The Ownby Group Community Magazine

SIGNPOST

September 2026 Volume 35 Issue 6



World Peace Day - 21 September

A moment to pause, reflect, and pray for peace in our world, our communities, and our hearts.

Established by the United Nations, this day invites people everywhere to lay down differences and seek harmony.

Michaelmas
A Time of Harvest and Renewal

As autumn deepens, we honour St Michael and all angels — symbols of light, courage, and protection. Traditionally marking the end of harvest and the turning of the year, Michaelmas reminds us to give thanks for abundance and to face new seasons with faith.



Delivered **free** to over 750 homes in the villages of Hackthorn & Cold Hanworth, Ownby-by-Spital, Normanby-by-Spital, Saxby, East & West Firsby, Spridlington, Glentham, Caenby and Bishopbridge.

MINISTRY TEAM LETTER FOR SEPTEMBER 2026

What is life if full of care we have no time to stand and stare?

Most of my friends and acquaintances, like me, are now retired and we often say, "I don't know how we found the time to work!" How can that be? I am full of admiration for today's young parents as they juggle caring for their children with work commitments, school runs, out of school clubs and arrangements for childcare. Parents now live busier lives than I did. I look at them and feel that they are having to "squeeze a quart (2 pints) into a pint pot". Being busy can be a good thing especially for those who live alone, are waiting for test results or are bereaved. The act of filling time with busyness helps to take the mind off feelings of anxiety, pain and suffering. Through carrying out every day routine activities, bodies, minds and spirits can be given a chance to heal and lives put back into balance.

Whether we are an adult or child, grandparent, parent or carer, working or retired, we can all benefit from periods of slowing down our busy lives by having some quiet time in quiet spaces. We are lucky to live in an area where we are never far from quiet places. Close to our villages we have public footpaths, farmland and open spaces where we can see the wonders of the changing seasons; catch our breath at the beauty of sunflowers that turn their heads towards the sun and relish the quietness of time and space. Taking a walk, rather than driving a vehicle has definite health benefits. When exercising we can go at our own pace; Being alone and without interruptions can ease our mind and sometimes help to find solutions to problems that have bugged and weakened us.

Jesus chose to go to remote places when He needed to spend time with God. He would regularly take himself off to quiet places. He found caves on mountain tops, spent time in a desert; sailed in a boat and sat quietly at a well while the disciples went off in search of something to eat. He might have been alone, but he was not lonely.

We have five beautiful churches in the Owmby Group, which span a timeline from early Norman to Victorian Architecture. Over the centuries thousands of worshippers, visitors and pilgrims have visited and revisited these small, village churches that continue to be part of our country life. Our churches have been here during good times and bad. In a church we are able contemplate, laugh, cry, or be still, often in private. Hackthorn, Spridlington, and Owmby Churches are open during daylight hours. By visiting one of these quiet places and letting go of the needs of the world we can give our minds permission to wander. Doing "nothing" and letting go of our thoughts, is not a waste of time; it is a valuable and necessary part of life.

Hopefully, over the summer we will have found time to recharge our batteries, making us ready to move into autumn and winter. Long country walks may not then be possible, but we still owe it to ourselves to find time to look at all the God given good things that surround us.,

Anne Hunter

Owmby Group Website
owmbygroup.co.uk

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

DID YOU KNOW?
A day on Venus is longer than a year on Venus.
It takes longer to rotate once than to orbit the Sun.

CART'ANY | AESTHETICS

Hi, I'm Tiffany - an aesthetic nurse practitioner and founder of Cart'any Aesthetics.

We are looking for models for lip filler (August only) to increase our growing portfolio, and I'm looking forward to welcoming the local community.

Having trained with Derma Medical, I'm committed to maintaining high standards of practice and ongoing professional development. I choose to work only with FDA-approved products, including Revanesse dermal filler, and every client is complimented with Amaise clinical aftercare serum.

We also offer face to face consultations, emergency medication support, and prescriber support for local clinics.



Please see our instagram page @cartany.aesthetics.est2026 for our treatment list and keep an eye out for our grand opening day!

WHERE TO FIND US

Unit 2, The Stables,
Northorpe grange,
Gainsborough DN21 4AR

CONTACT US

Phone / WhatsApp : 07472 801229
Instagram : @cartany.aesthetics.est2026
TicTok : @cartany2026



DEYONNE & CO

From Farm To Front Door
Deyonne Does More

Hi, I'm Deyonne. I'm 19 and helping my mum launch our new family business Cart'any Aesthetics. Next year, I'll be training in trichology, but this year, I want to support local businesses and get involved in the community.

Whether it's helping on farms (yes, even during calving season!), general tasks, dog walking or lending an extra hand, I'm versatile and ready to pitch in. From cleaning to errands to mucking out, I'm here to help.

Let's build something great together—if you need a reliable local helping hand, just get in touch!

Deyonne & Co
From Farm To Front Door, Deyonne Does More.

PLEASE FEEL FREE TO CONTACT ME BY PHONE, MESSAGE, WHATSAPP, OR POP ME A QUICK EMAIL—I'LL REPLY AS SOON AS PROMPTLY. PRICES VARY BUT TYPICALLY START AT £20 AN HOUR. I'M AVAILABLE ON WEEKDAYS, EVENINGS, AND WEEKENDS BY ARRANGEMENT!

DEYONNE.CO@OUTLOOK.COM
07517746725



HACKTHORN & COLD HANWORTH

Hackthorn & Cold Hanworth Village Hall Committee

Notice of Annual General Meeting

Monday 14th September 2026 at 7.00pm
in the Village Hall, Stable Yard, Hackthorn, LN2 3PQ

The Village Hall is a great asset for our community, and we need to keep this wonderful facility available for all to enjoy. We would love to welcome new members to the committee, so please come along to show your support for this valuable community asset.

Contact Elaine on 07969 597937 for more information

Everyone is welcome

Hackthorn Lunch Club

The next Lunch Club at Hackthorn Village Hall will be on Wednesday 9th September at 12.00pm for 12.30pm.

Soup and a roll will be provided, followed by a pudding and hot drink.

All welcome, no age restriction. Donation pot - any donations gratefully received for St Michael & All Angels' Church.



If you would like to come, please contact Anne (01673 861821) or Cathy (01673 861058) just so we have an idea of numbers to cater for. Thank you.

MOBILE LIBRARY

Normanby by Spital	**Council Houses**	**11:45 - 12:15**	**Wednesday September 9th**
Hackthorn	**School**	**15:15 - 15:45**	**Wednesday October 7th**

Full details, enquiries and renewals: 01522 782010

FOOD BANK DONATION POINTS

Glentham
Church porch or with Peter and Jenny at 'Tilsit', Bishop Norton Road

Hackthorn
Church porch or with Cathy at Stone Cottage, Main Street (opposite the school)

Owmby/Normanby
Church porch or with Liz at 'Berries', Church Lane (01673 878829 or 07779 227735)

Saxby/Firsby
Rosemary at Manor Farm Cottage, East Firsby

Spridlington
Church porch

Any enquiries please contact Rosemary on 07825 082604.

To have your business, product or service advertised in Signpost, please contact Steve, the editor for more details.
signpost@owmbygroup.co.uk ☎ 07835 429439

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GO FOR IT! CHARITY PROUDLY SUPPORTED BY OUTWAX





Uncle Henry's
CELEBRATING 20 YEARS

JOIN US THIS SEPTEMBER AS WE MARK TWO DECADES OF FOOD, FAMILY FARMING AND FUN!

From our Birthday Party and the launch of our brand-new Padel Courts to our award-winning Maize Maze in The Secret Garden, and the return of our Pumpkin Patch this October, there's plenty to enjoy.

SCAN FOR MORE

Uncle Henry's Farm Shop, Grayingham Grange, Grayingham, Gainsborough, DN21 4JD
01652 640 308 UncleHenrys uncle_henrys_farmshop

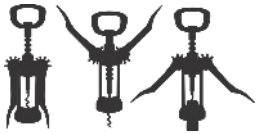
SPRIDLINGTON

First Friday Club

Spridlington's ***First Friday Club*** is a monthly village get-together over a few drinks.

Our next get together will be on **September 4th**

Villagers, if you wish to join us, you would be most welcome. Please bring a bottle, some nibbles and a small cash donation to cover hire costs.
For more information email spridsocial@gmail.com



St HILARY'S COFFEE MORNING

Wednesday 16th September at 10:30 a.m.

St Hilary's Church

Raffle, bring-and-buy stall
Do come along and join us for coffee and a chat,
you will be most welcome!
Proceeds to St Hilary's Church Funds



A GOOD WAY TO KICK START YOUR WEEK

On Mondays 7th and 21st of September at 9.30am there will be a short service of Morning Prayer at St Hilary's Church, Spridlington.

Everyone is welcome to join us for a little slice of quiet time before we face the week ahead. Prior experience or preparation are not needed! For more information you can contact: -

Rosemary Cox (01673 878258) or Anne Hunter (07795 392916)

From October, and during the winter months, we will move prayer time to a warmer venue.

The deadline for entries to the October 2026 Signpost is Tuesday the 15th of September at 6:00 p.m.

Scothern Nurseries
Plant Centre
Open 7 days a week

Gardeners Retreat Tea room
Serving hot & cold food
Tea room closed on Mondays (except on Bank Holidays)

A great range of plants, gifts, cards, vouchers, produce & more

Dunholme Road, Scothern,
Lincoln. LN2 2UD
Tel: 01673 862297
www.scothern-nurseries.co.uk

To have your business, product or service advertised in Signpost, please contact Steve, the editor, for more details.

Whether you're a local business, startup or established company, our magazine offers an excellent way to reach a targeted and engaged audience.

✉ signpost@owmbygroup.co.uk
☎ 07835 429439

NORMANBY & OWMBY

OWMBY CHURCH COFFEE MORNINGS

THE FIRST SATURDAY OF EVERY MONTH AT 10.30 AM TIL NOON

Next event is on September 5th

Entry £2.00 per person - Children half price (toddlers free)



Come and enjoy some friendly company, a free cup of tea or coffee, and a selection of biscuits.

Parents, child minders and babies welcome to try our toddler's corner.

Browse our plant stall, cake stall, book shelves and have a go at our raffle.

All proceeds to go to St. Peter and St. Paul Church.

NORMANBY & OWMBY BY SPITAL PARISH COUNCILS

Owmby by Spital Parish Council meetings at Owmby church.
Tuesday 15th September - 7:30pm

Normanby by Spital Parish Council meetings at Owmby church
Monday 7th September - 7:30pm

There will be a public forum at the start of each meeting for a maximum of 15 minutes when members of the public may ask questions or make short statements to the Council.



REFLECTION & PRAYER FOR SEPTEMBER

Reflection:
September teaches us to embrace change. The falling leaves and cooler air whisper that endings are not losses but beginnings in disguise. God's timing is perfect — every season holds meaning, even when we don't yet see it.

Prayer:
Lord, help me to trust Your seasons. Teach me patience in waiting, gratitude in harvest, and peace in transition. May I find purpose in every moment You give.
Amen.



ST PETER'S CHURCH, GLENTHAM

Continuing thanks for those supporting the church through the West Lindsey community lottery. There were 34 winners in the 4 weeks up to the 15th of August and unfortunately none of those were a supporter of St Peter's Church. A random draw took place on the 29th of August and a prize of a £2,000 holiday was won or an alternative prize of £2,000 cash. There is a special prize every month and someone will be guaranteed to win the star prize on the 26th of September. There are no special services being held at the church until October. All are welcome to come to our normal services and the monthly coffee mornings wherever they are held.

Robert Rowe, Churchwarden, St Peter's Church.

LOCAL MINISTRY TEAM CONTACTS

The Owmby Group of Parishes has a dedicated Ministry Team consisting of Rosemary Cox, Liz Harris and Anne Hunter. We are here to serve everyone in our Group of Parishes whether they live in Hackthorn, Spridlington, Owmby, Saxby or Glentham and whether they come to church or not. We are here when you might be feeling lonely or isolated and in need of a listening ear. We can bring home communion to you; offer home and hospital visits and visiting in times of illness or bereavement. Our contact details are on the back cover page.

We are here for you and all calls are treated in the strictest of confidence.

SERVICES IN SEPTEMBER 2026

OWMBY GROUP CHURCHES

Sunday 6th	11.00 am	Holy Communion	Spridlington
14th of Trinity	6.00 pm	Evening Prayer	Owmby
Sunday 13th	11.00 am	Holy Communion	Hackthorn
15th of Trinity	6.00 pm	Evening Prayer	Glentham
Sunday 20th	11.00 am	Holy Communion	Owmby
16th of Trinity			
Sunday 27th	11.00 am	Morning Prayer	Hackthorn
17th of Trinity	11.00 am	Holy Communion	Glentham
	11.00 am	Family Service	Owmby

On the **second Sunday** of each month, Liz Harris holds a 'Sunday Special' Sunday School at Owmby at 10.30 am. Please note, this is **not** a Service. Contact Liz for further details. (Info is on the back cover).

GLENTHAM METHODIST CHAPEL

Sunday 13th	10.30 am	Holy Communion	Rev John Schofield
Sunday 27th	10.30 am		Peter Broughton

VISITING LINCOLN CATHEDRAL

The Owmby Group have two complimentary passes for Lincoln Cathedral.
If you would like to borrow them please contact Cathy Andrews on 01673 861058

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 Officers:
Glentham Chapel and Church - Sheena Grebby - 01673 878578
Owmby Church - Liz Harris - 01673 878829

Diocesan Safeguarding Officer:
Jack Redeyoff - 07885 999907 - safeguarding@lincoln.anglican.org

Barton, Brigg and Wolds Circuit Safeguarding Representative:
Pam McCartney - 01652 632770

District Safeguarding Officer (Safeguarding in Lincolnshire):
Howard Smedley - 07758 239286 or 01773 475942

Dunholme Community Bible Study restarts on Wednesday 16th September, at 9.30, at Dunholme Old School. This term we will be looking at the book of Ephesians. Whether you have loads of Bible knowledge or hardly any at all, you would be welcome to join us. For more information, please contact me Jane Hutchinson on 07952 4250242, or email me on jane@cbsuk.org

There is a time for everything, and a season for every activity under the heavens.
Ecclesiastes 3:1 (NIVUK)

GLENTHAM & CAENBY

GLENTHAM PARISH COUNCIL NEWS

Glentham Parish Council - Meeting Highlights (9 July 2026)

The Parish Council met on 9th July at the Village Hall. Councillors received an update from County Cllr Bunney, who reported good progress with food waste collections and upcoming improvements to recycling, including soft plastics, batteries and vapes.

The Council discussed a request from VIDA to meet about their proposed anaerobic digester. Councillors agreed to hear more at a future meeting, purely for information, and emphasised that this does not indicate support for the project.

Routine maintenance was reviewed, including grass cutting, tree removal and repairs to the church clock. The Clerk is working with HMRC and the VAT office to ensure PAYE and VAT records are fully up to date.

New noticeboards will be purchased for the village, and the Village Hall reported a successful fundraising evening.

The Council noted that more parish councillors are needed and encouraged anyone interested to get in touch. Playground equipment will now be cleaned monthly due to tree sap.

Charlotte Wright, Clerk to the Parish Council

Jigsaw Swap

Saturday 26th September from 10am-12noon

Please come for a chat over a cup of tea or coffee and borrow a jigsaw to challenge the grey cells (or just come for a chat). We would love to see you!

For further information, contact Sheena on 878578

Organised by members of Glentham Methodist Chapel

St Peter's Guild



COFFEE MORNING



Tuesday 8th September at 10:30 a.m.

St Peter's Church

The proceeds will be in aid of Glentham Church

All Welcome



'Nags Head' at Middle Rasen

Men's Breakfast

Saturday 12th September at 9:00am

An opportunity for men to meet and chat over a delicious full English breakfast!

Please Phone Trevor Faulkner on 01673 818718 to reserve a place

Organised by Glentham Methodist Chapel



Bishop Norton Village Hall on Sunday 18th September at 3:00 p.m.

Autumn Afternoon Tea

Tickets £15 per person to include a glass of Prosecco.
Places need to be booked in advance.

To book please contact Karen 818798 or 07516 289365 or Ros 07523 108043

BISHOP NORTON WEDNESDAY LUNCHES

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

The dates for the next lunches are 9th September & 14th October.

£7.50 PER PERSON - EVERYONE WELCOME!

Please ring at least four days in advance if you are **NOT** attending

Karen 01673 818798

Newsletter for September 2026

Do you recall this song?
"The leaves of brown came tumbling down
Remember - last September - in the rain"
(composed by Warren & Dubin in 1937)

After the last few months of dry weather we might welcome "September in the Rain" but come rain or shine members of Lindsey u3a have made the following plans for SEPTEMBER:

7th: 5 mile Walking group - meet at Ingham Village Hall
14th: Sustainability Matters group - talk by representatives from Anglian Water
17th: Architecture group - guided walk around uphill Roman Lincoln
22nd: Garden Group talk by Trevor Fray of Longfield Flowers
29th: Visits group to Sandtoft Trolley Bus Museum

In case you didn't know, Lindsey u3a is a local, friendly, informative, low cost organisation. We meet at Welton Village Hall usually on the first Thursday of the month. You are invited with no obligation to any of our meetings. Doors open at 9.30am for tea/coffee and an opportunity to chat to interest group leaders in the Welton Room followed by a speaker in the hall at 10.30am. If you decide to come along for a look, tell someone on reception you are new and one of our friendly greeters will show you round and answer any questions.

Our speaker on 3rd September is from the Lincs.& Notts. Air Ambulance Service talking about the challenges facing the charity to keep the helicopters flying. It costs £13million per year which has to be raised by public donation as they receive no Government funding. Currently they are fundraising for a new ambulance and they have recently purchased two critical care cars. On 1st October Nigel MacKnight, who is part of the team constructing a speedboat to beat the World Water Speed record held by the Australians for 47 years, will give a talk entitled "Quicksilver and Understanding Perseverance"

We aim to have a variety of speakers over the course of the year so there is something for everyone. u3a members can also join various online talks, workshops and courses.

If you can't come to one of our general meetings you could join us at the 'Gardeners' Retreat' tearoom at Scothern Nurseries for a cuppa and a chat at 10.15am on the fourth Thursday of the month. The next one is on 24th September. Whether you're a newcomer wanting to know more about Lindsey u3a or already a member who just fancies a cuppa, maybe a scone and a chat, do come along. Everyone is welcome.

Everything you need to know about us can be found on our website lindseyu3a.org.uk. Should you require any further information please contact:
Luke Pickering - Email: lukep@lahestates.co.uk - Mobile: 07774 251197

West Lindsey District Council is supporting the 9 to 5k, a fun and inclusive workplace challenge taking place at Market Rasen Racecourse on Wednesday 16 September at 6pm.

Organised by Curly's Athletes, the event encourages colleagues to come together and take on a 5k challenge by walking, wheeling, jogging or running. It's not about being the fastest, it's about getting active, supporting each other and sharing the experience as a team.

The event supports the ambitions of the council's Sports and Physical Activity Strategy to break down barriers to physical activity and make movement accessible to everyone.

All participants will receive a special finisher's medal, and the event will be professionally chip timed for those who want to record their result.

Event details:
Date: Wednesday 16 September 2026, 6pm
Venue: Market Rasen Racecourse
Price: £10 per person

For more information and to register, visit: https://curlysathletesfoundation.co.uk/9-to-5k

FACEBOOK

Like our page on Facebook at www.facebook.com/OwmbyGroup

WELTON VILLAGE LIBRARY AND COMMUNITY HUB

Based at Manor Park, Hackthorn Road Welton LN2 3PA - Facebook page: @WeltonVillageLibrary

Monday: 12 noon to 5pm, Tuesday: 9:30am to 2:30pm, Wednesday & Saturday: 10am to 12 noon

Note we are closed Wednesday 9th September due to maintenance at Manor Park

What will September bring after what has been a scorching July and August? We can guarantee plenty of reading material for all ages and interests at the library come rain or shine!

The Summer Reading Challenge is coming to a close at the start of September and we are pleased to report record participants and lots of new library members. The challenge now is for the children to keep reading and their parents to give encouragement should interest lapse. Please note we will be arranging presentations during October for those children who achieved the target of six books and parents or their carers will be advised of the arrangements in due course.

We will be continuing our monthly children's crafts, this time it is making hedgehogs out of clay. This is likely to be excitingly messy so suitable clothing is advised, the fun starts at 10:30am on Saturday 19th September, suitable for accompanied children aged 4 to 11 years.

Then our ever popular Community Hub talks recommence on Tuesday 22nd September at 2pm when we welcome Mark Bamford from Sleaford Museum to talk about Cranwell Gasbags. This intriguing title refers to airships in the Great War, please come along and enjoy as this is bound to be popular. Everyone welcome, admission free with a retiring Collection for Library and Community Hub funds for those who wish to contribute.

Please do not forget our weekly Storytime sessions on Tuesday mornings at 9:30am for about half an hour when pre-schoolers and their parents or other carers can all enjoy the company of our wonderful readers.

Mike - Welton Library Volunteer

WELTON PATIENT AND DOCTORS ASSOCIATION

I have had no response to my request for someone to help with the fund raising which is disappointing. If I don't get any offers of help I will have to consider which of our fund raising events to cancel for 2027. It will most likely be the Autumn Fayre.

I did have a message left, while I was on holiday, from a lady enquiring about being a volunteer driver. If you read this, could you call again as I have been unable, as I write this article, to make contact with you! I would still like at least 3 more new drivers who can offer a bit of time each month. The pressure on the transport scheme is becoming difficult to meet with more and more houses being built in the health centre catchment area (I can explain how it all works with no commitment from yourself).

Could I ask that if you have a car or are able to get to your medical appointment without using the PDA then please use your own vehicle. Just because we are the easy option is not a good enough reason to ask for PDA transport. We have had patients saying that parking is difficult at hospitals. This is not a reason to request PDA transport, our drivers also have difficulty parking. I know that the majority of users of the scheme are genuinely in need of transport but there is still a small minority who have cars and could easily transport themselves!

I am sorry if this sounds harsh but in the almost 20 years I have been Coordinator I have only ever had to turn down 1 request and that was weather related. Unless I get more volunteer drivers I will have to be more selective about who we can offer transport to and that is not a position I want to be in!

The Autumn Fayre will be held on 17th October and I am still looking for donations of small items for the tombola and trash or treasure stalls. If you have anything at all you could donate, please give me a call and I can collect or they can be left at the health centre marked for my attention (almost anything is suitable!).

There are still some tables available for anyone to sell their own crafts etc. Tables priced £10. Give me a call.

We will be having a visit from 'Walking with Alpacas' from Legsby near Market Rasen. Many of you will have seen them at Welton May Fair on bank holiday Monday.

Any further information on any of the above don't hesitate to give me a call on 01673 862570.

Janet Goddard

PLEASE DO NOT USE THE ABOVE NUMBER TO BOOK TRANSPORT

LOCAL BUS TIMETABLE

Waddingham - Lincoln Wednesdays Only		Lincoln - Waddingham Wednesdays Only	
162 operated by Stagecoach		**162 operated by Stagecoach**	
Waddingham, adj Marquis Of Granby PH	09:30	Lincoln Central Bus Station (Bay N)	13:30
Snitterby, opp Royal Oak Inn	09:33	Ermine West, adj Ruckland Avenue	13:37
Bishop Norton, opp St Peter's Church	09:38	Hackthorn, adj War Memorial	13:55
Glentham, opp The Old Parsonage	09:43	Spridlington, opp Bus Shelter	14:03
Normanby by Spital, opp Church	09:48	Owmby by Spital, opp Surgery	14:10
Owmby by Spital, adj Surgery	09:52	Normanby by Spital, adj Church	14:12
Spridlington, at Bus Shelter	09:57	Glentham, adj The Old Parsonage	14:17
Hackthorn, opp War Memorial	10:05	Bishop Norton, adj St Peter's Church	14:22
Ermine West, opp Ruckland Avenue	10:18	Snitterby, adj Royal Oak Inn	14:27
Lincoln Central Bus Station (Bay N)	10:30	Waddingham, opp Marquis Of Granby PH	14:30

POST OFFICE OPENING TIMES

Glentham	**Monday**	**09:00 - 11:30**
	Tuesday	**14:00 - 16:00**
Normanby & Owmby **01673 878353**	**Monday - Friday**	**07:30 - 19:30**
	Saturday	**08:30 - 19:30**
	Sunday	**09:00 - 16:00**

SIGNPOST ADVERTISING RATES

Size	Per Issue
1/6 A5 page (60 mm x 60 mm)	£8.00
1/3 A5 page (60 mm x 122 mm)	£16.00
2/3 A5 page (122 mm x 122 mm)	£32.00
Full A5 page (122 mm x 184 mm)	£48.00

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.

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.

FLYER DELIVERY WITH SIGNPOST

Delivery of flyers with Signpost is £25.00.
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Contact Steve Harvey at signpost@owmbygroup.co.uk for more details.

Be like a postage stamp—stick to one thing until you get there.

USEFUL TELEPHONE NUMBERS

Adviceline Lincolnshire	08444 111444	Call Connect Bus	03452 343344
Alcoholics Anonymous	01159 417100	Crimestoppers	0800 555111
Anglian Water	08457 145145	**Doctors**	
British Rail	08457 484950	Ingham	01522 730269
Bus Enquiries	08456 050605	Hibaldstow	01652 650580
Charities		Market Rasen	01673 843556
Age Concern	01507 524798	Welton	01673 862232
Help the Aged	0808 8006565	Environment Agency	0800 807060
Royal British Legion	01673 860904	**Hospitals**	
Samaritans	08457 909090	Lincoln	01522 512512
Alzheimer's Society	01522 692681	Gainsborough	01427 816500
WL Dementia Support	01427 613033	Louth	01507 600100
County & District Councils		Market Rasen Mail	01673 844644
LCC	01522 782070	NHS Direct	08 45 46 47
WLDC	01427 676676		

THE CART'ANY | AESTHETICS

Hi, I'm Tiffany - an aesthetic nurse practitioner and founder of Cart'any Aesthetics.

We are looking for models for lip filler (August only) to increase our growing portfolio, and I'm looking forward to welcoming the local community.

Having trained with Derma Medical, I'm committed to maintaining high standards of practice and ongoing professional development. I choose to work only with FDA-approved products, including Revanesse dermal filler, and every client is complimented with Amaise clinical aftercare serum.

We also offer face to face consultations, emergency medication support, and prescriber support for local clinics.



Please see our instagram page @cartany.aesthetics.est2026 for our treatment list and keep an eye out for our grand opening day!

WHERE TO FIND US

Unit 2, The Stables,
Northorpe grange,
Gainsborough DN21 4AR

CONTACT US

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