary	01673 840254
Age Concern	01507 524798	Welton	01673 862232
Help the Aged	0808 8006565		
Royal British Legion	**01673 860904**	Environment Agency	0800 807060
Samaritans	08457 909090		
Alzheimer's Society	01522 692681	**Hospitals**	
WL Dementia Support	01427 613033	Lincoln	01522 512512
County & District Councils		Gainsborough	01427 816500
LCC	01522 782070	Louth	01507 600100
WLDC	01427 676676		
		Market Rasen Mail	01673 844644
Crimestoppers	0800 555111	NHS Direct	08 45 46 47

SIGNPOST ADVERTISING RATES

Size	Per Issue
1/6 A5 page (60 mm x 60 mm)	£6.00
1/3 A5 page (60 mm x 122 mm)	£12.00
2/3 A5 page (122 mm x 122 mm)	£24.00
Full A5 page (122 mm x 184 mm)	£36.00

Registered Charities, please contact the editor for insertion policies.

Please note. Payment for adverts will be required prior to insertion. Please ensure you have submitted your ad requirements and payment BEFORE the month's deadline.

FLYER DELIVERY WITH SIGNPOST

Delivery of flyers with Signpost is £25.00.
Printed flyers must be delivered to our distributor by the 18th of the month.

CONTRIBUTORS - PLEASE NOTE

Items submitted must contain the Village name or the Section for inclusion and must be legible. If possible, please type the entry. If emailing or sending a disk, send copy as plain text. If you have your own design, send as an A5 Microsoft Word, Microsoft Publisher, Adobe PDF or Serif PagePlus document and ensure it is fully editable. The editor reserves the right to not publish any submitted material if it does not meet with the above guidelines.

Have you visited the Owmby Group website?
www.owmbygroup.co.uk

Signpost Online - Including Back Issues
www.owmbygroup.co.uk/signpost

LOCAL CONTACTS		
Rural Dean	Revd Richard Crossland	01522 754752
OWMBY GROUP MINISTRY TEAM		
Contacts for ministry matters e.g. baptisms, weddings, service arrangements, home visits etc. Email addresses can be found at http://owmbygroup.co.uk/contacts.html		
Parish Priest	Revd Sally Turnbull	07549 522494
Local Priest	Revd Bill Williams	01522 730365
Reader	John Beverley	01522 730752
Authorised Local Ministers	Anne Hunter - 01673 861276, Liz Harris - 01673 878829, Rosemary Cox - 01673 878258	
Pastoral Team: for home and hospital visits, visiting in bereavement, home communion and prayer please contact any of the above. Your call will be treated in confidence.		
For wedding enquires, funerals and all churchyard matters, such as reserving a grave space, grave headstones please contact the Deanery Administrator, Shirley Keyes on 01522 931076		
CHURCHWARDENS		
Glentham	Pat Beat	01673 878260
	Robert Rowe	01673 878717
Hackthorn	Cathy Andrews	01673 861058
	Anne Ward	01673 861821
Owmby	Liz Harris	01673 878829
Saxby	Rosemary Cox	01673 878258
Spridlington	Claire Marris	01673 861127
GLENTHAM METHODIST CONTACTS		
Minister	Rev Anne Coates	01673 843362
Senior Steward	Trevor Faulkner	01673 818718
Steward	Peter Atkinson	01673 878806
VILLAGE HALLS - BOOKING & INFORMATION		
Glentham	Gill Doyle	07920 052392
Hackthorn	Bonnie Burzynska-Burrin	01673 860920
Normanby-by-Spital	Caroline Vernall or Lynda Watson	01673 878216
Spridlington	Deborah Kealey	01673 860283
PARISH COUNCIL CLERKS		
Glentham	Helen Pitman	01472 851679
Normanby	Nadine Fox	01673 878148
Owmby	Charlotte Wright	01673 838151
Spridlington / Hackthorn	Maria Wass	01673 861847
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	Eileen and David Barton-Smith	01673 876134

What's On Guide

Day	Date	Time	Function	Venue
Tues	7	2:00 p.m.	Knit & Knatter	Glentham Village Hall
Tues	7	7:30 p.m.	Glentham & Caenby Tapestry Group	Trap House, Glentham
Wed	1	10:00 a.m.	Glentham Village Hall Coffee Morning	Glentham Village Hall
Thurs	2	10:30 a.m.	Ss Peter & Paul Coffee Morning	Lindum House, Normanby
Sat	11	9:00 a.m.	Men's Breakfast	Bottle & Glass, Normanby
Wed	15	10:00 a.m.	Glentham Village Hall Coffee Morning	Glentham Village Hall
Wed	8	10:00 a.m.	Glentham Village Hall Coffee Morning	Glentham Village Hall
Wed	8	7:30 p.m.	Whist Drive	Lindum House, Normanby
Thurs	9	7:00 p.m.	Presence Prayer & Bible Study	Tilsit, Glentham
Thurs	9	7:30 p.m.	Owmby & Normanby WI	Glentham Village Hall

The latest time for entries to the June 2019 Signpost is Wednesday the 15th of May 2019 at 6:00 p.m.

Sat	18	9:30 a.m.	Sugar & Spice	The Willows, Glentham
Tues	21	10:30 a.m.	St Peter's Guild Coffee Morning	Prospect House, Glentham
Tues	21	2:00 p.m.	Knit & Knatter	Glentham Village Hall
Wed	22	10:00 a.m.	Glentham Village Hall Coffee Morning	Glentham Village Hall
Tues	21	6:30 p.m.	Sacred Space	St Helen's Church, Saxby
Wed	29	10:30 a.m.	Glentham Village Hall Coffee Morning	Glentham Village Hall
Wed	22	6:30 p.m.	Hackthorn Gardening Club Bazaar	Hackthorn Village Hall
Thurs	23	7:00 p.m.	Presence Prayer & Bible Study	Tilsit, Glentham

Great minds discuss ideas;
average minds discuss events;
small minds discuss people

Help Us to Help You

If you have any ideas to improve Signpost or comments about the magazine, please let us know. You contact the editor directly by phone or email.

It's your magazine; together we can make it what you want!

If you have a "stop press" news item or have missed the deadline, but want to tell others about your event, you can have it put into the "Local Info" category in the news section of the website. Send an email to steve@owmbygroup.co.uk with all the details.

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Signpost Magazine tries to offer its readers a wide range of articles by accepting submissions from third parties. However, please bear in mind the editor and staff will not check facts or references of submitted materials. As a result we cannot and do not guarantee the accuracy, completeness, or validity of the information supplied by the said third parties. Unless specifically requested, submitters will have their name attached to their articles and accept full responsibility for the accuracy and content of those articles.
Contact the editor for full terms and conditions of submitted articles and events.
The editor strives to provide complete reader satisfaction by editing and proofreading the magazine to the highest standard. However, he is only human and therefore is unable to guarantee that all stories are 'perfect' and 'error free'.

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