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http://owmbygroup.co.uk/signpost

LETTER FROM THE MINISTRY TEAM

Dear friends

Just recently I managed to shut myself away and work on a patchwork quilt that needs a lot of attention. Ten different fabrics, all neatly ironed and ready. Seems a shame to cut them up but that is just what happens. Cut into much smaller pieces and then stitched back together again. Some of you may have been involved in making some patches for Bernadette's project as she raises money for the charity established in grandson Jacob's name. Sometimes you can finish a quilt only to realise that there is a mistake that wasn't obvious at the time but now it's been spotted and it's seems so obvious - how did that happen? The Amish people, a Christian community in Lancaster County, Pennsylvania are well known for creating simple, beautiful quilts. The quilters deliberately put a mistake in their quilts as they contend that only God is perfect. Which gives me great encouragement as my quilts have many mistakes! But mistakes in something especially in a quilt can lead to thinking about the piece in a different way and - if the mistake is spotted soon enough - to look at ways of making the most of it. When studying creative design, mistakes are not seen as mistakes but 'design opportunities'. I had many of those!

Of course the kind of mistakes we make in practical skills differ very much from those we make in daily life when we often fail to do our duties in terms of respecting or thinking more about those less fortunate than ourselves or giving time or consideration and support to those in our communities and wider world. This is part of the human condition of which we are all aware and most of us work hard at trying to overcome these failings.

Lent, which begins this year with Ash Wednesday on February 14th, is a time of traditional fasting but it is also a time when we can strive to do better for each other in thoughtfulness, consideration, compassion and love. God works for us and through us so let's make it a time to improve our whole being, and not just try to cut back on our indulgences of chocolates, cheese and alcohol and work on those design opportunities that God gives us.

To mark Ash Wednesday on February 14th, there will be a service of Holy Communion with the Imposition of Ashes at 9.30am at Saxby church. If that is not possible why not go along to the Cathedral that same evening for a similar service at 7.30pm? You would be most welcome.

God Bless us all

Sally Turnbull

FROM THE REGISTERS

We remember with love those who have died:

Funeral and burial at Glentham on November 29th - William H Hewison, aged 92. Funeral Service at Saxby, burial at Brightwater Green Burial Meadow on December 5th - Richard Reid, aged 59.



Burial of ashes at Spridlington on December 21st - Dorothy M Newton, aged 80.

]	REGULAR CHURCH	SERVICES	
Wednesday		Morning Prayer	Spridlington	
Friday	4.00 pm	Evening Prayer	Spridlington	
	CH	IURCH SERVICES IN	FEBRUARY	
Sunday 4th	9.30	am Holy Communion	Glentham	ST
2nd before Lent	11.00 a	am Holy Communion	Spridlington	ST
	6.00 լ	om Evening Prayer	Owmby	ST
Sunday 11th	8.30	am Holy Communion	Spridlington	ST
Last before Lent	9.30	am Holy Communion	Hackthorn	ST
	10.30 a	am Sunday Special (Sunday	School) Owmby	LH
Wednesday 14th Ash Wednesday	h 9.30 a	am Holy Communion	Saxby	ST
Sunday 18th	9.30	am Holy Communion	Owmby	JH
Lent 1	11.00 a	am Morning Prayer	Hackthorn	ST
	6.00 լ	om Evening Prayer	Spridlington	ST
Sunday 25th	9.30	am Holy Communion	Saxby	ST
Lent 2	11.00 a	am Family Service	Owmby	ST
	6.00 լ	om Evening Prayer	Glentham	AH
GI	LENTHA	M METHODIST CHA	APEL IN FEBRUARY	
		Family Church		ouise Carr
		2		1 0 1

Sunday 4th	10.45 am	Family Church	Rev Louise Carr
Sunday 11th	6.00 pm	Café Church	Rev Sarah Parkin
Sunday 18th	10.45 am	Messy Church	
Sunday 25th	8.45 am	Breakfast followed by 9.30 am Service	Rev Anne Coates

THANK YOU

On 14th Dec 2017 Janet Lilly celebrated her 80th birthday with a lovely buffet lunch with family and friends at The Crown in Glentham. Instead of presents she requested that anyone who wanted could donate to The Glasgow Children's Hospital Charity. This is the charity that supports research into children's brain disease and so benefits all sick children with brain conditions. Our four year old grandson has been a patient there for the last two years undergoing 13 brain operations so far. Janet raised £255 for the charity. A huge Thank You to her and all who donated - from Jacob and the hospital.

You can donate at anytime by going to *justgiving.com/fundraising/jacobchapman* The multi-coloured patchwork quilts I am making for the same cause can be bought for £30 or to order.

Bernadette Chapman 01673 876190

PRAYER FOCUS FOR FEBRUARY

God of compassion, you call us to come back to you in love. Cleanse our hearts, so that through our Lenten prayer, fasting, and giving, we might grow in love for you and our neighbours. Through Christ our Lord, Amen.

FROM THE OFFICE OF THE BISHOP OF GRIMSBY

Dear Friends,

'Well, if he thinks he's going to get me talking about my faith, he's got another thought coming!' The reaction of a churchwarden (not of this diocese) to the suggestion made by a particular bishop that they might have a mission in his diocese, where they tried to share what they knew of Jesus to people who had not yet made the same discovery.

It is a sad, but reasonably common, response. Faith seen as a private affair, something we're reluctant to talk about even with our friends, those we trust, let alone those we might not know as well. Maybe we're afraid of being asked questions to things we haven't got the answers for. Maybe we're afraid of being thought of as strange. For whatever reason we keep firmly quiet, which means those around us are prevented from discovering the treasures we know - the difference that Jesus can make in an ordinary life, even like ours.

By contrast, one of the things that all three of the bishops in our diocese are looking forward to this year, in response to a challenge from the Archbishop of Canterbury, is to work with our second-year curates and their parishes to see how, together, we can creatively, intentionally and appropriately share what we know to be true with those we are in contact with. That is, across the diocese, in a variety of ways, simply sharing what God means to us, in the hope that others will open themselves up to all that he might have for them as well.

We have a prayer that has been written for these events. Perhaps, at the start of this year, it is a prayer you could use too:

Almighty God, source of our hope and all good things, You call us in love to share in your work of making your love known to all. Bless, we pray, all that we do in sharing the story of your love with those amongst whom we live, that through us they may catch a glimpse of the love you have for each one of us, and find their place within it themselves.

With every blessing,

+Bishop David



Welton & District Royal British Legion

As we do not meet in January the first meeting of the New Year will be on **Thursday 1st February 2018** at Welton Sports and Social Club at the usual time of 7.45 p.m. and the next meeting will be on **Thursday 1st March**.

This year will mark the 100th Anniversary of the end of World War 1 and will be a year when the Armistice Service and the Remembrance Sunday fall on the same day.

POPPY APPEAL 2017

The amounts raised in the Owmby Group Villages are :

Glentham - £538.07 Owmby - £137.83

 38.07
 Caenby - £38.45

 83
 Saxby - £68.90

 Cold Hanworth - £36.40
 Hac

45 Normanby - £326.74 Spridlington - £408.21 Hackthorn - £589.45

Owmby Group Total - £2144.05

Total raised in HCG25 area is £7363.27

Thank you to all village collectors, schools, shops etc. for a superb result and to all who donate so generously to this Appeal.

Contact Details:

Don Moore, Poppy Appeal Organiser

Tel: 01673 860732 - E-mail: rosedonlea@btinternet.com



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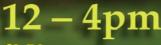
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ww.hackthorn.com

MOBILE LIBRARY			
Normanby by Spital	Council Houses	12:00 - 12:30	Wednesdays
Hackthorn	School	13:30 - 14:00	Feb 14
Full details, er	Mar 14		

Signpost

HACKTHORN & COLD HANWORTH

HACKTHORN C. OF E. PRIMARY SCHOOL

Thankfulness - that was the 'Christian Value of the Month' for the beginning of the new year, and what a lot we have at Hackthorn to be thankful for.

The children, when reflecting on the many exciting opportunities and activities which they have already experienced this academic year, were pretty much unanimous in voting the recent trip to 'Xscape' as their favourite (so far ...). Everyone had a great time on the ski-slopes of Castleford, although apparently the staff took the prize for making the most noise when they had their turn! Seriously, though, the children created such a good impression on their hosts that they were all rewarded with a selection box at the end of their visit.

Key Stage 1 have also been enjoying their trips to Witham Hill Gymnastics. Not only has this been a great way for them to keep active and fit, but we hear that their parents have been benefiting in unexpected ways, as one told us that their child is getting much more sleep after their trips!

All in all, it has been a very active term, as JB Sports have continued to visit us to provide multi-skills coaching. All this on top of a packed programme of learning all about letters and numbers .. and even a bit of Shakespeare too.

Looking a bit further ahead, we are holding an Easter Activity Afternoon for pre-schoolers on Wednesday 7th March from 1:30pm until 2:30. This is an excellent opportunity for all who are exploring their options for September 2019 to discover what our school is all about. Our pupils always look forward to welcoming all who attend these sessions, which are always very popular, so please book early to avoid disappointment.

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



8____



HACKTHORN & COLD HANWORTH LOCAL HISTORY GROUP

Thursday, 8th March 2018 at 7:30 p.m. Hackthorn Village Hall

OPEN MEETING

A Presentation by Local Archaeologist BOB GARLANT

"British Hillforts"

Castles, Communities, Corn & Corrals

Entrance is £2.00 to include refreshments

EVERYONE WELCOME

History Group website is at www.hackthornhistorygroup.org.uk



andrew.craig67@btinternet.com

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ENERGY EFFICIENCY REGISTERED

Signpost

SPRIDLINGTON

COFFEE MORNING

Wednesday 14th February at 10:30 a.m.

St Hilary's Church

Raffle, bring and buy stall Proceeds for St Hilary's Church Funds Do come along and join us, you will be very welcome!

SPRIDLINGTON LITTER PICK

A litter pick will take place on Friday 9th March. Meet at The Grove on Owmby Road at 10am. Please contact Liz on 860450 if you are able to join us. Picking equipment will be provided but please wear appropriate footwear. Look forward to seeing you all!

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NORMANBY & OWMBY

NORMANBY BY SPITAL PARISH COUNCIL NEWS

The Parish Council met on Monday 8th January and apologies were received from DC Jeff Summers, CC Lewis Strange, the police and one Parish Councillor.

Reports were received from J Summers, the police, the Community Park Committee and the Neighbourhood Plan Steering Group.

The Clerk was requested to contact J Summers to ask if the consultation period for charging for the collection of green bins had been completed, and if so, what was the outcome. J Summers was also to be asked if any concessions have been made for the elderly and infirm, who may not be able to afford the charges but still do some gardening and have no means of getting their green waste to a depot if they do not have a car.

Highways will be asked to fill in the potholes along Highgate Lane and Private Road, and that the grass verges that meet the road be raised to the level of the road. Highways will also be asked for the roads to be swept as soon as possible and to spray off weeds from pavements and roads in the spring.

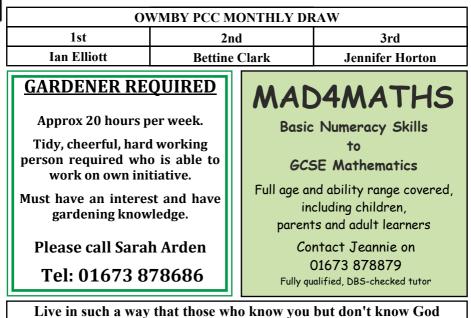
The 2018/19 precept was set at $\pounds 2,800$.

We are waiting for quotes regarding the relaying of the uneven slabs in the cemetery. A review of the cemetery fees was discussed.

There is still a vacancy for a Councillor, so if you are interested, please contact Nadine Fox on 878148 of nsdfox@gmail.com for further information.

The next meeting has been arranged for Thursday 15th March.

Nadine Fox (Clerk)



will come to know God because they know you.



Over the next few weeks you will receive a copy of the Neighbourhood Plan Survey and I would urge you to take the time to complete it, either in its paper format or on-line if you prefer. The information we get from the survey will form the basis of our Neighbourhood Plan and, therefore, the future development of our villages. It will have an impact on all those of us who are residents of either Owmby or Normanby and really needs the involvement of as many people as possible. I do hope you, and your family where applicable, will take part in this process.

Thank you

Isabelle Brooke Neighbourhood Plan Steering Group Chairman



Owmby & Normanby WI

From January 2018, Owmby & Normanby WI will be meeting in Glentham Village Hall on the second Thursday of every month at 7:30 pm. Notices for each meeting will now appear in the **Glentham Section of Signpost**

Latest Whist Drive Results					
1st Lady	Janet Andrew	2nd Lady	Shirley James		
1st Gent	Ken Green	2nd Gent	Brian Jois		
Low Score	Lois Green Richard Harrison	Near Score	Lois Green Anne Turnbull		
Miniature	MiniatureAnne Turnbull Janet AndrewRaffleAnne Turnbull Neville James				
Our	Our next meeting will be at the home of Anne and Howard Turnbull, "South View", Caenby Road, Glentham on Wednesday 14th February at 7.30pm. If you would like to join us, you would be most welcome.				
	Normanby By Spital Brownies				
From January 2018, Normanby-by-Spital Brownies will be moving to Glentham					
Village Hall. Still held on Fridays from 4:15 - 5:45 for girls aged 7 -10					
Register to join by going to					
www.girlguiding.org.uk/information-for-parents/register-your-daughter/					
	Choose "within 3 / 10 miles" and select "Normanby Brownies"				

NORMANBY BY SPITAL PRIMARY SCHOOL

What a great start to the New Year and new term at Normanby. The classrooms are looking fantastic, staff have, as always been hard at work. Discovery class are thinking about, 'What makes a hero?' and their room is full of flying superheroes; a dark Batcave; a soldier's trench and a hospital! The children have loved exploring it this week.

Voyager are researching water and thinking about whether is it, 'Essential for life or enjoyment'. You will need your goggles if you step foot in their room, it is underwater, with fish, seaweed and anchors everywhere! Endeavour's room is a complete disaster! With the essential question, 'Can we be superheroes?', they are looking at how we can survive natural disasters such as erupting volcanoes; terrifying tornadoes and deep floods. It promises to be fascinating! Check out our website for photos of our wonderful and engaging learning environments. The children are so lucky here to have such committed members of staff who work tirelessly to make them as exciting and immersive as possible. We look forward to seeing the work they produce over the coming weeks. You can see for yourself the fun and learning that takes place on our Twitter account: @normanbyspital or on our website normanbyprimary.org.uk.

We had a fun and busy start to the term and welcomed West End Productions into our school to share with us Beauty and the Beast Pantomime. All the children thoroughly enjoyed it, it was a great way to start the term. We have completed our first fund raising event in aid of Cancer Research by participating in the Winter Walk. The children wrapped up warm and enjoyed a stroll around the village pointing out places of interest to them. Year 5 and 6 children have safely completed their Bikeability award and now know how to ensure their bike is safe to ride and know how to cycle on the road with due care and attention.

Don't forget, our ever popular pre-school is now open full-time. Please ensure that you make enquiries as soon as possible to see if your preferred sessions are available. They are booking up fast!

If you are new to the area or are considering your child joining our school, please feel free to ring the school and book a time to come round, our doors are always open and we would love to meet you. Call the school on 01673 878216.

CALLING ALL RESIDENTS!

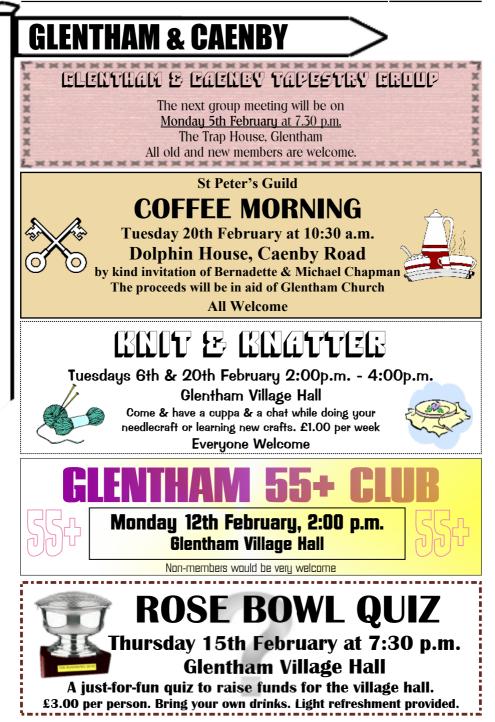
We would like to put on an exhibition of the history of Normanby by Spital Primary School after the Easter holidays in April. We have so many wonderful photographs and historical artefacts that we would love to share with the local community and celebrate the school's rich history. It would be a fantastic opportunity for younger generations to see what the school used to look like and to hear from existing residents who used to come here as children.

If you have any photos, memorabilia of artefacts you would like us to exhibit, please let the school know. Pop in, call the office on 01673 878216 or email us at enquiries@normanby.lincs.sch.uk





Signpost





GLENTHAM PARISH COUNCIL NEWS					
The council meeting took place on 4th January 2018 with one parishioner in attendance. There were no applications for co-option onto council to fill the vacant seat and so the matter was					
deferred to the next meeting.					
Children's Playground: The cradle swing is now repaired. Cllr V. Smith is to co-ordinate the views of parishioners with regard to the replacement equipment for the boat, along with looking at fund raising opportunities.					
The council would like to tidy up the play area and suggested a working party be set up. The date agreed is Saturday 3rd March and volunteers are very welcome.					
Memorial Stone Project: Still und	Memorial Stone Project: Still under discussion.				
Village Sign: This is to be sited on the village green with a raised bed surrounded by sleepers					
to protect it.					
Budget & Precept: The budget was increased to allow for funding towards refurbishment of					
the play area and a precept figure of					
Date of the next meeting is 1st Mar	ch 2018 at 7.30pm in th	e Village Hall. All welcome.			
Parish Council contact details					
The Councillors:-					
Vanessa Smith	Sarah Shaw	Rowena Summers			
Adam Shaw (Chairman)	Peter Smith	Jeff Summers			
The Councillors can be contacted via the Parish Clerk as follows:- Helen Pitman on 01472 851679 or email: hs.pitman@tiscali.co.uk					

FLIX IN THE STIX

Flix in the Stix is back for a night at the movies, with another top notch title being shown on the big screen at Glentham Village Hall.

Screening on **Wednesday 7th February** will be the award-winning **'Dunkirk'** (2017). Tom Hardy and Cillian Murphy, amongst many other famous faces star in the award winning film - An Evacuation of Allied soldiers from the British Empire, and France, who were cut off and surrounded by the German army from the beaches and harbor of Dunkirk, France, between May 26- June 04, 1940, during Battle of France in World War II.

Flix In The Stix will return in March with the fantastic '**The Third Man**' (1949) on **Wednesday 7th March**. More information about this screening will be available next issue.

Each ticket for the screening will be £4, half of which is donated to the village hall committee or parish council for use within the venue or local community. Blueprint: Film Foundation are a non-profit organisation and all other box-office proceeds will be put towards running the project. Food and drinks will also be available at each screening, with all proceeds going to the local village hall committee. **Doors open at 7:00pm**. Movie starts at 7:30pm

For more information about the film programme, visit www.flixinthestix.co.uk. You can also stay up to date by liking Flix In The Stix on Facebook at fb.com/flixinthestixlincolnshire or by following them on Twitter @FlixInStix.

Have you visited the Owmby Group website?

http://owmbygroup.co.uk

Signpost Online - Including Back Issues

http://owmbygroup.co.uk/signpost

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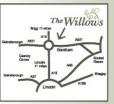
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TELEPHONE: STEVE 01673 866291

POST OFFICE OPENING TIMES

		-
Glentham	Monday	09:00 - 11:30
	Thursday	14:00 - 16:00
Normanby & Owmby 01673 878353	Monday - Friday	07:30 - 19:30
	Saturday	08:30 - 19:30
010/3 0/0333	Sunday	09:00 - 16:00
Welton 01673 860336	Monday	13:00 - 18:00
	Tuesday	09:30 - 14:30
	Wednesday	10:00 - 13:00





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WELTON HEALTH CENTRE NEWS

TRAVEL FORMS - For those patients that have already made plans to travel abroad in 2018, please remember to complete a travel questionnaire, available from reception or on the website. The Nurse will review your medical records to see if you require any vaccinations for travel. It is important you are seen as early as possible (at least 6 weeks before you travel) as a second appointment will be required with the practice nurse to actually receive the vaccinations. These vaccines have to be ordered as they are not a stock vaccine. Your second appointment needs to be at least 2 weeks before you travel to allow the vaccines to work.

Some travel vaccines are ordered on a private prescription and these incur a charge over and above the normal prescription charge. This is because not all travel vaccinations are included in the services provided by the NHS.

PATIENT SURVEYS - We are currently conducting our annual patient survey. The survey has been reviewed and approved by the Patient Participation Group Committee members at the January 2018 meeting. We would be grateful if patients would spend a few moments completing these for us and leaving them with reception.

On the survey is a section to sign up for text messages from the surgery. If you would like to receive confirmation of appointments, a reminder the day before your appointment and a reminder when your review is due then please complete a survey or let reception know and we can arrange this for you. The cost to the Practice to send a reminder letter is approximately forty four pence per letter and so a text message at a lower cost means that we are able to use these funds to develop other areas of the Practice.

DNA's - In December, 38 patients did not attend for their appointments with the doctors and 82 appointments with the nurses. Almost three days' worth of clinical time was lost due to patients not attending for their appointments.

Please let us know if you are unable to make your appointment. You can do this:

- In person
- On the telephone
- · By leaving a message on our voicemail
- Texting the practice mobile
- Online

Thank you, as always, to those patients that did make their appointments, we appreciate your help and support.

STAFF TRAINING - The surgery will be closed for staff training from 1pm on Tuesday 13th February 2018 until 8am on Wednesday 14th February 2018 *please note this is the second Tuesday of the month and not the third Tuesday as usual*.

Nadina Prestedge



WELTON PATIENT AND DOCTORS ASSOCIATION

First I have to say, a little belatedly, thank you to all the patients who sent Christmas cards and edible gifts for myself and the drivers and monetary donations for PDA funds. They are very much appreciated.

We keep saying 'it's for PDA funds' but some may be wondering what the money is actually spent on. All requests for surgery items are brought to our committee meetings by Nadina, the Practice Manager, and are then discussed, voted on and approved, or otherwise, on their merits. We aim to ensure that anything purchased from PDA funds will benefit a large proportion of the practice patients. I am sure that some of you will know that the chairs in the waiting room were purchased by the PDA and we have also provided the chairs in each consulting room. More recently we have purchased oxy meters and a portable examination light for use by the nurse practitioner and in the past we purchased the information screen and the booking in screen in the waiting room.

I will be visiting Stonecliffe Park Social Club on Friday 9th Feb at around 10.45am with a view to promoting both the text messaging service and the support to the PDA though the Co-op dividend card. I hope to meet some of you there.

The Spring Lunch is being held on Friday 27th April. We will be serving orange juice, steak pie and seasonal vegetables followed by trifle or apple crumble and custard, tea or coffee and mints. There will be the usual raffle, cake stall and books and cards for sale. Donations to any stall would be welcome and can be brought along on the day. Alternatively give me a call and I can arrange collection.

On 1st February 2018, the PDA is pleased to welcome Kevin Gibson, Engagement Manager from NHS Lincolnshire West Clinical Commissioning Group to speak to the committee members about all things NHS, with a particular focus on updates on the Sustainability and Transformation Plan (STP), and further awareness raising of NHS services locally. The invitation is open to all patients of the Practice and the event will start at 7.30pm in the waiting room.

Dates for your 2018 diary 27th April - Spring Lunch 20th October - Autumn Fayre 7th December - Christmas Lunch

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

Janet Goddard

	0	U	
PC 326 Martin DOHERTY	- 07939 890958 -	martin.doherty@lincs.pn	n.police.uk

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

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



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

Your Neighbourhood Policing Team

Date		Location	Time
Thurs	1	RAF Scampton Youth Club	6:00 p.m.
Tues	6	St Chad's Church, Dunholme	10:00 a.m.
Tues	13	Barnes Wallis, RAF Scampton	10:00 a.m.
Thurs	15	St Mary's Church, Welton	10:00 a.m.
Fri	16	Corringham Village Hall	9:30 a.m.
Sat	17	Welton Methodist Church	10:30 a.m.
<u>Please be aware</u> : 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**.

COMING to The Broadbent Theatre, Wickenby LN3 5AW

Book Tickets at: www.broadbenttheatre.org or call 0300 400 101 Doors & Bar open at 7.00pm

.....

Lindsey Rural Players' Annual Pantomime

"Babes in the Wood"

by Graham Davidson with Lyrics by Mary Davidson Directed by Sammy Tootell and Marcus Holland

February 2nd & 3rd

Evening performances 7.30pm in addition to Saturday Matinee 3.00pm Tickets £10.00 full / £9.00 Conc. Family £34 (2 adults + 2 Children)

"Quilter and the Ghost"

Presented by

Arletty Theatre

Warm, nostalgic musical-theatre of a reclusive hoarder and her strange but sweet ghost, who together in their ramshackle home collect real stories of strong and inspiring women lest they be lost to history. A glorious patchwork story-quilt forms the colourful backdrop to the play, each fragment of fabric a remembered life, some truly affecting and powerful. With lovely, emotive folk songs and well-crafted storytelling, this is an extraordinary, comic and compelling modern fairytale.

Wednesday 21st February

Tickets: £10.00 full; £9.00 conc.

The BROADBENT SINGERS

Meet at the Broadbent Theatre

We are always looking for singers to welcome to our friendly group. Come along, have some fun and learn some new songs as well as the well known ones. For more information email enquiries@broadbenttheatre.uk

Or ring 0300 400 0101.

Mondays at 1.00 pm

While every effort is made to ensure listings are both accurate and up-to-date, you should always confirm with the venue before attending an event.

*Concessions: OAPs, Students, under 16s, the unwaged, members of LRP

Pause For Thought

During my second year of nursing school our professor gave us a quiz. I breezed through the questions until I read the last one: "What is the first name of the woman who cleans the school?" Surely this was a joke? I had seen the cleaning woman several times, but how would I know her name? I handed in my paper, leaving the final answer blank.

Before the class ended, one student asked if the last question would count toward our grade.

"Absolutely," the professor said. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say hello."

I've never forgotten that lesson... I also learned the lady's name was Dorothy.

Signpost





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Kathryn Dean

Sports and Remedial Massage Therapist (qualified to Level 5) Sports Injury Therapist Clinical and Maternity Reflexologist Complementary Therapist

Reflexology is becoming increasingly popular in the treatment of many conditions such as digestive disorders, arthritis, stress related illnesses, sinus problems, allergies, back and neck injuries to name but a few.

Maternity reflexology is a wonderful way of helping ladies cope with the aches and pains during pregnancy, after birth and during menopause. I also help couples with fertility issues.

Indian Head Massage helps to calm the mind whilst releasing tension and emotion in the body. Excellent for tension headaches, eye and ear problems, sinusitis and congestion, neck and shoulder stiffness, stress relief and many more.

Hopi car candles help balance the fluid and pressure in the ear making them very useful for even inner ear conditions. An extremely relaxing treatment! **Sports and Remedial Massage** – a clinical therapy that uses massage techniques to manipulate the body's soft tissue. Helps to prevent and treat sports and non sport related injuries, relieve muscle tension, swelling and pain.

Sports and Remedial Massage is not exclusively for athletes. I treat people from all walks of life, who benefit from the release of soft tissue tension.



Gift Vouchers Available



Please call Kathryn Dean MAR, PR, ISRM for further details or to make an appointment. 01427 668897, 07747 471752. Email:edenreflexology@gmail.com Website: www.eden-reflexology.co.uk The Old Post Office, St George's Hill, Glentworth.





USEFUL TELEPHONE NUMBERS

Adviceline Lincolnshire	08444 111444	Doctors	
Alcoholics Anonymous	01159 417100	Ingham	01522 730269
Anglian Water	08457 145145	Hibaldstow	01652 650580
British Rail	08457 484950	Market Rasen	01673 843556
Bus Enquiries	08456 050605	Test Results	01673 840256
Charities		Dispensary	01673 840254
Age Concern	01507 524798	Welton	01673 862232
Help the Aged	0808 8006565		
Royal British Legion	01673 860363	Environment Agency	0800 807060
Samaritans	08457 909090		
Alzheimer's Society	01522 692681	Hospitals	
WL Dementia Support	01427 613033	Lincoln	01522 512512
County & District Cound	ils	Gainsborough	01427 816500
LCC	01522 782070	Louth	01507 600100
WLDC	01427 676676		
		Market Rasen Mail	01673 844644
Crimestoppers	0800 555111	NHS Direct	08 45 46 47

<u>SIGNPOST ADVERTISIN</u>	SIGNPOST ADVERTISING RATES		
Size	Per Issue		
1/6 A5 page (60 mm x 60 mm)	£6.00		
1/3 A5 page (60 mm x 122 mm)	£12.00		
2/3 A5 page (122 mm x 122 mm)	£24.00		
Full A5 page (122 mm x 184 mm)	£36.00		

Registered Charities, please contact the editor for insertion policies.

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

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.

Printed flyers must be delivered to our distributor by the 18th of the month.

	LOCAL CONTACTS	
Rural Dean	Revd Richard Crossland	01522 754752
0	WMBY GROUP MINISTRY TEAM	
Contacts for ministry matters e.g. ba Email addresses can be found at http	ptisms, weddings, service arrangements, home visits e ://owmbygroup.co.uk/contacts.html	etc.
Parish Priest	Revd Sally Turnbull	07549 522494
Local Priest	Revd Bill Williams	01522 730365
Local Priest	Revd Sue Deacon	01522 730167
Reader	John Beverley	01522 730752
Authorised Local Ministers	Anne Hunter - 01673 861276, Liz Har Rosemary Cox - 01673 878258	rris - 01673 878829,
Pastoral Team: for home and hospita the above. Your call will be treated it	Il visits, visiting in bereavement, home communion an n confidence.	nd prayer please contact any of
For wedding enquires, funerals and contact the Deanery Administrator, S	all churchyard matters, such as reserving a grave spac Shirley Keyes on 01522 931075	ce, grave headstones please
	CHURCHWARDENS	
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Gientilani	Robert Rowe	01673 878717
Hackthorn	William Cracroft-Eley	01673 860738
	Anne Ward	01673 861821
Owmby	Liz Harris	01673 878829
Saxby	Rosemary Cox	01673 878258
Spridlington	Claire Marris	01673 861127
GL	ENTHAM METHODIST CONTACTS	
Minister	Rev Anne Coates	01673 843362
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VILLAG	E HALLS - BOOKING & INFORMAT	TION
Glentham	Vanessa Smith	01673 878816
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Normanby-by-Spital	Caroline Vernall or Lynda Watson	01673 878216
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1 0	PARISH COUNCIL CLERKS	
Glentham	Helen Pitman	01472 851679
Normanby	Nadine Fox	01673 878148
Owmby	Charlotte Wright	01673 838151
Spridlington / Hackthorn	Maria Wass	01673 861847
1 -0	SIGNPOST TEAM	
Editor & Advertising Manager	Steve Harvey	07835 429439
Treasurer	John Fox	01673 878148
	Keith and Liz Harris	01673 878829
Distribution	Eileen and David Barton-Smith	01673 876134

The latest time for entries to the March Signpost is Thursday the 15th of February at 6:00 p.m.

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

What's On Guide				
Day / Date		Time	Function	Venue
Thurs	1	10:30 a.m.	Ss Peter & Paul Coffee Morning	Lynton, Owmby
Mon	5	7:30 p.m.	Glentham & Caenby Tapestry Group	Trap House, Glentham
Tues	6	1:00 p.m.	Knit & Knatter	Glentham Village Hall
Wed	7	10:00 a.m.	Glentham Village Hall Coffee Morning	Glentham Village Hall
Wed	7	7:30 p.m.	Flix in the Stix - ""	Glentham Village Hall
Thurs	8	7:00 p.m.	Presence Prayer & Bible Study Group	Tilsit, Glentham
Thurs	8	7:30 p.m.	Owmby & Normanby WI	Glentham Village Hall
Sat	10	9:00 a.m.	Men's Breakfast	The Crown, Glentham
Sat	10	10:00 a.m.	Hackthorn Coffee Morning	Hackthorn Village Hall
Mon	12	2:00 p.m.	Glentham 55+ Club	Glentham Village Hall
Wed	14	10:00 a.m.	Glentham Village Hall Coffee Morning	Glentham Village Hall
Wed	14	10:30 a.m.	St Hilary's Coffee Morning	St Hilary's Church
Wed	14	7:30 p.m.	Whist Drive	South View, Glentham
The latest time for entries to the March 2018 Signpost is Thursday the 15th of February at 6:00 p.m.				
Thurs	15	7:30 p.m.	Rose Bowl Quiz	Glentham Village Hall
Sat	17	9:30 a.m.	Sugar & Spice	Willows, Glentham
Sun	18	12:00 p.m.	Snowdrop Sunday	Hackthorn Hall
Tues	20	10:30 a.m.	St Peter's Guild Coffee Morning	Dolphin House, Glentham
Tues	20	2:00 p.m.	Knit & Knatter	Glentham Village Hall
Wed	21	10:30 a.m.	Glentham Village Hall Coffee Morning	Glentham Village Hall
Thurs	22	7:00 p.m.	Presence Prayer & Bible Study Group	Tilsit, Glentham
Wed	28	10:30 a.m.	Glentham Village Hall Coffee Morning	Glentham Village Hall
Wed	28	7:30 p.m.	Hackthorn Gardening Club	Hackthorn Village Hall

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'.

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