

#### **AUGUST'S LETTER FROM THE MINISTRY TEAM**

Meteorologically speaking, it is summer. However, I am not sure that, as is so often the case in the UK, the weather got the memo!

Summer is traditionally a time of journeying, of change. I have spent many years playing, singing and hearing that wonderful children's hymn, '*One more step along the world I go*'. At this time of year, the Year 6 children have left their primary schools to prepare to start a new adventure at secondary school, others are preparing to go to new schools for a variety of reasons, others will be preparing to start school, college, university or jobs for the first time. Couples are getting married and starting on their new adventure as a married couple. Some may be becoming parents, grand-parents or even great grand-parents. Many will be moving house or moving away from home for the first time. People are going on holidays, having days out either close to home or travelling further afield, exploring new places, meeting new people, and seeing more of God's amazing world.

The Bible is full of stories of journeys that God wills; the Israelites' exodus from Egypt to escape slavery and their journey to the promised land; Jacob's son, Joseph is sold by his brothers from Canaan to Egypt where God puts him in a position to be able to help his family and millions of others in a time of famine. Even the Romans became unwitting subjects of God's will when Caeser Augustus issued a decree that a census should be taken of the entire Roman world which sent Joseph and his pregnant wife, Mary, to Bethlehem where Jesus was born.

Life is a journey which is unique to each of us, and it is only God who knows where it will lead us. I like to use the analogy of life being like a train journey with various stops along the way as we travel through the stages of our lives. Sometimes, the journey may feel difficult travelling from one stop to the next, or it may be exciting, or even a bit of both. Some places or people will be significant to us such as friends or family maybe and stay longer on our train then others who we meet fleetingly. People may get off our train and then re-join it again later in our life. Others may influence our journey more than other people, sending us travelling off in a different direction, no matter how long they are on our train. However, it is often the case that no-one travels with us through all of our life so as we continue with our journey, we might sometimes feel alone on our train.

However, if you place your faith in God, you will know that He travels with you every step of the way; on the journey, at the stops, in times of joy and in times of difficulty. You are not alone, ever. He was with you from before your birth and will be with you beyond your death. One of the most comforting verses in the Bible is at the end of Matthew's gospel, chapter 28:20(b) where Jesus says to his disciples "And surely I am with you always to the very end of the age." What a wonderful gift that is, to have God, the creator of this wonderful world who loves you, as your travelling companion on your train from the start of your journey to the very end.

I wish you all a lovely summer, travel safely, and I hope that the weather does eventually get the message!

God bless.

Tasha

**FACEBOOK** 



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

The deadline for entries to the September 2024 Signpost is Thursday the 15th of August at 6:00 p.m.

♥ <u>\$</u> ★ ♦	LATEST WHIST DRIVE RESULTS		
1st Lady	Carol Haycocks	2nd Lady	Lois Green
1st Gent	Anne Turnbull	2nd Gent	Liz Baxter
Low Score	Beryl Brittain Brian Jois	Near Score	Lois Green Alan Dawson
MiniatureLois Green Richard HarrisonRaffleBrian Jois Jane Tingle			

If you would like to join us, our next Whist Drive will be at the home of Anne and Howard Turnbull in Glentham on Thursday 15th August, starting at 7:00pm. New players welcome.

# **IN MEMORIAM**

#### Chris W Allen 11.09.71 - 19.05.24

No person is ever truly alone. Those who live no more, whom we loved, echo still within our thoughts, our words and our hearts. What they did, and who they were, becomes part of all that we are forever. We all miss you so much, Chris. Love you always, your family. xxx

We will be collecting donations for the British Heart Foundation. If you would like to, please donate at https://chriswallen.muchloved.com/

Chris Allen had been an advertiser and supporter of Signpost Magazine for as long as I have been part of the team. The family contacted me after he had passed to inform me. I said, as a mark of respect we held for him, that I would place an In Memoriam for him.

Steve - the Editor

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# HACKTHORN & COLD HANWORTH>

#### HACKTHORN C. OF E. PRIMARY SCHOOL

Wow - another jam packed half term at Hackthorn.

We have now completed our ten weeks of swimming sessions and are proud to say ALL our children achieved a safety skills and distance award. Well done all.

Key Stage 1 pupils have been looking at ariel views of the school. This started with working on ariel views of the classroom; looking at shapes around the classroom to help them. They then used photos of the outside of the buildings to help create an ariel map of the school, showing great perseverance in doing this... perseverance being the 'value' we are thinking about this term. Years 1 and 2 have also been working on their Design and Technology; they have been creating winding mechanisms using axles to create a prop, which they will use when they sing nursery rhymes to reception.

Key Stage 2 have been busy historians and detectives, learning all about the history of our village and piecing together clues from evidence and sources. These have included census documents, gravestones and our local history expert Cathy Andrews who has been a fountain of knowledge - thank you. The children have loved the whole topic and enjoyed walking around the village looking at dates and features on the buildings.

Key Stage 2 are also busy working on their Design and Technology topic. Years 3 and 4 are busy designing bags; making plans and prototypes with paper before moving on to sewing with their chosen fabric. Years 4 and 5 are busy making hats and had great fun measuring each other's heads! We cannot wait to see the finished products as we have lots of budding designers in school.

Reception children sang their hearts out in front of a packed audience in Good Work Assembly, singing their number bonds to 10 song, which you can hear most days while the children are going about their usual routine. Reception children have also written a whole class letter to our new starters, telling them all about the exciting things they can look forward to in September.

We had a great day learning all about 'A Road to Paris' with our sports coaches from JB Sports. The children spent the whole day accessing different activities and sports, learning about the Olympic Games on the way.

Some of the sports they had a go at were; boxing, archery, bocce, goal ball - where the goalkeeper is blindfolded and the ball has a bell in it, nerf gun target practise and wheelchair racing.

As well as all these sports to play, the children also had classroom-based learning too; designing their own sports kit, going on a virtual tour of Paris and writing a postcard to tell all the friends and family about the landmarks and museums, and researching about the Olympic rings and making some fantastic art displays of the countries that participate.

Sports Day was a busy time again with all the children working in teams from reception through to Year 6 in the morning, taking on various sporting challenges and then in the afternoon racing against their peers in front of parents and carers.

Luckily the weather was kind and we had no rain! Friends of School served drinks and this year Cont...

#### HACKTHORN AND COLD HANWORTH PARISH COUNCIL

Dates of meetings for 2024 are **10th September** at 8pm and **12th November** at 7pm. Parishioners are welcome to attend meetings which are held in Hackthorn Village Hall.

Minutes of the meetings are posted on the council website

https://hackthorn-cold-hanworth.parish.lincolnshire.gov.uk

The clerk can be contacted at hackthornpc@yahoo.com or on 07955 797393

we also had available plum bread and cheese snack boxes to purchase, which went down a treat (as well as raising money).

Friends of Hackthorn School have also been busy this term organising lots of opportunities for our children. First we had an exciting competition of Grow your own Radishes, judged by our very own expert (official title) 'Keith The Gardener' - from Hackthorn Hall. We had lots of different categories to judge including - longest, roundest, most glamourous, and perfect pair! Keith had his work cut out as we had a fab amount of entries - well done everyone!

Friends also held a festival-themed disco for the children to enjoy. This year a karaoke went down a treat and it was a joy to see the shyer, quieter children showing off their singing talents.

We are very grateful to the Friends of Hackthorn School for being a dedicated team of volunteers who work tirelessly for the benefit of our children's experiences.

It is now coming to the end of our school year and time to say goodbye to our Year 6s. We celebrate their time coming to an end by sharing our memories of them with the whole school, and they also share their memories too. There will be tears, however, this is an exciting time for them and a brand-new adventure awaits them in their new secondary schools. We wish them lots of love and luck as they move on and hope they will pop in and say hello now and again.

If you would like to visit our school and see what a special place it is, please make an appointment with the school office -  $01673\ 860295$ .

Happy summer everyone - have a lovely break.

# **Hackthorn Lunch Club**

The Lunch Club meet at Hackthorn Village Hall on the 2nd Wednesday of the month. There is, however, no meet up in August. The next lunch will be on

11th September at 12.00pm for 12.30pm.

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

All welcome, no age restriction. There is no charge. Donation is welcome - any money received goes to St Michael & All Angels' Church.

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

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# **SPRIDLINGTON**

### <u>First Friday Club</u>

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

We are having a break during the summer, so our next get together will be on September 6th

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

#### St Hilary's Church Spridlington

Save the Date

#### Saturday 5 October 2024

7.00pm

### The Award-Winning Lincolnshire Fire and Rescue Concert Band

An evening of music for all tastes from a full concert band will be a unique event and fill the church with glorious sound.

Further details will appear in the September edition of Signpost.

An event not to be missed.

Pre book your ticket now £10.00 to include interval drink and nibbles.

Contact : Anne Hunter @ 01673861276 or email annehunter.brindle@btopenworld.com



Life is too ironic... It takes sadness to know what happiness is, noise to appreciate silence and absence to value presence.



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Full time

#### WAREHOUSE WORKERS

Full time seasonal: November to April

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#### britishhardwood.co.uk/recruitment

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### WHATS ON:

- Join us Behind the Garden Wall for a day of family fun! Check out our website for more information
- Join us for breakfast, lunch or just a slice of cake in our cafe. No need to book!
- 📕 Looking for that special gift or just a well earned treat, then check out our shop.
- Jiny Tots Tuesdays! Bring your little one to soft play every Tuesday during term time. Free for cafe users!
- Special occasion? From afternoon teas to event room hire, we can help! Call us on 01652 640308 for more information

Uncle Henry's Farm Shop, Grayingham Grange Fa 01652 640308 www.un

# NORMANBY & OWMBY

#### NORMANBY & OWMBY BY SPITAL PARISH COUNCILS

#### **Community Park Vandalism Notice**

Following a recent spate of vandalism at the community park, both Normanby and Owmby-by-Spital Parish Councils have met and discussed steps to address future incidents. The agreed procedure is as follows:

1. Reporting Incidents

- Report incidents of vandalism to the police by calling 101.
- Parishioners are encouraged to report incidents as well.
- 2. Crime Number and Record Keeping

- Upon receiving a crime number from the police, please pass it to the clerk. (Clerk@owmbybyspital-pc.gov.uk)

- Provide a brief outline of the incident to be kept as a record.
- 3. Councillor Notification:

- All councillors will be informed of the incident as soon as possible.

4. Financial Redress:

- If the perpetrator is confirmed, financial redress will be sought for any damage caused or expenses incurred.

Vandalism, or any other form of anti-social behaviour, will not be tolerated.

#### <u>Litter Pick</u>

Many thanks to those who helped with the villages litter pick on 9th June. Several bin bags of litter and a couple of tyres were collected. Bacon sandwiches and refreshments were well received after the hard work. We plan to organise another one later in the year so watch this space!

Julie Clerk to Parish Council

### **OWMBY CHURCH COFFEE MORNINGS**

THE FIRST SATURDAY OF EVERY MONTH AT 10.30 AM TIL NOON

Next event is on August 3rd

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

Entry entitles you to a cup of tea, coffee or juice, plus a choice of biscuit.



#### Come and enjoy some friendly company.

Parents, child minders and babies welcome to try our toddler's corner. Browse our plant stall, cake stall, book shelves and have a go at our raffle.

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

MOBILE LIBRARY			
Normanby by Spital Council Houses 12:15 - 12:45 Wednesday August 14t			
Hackthorn School		15:30 - 16:00	Wednesday September 11th
Full details, enquiries and renewals: 01522 782010			



#### PRAYER FOR AUGUST

Heavenly Father, as we enter the month of August, we thank You for Your constant presence and unwavering love. Guide us through this month with Your wisdom and grace. May we find strength in Your promises and peace in Your presence. Bless our endeavours, protect our loved ones, and help us to walk in faith and love each day. Amen.

#### **Promoting A Safer Church**

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

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

#### **Owmby Group Safeguarding Officer:**

Shirley Keyes - 07919 519308 - shirley.keyes@outlook.com

**Diocesan Safeguarding Officer:** 

Jack Redeyoff - 07885 999907 - safeguarding@lincoln.anglican.org

Barton, Brigg and Wolds Circuit Safeguarding Representative:

Pam McCartney - 01652 632770 - mccartneypam9@gmail.com

**District Safeguarding Officer (Safeguarding in Lincolnshire):** Howard Smedley - 07758 239286 or 01332 479343

#### VISITING LINCOLN CATHEDRAL

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

#### FROM THE REGISTERS

We welcome into the family of the Church by baptism: Olivia Jean June Jones and Joshua Lee Jones Baptised at St Michael and All Angels, Hackthorn on 7 July



Freddie James Duffill

Baptised at St Peter's and St Paul's, Owmby-by-Spital on 14 July

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OWMBY GROUP CHURCHES			
Sunday 4th	11.00 am	Holy Communion	Spridlington
Trinity 10	6.00 pm	Evening Prayer	Owmby
Transfiguration C	hrist on the 6th		
Sunday 11th	11.00 am	Holy Communion	Hackthorn
Trinity 11	6.00 pm	Evening Prayer	Glentham
Sunday 18th Trinity 12	11.00 am	Holy Communion	Owmby
Sunday 25th	11.00 am	Family Service	Owmby
Trinity 13	11.00 am	Holy Communion	Glentham
	11.00 am	Morning Prayer	Hackthorn

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

#### **GLENTHAM METHODIST CHAPEL**

Sunday 4th Sunday 11th Sunday 18th Sunday 25th 10.30 am Service No Service 10.30 am Local Arrangement Service No Service

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#### 

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything."

James 1:2-4 (NIV)

# **GLENTHAM & CAENBY**

# COUT & COUTTER

Tuesdays 6th & 20th August from 2:00p.m. - 4:00p.m.



Come & have a cuppa & a chat while doing your needlecraft or learning new crafts. (Entry fee: £2.00) Everyone Welcome





## 'Nags Head' at Middle Rasen Men's Breakfast Saturday 10th August at 9:00am

An opportunity for men to meet and chat over a delicious full English breakfast! Please Phone Trevor Faulkner on 01673 818718 to reserve a place Organised by Glentham Methodist Chapel



JIGSAW SWAP Glentham Chapel Saturday 24th August 10am-12noon

Please come for a chat over a cup of tea or coffee and borrow a jigsaw to challenge the grey cells (or just enjoy the chat 😌)

We would love to see you!

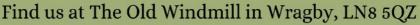
For further information please contact Sheena 878578



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# 🍃 St Barnabas

# Open your

# in support of St Barnabas this summer

Do you have a hidden gem of a garden, here in the heart of Lincolnshire? We're looking for local folk to open their outdoor spaces this Summer, and make a meaningful difference in the community.

Whether your garden is humongous or humble, cute or quirky, **become a host by** scanning the QR code!

The deadline for entries to the September 2024 Signpost is Thursday the 15th of August at 6:00 p.m.



# SURROUNDING AREAS

Lindsev

#### **BISHOP NORTON WEDNESDAY LUNCHES**

Two course home-cooked meal with tea or coffee served in the village hall at 12 Noon £6.00 PER PERSON

#### The dates for the next lunch is 14th August.

**EVERYONE WELCOME!** 

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

Karen 01673 818798

#### Newsletter for August 2024

learn, augh, "Having active hobbies in later life leaves people happier and healthier" live concludes a study by scientists from University College, London and universities in Japan. They studied people who engage in some kind of pastime from sport, gardening and charity work to games, crafts, puzzles and reading, just like many members of Lindsey u3a. Analysis of the findings in the journal "Nature Medicine" revealed that "having a hobby was associated with fewer depressive symptoms, better self-reported health, more happiness and higher life satisfaction most consistently related to hobbies and interests". Lindsey u3a offers a wide range of interest groups including our recently formed environmental group "Trojan Mice". Thanks to their efforts our members have the opportunity to recycle safely old spectacles, used tablet blister packs, batteries, disused electric light bulbs and old ink cartridges at our monthly General Meeting.

We meet at Welton Village Hall usually on the first Thursday of the month. You are invited with no obligation to one of our meetings. Doors open at 9.45am for tea/coffee followed by a speaker at 10.30am. If you decide to come along for a look, tell someone on reception you are new and one of our friendly greeters will show you round and answer any questions.

On 1st August Annette MacKenzie will give a talk entitled "Owling Mad". Any guesses as to what that could be about? A popular speaker Horace Liberty will make a return appearance on 5th September talking about John Betjeman and his connections to Lincolnshire.

We offer various interest groups run by members for members. Check out our website lindseyu3a.org.uk to see if anything appeals to you.

u3a members can also join various online talks, workshops and courses. You can find out more from www.u3a.org.uk

If you can't come to one of our general meetings you could join us at the 'Gardeners' Retreat' tearoom at Scothern Nurseries for a cuppa and a chat at 10.15am on the fourth Thursday of the month. The next coffee morning will take place on 22nd August. Whether you're a newcomer wanting to know more about Lindsey u3a or if you're already a member and just fancy a cuppa, maybe a scone and a chat, do come along. Everyone is welcome.

Everything you need to know about Lindsey u3a can be found on our website lindseyu3a.org.uk. You will find a comprehensive list of our interest groups, where and when they meet plus news about visits of local interest or theatre visits, lunches and holidays arranged by members for members.

Should you require any further information about Lindsey u3a please do not hesitate to contact me - Mandy Murphy. Email: mandy.murphy1396@gmail.com Tel: 01673 565295

#### LIVE SINGER

EMMA KELSEY will be returning to Bishop Norton Village Hall

#### Saturday 5th October 7.30pm

Tickets £10 per person to include hot supper

Please contact Karen 818798 or 07516 289365 or message Ros 07523 108043

Please bring your own drinks

#### WELTON PATIENT AND DOCTORS ASSOCIATION

Following on from my appeal last month for help with the PDA fund raising events, to date I have had 4 ladies come forward who are willing to assist with our fund raising events. This is an excellent result and they will be joining us at our next event, the Autumn Fayre where they will get the chance to see the layout of the kitchen at Welton Village Hall in preparation for the Christmas lunch. I am really grateful to them for offering to help!

At the time of writing this in mid-July I have 3 main prizes offered for the Christmas raffle and can now get the tickets printed. We still need more prizes (we usually have around 35 promised) so if anyone has a business or contacts with a business who they think would be willing to offer a prize please let me know and I am happy to make contact. It could be the garage who services your car, the golf club you belong to, the gym where you have membership, the restaurant/pub you visit regularly. The list is endless!

Our next event will be the **Autumn Fayre** to be held **on Saturday 26th October**. If anyone would like to hire a table for £10 to sell their own crafts etc at this event, please let me know. We have already had some tables reserved but can still fit a few more in. We can't unfortunately accept cake sellers as we have our own cake stall, and no hot food sales in the hall! We also have our own raffle and tombola.

We are also asking for donations of cakes and pastries for both the cake stall and the café, tombola prizes, small gifts for Trash or Treasure and bottles of wine for the wine or water stall which is always popular. If you need any further information don't hesitate to give me a call. Any donations you have can be collected!

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

#### PLEASE DO NOT USE THE ABOVE NUMBER TO BOOK TRANSPORT

#### WELTON VILLAGE LIBRARY AND COMMUNITY HUB

Based at Manor Park, Hackthorn Road Welton LN2 3PA

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

We have lots of free things going on at the library during August to help families during the summer break come rain or shine.

Helping children to see the value of a book is the aim of the library volunteer team using the Summer Reading Challenge that started in July which continues right through this month. If a child aged between 4 and 11 you know hasn't signed up yet then there may still be time with the aim of them reading six books before the schools return. For some six books will be easy, but we realise not for all, rewards of stickers as they go along can help encourage and whilst we celebrate those who complete the challenge with a small prize for others a family seeing a youngster motivated to read just one or two books will no doubt be reward enough.

This year we also have a special challenge for those under 4, they too can enjoy books often with the encouragement of an older family member and so we have a special chart to record books that have been read to them or read with them. The same challenge applies for those with learning difficulties that may need extra help, we will be pleased to facilitate library membership and resources to support their carers.

Alongside the reading we have colouring competitions for pre school, and design a book cover for key stages 1 and 2, older children and adults, do ask us for details.

A new event for local youngsters aged 6-10 is planned for **Monday 12th August at 1pm** with Avril, who normally dreams up our fabulous craft events, what you may not know is another big passion of hers is archaeology and she will be encouraging participants to share and enjoy this interest, an outside event that will involve hands getting dirty!

If that wasn't enough remember our weekly storytime continues **each Tuesday at 9:30am**, this is aimed at pre school children but we will be happy to accommodate older siblings during school holidays.

Finally, it's easy to forget the sign outside says 'library' and for those enthusiastic readers of any age that just want nothing more than a good selection of books we are there for you. Our opening hours are shown above and Tuesdays and Wednesdays are often quieter times if you want a good browse or help or advice to identify and order particular books.

Mike Hubbert - Library Volunteer Coordinator

Janet Goddard



# THANK YOU

#### **SCARECROW WEEKEND**

Bishop Norton village hall committee would like to say a massive thank you for everyone's effort in creating & supporting the first ever Scarecrow display in Bishop Norton. It's a shame there had to be a winner as there were some great scarecrows which were all highly commended & all worthy of certificates. If you didn't get your certificate for entering please contact Karen on 07516 289365 & arrange to collect yours.

The winners were: 1st - Washday (Anne Jackson) £50, 2nd - Freddie Mercury (Theresa Guys) £30, 3rd - Postman Pat (Karen Garlick) £20.

We are hoping to hold this event again next year so get thinking of your ideas so we can hopefully make this an annual event for the village.

This event raised £197 (after the prize money was deducted) for village hall funds.

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.

Be with someone who makes you happy.



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Nicola Webster SAC dip RFHP www.footreg.org V152188

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

POST OFFICE OPENING TIMES		
Glentham	Monday	09:00 - 11:30
	Thursday	14:00 - 16:00
Normanby & Owmby 01673 878353	Monday - Friday	07:30 - 19:30
	Saturday	08:30 - 19:30
	Sunday	09:00 - 16:00



Hi. My name is Joanne and I live in Owmby-by-Spital. I run a business providing nursing and social care to people in their own homes as it is well-known that people recover and recuperate better in the familiarity of their own home, rather than in an extended stay in hospital.

As a nursing professional I firmly believe that healthcare and medical support are fundamental human rights and I am truly passionate about supporting patients and their families to be looked after in their own homes:

- treating people as clients / customers and not just patients
- advocating for their needs medical or social
- providing emotional support to clients and families
- delivering exceptional levels of care in line with bespoke care plans

I am experienced in dealing with a full range of medical conditions (please refer to my website for full details) so, if you have some care needs for yourself or a loved one then please contact me and I will be happy to discuss, with no obligation, the best nursing and / or care options most appropriate to your requirements :

Email – lorrimanhealthcareservices@outlook.com

Phone - 01673 268297 / 07484 132219

Professional Healthcare and Homecare Provider | Lorriman Healthcare Services

#### USEFUL TELEPHONE NUMBERS

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

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1/3 A5 page (60 mm x 122 mm)	£14.00
2/3 A5 page (122 mm x 122 mm)	£28.00
Full A5 page (122 mm x 184 mm)	£42.00

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. Contact Steve Harvey at signpost@owmbygroup.co.uk for more details.

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 news section of the website. Send an email to signpost@owmbygroup.co.uk with all the details.

	LOCAL CONTACTS	
Rural Dean	Revd Canon Penny Green - lawresruraldean@gmail.com	01522 595596
	OWMBY GROUP CONTACTS	
Oversight Minister	Revd Judy Shaw - judeshaw.shaw3@gmail.com Parish Office, Unit 2A, 22 The Green, Nettleham. LN2 2NR	07594 670408
Safeguarding Officers	Glentham Chapel and Church - Sheena Grebby Owmby Church - Liz Harris - lizziejharris@outlook.com Spridlington & Hackthorn - Lynne Clark - 1clark@sky.com	01673 878578 01673 878829 07519 169430
Weddings, Funerals and Graveyard Enquiries	Lawres Deanery Administrator - admin@asn.church	01522 931076
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	and hospital visits, visiting in bereavement, home communion and prayer p be treated in confidence.	lease contact any o
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Saxby		
Spridlington	Claire Marris - cemarris@gmail.com	01673 861127
	GLENTHAM METHODIST CONTACTS	
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	1	07310 923290
	VILLAGE HALLS - BOOKING & INFORMATION	0.000
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Normanby-by-Spital	Jaqui Clinch or Lynda Watson	01673 878210
Spridlington	Deborah Kealey - debk5903@gmail.com	01673 860283
	PARISH COUNCIL CLERKS	
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The editor strives to provide complete reader satisfaction by editing and proofreading the magazine to the highest standard. However, he is only human and therefore is unable to guarantee that all stories are 'perfect' and 'error free'.

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