

SIGNPOST

The Owmbly Group of Parishes Magazine

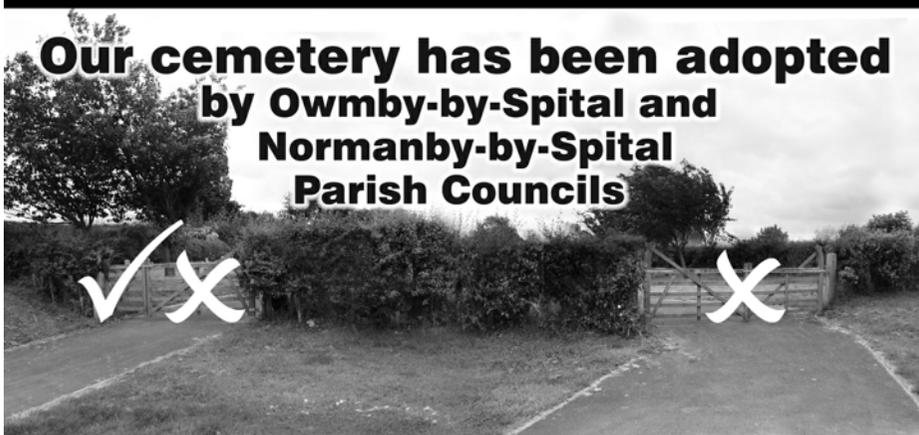
Volume 23

July 2014

Issue 4

***A polite request from
Owmbly & Normanby-by-Spital
Parish Councils***

**Our cemetery has been adopted
by Owmbly-by-Spital and
Normanby-by-Spital
Parish Councils**



We pay for the upkeep using the precept collected from our parishioners (that's **you**). It is therefore in everyone's interest that the costs to maintain this special place are kept to a minimum.

The gates have suffered damage and have had to be repaired recently because people have left them open and also swung on them. Please ensure that you use & close the small gate only for pedestrian access, the large ones are for use by the grass cutters, those who have trouble walking & funeral access only.

FROM THE PARISH PRIEST

Dear Friends,

I write these words on the eve of the World Cup 2014. Don't worry, this letter isn't going to be about football, but as you read these words I wonder how 'our boys' will have fared so far. Perhaps our national side has made it through both the group stage and the round of 16, meaning that we are looking forward to a quarter-final tie? Perhaps. Or perhaps not. Either way, I hope that this tournament will come to be remembered for the sport.

While all of this is going on I will be trying to complete work on a Masters Dissertation on Sports Chaplaincy. Thanks to the 2012 Olympics and the ongoing work of some 300 Chaplains currently serving in sports such as football, rugby, cricket, horse racing and motorsport (my area) this is becoming an area of very valuable ministry (you may find out more details at www.sportschaplaincy.org.uk). The role of a Chaplain here is to offer pastoral and spiritual support wherever possible, offering an independent listening ear, supporting those of all faiths and none, and it provides a natural extension of what we seek to do in our parishes, both in and out of our churches. That is, acknowledging, celebrating and giving thanks for human endeavour in sport and caring for God's people.

The academic discipline of writing 15,000 words is a difficult one to master (if you will excuse the pun!), but in the month of July we also celebrate the academic lives of people in our parishes. This is when we will see our Leavers' Assemblies in our primary schools, which are always a very moving occasion, as we look back on and celebrate the primary education of our children ahead of new beginnings for them in September. It can be a day of emotion for all involved but also a day of celebration as we remember all of the learning and sharing that has taken place in the classroom but also outside, whether out on the sports field, on school trips or in the local community.

As we look back and look forward, I hope that our children (and indeed Mr Oyston, who retires this summer at Hackthorn CofE Primary School after some 20 years as Headteacher) will know that our love and prayers go with them and will remain with them. We frequently pray at home and in our churches for our local schools, carers, shops, businesses, farmers and all who serve us, and this becomes a form of Chaplaincy in itself, in that we take the time to treasure and show our gratitude for all that happens and is offered in our local communities.

I hope that as the summer holidays draw near we will each take the opportunity to rest and reflect, before, and to use a modern-day football expression, 'We go again', and look to love and share, serving God and one another.

With my prayers and best wishes to you all,

Adrian Smith

The Revd Dr John Tomlinson

On Wednesday, 11 June a group of us travelled over to the Parish of St John the Evangelist, Carrington, in the Deanery of Nottingham South, as John was inducted and installed as Vicar of the Parish. The service was a wonderful, joyful occasion and it was a privilege for us to commend John to his new parish and to share in the warmth of the welcome offered by his new parishioners. We thank John for all that he has offered during his ministry in our parishes over the past six years and we hope to make a return trip to Carrington in the future. In the meantime if you would like to see more of John's new surroundings please visit the church website at www.stjohnscarrington.org.uk

THIS MONTH'S OWMBY GROUP CHURCH SERVICES

Day	Time	Service	Place	By
Thursday 3rd	9:30 a.m.	Holy Communion	Owmbly	BW
Sunday 6th	9:30 a.m.	Holy Communion	Glenthams	JH
<i>3rd after Trinity</i>	11:00 a.m.	Holy Communion	Spridlington	AS
	6:30 p.m.	Evening Prayer	Owmbly	ST
Thursday 10th	9:30 a.m.	Holy Communion	Spridlington	BW
Sunday 13th	8:30 a.m.	Holy Communion	Spridlington	AS
<i>4th after Trinity</i>	9:30 a.m.	Holy Communion	Hackthorn	AS&SD
	6:00 p.m.	Evening Prayer	Glenthams	AS
Sunday 20th	8:30 a.m.	Holy Communion	Glenthams	AS
<i>5th after Trinity</i>	9:30 a.m.	Holy Communion	Owmbly	JD
	11:00 a.m.	Family Service	Hackthorn	AS
	6:00 p.m.	Evening Prayer	Spridlington	ST
Thursday 24th	9:30 a.m.	Holy Communion	Hackthorn	ST
Sunday 27th	9:30 a.m.	Morning Prayer	Hackthorn	JB
<i>6th after Trinity</i>	9:30 a.m.	Holy Communion	Saxby	AS
	11:00 a.m.	Family Eucharist	Owmbly	AS
Thursday 31st	9:30 a.m.	Holy Communion	Caenby	MC

A listing of Sunday Services in the Springline Parish can be found on page 37

GLENTHAM METHODIST CHAPEL

Sunday 6th	No Service	
Sunday 13th	6:00 p.m.	Rev Andrew Lomax
Sunday 20th	10:45 a.m.	Messy Church
Sunday 27th	8:45 a.m.	Breakfast - No Service

DAILY CHURCH SERVICES

Monday	9:15 a.m.	Morning Prayer	Brattleby
Tuesday	8:30 a.m.	Morning Prayer	Burton
	9:30 a.m.	Morning Prayer	Spridlington
	12:15 p.m.	Eucharist	Scampton
Wednesday	4:30 p.m.	Evening Prayer	Hackthorn
Friday	4:00 p.m.	Evening Prayer	Spridlington
Saturday	8:30 a.m.	Morning Prayer	Burton

**The latest date for entries to the August Signpost
is Tuesday the 15th of July at 6:00 p.m.**

"Let your dreams be bigger than your fears, your actions louder than your words, and
your faith stronger than your feelings"

BISHOP OF LINCOLN'S LETTER

Dear Sisters and Brothers in Christ,

I imagine that many of you reading this letter are preparing to take a summer holiday.

Whether you're going away or staying at home, the summer months are often a time when we're able to change gear and slow down a little. They are an opportunity for some rest and relaxation.

It's easy to fall into the trap of thinking that we are only doing God's work if we are busy. It is true that our faith must be expressed in action, but should only ever be part of the story. That action must be informed by prayer and reflection. The gospels tell us that Jesus often got into a boat and took himself away from the crowds after busy times, so that he could spend time alone with God. Jesus knew how important it was to make the time to do that.

When we live at a busy pace, we need rest in order for our bodies to recharge and feel rejuvenated. But there's more to it than that. Finding time to rest is essential for a life that is balanced and healthy, emotionally and spiritually as well as physically. Rest gives us time to recalibrate, to reflect and to pray, to ask ourselves, 'Am I doing the things God wants me to do in my life?' Reflecting on that question might lead us to think about doing things differently, refocusing our lives so that they are once again in tune with what God is asking us to do.

So wherever you may be this summer, I encourage you to find some time simply to rest in the presence of God. May you be blessed in your rest and relaxation, and in all that you do in God's name.

+ *Christopher Lincoln* :

Parish Prayer Meeting

The Parish Prayer Meeting which has been meeting on Saturday in each church in the Springline parish will begin to meet in the Owmbly Group in July. The first one will be in Hackthorn church at 9:00 a.m. for two consecutive weeks starting on Saturday, 26th July. All are welcome - it is informal, praying for our churches and communities.

The following dates are:-

Hackthorn - 26th July and 2nd August

Owmbly - 6th and 13th September

Spridlington - 9th and 16th August

Glentham - 20th and 27th September

Saxby - 23rd and 30th August

FROM THE REGISTERS

Service of Thanksgiving for the Gift of a Child:

Owmbly on 17 May - Daniella May Rooke

Weddings:

Spridlington on 24 May - James Pickwell and Clare Beattie

Ingham on 24 May - Edward Pritchard and Jennifer Miller

Burton on 7 June - Lewis Potter and Rachel Mills



Baptisms:

Owmbly on 25 May - Jayne Melanie Smith, Jack Dolan Smith and Elliot Alfie Dolan Smith

Burton on 8 June - Lisa Jane Jones

Spridlington on 8 June - Edward Alexander Lee

Scampton on 8 June - Frederick Christopher William Hunter

Funerals and Burials:

Funeral at Scampton and burial at Brightwater Green Burial Meadow on 28 May - Jean Tonge

THANK YOU

The Revd Gunnar Kvist

I would like to take this opportunity to thank you all for letting me spend six wonderful weeks in The Owmbly Group and The Springline Parish. These weeks did mean a lot to me and I really enjoyed my time in England.

So my warmest thanks to The Rev Adrian Smith for taking on a Swedish minister interested in England and Anglican ministry, to the three couples letting me stay in their homes and in many ways showing me more of England and being ever so helpful, to the families inviting me for lunch or dinner, to very helpful Churchwardens, to all of you in the parishes that I met at many different occasions and to the ministry team for shared morning and evening prayers and for showing me more of Anglican ministry - and for shared meals and nice cups of coffee and tea. My visit turned out just the way I had hoped for, including a visit to the Snooker Championships in Sheffield and of course visits to the Cathedral. The only thing I missed was the Red Arrows as they were in Cyprus...

I do hope I will see you again
With my best wishes,

The Revd Gunnar Kvist

Thames Path Walk

I would like to thank everyone who supported me on my walk along the Thames Path by donating to my charity **Cancer Research UK**.

I have been overwhelmed by your generosity and the lovely messages I received that so lifted my spirits when I was tired and footsore.

Thank you also to those wonderful friends and family who joined me along the path to walk with me. I was constantly being surprised by someone along the route.

Special thanks to Judith who acted as my treasurer and who organised a surprise party for my homecoming.

The walk itself was harder than I had thought it would be mainly because of the muddy conditions in the early days that slowed progress considerably. Some days I could be walking for nine or ten hours but the isolation and the scenery were wonderful.

However it was worthwhile. My final total was £3710 and gift aid should bring this up to about £4400. Thank you all so much.

Diana Burrows

Saxby

I would like to say thank you to all my church friends for the retirement gifts that you gave me and especially for the personal poem. It was all a lovely surprise.

Thank you all.

Tina Harrison

George Hall

Margaret and family would like to thank friends and neighbours for their lovely cards, also those who attended George's funeral and have given donations.

RAINBOW FELLOWSHIP

For residents of the Owmbly Group of Parishes

By kind permission of Arlene Morrish
The Cottage, Main Street, Normanby

Monday July 14th at 2:00 p.m.

Please note this is the 2nd Monday of the month

OUR ANNUAL OUTING

Booking a place is essential, thank you



A Thank You and A Reminder

We have received a letter from Lincoln Food Bank thanking all who have contributed to the food bank and kettle boxes.

Also thank you to all who have kindly offered their homes and the village shop at Normanby as a place to leave the food ready for collection.

We do hope to continue this and here is a reminder of the locations -

- **Hackthorn** - Brenda Hinch
- **Spridlington** - In the church.
- **Saxby** - Tina Harrison, Manor Farm Cottage, Saxby.
- **Firsby, East and West** - Rosemary Cox, Manor Farm, East Firsby.
- **Owmbly/Normanby** - Normanby Village Shop.
- **Glentham** - Irene Pickering, 11 Washdyke Lane.

If you have news, event, an article or a story you feel would be of interest to other readers, please contact Steve, the editor. His telephone number is on the contacts page towards the back of this month's edition. Full details are on the Owmbly Group web site.

elixir
bathrooms

SUPPLY • DESIGN • INSTALL

01522 87 87 86

A family run business in
Lincoln since 1999

The Pelham Centre, Canwick Road,
Lincoln LN5 8HG

www.elixir-bathrooms.com



Two pine log cabins in peaceful woodland setting offering a relaxed holiday, ideally situated for the Wolds and the beautiful city of Lincoln. Each has three bedrooms, one double, one twin, one child's bunk bed: Large lounge, bathroom, kitchen, large veranda. Gas central heating, gas cooking. Car parking by unit. Near bus route. Linen provided. Pickup from Lincoln or Market Rasen Station available

Terms: £200 to £400 per week. £100 to £200 per 3 day stay. ETC ★★★
Complimentary local food hamper. Visit our website or ask for a brochure.

Mr. R. Cox, Lincolnshire Lanes Log Cabins, Manor Farm, East Firsby,
Market Rasen LN8 2DB • Tel 01673 878258



D & S

Plumbing & Heating Services



All Plumbing Work Undertaken
Oil Fired Boiler, Oil Tanks, Service, Repair & Installation
Pressurised Hot Water Systems Service, Repair & Installation

Contact Dave On:



01673 818679 or 07774 232227

ENERGY EFFICIENCY REGISTERED



Home Call Computer Services

PC Repairs & maintenance

Email: Trevor@hccs-direct.co.uk

Web: www.hccs-online.co.uk

Appointments arranged at your
convenience

01673 818624

07742 827285

 **CompTIA.**

A+® Certified Professional

Crofton Interiors

*Bespoke and secondhand curtains, furniture,
fabric, silk flowers and gifts*

New shop now open

Mon, Tues, Thurs & Fri 1:00pm - 5:00pm

Sat 10:00am - 1:00pm

The Old Blacksmiths
Hackthorn LN2 3PF

01673 866363 / 07854 076972

www.croftoninteriors.co.uk

HACKTHORN & COLD HANWORTH

HACKTHORN C. OF E. PRIMARY SCHOOL

There has been a great deal of enthusiasm for modern languages at our school in recent months. Not only have Key Stage 2 been having their normal sessions which have resulted in some brilliant role playing scenarios, such as 'the fashion school' and ordering food in a café, but Key Stage 1 have started a lunchtime French club as well, so that they can get up to speed with their conversational skills to give them a head start with the subject in later years. Parents were treated to some superb verbal interplay between 2 of our younger pupils at good works assembly, which amply demonstrated the fact that languages are best learnt at an early age.

A group of Key Stage 2 pupils have expanded their repertoire by visiting a recording studio to produce a CD in Spanish, which will be used for teaching the language to other young children in the future.

Zoolab came to visit, giving both Key Stage 1 and 2 an excellent opportunity to meet, and indeed handle, all manner of things that creep, crawl, squirm and generally disturb the grown-ups! Inspired by this, Key Stage one have made their own wormery and are now fully conversant with which end of the earthworm does what!

If you are a pre-schooler, then you might like to come along to our Teddy Bears' picnic, which will be taking place on the afternoon of Thursday 10th July 1:30- 2:30pm, please give us a call or use the contact form on the website for more details.

Don't forget that we will also be holding our Summer Fair on the 18th July from 3:30-5:00pm, so why not come along for some fun, games and refreshment?

Contact the school on 01673 860295 to arrange a visit or to request a School Brochure, or have a look round our website at www.hackthorn.lincs.sch.uk

Have you visited the Owmbly Group website?

<http://owmblygroup.co.uk>

Signpost Online - Including Back Issues

<http://owmblygroup.co.uk/signpost>

Hackthorn Estate

High quality residential properties to let in Hackthorn and Cold Hanworth

Commercial lettings in traditional buildings

"PROMOTING A THRIVING RURAL COMMUNITY"

Further details from
Hackthorn Hall Estate Office,
Lincoln, LN2 3PQ
01673 860423

forgearts

Park right outside our doors...



...for hassle-free superb

Quality Picture Framing

+ gallery of original art

+ chainsaw-carved garden sculptures

Main St, Hackthorn, Lincoln LN2 3PF

Open Saturday and Sunday 11am - 6pm

01673 860441 www.forgearts.co.uk

THANK YOU

MEL OYSTON & CO MUSIC EVENING - 17 MAY

This was a joint fundraising event for the Friends of Hackthorn School, and for Hackthorn & Cold Hanworth Village Hall - and it was a great evening!

Thank you to everyone who made it such a success. To Mel & Donna who entertained us all so well, to those who arranged the catering and set everything up, and an especially HUGE thank you to all who came along to enjoy the evening and help create such a fabulous atmosphere. We are delighted to say that we made a fantastic £356.00.

Many Thanks.

FoHS and Hackthorn Village Hall Committee



Messy Church is now in Hackthorn and will meet in Hackthorn Village Hall on the following dates:

Sundays 6 July - 28 September - 23 November

All are welcome!

Messy Church meets from 11:00am - 12:30pm and is a fun way of 'being church' for all.

A simple lunch is provided and children are accompanied by their parents and carers.

www.messychurch.org.uk www.owmbygroup.co.uk

Mel Oyston - Headteacher, Hackthorn School

As many of you will be aware, after 20 years as Headteacher of the school, Mel Oyston is retiring at the end of this academic year.

We are organising an event to celebrate his time at the school and to give him a good 'send-off'. The event will take place on Tuesday, 22 July 2014 at 6pm in the main hall at William Farr School and we would like as many ex-pupils and their families we can contact to attend. If you are able to attend, please contact Lynne Clark at the school on 01673 860295 (Monday, Tuesday & Friday) or e-mail lynne.clark@hackthorn.lincs.sch.uk.

We have started a collection for Mr O and any donations would be gratefully received, as we need to raise £500 to purchase a gift we have chosen for him.

We are hoping to keep the event from him, if possible (let's hope we can keep the Signpost away from him)!

**The latest date for entries to the August Signpost
is Tuesday the 15th of July at 6:00 p.m.**

If you have an article, story or event concerning Hackthorn you feel would be of interest to our readers, please email your submission to hackthorn@owmbygroup.co.uk

Coffee Morning with 'Trash & Treasure'

In the Village Hall at Hackthorn

Saturday 13 September

from 10.00am - 12.00noon

Come along and enjoy refreshing **coffee, tea and cakes.**

Rummage amongst the table-top items and find your own surprise bargain amongst the **'trash and treasure'**

Enter our **Raffle** for a chance of a prize

If you are interested in running your own Table-Top, please contact one of the Village Hall Committee

or ring Sue Graves on 01673 860261

All in aid of the Village Hall Refurbishments

The village hall is available to hire for children's parties and for all your special events.

Visit the website at www.hackthornvillagehall.co.uk

or telephone Cathy Andrews on 01673 861058

A date for your diaries....

'Remember Then' with Dave Nash

A tribute to the Rock and Roll years of the 50, 60 & 70's.

If you are looking for a great night of nostalgic entertainment - look no further

Appearing at Hackthorn Village Hall

Saturday 4 October 2014

More details to follow (or telephone 01673 861070)

"A bad attitude is like a flat tyre. You can't go anywhere until you change it"

PEPPERPOTS DOMESTIC SERVICES

One-off and Regular Cleans

Laundry and Ironing Service

Spring and Builder Cleans

House Moves

Windows and Carpets Cleaned

Call Liz on

01673 857691

07947 322023

pepperpotscleaning@btinternet.com

SLABCITY

indoor skatepark

Contact us or visit our website for more details and opening times.

01427 668686

slabcity.co.uk

info@slabcity.co.uk

Unit 11b, Hemswell Business Centre
Gibson Road, Gainsborough DN21 5TL



Domestic Cleaning Only £10 per hour!

Garner Property Care is a family run business giving our customers in and around Lincolnshire 15 years trade experience.

- Daily / weekly / fortnightly / monthly cleans
- One off cleaning
- Window, upholstery and carpet cleaning
- Steam cleaning
- Secure Key Holding Service
- Complete flexibility for you
- Fully trained, uniformed & CRB checked staff
- Environmentally friendly cleaning products



Office: 01673 878142

Mobile: 07545 075559

Email: info@garnerpropertycare.co.uk

www.garnerpropertycare.co.uk



CORGI
safe

304761



INSTALLATION, SERVICING & REPAIR

GAS / OIL & LPG,

Central Heating

Gas Fires/Cookers

General Plumbing

Local, Efficient Heating and Plumbing Service

ALL MAJOR WORK COVERED BY WARRANTY



01673 878977

07533 942226



Picture Framing Service

20 years experience

Available Locally

Prints, photos, needlework, medals, etc

Large choice of frames and mounts.
Advice on all aspects of framing and restoration.

Contact David on 01427 667887
(Fillingham)

Leave a message if I am not in.

Collection and delivery service

SPRIDLINGTON

Spridlington Village Hall

celebrates



**American Independence Day
on Friday 4th July at 7.30pm**



So drive your Chevy to the levee (or rather mosey along to the village hall) and remember how that music used to make you smile.



Get your kicks with an evening of American popular music (blues, pop, gospel etc) performed by talented local musicians - featuring Rod Ginsplint & the Splinters and afterwards chow down a delicious USA themed supper!

Be sure to book quickly for this one:

tickets will disappear as quickly as Mom's apple pie!

Tickets: £8.00

For details/ booking ring

Ian: 01673 860283, Susan: 01673 863013 or Joey: 01673 862015



Come and like us at <http://www.facebook.com/SpridlingtonVillageHall>

Please contact Susan on 01673 863013 or Joey on 01673 862015 for details of using the facilities of Spridlington Village Hall

If you have an article, event or story concerning Spridlington, please call Diana Burrows on 01673 861363 or email your submission to spridlington@owmbygroup.co.uk

PHIL SOMERS PLUMBING SERVICES



Reliable & Professional

Full Heating Systems

Cylinder Changes

All Leaks & Repairs

01673 818524

07790 241145



Fox Aggregates

For All Your Aggregate Needs

- Aggregates
- Topsoil
- Bagged or Loose

Please Call

07970 309158

01673 876644

www.foxaggregates.co.uk

LANDSCAPING

SCHOOL GROUNDS, DOMESTIC AND COMMERCIAL PROPERTIES



**Patios supplied and installed, circles, natural stone and reproductions
Decking, pergolas, arches and arbours**

**Fencing and gates - agricultural, commercial, domestic and equestrian
Driveways established and maintained**

Hedge trimming, laying and planting

Small and medium trees pruned, trimmed and felled

Bespoke animal housing – kennels, catteries, stables, hen houses etc.

Aggregates Delivered - Topsoil, bark mulch, sand, gravel, ballast etc.



JASON DEAN
BSc. (HONS) COUNTRYSIDE MANAGEMENT

TEL: 07747 471750

www.countrysideandgardenco.co.uk



Bark and Ride



Reliable, trustworthy and experienced Freelance
Groom available for:

- Holiday care for horses and other animals
- Clipping/trimming
- Exercising/fittening work
- Freelance Instruction
- General yard duties and assistance
- Dog grooming/clipping

Competitive rates - Insured - CRB checked
References available

Visit www.freelance-groom.co.uk
Or call 07875 763525



ASSOCIATION of
REFLEXOLOGISTS



Eden Reflexology and Complementary Therapies

“Balancing the body naturally”

Clinical, maternity and corporate reflexology

Indian Head Massage

Hopi Ear Candling

Kathryn Dean MAR

07747 471752 / 01427 668897 kdean@talktalk.net

www.eden-reflexology.co.uk

Follow us on Facebook

The Old Post Office, St George's Hill, Glentworth DN21 5DB

Also available at Riverside Clinic, Gainsborough

How Clean Is Your Oven? Hate Cleaning it?

I'll Do it!

Ovens, Hobs, Cookers, Ranges,
Agas, Extractors

Prices From £40.00

No Mess, No Fuss, No Smell
No Caustic Chemicals

Fast friendly professional
service

Treat yourself, book today
Call Mike on: **01673 878109** or
Mobile: **07557 441307**



Caenby Cliff, Market Rasen

SAXBY

Midsummer Music Event Garden House in Saxby Saturday 5th July 2014

Gates open 4.30 pm music starts at 6.30 pm event should be finished by 9 pm.

Pack your picnic, gather up your friends and join us in the beautiful surroundings of the **Garden House in Saxby** for a chilled-out evening of music and fun on Saturday 5th July.

Local bands will be providing live entertainment - there is something for all tastes and ages - **UK Headz** will be performing popular covers, **Ben and Billy** -- massively talented Grade 8 pianist and Frank Sinatra type crooner, and **Big Green Quintet** - Multi-instrumentalist band from Caistor, will all be performing on the night.

Refreshments will be available to purchase plus there will be the opportunity to take a stroll through the beautiful gardens.

Tickets (£20 family ticket, £8.50 single ticket & £4 additional child) available from The Garden House at Saxby on 01673 878820 or from St Barnabas Fundraising Office on 01522 540300, or visit www.stbarnabashospice.co.uk.

Come along to this fantastic event in aid of St Barnabas Lincolnshire Hospice, in memory of Jules King and all of those who are no longer with us.

*Please note: No Pets are allowed at this event



- Private and NHS eye tests
- Contact lens trials & aftercare
- Free parking
- Free* tests for under 16's & over 60's (* NHS tests)

Annabelle Magee BSc(Hons) McOptom

169 Burton Road, Lincoln LN1 3LW

Telephone: 01522 542121

www.clearviewopticians.co.uk

Email: enquiries@clearviewopticians.co.uk

ARE YOU HEADING FOR A HEART ATTACK?



LET'S HOPE NOT but if you lead a busy and stressful life, working hard and providing for your family, how often do you pause to think, "Am I ruining my health doing this?"

Grabbing meals on the run, using alcohol to relax, shouting at the kids, quarrelling with your spouse – these are all things that are symptomatic of stress. And you know you should do something about it – but what?

And here is where Wellbeing Fitness has once again broken the mould. If you go to ANY other fitness centre, they will set you goals – goals to lose weight, goals to do more exercise, goals to burn more fat, goals to build more muscle. And all this does is just add to your stress. No wonder the majority of people give up after a few weeks.

So how is Wellbeing Fitness different?

INTRODUCING OUR NEW 10 WEEK WELLNESS PROGRAMME

Here's what's involved...

You get 21 sessions alone in a private studio with a dedicated fitness professional. The first session will be a consultation where between you, you'll decide what the sessions will consist of according to what you both think you need. The choice will be a mixture from the following:

Personal Training: an exercise programme which will help to release endorphins (the happy hormones) and combat the negative effects of stress. It is your shortest route to greater energy and a feeling of well being.

Movement and Flexibility: a real stress-buster where the trainer performs a series of stretching manoeuvres on you. Through this, receptors in the nervous system are stimulated which decrease the production of stress hormones. And the added bonus is that you feel fantastic afterwards. People have described the feeling as like being able to walk on air. **This is exclusive to Wellbeing Fitness.**

Remedial Massage: deep tissue massage releases the tight muscles which make you feel tired and sluggish and helps bring more blood and oxygen to them.

The full price for this package of sessions would normally be **£925.00** but we are able to offer it for **£699.00** or three instalments of **£250.00**, a saving of **£226.00**

So – what to do now:

- 1 Call **01522 525250**
- 2 Book your consultation
- 3 Decide whether the programme is right for you
- 4 Get started!



Wellbeing Fitness, 20 Carlton Mews,
Carlton Centre, Outer Circle Road,
Lincoln LN2 4FJ.

Email: info@wellbeingfitnesslincoln.co.uk

Tel: 01522 525250

NORMANBY & OWMBY

OWMBY-BY-SPITAL PARISH COUNCIL NEWS

The Annual Parish and Annual Parish Council meetings were held on Wednesday 21st May.

Cllr Crompton-Howe reported that the Community Review, jointly undertaken with Normanby-by-Spital Parish Council, had been well attended. He thanked people for organizing and attending the event. The Chairman had received several very positive comments from residents concerning the changes to the Normanby Post Office / Shop. He reported that the cremated remains area in the cemetery has now been laid. He also reported that the cricket club is still occupying the grounds and that they are in discussion with the land owner about the future of the club. A number of road repairs have been undertaken by highways.

PCSO Raper reported the crime statistics from last November to the present.

The amount of funds in the current account at 31.3.14 was £1577.

DC J Summers reported that the Council has had a good year. Two temporary directors have been appointed. One of the directors is working on the process of the council to improve the necessary paper trail. As a result the council has received an orange rating for governance. The other director is helping the council deal with property assets. WLDC are buying properties that are in a state of disrepair and renovating them to sell on the private market.

Cllr Crompton-Howe was re-elected as Chairman and Cllr Danny Mellor was elected as Vice-Chair.

There are a number of potholes in the village. Cllr Crompton-Howe is going to photograph the holes and identify the locations for the Clerk to report to Highways.

Cllr Crompton-Howe reported some planning training that he, Cllr Mellor and the Clerk had attended. The training provided information on the grounds which Parish Councils can and cannot object upon. Cllr Crompton-Howe also reported that Owmbly Parish Council is willing to support neighbouring councils with their objections to wind farms.

theWI

Owmbly & Normanby WI

Thursday, 3rd July at 7:30pm
Normanby Primary School Hall

OPEN MEETING

OWMBY BY SPITAL by KEN GREEN
"A BRIEF HISTORY IN PHOTOGRAPHS"

Competition: A local scene in Watercolour or Photography

We look forward to seeing you all - and welcome new members.

£3.00 charge for Visitors

OWMBY PCC MONTHLY DRAW

1st	2nd	3rd
Wendy Fox	Eva Batt	Neville James

If you have an article, story or event concerning Owmbly or Normanby, please contact Avril on 01673 878393 or email your submission to normanby@owmblygroup.co.uk

OWMBY AND NORMANBY CEMETERY

Firstly an apology for the state the grass in the cemetery has been lately. Though I am sure most of you appreciate that the weather has been against the grass cutters coming, please realise that the Maintenance Team do a lot of other work and obviously have a schedule they try to keep to and we have had the misfortune to have had rain when they were due here. They do know that we are unhappy about the length of grass, but quite honestly, it is better to have long grass than have deep tyre marks which would make the ground even more uneven.

THE GATES - now this has become a very contentious issue. Someone is opening the large gates and leaving them open. The left hand one is being dragged inwards and taken over the kerb near the seat (and this takes a lot of strength), if it has to be opened, please open it outwards. There is a slope going into the cemetery, so the gates naturally fall outwards. There is no need to open these large gates at all, unless for a funeral, grass cutting or those who cannot walk very far, so please just use the little side gate - and close this, and the large ones afterwards please.

DOG DIRT - Would dog owners, who walk their dogs through the cemetery, please clear up after your dog has fouled. There is a dog bin just outside the cemetery gates so please use it to deposit the mess.

CANS AND BOTTLES - If you want to drink while in the cemetery, please do not just leave your empty bottle or can lying around. There is a black bin just by the seat, so please use it.

The cemetery should be a place for respect and reflection, not really a route to walk your dog or drink alcohol, but if you do, please leave the cemetery tidy.

That all said, dog dirt is a problem on the pavements and grass verges, please clear up after your dog has fouled anywhere in the villages. There are dog bins by the cemetery gates, by the telephone exchange, two down Private Lane and one by the little copse on the way out of the village towards Glenthams. In Owmbly there are dog bins on Carter's Corner, end or beginning (depending which way one approaches) of Green Lane, Bakery Corner and one on Normanby Road, between the two villages. Make sure you take a pooh bag every time you take your dog for a walk, use it and deposit it in an appropriate dog bin please.

Nadine Fox (Clerk to N-b-S Parish Council)

**The latest date for entries to the August Signpost
is Tuesday the 15th of July at 6:00 p.m.**

	Whist Drive Results		
1st Lady	Janet Andrew	2nd Lady	Anne Turnbull
1st Gent	Shirley James	2nd Gent	Richard Harrison
Low Score	Brian Jois Tina Harrison	Near Score	Brian Jois Tina Harrison
Miniature	Brian Jois Anne Turnbull	Raffle	Shirley James Valerie Anderson
<p>Anyone wishing to join us at the next Whist Drive, it will be held at the home of Shirley & Neville James, Kippen, Normanby on Wednesday 23rd July at 7:30pm. We are always pleased to see new faces, and it is always a very light-hearted evening.</p>			

NORMANBY BY SPITAL PRIMARY SCHOOL

We are collecting the Sainsbury Active Kids Vouchers. These can be used to order Cookery, Gardening and Sports equipment. The collection box can be found in the link corridor. Closing date 11th July 2014

Parent and Toddler Group every Monday of term time, in the school hall 2.00pm to 3.30pm. Please contact Mrs Jacqui Clinch 01673 878296 for more details.

Medical & Dentist Appointments

If you child has an appointment during school time, please advise us prior to the appointment and provide a copy of their appointment letter/card. Thank you.

Music Lesson

From September there will be spaces for singing, claret, keyboard, flute and for Year Five and Six pupils saxophone. The lessons take place on a Monday morning during school time on a rota basis, priced at £11 per session. Please contact the school office for further information or register your child

From Mrs Crompton and the Whole Staff Team

Dates to Remember

- 01/07 Fifth swimming session
- 08/07 Last swimming session
- 11/07 Poetry festival
- 23/07 School closes for summer holidays

Contact the school on **01673 878216**

or visit the website at **www.normanbyprimary.org.uk**

St. Peter & St. Paul Church **COFFEE MORNING**

Thursday 3rd July at 10:30 a.m.

Westfield House, Owmbly

By kind permission of

Jane Hiles

Everyone welcome



NOPE - Normanby & Owmbly Park Enthusiasts

On May 17th, our Community Day was held at Normanby School to invite the residents of Normanby & Owmbly to share their thoughts on the future of our villages. An organisation called Community Lines helped us to organise the day, with interactive displays, maps and questionnaires to gather information. It was a beautiful day and the local WI served refreshments, FoNS provided face painting, and there was a colouring competition and graffiti wall to make sure that the younger generation was fully involved, too. Village groups were all in attendance with a display and tombola from Owmbly Cricket Club, a wall exhibition of work by the Painting Club, a rolling slide show of old village photos from Ken Green's collection, an online demonstration of the Facebook group "Normanby & Owmbly Old Village Photo's" and

representatives from the Youth Club, the Whist Club and all members of both Parish Councils. All of the opinions and suggestions made on the day were taken away by Community Lincs, and will be analysed and put into a report for both Parish Councils which will hopefully help to steer the future for the two villages. Lots of tea, coffee and delicious cakes were consumed by everyone that took part, and the money made has been shared between the WI and the community facilities fund for the villages. To thank people for taking the time to come to the event, and also to contribute their own thoughts there was a free raffle, with the prize being a meal for 2 (to the value of £40) at the Bottle & Glass for a lucky couple from each village. The winners were: Eileen from Normanby: and Richard from Owmbly. There were also prizes for the children's colouring competition, and these went to: Polly from Normanby: and Abby from Owmbly. Congratulations to all of our prize winners! and sincere thanks to all of our helpers: and especially thank you to the residents that took the time to call in on a lovely Saturday afternoon and make it a genuine consultation with our community.

Dave The Decorator

- *Painter / Decorator*
- *20 Years Experience*
- *Free Quotations*



Telephone:

01673 866631

Mobile: 07813 775998

Brand Consultants

Advertising

Brochures

Stationery

Leaflets

Websites

Emailers

Catalogues

Annual Reports

Signage & Livery

Exhibition Design

Banners & Flags

Direct Mail

Packaging

Logos



IN SYNC DESIGN
Print & Web Solutions

Promote your business
Achieve measurable results

**Design, Print, Web
PR & Marketing**

info@insyncdesign.co.uk

View our on-line portfolio

www.insyncdesign.co.uk

Skittlestone Cottage, Normanby By Spital LN8 2EB

01673 878 486

IAN SMITH BUILDING SERVICES

Est 1988

Qualified Builder

For a competitive quote on

New work • Extensions

Roofing • Plastering

Patios and driveways

PVCu Fascias and gutters

Floor and wall tiling

Phone Ian

on

Snitterby

01673 818614

GLENTHAM & CAENBY

GLENTHAM PARISH COUNCIL NEWS

NOTES ON COUNCIL MEETING HELD ON 5th JUNE 2014

The **village green** was discussed at length, the Council being concerned about erosion of its edges by passing vehicles. Chain and post fencing was proposed, but members of the Village Hall Committee pointed out that this would restrict overflow parking at some of the bigger events and would have a damaging effect on their success. Other ways of providing parking are being tackled, possibly at the front and rear of the Hall supplemented by off-road parking nearby.

The Council's **financial accounts** have been internally audited with a satisfactory rating, and are currently undergoing external audit.

The **defibrillator fund** currently stands at a very creditable £1,971, mainly thanks to the efforts of Cllr Sarah Shaw, who has organised quiz nights and has made successful applications for grants. Purchase of the equipment, which will be sited in the entrance to The Crown Inn, can proceed very soon.

Plans are in hand for a number of **illuminations and activities for Christmas**. Ideas will be gratefully received to make this event a very enjoyable time of year

Finally, your **Parish Clerk** is moving on, and he expresses his thanks and good wishes to all in Glentham parish for the future

Vacancy. At the time of writing, a vacancy exists for a Councillor; please contact any Councillor or the Clerk if you are interested in making a difference to your community

Dates of next meetings

The next meetings will be held on 3rd July and 7th August at 7.30pm in Glentham Village Hall. You are welcome to come and observe or to have your say.

Parish Council contact details

The Councillors:-

Mike Neumann (Chairman)
Alan Lakeman
Adam Shaw

Ian Pilcher
Sarah Shaw
Martin Kuhl

The Councillors can be contacted via the Parish Clerk, until July 20th as follows:-

Jeff Reynolds, Lark Rise, 5A Beck Hill, Tealby, Market Rasen LN8 3XS
Tel: 01673 838571 Email: clerk@glentham.org.uk

THANK YOU

THE GLENTHAM SINGERS

Thank you for supporting the Glentham singers at their concert on 17th May. £120 was raised and divided equally between St Barnabas Hospice, Lincoln and the Glentham Village Hall roof fund.

Once again, thank you for your support.

The next concert by the singers will be in the Village Hall on **Saturday 6th December 2014** at 7 30 pm.

If you would like to be a member of the singers, please phone Margaret on 01673 878004 for an informal chat.

Methodist Church

COFFEE MORNING

Tuesday 15th July at 10:30 a.m.

2 Greenfields, Glenthams

By kind invitation of Margaret Fielder

All Welcome



Glenthams Village Hall

COFFEE MORNINGS

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

July 2nd, 9th, 16th, 23rd & 30th

All welcome

Proceeds to Village Hall Funds

GLENTHAM 55+ CLUB



Monday 14th July, 2:00 p.m.
Glenthams Village Hall



Non-members would be very welcome

If you have an article or story concerning Glenthams, please contact Margaret Cromack on 01673 876242 - or email your submission to her at glenthams@owmygroup.co.uk

GLENTHAM VILLAGE STORE

PARCEL DELIVERY SERVICE NOW AVAILABLE WITH 'myHERMES'
CHEAPER THAN ROYAL MAIL



SHOP OPENING TIMES

Monday – Saturday: 7:00 a.m. - 7:00 p.m.

Sunday: 9:00 a.m. - 12:30 p.m.

Lunchtime closing: 12:30 p.m. – 1:30 p.m. every day.

Bank Holiday Mondays: Closed all day

Contact us: High Street, Glenthams, LN8 2EQ.

Telephone/fax: 01673 878474

GLENTHAM & CAENBY TAPESTRY GROUP

The next group meeting will be on
 Tuesday 1st July at 7.30 p.m.
 The Trap House, Glentham
 All old and new members are welcome.

'The Crown' at Glentham Men's Breakfast

Roy has agreed to serve breakfast on
Saturday 12th July at 9:00 a.m.



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

PRESENCE PRAYER AND BIBLE STUDY GROUP

Inter-denominational - Praying for our Communities

Thursdays 10th and 24th of July at 7:00 p.m.
 at Tilsit, Bishop Norton Road, Glentham.
 Contact Jenny or Peter on 01673 878806

GLENTHAM & DISTRICT GARDENERS' CLUB

Yearly Membership is only £3 per person

Which entitles you to receive the following discounts:

Brigg Garden Centre, Tower Nurseries at Hemswell Cliff, Fail Gardens Plant Centre in Kirton Lindsey.



We meet in Glentham Village Hall at 7.30pm
 on the second Tuesday of the month
 If you would like to join please come to the next meeting on

Tuesday 8th July
Summer Meal

None Members Welcome

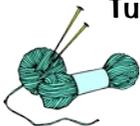
KNIT & KNATTER

Tuesdays 1st & 15th July 2:00p.m. - 4:00p.m.

Glentham Village Hall

Come & have a cuppa & a chat while doing
 your needlecraft or learning new crafts.

Everyone Welcome



Come and join us at a self-help **Computer Group**
where we share knowledge such as:



How to sort photographs
How to create a calendar
How to create address labels
Making posters

Tuesday 8th & 22nd July
2 – 4 pm

Glenthams Village Hall

£1.50 per week

Everyone welcome

Enquiries to Margaret 07711 112171

Mega Makers! Holiday Club

4th – 8th August

10:00 – 12noon

4 to 12 year olds

Glenthams Methodist Church

Based on the theme of inventions and exploring the vastness of God's love using stories from Matthew's Gospel.



Packed with creative teaching, games, songs, prayers, craft & bible readings

Contact Jenny Atkinson 01673 878806 for Booking Forms
Cost – £5.00 per child

Please come and discover the truth that God's love for you is vast! – far wider and longer and higher and deeper than you can ever imagine!

Book YOUR place TODAY!!!!

Songs of Praise, Glenthams

As mentioned in the previous Signpost, the 6:00pm evening service on Sunday the 14th September at St Peter's Church, will be a celebration of hymns and readings chosen by you. If something has inspired you, comforted you or just made you smile come along and share it with others.

Let us know what you have chosen by contacting the Reverend Adrian Smith on aksmith96@btinternet.com or Robert Rowe on robert14526@gmail.com.

If you prefer you can leave a message for Adrian at 01673 860464.



Afternoon Tea
 In aid of
St Peters Church, Glentham
 At
Sarah's Cottage, Glentham
 On
Sunday 20th July 3 - 5pm
 Also Cake Stall & Raffle



GLENTHAM VILLAGE HALL



CELEBRATES 50 YEARS



OUR GOLDEN JUBILEE

FAMILY FUN DAY

SUNDAY 13th JULY 2014

On the Village Green - 2:00pm - 4:00pm
 Bring your own picnic and fizzy pop
 Fun & games for all the family

Sack race, Egg and spoon race
 Obstacle race, Wheelbarrow race
 Running for all the family
 3-legged races (adults only)

Events will be held in the village hall if weather inclement



CROWN INN

High Street, Glenthams, LN8 2EQ
 Telephone 01673 878294
 crownlenthams@yahoo.com



A warm, friendly pub serving five real ales and good quality beer and wine. Cosy restaurant area serving high quality food and also bar snacks.

*** Wednesday 9th July - Charity Evening ***

In aid of Glenthams Defibrillator fund

Three singers, buffet, raffle prizes - donations for raffle appreciated
£3 per person - limited tickets still available don't miss out

Food Served Mon-Fri: 12 til 2.30 and 5 til 9 evenings
 Sat & Sun - 12 til 9 pm
 Full Menu Every Day & Sunday Carvery
 Roast of the Day Mon-Fri Lunch

LARGE BEER GARDEN & PLAY AREA
LARGE CAR PARK, COVERED SMOKING AREA
POOL TABLE, TV, DARTS & JUKEBOX

****** BIG SCREEN TV ******

SATURDAY NIGHT IS MUSIC NIGHT

Forthcoming Events

Tue Jul 1	Quiz	Sat Jul 19	ANGIE
Sat Jul 5	Sarah Jay	Sat Jul 26	Karaoke
Wed Jul 9	CHARITY EVENING	Tue Jul 29	Quiz
Sat Jul 12	Jimmy Needes	Tue Aug 12	Quiz
Tue Jul 15	Quiz		

**FREE
HOT DRINK**
1 per voucher

SP JULY
Photocopies not accepted please present to till Ts & Cs apply.

The Willows
at Glenthams
Garden Centre - Cafe - Deli

Afternoon Tea for Two

*A selection of Sandwiches,
Scones with Jam & Clotted Cream,
Cakes and a Pot of Tea*

Only £20 Per Couple

Treat someone special or spoil yourself

Lecture Lunches

*Come along and get inspired by our new featured
lecture lunches, to commence Autumn 2014.*

If you have a hobby or interest you would
like to share, please get in touch.

admin@thewillowsglenthams.co.uk

DATE FOR YOUR DIARIES . . .

The Willows Family Fun Day

25th August 2014

Join in the fun

SUNDAY CARVERY

12 TIL 3PM

£7.95 adult & £4.95 children

Friday Night Fish and Chips

back by popular demand

OUR FAMOUS FRESH GRIMSBY HADDOCK

eat in or take away

April to October inclusive, 4pm to 8pm

THE WILLOWS GARDEN CENTRE

Gainsborough Road, Glenthams,

Market Rasen LN8 2EG

Telephone: 01673 878 971

www.thewillowsglenthams.co.uk

**When was the last time You
changed your Hair?**

Blossoms Hair & Beauty Lounge

Come and try us for a change:

10% Discount on all first visits

Customer Loyalty Scheme

Sunday Walk-in Trims

**BED
HEAD**
TIGI

Find us on Facebook for our price list

J JESSICA®
Professional
GELeration™
Soak-Off Gel Polish

For further Enquiries and Bookings
Telephone: 01673 372050

The Willows Garden Centre
Glenthams, LN8 2EG

EMMA FROST PERSONAL TRAINING

CLASSES AT GLENTHAM VILLAGE HALL:

MONDAY 7:10pm - 7:30pm - **ABS CLASS** - £1 ENTRY

MONDAY 7:30pm - 8:15pm - **CIRCUITS CLASS** - £3 ENTRY

WEDNESDAY 11:30am - 12:15pm - **MOVEMENT & FLEXIBILITY FOR THE OVER 40's** - £3 ENTRY

WEDNESDAY 7:10pm - 7:30pm - **ABS CLASS** - £1 ENTRY

WEDNESDAY 7:30pm - 8:15pm - **BOXERCISE** - £3 ENTRY

SUNDAY 9:30am - **BOOT CAMP**

(CONTACT TO BOOK AS BOOT CAMP RUNS OVER A 4 WEEK PERIOD)

CALL 07912 221261

OR

EMAIL emmaand1607@talktalk.net

FOR MORE INFO/TO BOOK

OFSTED REGISTERED **CHILDMINDER**

has vacancies full/part time
and holiday cover

Excellent learning and play
opportunities to support all
ages in a homely environment

Based in Glentham

Contact Claire

01673 876217 / 07849 131761



Kevin Gray *Painter & Decorator*

over 30 years experience

Free Estimates

 07752 184 771
01673 878593

1 Paddock Chase,
Glentham, Lincoln. LN8 2FB



TELECOMMUNICATION ENGINEER

IAN CROMACK

Ex BT Engineer, 30 Years Experience

**Domestic, Commercial
& Industrial Structured Wiring
Pre-wires & New Builds**

**Extension Sockets for
Satellite TV & Internet Connection**



 01673 876 242
07742 544 642



GLENTHAM MOTORS

High Street
Glentham

01673 878591

FOR

FIXED PRICE

Servicing

Repairs

Petrol Oils Used Vehicles

Recovery

WELTON HEALTH CENTRE NEWS

From April general practitioners are being asked carry out a risk profiling exercise on patients to establish those who may be at the greatest risk of having an emergency hospital admission with a view to proactively providing care and support to reduce this risk. This will look at individuals' diagnoses, previous hospital admissions and general health with a view to establishing their current state of frailty. We will be contacting all patients who fall into the top two percent of those profiled as most at risk and will work with the individuals to agree a plan of care. If anyone wishes to "opt out" of this risk profiling process please let us know.

If you are the main carer for any of our patients it would be helpful for us to hold that information on record and also enable us to offer additional support as needed. Please give your details to our reception staff so that we can record this. Further information relating to carers may be found on our website.

We are currently surveying patients about our acute illness clinic which changed at the end of last year to ensure we take account of views and ideas where possible when shaping our services. Results will be discussed with our Patient Participation Group once completed.

Sallie Stead

WELTON PATIENT AND DOCTORS ASSOCIATION

The next PDA event will be a photography evening to be held on Thursday 18th Sept in Welton Village Hall starting at 7.30pm. It will be an illustrated talk given by Clive Minnitt (www.minnitt.co.uk) entitled The Lighter Side of Photography. Clive very kindly travelled from his home in Bristol to speak to us around 4 years ago and that event was a huge success which we hope to repeat this year. There was a good mix of keen photographers, those who just like to play around with a camera and some people who just wanted a night out. Whatever your level of photographic knowledge this is an evening I am sure you will enjoy. Clive is an excellent speaker both humorous and informative. Tickets are now on sale priced at £5 to include light refreshments in the interval. If you would like to reserve tickets please give either myself a call. (Welton 862570) or Roy Minnitt (Welton 860980)

The PDA Autumn Fayre is planned for Saturday 18th October in Welton Village Hall. Tables are available for hire priced £5. We are as usual looking for a good mix of sale items so please call Roy Minnitt (860980) to express interest in hiring a table. Unfortunately we won't be able to take bookings from anyone wishing to sell cakes or food items.

We will be looking for bric a brac, books, tombola items, in date groceries for the grocery trolley, anything in a bottle or glass and wine for the wine or water game. We will also be asking for cakes on the day.

If anyone can offer any of the above, please give me a call on 862570 and I can arrange collection if necessary.

Thank you for your continued support of the PDA

Janet Goddard

DISCLAIMER

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'.

Your Neighbourhood Policing Team

PC 326 Martin DOHERTY - 07939 890958 - martin.doherty@lincs.pnn.police.uk

PCSO 2206 Julie MCFAUL - 07825 100397 - julie.mcfaul@lincs.pnn.police.uk

PCSO 2297 Angie RAPER - 07944 776999 - angie.raper@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
Tues 1	St Chad's Church, Dunholme	10:30 a.m.
Tues 1	Willoughton Tuesday Club	6:00 p.m.
Wed 2	Bishop Norton Church	10:30 a.m.
Thurs 3	St Mary's Church, Welton	10:00 a.m.
Mon 7	Park House, Welton	2:00 p.m.
Wed 9	Faldingworth Village Hall	10:00 a.m.
Thurs 10	Hemswell Cliff Primary School	9:30 a.m.
Sat 12	Methodist Church, Welton	10:30 a.m.
Wed 16	RAF Scampton V Cafe	10:00 a.m.
Thurs 24	RAF Scampton Youth Club	6:00 p.m.
Mon 28	Park House, Welton	2:00 p.m.
Thurs 31	St Mary's Church, Welton	10:00 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**.

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.com

David Heath Plumbing Services

Kitchen & Bathroom Installations

Tel:01673 828143
Mobile:07788 711393

Alterations Made Easy by Janet Louise

Back to School

Hand sewn school badges £1.85

Name tags machine stitched 60p

Blazer sleeves shortened - lined £8.00, unlined £6.00

Trousers and skirts shortened - lined £8.00, unlined £6.00

Other alterations available quotations on request

Children's dresses made for all occasions

Call **01673 876240** or email **jansal@hotmail.co.uk**



Lincolnshire's Premier Lawnmower & Garden Machinery Centre

Green Stripe

GARDEN MACHINERY

Elite Maestro Petrol
Garden Shredder



Billy Goat Lawn Vacuum



(Shown with optional hose kit)

SEASONAL OFFERS

Petrol Hedge Cutters



Husqvarna 236 Chainsaw
c/w 14" bar & chain



Husqvarna Hand Held Petrol Blower



Bishop Bridge, Market Rasen, Lincs LN8 3LY Tel: 01673 844250 Fax: 01673 844021
www.greenstripe.net email: sales@greenstripe.net

AVA PERSONAL CARER

Do you need help in looking after a loved one?

I am willing to undertake all aspects of personal care, washing, cooking, cleaning, etc. or just to sit and have a chat.

If you think I could help you, please contact me

Qualified & Experienced

Fully Insured

CRB Checked

References Available

Short or Long Term

01427 611431

Black Cat Electrical



Domestic Electrician

01522 822584

07743072196

blackcatelectrical@yahoo.com

Russ & Bob's We Can Do Service

- **All Garden Work**- walls, patios, drives, gravel, lawns, plants, etc.
- **Landscaping** - hard and soft undertaken, planting and maintenance
- **Boundaries** - walls, fences all types, hedges all aspects
- **Trees** - planted, lopped, pruned, felled as needed
- **General House maintenance/building** - all work under taken
- **Drains** - septic tanks installed, maintained, soakaways etc

Fully insured. References if needed. Past work can be viewed

Office:- 01673 885595 Mobile:- 07709 233876

Bob Froggatt. 1 Cross Keys Yard, Front Street,
Normanby-by-Spital. LN8 2ED



BUSINESS ADMIN CAUSING YOU STRESS



Whether it be:

Basic Book Keeping

Annual Accounts Production
VAT Return Completion

Personal or Corporate Tax
Return Preparation

Payroll Processing
Limited Company Formations



We have the expertise to help you

Contact Steve or Sandra at
Lincolnshire Business Service on 01673 885170

Bringing down the cost of Professional Fees



JUST PATIOS

All building work undertaken

Frank Barton
The Cottage
High Street
Glentham
LN8 2EQ

BRICKWORK
BLOCK PAVING
DRIVES
BLOCKWORK

Over 30 years experience
FREE consultation and quotation

Tel: 01673 878130

ARCHITECTURAL DESIGN



- EXTENSIONS
- ALTERATIONS
- CONVERSIONS
- NEW BUILDS

FULL PLANNING & BUILDING REGULATION SERVICE
SPECIFICATIONS & BILLS OF QUANTITIES PREPARED
STEEL BEAM DESIGN CALCULATIONS PREPARED FOR BUILDING REGS

7 Gladstone Street, Gainsborough, Lincolnshire DN21 2ND
Call Eric on 01427 614500 or 07947 591 952

K9 fuels

*Suppliers of
Heating Oil, Gas Oil, Derv & ULSP*

Telephone: 01673 878346

www.k9fuels.co.uk

Local Independent Business, DEDICATED to Serving YOU
Call anytime for an instant quote



Caenby Hall, Market Rasen, Lincs LN8 2BU

PBFS PEST CONTROL**ALL PESTS**

Rats, mice, moles, wasps etc

Domestic - Commercial - Agricultural

**Paul Brand****01673 849 925**
07867 558 318**PRESSED****4****TIME****IRONING SERVICE**All ironing picked up
and delivered to your door
QUALITY SERVICE**Hangers & Baskets supplied****Contact SHARON on 07957 566389**
FOR A COMPETITIVE QUOTEwww.memoriesstudioonline.co.uk
enquires@memoriesstudioonline.co.uk

BABIES

BUMPS

PETS



FAMILIES

EVENTS

GROUPS

Studio shoots £35.00 inc free A4 framed picture worth £20.00

Pictures start at £3.00

Packages available. Visit the website for details

Evening and weekend bookings available at no extra cost

Images within 10 days of shoot

Gift certificates available

Hazel

07876 615 049

Waddingham

**Is your kitchen looking
tired and dated?**

Are you looking for a complete new kitchen or replacement doors and worktop? Hemswell Kitchens can help. Please call in to see our refurbished showroom. Free no obligation design service.

**Tel: 01427 667 450****www.hemswellkitchens.co.uk**Hemswell Cliff Business Centre,
DN21 5TL**T.M.MANNION**

Electrical Contractors

N.I.C.E.I.C. Registered

Domestic, Agricultural
and Industrial installations

Security Lighting

Tel: 01673 878585



J. Marshall

Funeral Directors

For the most dedicated professional help, knowledge and understanding



N.A.F.D MEMBER

"We are at your service in your time of need"

49-51 QUEEN STREET, MARKET RASEN. Tel. (01673) 843725

Pre-Paid Funeral Schemes Available



A wealth of expertise on your doorstep

**WHITELOCK FINANCIAL
PLANNING LTD**
WEALTH MANAGEMENT CONSULTANTS

We provide an experienced wealth management service and offer specialist advice in a wide range of areas including:

- Investment planning
- Retirement planning
- Inheritance Tax planning

For further details contact Julie Whitelock on:

Tel: 01652 640888

Email: julie.whitelock@sjpp.co.uk
www.whitelockfinancialplanning.co.uk

MULBERRY NAILS

Now At

Head to Toe Hair & Beauty Salon
276 Wragby Road, Lincoln, LN2 4PX

Spa Nails ~ Shellac ~ Minx

Also

Waxing ~ Lash & Brow Tinting

Call For an Appointment

Tel: 01522 544454



Property Cleaning Services
Reliable, Trustworthy
and Fully Insured

- ✓ One-off property cleans – Lets/Moves
- ✓ Top Quality Carpet, Curtain, Upholstery & Mattress Cleans
- ✓ Hard Floor Cleaning & Restoration
- ✓ Motorhome, Caravan & Car Interior Cleans

Contact: Maggie Walker
Tel: 01777 872183 / 07866 532496
Email: maggie.walker@allcleannow.co.uk

All Clean, 55 Linden Avenue, Tuxford, Notts. NG22 0JR



LETTING & PROPERTY MANAGEMENT

Tel: 01652 654269

Mob: 07799 035700

www.angelapowell.co.uk

Full furnishing service available

We are one of North Lincolnshire's only full service property managers, with over 40 years of property management and construction experience



We are chosen for experience in:

- Large estate portfolios
- Small private landlords
- Overseas landlords
- Corporate lets
- Local and national marketing

A.J. Myers Joinery

- uPvc and Timber Windows, Doors, Fascias & Soffits, Guttering and Conservatories
- Roofing, Loft Conversions
- Kitchens, Wood and Laminate Flooring
- Bespoke Furniture

**No Job Too Small
Free No Obligation Estimates**



www.ajmyersjoinery.co.uk - 01673878933 - 07731985030



W.R. Crowe Ltd Construction

New Build, Domestic, Commercial
Loft Conversions
Structural Repairs, Stone Work
Brickwork Repairs

Maintenance, General Repairs
Damp Proofing Specialists
DPC Injection, Tanking
Timber Treatment

W.R. Crowe Ltd
Fen Road, Owby-by-Spital, LN8 2HP

Telephone: (01673) 878303 / Fax: (01673) 878546 / Email: contracts@wrcrowe.co.uk

Wild Duck Holiday Park



A Norfolk holiday park in a natural woodland setting

Fancy having your own beautiful holiday home on the edge of the Norfolk broads, somewhere to relax and escape?

Enjoy endless holidays with a holiday home ownership.

Holiday homes from £3k deposit and £165 p/month.

Rental income available.

Call Jade on 07792 820310 and mention the Signpost Magazine for a free VIP park tour.

M.R.Parker Builders

- ❖ Bricklaying
- ❖ Plastering
- ❖ Tiling
- ❖ Landscaping
- ❖ Groundwork

www.mrparkerbuilders.co.uk

01673 842039 / 07777 648414

NO JOB TOO SMALL



Chimney Sweep From £25

Phone David 01673 878450

R & M HARRISON LTD

ELECTRICAL CONTRACTORS

Owmbly-By-Spital

Domestic, Commercial & Agricultural Engineers

Tel: 01673 878283

Email: admin@rmharriselectrical.co.uk

N.I.C.E.I.C. Approved Contractors
U.K.A.S. Accredited

Piano Tuition

Natasha Tindall CT ABRSM

All ages and abilities

Learn just for fun or to undertake examinations

Call for a chat

01673 866789 or 07834 785282

SPRINGLINE CHURCH SERVICES

Day	Time	Service	Place	By
Sunday 6th <i>3rd after Trinity</i>	9:30 a.m.	Holy Communion	Ingham	AS
	9:30 a.m.	Morning Prayer	Burton	Churchwardens
	10:15 a.m.	Family Service	Scampton	FST & ST
	10:15 a.m.	No Service	South Carlton	
	6:00 p.m.	Evening Prayer	Brattleby	BH
Sunday 13th <i>4th after Trinity</i>	9:15 a.m.	Holy Communion	Cammeringham	BW
	9:30 a.m.	Holy Communion	Burton	JH
	10:30 a.m.	Family Service	Ingham Church	FST
	10:30 a.m.	Morning Prayer	Brattleby	NH
	10:30 a.m.	Holy Communion	North Carlton	BW
	11:00 a.m.	Holy Communion	Fillingham	JH
	6:00 p.m.	Evening Prayer	Scampton	SD
Sunday 20th <i>5th after Trinity</i>	8:30 a.m.	Holy Communion	Ingham	BW
	9:15 a.m.	Morning Prayer	Cammeringham	JB & BH
	9:30 a.m.	Holy Communion	Scampton	ST & SD
	9:30 a.m.	Morning Prayer	Burton	NH
	10:15 a.m.	No Service	South Carlton	
	3:00 p.m.	Evening Prayer	Burton	JH
Sunday 27th <i>6th after Trinity</i>	9:30 a.m.	Holy Communion	Brattleby	ST
	9:30 a.m.	Holy Communion (BCP)	Burton	JH & NH
	10:30 a.m.	Joint Service	Ingham Church	JB
	10:30 a.m.	No service	North Carlton	
	6:00 p.m.	Evening Prayer	Fillingham	JP

MOBILE LIBRARY

Normanby by Spital	Council Houses	12:30 - 13:00	Mondays 9 Jul 6 Aug 3 Sept
Hackthorn	School	14:00 - 14:30	
Full details, enquiries and renewals: 01522 782010			

POST OFFICE OPENING TIMES

Glentham	Monday	09:00 - 11:30
	Thursday	14:00 - 16:30
Normanby & Owmbly	Monday - Friday	07:30 - 19:30
	Saturday	08:30 - 19:30
	Sunday	09:00 - 16:00

To have your product or service advertised in Signpost or on the website,
please contact Steve, the editor, for more details.
His telephone number is on the contacts page towards the back of this month's edition.
Full details are on the web site at <http://owmbygroup.co.uk/contact>

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
		Dispensary	01673 840254
		Welton	01673 862232
Charities			
Age Concern	01507 524798		
Help the Aged	0808 8006565	Environment Agency	0800 807060
Royal British Legion	01673 860363		
Samaritans	08457 909090	Hospitals	
		Lincoln	01522 512512
Chemist, Boots	01673 843336	Gainsborough	01427 816500
		Louth	01507 600100
County & District Councils			
LCC	01522 782070	Market Rasen Mail	01673 844644
WLDC	01427 676676	NHS Direct	08 45 46 47
		Post Offices	
Crimestoppers	0800 555111	Normanby & Owmbly	01673 878353

SIGNPOST ADVERTISING RATES

<u>Size</u>	<u>Per Issue</u>
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 Signpost deadline date (15th 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.

LOCAL CONTACTS

OWMBY GROUP MINISTRY TEAM

Contacts for ministry matters e.g. baptisms, weddings, service arrangements, home visits etc.
Email addresses can be found at <http://owmbysgroup.co.uk/contacts.html>

Parish Priest	Revd Adrian Smith	01673 860464
Local Priest Owmbly & Glenthams	VACANT	
Local Priest for Hackthorn, Spridlington & Saxby	Revd Sally Turnbull	01673 862764
Local Priest	Revd Bill Williams	01522 730365
Authorised Local Ministers	Viv Bailey, Anne Hunter, Liz Harris, Peter Atkinson, Rosemary Cox, Julie Harrison, Sue Doar	

CHURCHWARDENS

Contacts to do with church or churchyard matters

Glenthams	Pat Beat	01673 878260
	Robert Rowe	01673 878717
Hackthorn	William Cracroft-Eley	01673 860738
	Cathy Andrews	01673 861058
Owmbly	Avril Harrison	01673 878393
	Liz Harris	01673 878829
Saxby	Rosemary Cox	01673 878258
	Chris Neave	01673 878820
Spridlington	VACANT	
	Anne Hunter	01673 861276

SIGNPOST TEAM

Editor & Advertising Manager	Steve Harvey	07835 429439
Treasurer	Jennifer Rayner	07539 133522
Distribution	Susan Catignani	01673 878079

VILLAGE CONTACTS

Firsby	Rosemary Cox	01673 878258
Glenthams & Caenby	Margaret Cromack	01673 876242
Hackthorn	Cathy Andrews	01673 861058
Normanby & Owmbly	Avril Harrison	01673 878393
Saxby	Steve Harvey	07835 429439
Spridlington	Diana Burrows	01673 861363

VILLAGE HALLS - BOOKING & INFORMATION

Glenthams	Margaret Cromack	01673 876242
Hackthorn	Cathy Andrews	01673 861058
Normanby-by-Spital	Caroline Vernal or Lynda Watson	01673 878216
Spridlington	Jo Howard	01673 862015

PARISH COUNCIL CLERKS

Glenthams	Jeff Reynolds	01673 838571
Normanby	Nadine Fox	01673 878148
Owmbly	Charlotte Wright	01673 838151
Spridlington / Hackthorn	Maria Wass	01673 861847

What's On Guide

Day / Date		Time	Function	Venue
Tues	1	2:00 p.m.	Knit & Knatter	Glenthams Village Hall
Tues	1	7:30 p.m.	Glenthams & Caenby Tapestry Group	Trap House, Glenthams
Wed	2	10:00 a.m.	Glenthams Village Hall Coffee Morning	Glenthams Village Hall
Thurs	3	10:30 a.m.	Ss Peter & Paul Church Coffee Morning	Westfield House, Owmbly
Thurs	3	7:30 p.m.	Owmbly & Normanby WI	Normanby School
Fri	4	7:30 p.m.	American Independence Day	Spridlington Village Hall
Sat	5	6:30 p.m.	Midsummer Music Festival	Garden House, Saxby
Tues	8	2:00 p.m.	Computer Group	Glenthams Village Hall
Tues	8	7:30 p.m.	Glenthams & District Gardeners' Club	Glenthams Village Hall
Wed	9	10:00 a.m.	Glenthams Village Hall Coffee Morning	Glenthams Village Hall
Thurs	10	7:00 p.m.	Presence Bible Study and Prayer Group	Tilsit, Glenthams
Sat	12	9:00 a.m.	Men's Breakfast	The Crown, Glenthams
Sun	13	2:00 p.m.	Family Fun Day	Glenthams Village Green
Mon	14	2:00 p.m.	Rainbow Fellowship	The Cottage, Normanby
Mon	14	2:00 p.m.	Glenthams 55+ Club	Glenthams Village Hall
Tues	15	10:30 a.m.	Methodist Church Coffee Morning	Greenfields, Glenthams
Tues	15	2:00 p.m.	Knit & Knatter	Glenthams Village Hall
The latest date for entries to the August Signpost is Tuesday the 15th of July at 6:00 p.m.				
Wed	16	10:00 a.m.	Glenthams Village Hall Coffee Morning	Glenthams Village Hall
Sun	20	3:00 p.m.	Afternoon Tea	Sarah's Cottage, Glenthams
Tues	22	2:00 p.m.	Computer Group	Glenthams Village Hall
Wed	23	10:00 a.m.	Glenthams Village Hall Coffee Morning	Glenthams Village Hall
Wed	23	7:30 p.m.	Whist Drive	Kippen, Normanby
Thurs	24	7:00 p.m.	Presence Bible Study and Prayer Group	Tilsit, Glenthams
Wed	30	10:00 a.m.	Glenthams Village Hall Coffee Morning	Glenthams Village Hall

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@owmblygroup.co.uk with all the details.