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		POST OFFIC			
GLENTHAM	Mon, Tu Wed & S	ues, Thurs, Fri Sat	9.00 a.m 9.00 a.m	•	
NORMANBY		ues, Wed, Thurs			
	Fri & Sa		9.00 a.m		
HACKTHORN	Thurs	lues,		12.30 p.m. -12.30 p.m. 1.30 p.m 5.30 p.m.	
	Thurs			· · · · ·	
		SIGNPO	ST CONT	ACTS	
Glentham & C Normanby & C Saxby Firsby	Owmby	Terry Higgins Sally Munday Sandra Neave Rosemary Cox	878625 878052 878515 878258	terry@higginns.wanadoo.co.uk grm@netcomuk.co.uk	
Spridlington Hackthorn		Diana Burrows Cathy Andrews	861363 861058	dianaburrows@btinternet.com	
		CONTRIBUTO		ASENOTE	
Items submitted must contain Village or Section for inclusion and must be legible. If possible type the entry. If emailing or sending a disk please send copy as an A5 MS Word, Adobe PDF or Serif PagePlus Document and ensure it is fully editable. <u>Flyers.</u> Delivery of flyers is £10 with Signpost <u>Adverts</u> . Minimum charge for line advertisements is £3.50 and boxed advertisements per month is £7. (122 mm x 60 mm box) <u>Please Note</u> . Payment for line and boxed adverts will be required prior to insertion due to non-payment in previous editions of the magazine.					
	VILLA	GE HALLS - B		& INFORMATION	
Hackthorn Glentham Normanby-by- Spridlington	Spital	Cathy Andrews Colin Rainer Jane North Jo Howard	861058 878733 878216 862015	colin@owmbygroup.co.uk	
		GLENTHAM S	KIPS & R		
The Skip will be at Glentham Village Hall on the 3rd Saturday of the month from 0815 to 11.00. The Recycling bins are available at the rear of the Hall.					
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Deadline for April Signpost Wednesday 15 th March 6.00 p.m.					

Rector:	Peter Godden, The Rectory, Owmby-by-Spital, Market Rasen, LN8 2HL. Tel/Fax 01673 878275 email: peter@owmbygroup.co.uk			
Reader:	Angela O'Hare, Highfield End, Highfield Lane, Glentham, Market Rasen. LN8 2EN. Tel: 01673 878547 email: alohare@tiscali.co.uk			
Lay Local Minis	ster: Dorothy Elliott 3 The Paddock, Owmby-by-Spital Market Rasen. LN8 2HS. Tel: 01673 878383 email: dorothy.elliott@virgin.net			
Editor &	Colin Rainer, Sarah's Cottage, Seggimoor, Glentham,			
Treasurer:	Market Rasen. LN8 2EP. Tel: 01673 878733. E-mail: editor@signpost.owmbygroup.co.uk			
Sub-Editor:	Diana Burrows, Rocky Rise, Church Hill, Spridlington, Market Rasen, LN8 2DX.			
	Tel: 01673 861363. E-mail: subed@signpost.owmbygroup.co.uk			
Secretary:	Stewart Maclachlan, Seggimoor House, Glentham, LN8 3ER. Tel: 01673 878281 Fax: 01673 878034. E-mail: stewart.maclachlan@virgin.net			
Advertising:	Jo Howard, The Ridings, Faldingworth Rd, Spridlington, Market Rasen. LN8 2DF. Tel: 01673 862015. E-mail: joho_uk@yahoo.co.uk			
Distribution:	Terry Higgins. Prospect House Glentham, Market Rasen. LN8 2ER.			
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this magazine. Many Thanks.

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Glentham	Stewart Maclachlan	878281	Pat Beat	878260	
Owmby	Sally Mundy	878052	Carole Roberts	878741	
Saxby	Tina Harrison	878551	John Neave	878268	
Spridlington	Sally Turnbull	862764	Anne Hunter	863196	
Hackthorn	William Cracroft-Eley	860738	Cathy Andrews	861058	

	County Councillors:	
Welton Rural Ward	Roger Hiscox	01673 860047
Ancholme Cliff Ward	Lewis Strange	01652 628448
	Email: Cllrc.str	ange@lincolnshire.gov.uk
	District Councillors:	

Waddingham & Spital WardJeff Summers01673878600

Welton Ward

Email: jsummers@countrywidefarmers.co.				
Roger Hiscox	01673 860047			
Malcolm Parish	01673 861118			

Donations & Pots

Glentham Post Office	£21.86	Crown Inn	£38.00
Normanby Post Office	£30.00	Hackthorn PO	£0.04
Bottle & Glass	£0.68		

THANK YOU ALL FOR YOUR GENEROSITY

RECTOR'S LETTER

My dear friends,

We are not divided

"We are not divided, all one body we, One in hope and doctrine, one in charity..."

... but of course we are divided. Hopelessly.

I mean The Church. At whatever level, the church always has been very able to fall out over all sorts of issues. The sad thing is that the issues which divide Christians are, in the end, trivial, in comparison with the things that ought to hold us together.

At one time Christians fell out over whether Jesus was true God, true man, or both at once. Reams of abstruse theology was written on the matter. Then they fell out over the date of Easter, and next after that over who was in charge (of the church, that is).

Nowadays you can read in the papers about issues which divide Christians. Mostly, we do not receive a very favourable press. I'm not surprised.

Locally too. I hear about differences of opinion within local churches, and sometimes the way these differences are expressed makes me wonder about "... one in charity". Christians who sit around waiting for other Christians to get it wrong don't seem to exercise a great deal of charity.

We are a funny lot.

To my way of thinking, being a Christian has to hinge on the way we look at Jesus. After all, our faith is named after him.

So I try to look at Jesus, to listen to him, to learn from him, to live with him. Not a lot more should matter, really, when it comes to being a Christian.

We start our Lent Course on March . It's called "Going to Church". Going to church is so often where Christians get it wrong. Going to church is what for centuries they have fallen out over (why do you think there are so many different sorts of church, & we're still inventing new ones?).

Going to church should be specifically a chance to look at Jesus, to listen to him, learn from him, and live with him. That will underlie our Lenten study. Come to the Lent Course and find out a little of what Jesus is like.

A little bit of advance publicity too. We are not divided (well ...). Locally, we are part of the Deanery of Lawres. The Bishop of Lincoln is coming to Lawres for Holy Week (10-14 April) and will lead a service in each of the parish groupings during the week. The hope is that people will travel round the deanery to be with their bishop. A bishop is, after all, the focus of unity. Our Lent timetable and the Bishop's Holy Week timetable are listed below. I hope I'll see you there.

And as for that quotation about not being divided, where does it come from? It's in the hymnbook. Do you know where?

You might be surprised.

Keep a holy Lent.

.Peter Godden

Lent 2006 – Going to Church

All sessions on Wednesdays at 10.00 am at St Hilary's Church Spridlington

March 8th Session 1 March 15th Session 2 March 22nd Session 3 March 29th Session 4 April 5th Session 5 April 12th Session 6 Tradition Sin Drinking blood? Me and God Hearts and hands and voices Is your Christianity a spectator sport?

Holy Week 2006 - with the Bishop of Lincoln

Monday 10th April 7.30 pm Evening Prayer & AddressSt. John the Baptist ScamptonTuesday 11th April 7.30 pm Evening Prayer & AddressSt. Clement of Rome FiskertonWednesday 12th April 7.30 pm Evening Prayer & AddressSt. Clement of Rome FiskertonThursday 13th April 7.30 pm The Last SupperSt. Hilary SpridlingtonGood Friday 14th April 12 noon The Three Hours beginning atSt. Edward Sudbrooke& moving on for 1.30 pm to St. Germain ScothernSt. Germain ScothernThe intention is to walk from Sudbrooke to Scothern (less than 1 mile).St. Liphi the April Science of Scienc

Other Holy Week services, specifically within the Owmby Group will be in the April Signpost.

Space for Healing

will take place on the first Thursday of the month during March, April, May, and the first Friday of the month during June, July, August, at 2.00pm at Owmby. Come along for some space, some peace, some quiet, and see if you can find some healing (either for yourself or for someone else).

WOMEN'S WORLD DAY OF PRAYER

(INTERDENOMINATIONAL) Friday 3rd March 2006

On Friday 3rd March over 3 million people worldwide will be taking part in the Day of Prayer Service prepared by Christian women of South Africa on the theme *Signs of the Times*. In every participating country services will be held throughout the day in many and varied locations. Women, men, children and young people from different backgrounds will pray and worship together.

South Africa – the Rainbow Nation – has enjoyed a decade of liberation, integration and healing following apartheid. However it has real problems, including the spread of HIV/AIDS.

Together with the Christian Women of South Africa, we invite you to join them in prayer

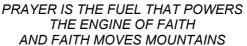
Glentham Chapel Friday 3rd March at 7pm

Speaker – Glenda Taylor

The 2006 worship material was prepared by women from fifteen different Christian denominations. So, please come and share in this special service.



POWERHOUSE





The five parishes combined prayer groups will meet at 7.30 p.m. on Monday 13th March at the home of Caroline and David Wilson Rose Cottage, Hackthorn.

THE FOCUS FOR OUR PRAYERS THIS MONTH

We pray for God's compassion on all victims of famine, disease and oppression, especially in Africa and we pray for tolerance between all religions and the healing of divisions in our society.

PLEASE JOIN YOUR PRAYERS WITH US DAILY THROUGHOUT THIS MONTH. YOU ARE VERY WELCOME TO JOIN US AT OUR WEEKLY VILLAGE PRAYER MEETINGS AND IN OUR MONTHLY GROUP MEETING.

For information on your local prayer group please contact the Rector or local Churchwardens

OWMBY GROUP WEB SITE

A comprehensive website for the Owmby Group of Parishes is now being developed by Roy Summerfield 01673 818405, roy@glentham.fsnet.co.uk and Colin Rainer 01673 878733, colin@owmbygroup.co.uk. Have a look at:

www.owmbygroup.co.uk

If you have any information about the villages, including events, history, local interest etc. please contact Roy via the website.

Signpost advertisers and others wishing to advertise their services on the website's special Sponsors page are also invited to contact Colin Your advert would include a link to your own website if you have one

The Signpost is now on-line, so if you know any expats who would be interested in news from the group, please tell them that it can be found at:

www.signpost.owmbygroup.co.uk

Mobile Library Service					
VILLAGE	STOP	DAY	DATE	TIME	
Glentham Owmby	Village Hall Council Houses	Tue	7th March	11.15-11.25 11.35-11.45	
Hackthorn	School	Wed	15th March	13.00 -1310	
Normanby	Bottle & Glass Council Houses	Fri	10th & 24th March	13.00-13.40 13.45-14.05	

= Owmby & Normanby owmby parish council.

Notes from the last meeting.

In the public participation part:-

Incidents of anti social behaviour and inconsiderate parking were discussed with PC Oakes and WPC Wooll-Rivers. Both of who stressed that actions like these should be reported to themselves and to the Parish Council. They are more than willing to take up the cases but need someone to report it first. In addition a confidential report / suggestion box will be placed in the Normanby Post office for use by both villages. Also the police incident van comes to both villages on a regular basis waiting for residents to call in and discuss their problems but very few if any do and if we do not use it we will lose it.

Incidents of speeding and dog fouling were also discussed. On the speeding question, police will be present in the village with a speed detection gun in the future and a sign displaying your speed if it is over the limit will also be coming.

At the conclusion of the meeting councillors:-

* Fully backed the Polices request to report any anti social behaviour incidents.

* Also asked residents not to park on the pavements / verges and to please keep to the speed limits.

In the Council Meeting the main items of business were:-

* The Mill Lane cemetery maintenance of the hedges West Lindsey was still being chased to carry out the works.

* Extensions of domestic gardens into adjacent fields, residents should be aware that planning permission is required before this can be done.



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* Complaints have been received of residents letting their dogs out which then foul on other peoples property. Whilst it was accepted that the majority of dog owners were responsible a few were not and incidents of stray dogs should be reported to councillors / police. Dog owners are reminded that dogs should be on the lead at all times when on the road and they should always clean up after their pets.

* To help in this dog bins were to be requested in Fen Road and Green Lane / Mill Lane which is heavily fouled. Also the bin on Normanby Road is to be properly secured so that it remains off the ground.

* Litter on Normanby Road was also commented upon, councillors asked residents to set a good example to their children and not to drop litter and to encourage them to put it in the bins or take it home.

* Remembrance service at the cenotaph in Normanby was well attended and the school children played an increasing role which is to be encouraged.

* 2006-2007 Precept was set at £1400 which is an increase of £100 over last years this was necessary to pay for the increased grass cutting in both area and frequency that is now being undertaken.

* Date of the next meeting will be March 6th in the Church at 7.30pm

NB. Council minutes and dates of the next meeting are on the Parish Notice Board adjacent to the Surgery.

Councillors are always glad to receive constructive comments on village life / facilities so please come to the meetings or phone.

Chairman OPC Graham Crompton-Howe Tel 878 386

NORMANBY-BY-SPITAL PARISH COUNCIL NEWS

At the last Parish Council Meeting held on 1st February we had 6 members of the public, Support Officer Wool-Rivers and District Councillor Lewis Strange. Apologies were received from Cllr Adam Carter and County Councillor Jeff Summers.

The police are checking on the children who are causing "nuisance" damage and we may yet have a temporary sign which gives the speed you are travelling at. Some of you may have noticed the Road Safety signs which have gone up - though a few are already missing. The war memorial was discussed at length and it was agreed a working party be set up with 2 representatives from Normanby and 2 from Owmby to hopefully produce a book in the future. Still no further forward with the play area. Since the walk around the village with the Highways Department last March, very little has been resolved. It was noted that we used the full allowance (and more) of the available free trees from Lincolnshire County Council - for which we were very grateful. Next full meeting to be held on 26th April - in the Bottle and Glass.

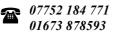
Nadine Fox - Clerk

	Whist Drive Results 8th February 2006				
1st Lady	Tina Harrison		1st Gent	Ken Green	
2nd Lady	Mabel Hatfield	b	2nd Gent	Neville James	
Low Score	Avril Harrison Richard Harris		Near Score	Lois Green Richard Harrison	
Miniature	Lois Green Avril Harrison		Raffle	Tina Harrison Jean Cowperthwaite	
Ken Green on	Wednesday 8th	March 2006 a	at 7.30 p.m.	neld at the home of .Lois & a very light hearted evening.	
COFFEE MORNING Thursday 2nd March 2006 at GRABER HOUSE Field Lane Normanby-by-Spital 10.30 am By kind invitation of Mr. & Mrs J Fox All welcome Proceeds to Church funds.					
0	WMBY CHUR	CH MONTH	ILY DRAW J	JANUARY 2006	
1st		2nd	[3rd	
Margaret H	rgaret Harrison Alexis Conr		or Clark	John Birkitt	
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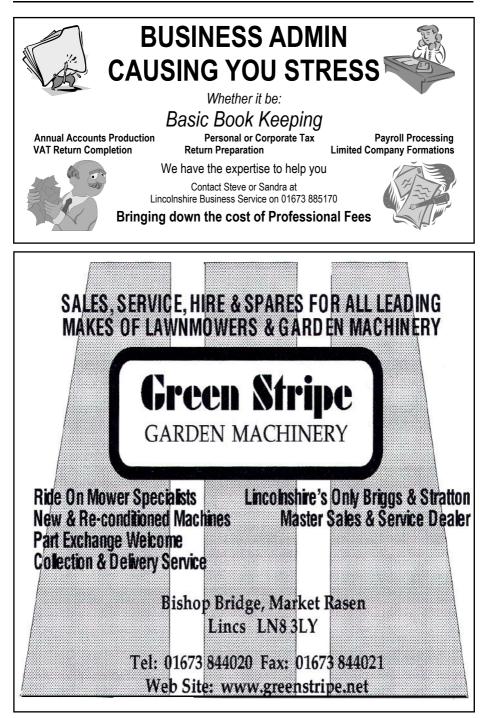


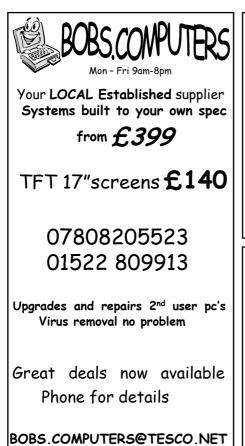
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ENERGY EFFICIENCY REGISTERED

HARVEST SUPPER OCTOBER 2005

The Harvest Supper made a grand total of £523.00. The money was divided between West Lindsey Women's Aid and The Children's Trust in Surrey, we have had letters from each of these charities thanking us for such a generous donation. So, on behalf of the Joint Church PCC, I wish to thank everyone who supported the event and for the Cabra Singers who gave us a very entertaining evening. Avril

Glentham & Caenby

<u>GLENTHAM PARISH COUNCIL EXTRAORDINARY MEETING</u> <u>2ND FEBRUARY 2006</u>

The primary reason for the meeting was to discuss the funding of the resubmission of the Planning Application for the New Village Hall. As a quorum was not present for this agenda item no conclusions could be reached, but, it was decided to discuss the matter.

Mr John Baxter, Chairman of the Village Hall Committee, presented an overview of the Village Hall, past and present. The Planning Application runs out on 4th September 2006 and it was acknowledged that this gave time for the item to be placed on the agenda and a decision made at the next Parish Council meeting on 9th March 2006. It was agreed by everyone present that the Village Hall is there to benefit everyone in the community.

An application has been made for Capital Grant Aid to resurface the Play Area. The total cost is £2900. If the Parish Council is successful, LCC will provide£1450, WLDC provide £725, leaving a deficit of £725 to be Glentham Parish Council's contribution. It was agreed that Glentham Parish Council will provide £725 towards the cost of the flooring if the grant application is successful.

DOG FOULING

Anyone who has trodden in dog dirt knows how messy, smelly and unpleasant it is.

West Lindsey district Council with the full support of Glentham Parish Council is trying to tackle this problem in a number of ways.

a) Providing Dog waste bins in the village for the safe and convenient disposal of dog waste.

b) Adopting the Dogs (Fouling of Land) Act 1996 and in doing so has made it an offence not to clear up after a dog has fouled.

c) Anyone found guilty of an offence under this Act can face a fine of up to $\pounds 1000$ or, as an alternative, a fixed penalty fine of $\pounds 50$ and avoid a court hearing

d) To effectively enforce this legislation, West Lindsey is carrying out routine monitoring of known problem areas.



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Two people have been reported to West Lindsey for not clearing up after their dog has fouled. There are a few more people who are giving the responsible dog owners of Glentham a bad name.

If anyone sees this happening please phone West Lindsey, Environmental Services, on 01427 676676.

Well done to the person who picked up after their dog on Little Hill, can you please place your bag in the dog waste bins provided and not leave it for someone else to dispose of!!!

Many thanks to the public spirited villager who disposed of this bag and collected a carrier bag full of other litter left on Little Hill.

CAENBY PARISH MEETING AGM

All residents of Caenby are invited to attend the AGM of the Caenby Parish Meeting which will be held on <u>Friday 24th March</u> at 7.30 p.m. At The Old Rectory, High Street, Caenby. We look forward to meeting you at this AGM when officers will stand for election

St Peter's Guild

Over £40 was raised at the January coffee morning held at the home of Reg and Nora Skipper, many thanks to our hosts and the people who supported the event. The March 21st coffee morning will be held at the home of Mrs Jane Rose at the Trap House, Church Lane.

GLENTHAM CHURCH & CHAPEL

JUMBLE SALE

Saturday 8th April at 2:00pm Glentham Village Hall

Anyone donating jumble please ring 878733

Glentham & District Gardeners' Club



A very colourful and interesting slideshow and talk was given by Trevor Faulkner on Hampton Court and other homes and gardens visited by himself and his family. The slides certainly brightened up a cold and dark February evening for the good number of people who attended. Enquiries are being made regarding a trip to Cambridge Botanical Gardens in the summer. Watch this space! The next meeting on Tuesday 14th March will be Steve Bird giving a talk on the Lincoln Arboretum

SOW SWEET PEAS

Make sure you have a succession of scented sweet peas this summer by making another sowing now, to carry on the display from autumn sown plants.

Sweet peas need to produce a long root system to put on a good show of flowers. Sow seeds in tall pots to get them off to a flying start. You can buy pots specifically for this such as root trainers or you can make your own from newspaper, or save up the insides from toilet rolls etc and use them instead.

Glentham & Caenby Tapestry Group

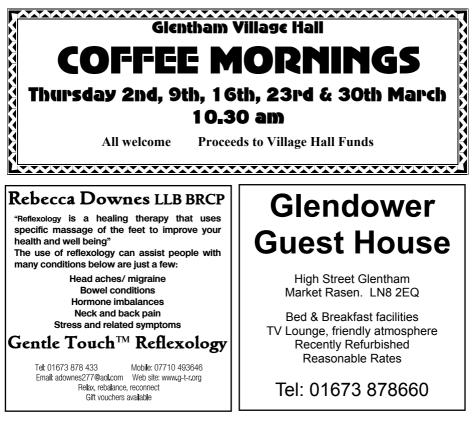
The next meeting will be on Tuesday 7th March in The Trap House, Glentham at 7.30 p.m. New members will be most welcome.

55+Club

Our March meeting will be held on 13th in Glentham Village Hall at 2.00 p.m. We now have a Scrabble group, so if you like playing the game why not come along.



Signpost



Hackthorn & Cold Hanworth

HACKTHORN SCHOOL

Hackthorn School is delighted to be included in the Ofsted List of Outstanding Schools which was published in December 2005.

This is a list of about 400 schools throughout the whole country (269 primary/infant/junior) and we are probably the smallest! Only three schools in the Lincoln area achieved this accolade and of those three we are the only primary school.

The schools included on the list are those which were found to be very or extremely effective in providing high quality education and ensuring that their pupils achieve very well.

We received some other good news in January when Mrs Woods gave birth to a bouncing baby boy, Thomas Benjamin. Within a few days of his birth he attended the Christingle Service at Church, much to the delight of all the children and parents!

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St Michael's Church, Hackthorn, Outreach Group

Saturday Morning CHILDREN'S WORKSHOP *Keep Me Happy* Club

The *Keep Me Happy* Club will meet once a month. It's for children 4-11 years from any Village in the Owmby Group. Its February meeting will be

<u>Saturday 18th March</u>, 10.00 am to 12 noon in Hackthorn Village Hall.

For the first few sessions, we shall be working on the theme "Living in our Fragile World". This will enable us to explore our relationship to the world and its resources, and to each other. There will be craft activities, drama, music, story telling – and refreshments. There is a charge of 50p per child.

To find out more and to book a place, please contact Roxy Seagrief at Hackthorn School or Judy Hill at Normanby School, or ring Caroline Wilson on 861821.

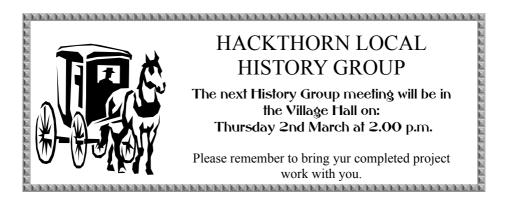
Carol Singers

Thank you to all who came to the village hall for an evening of carols and fun. It was a fantastic attendance and I think a good time was had by all. It was especially nice to welcome 'old' friends, especially Roderick and Alice Wells, who had travelled from Leicestershire and Ivan and Valerie Howett, who had travelled from Hull.

As you know, a collection was made and a total of $\pounds 200$ was collected. This has been split between LIVES and St Barnabas Hospice. Thank you for your generosity.

Normal service will be resumed this year, but it might be nice to repeat the evening for our 'Silver' anniversary in 2010! Let us know what you think.

Cathy Andrews & Lynne Clark



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We respectfully request a minimum of 24 hrs notice for any cancellation otherwise a charge for loss of session may be incurred

Spridlington spridlington spridlington school

Now used as the Village Hall, the school was built in 1870 to hold up to 70 pupils.

I have a great interest in schools and education and am beginning to trace the history of the old Spridlington School. I would like to hear from any Signpost readers who attended the school, or knew someone who did, or who may have memories and memorabilia from the time when the school was open. If you are interested in sharing your memories, please contact:

Anne Hunter Brindle House. Owmby Road, Spridlington. Tel: 01673 863196

LITTER

If like me you hate litter and deplore the amount of rubbish that litters the grass verges around the village perhaps you would like to join me to help clear it. I appreciate that we pay our council tax for among other things keeping our environment clean but realistically West Lindsey Council will never be able to deal with all the areas they are supposed to cover. I have contacted the council and volunteered my services to collect the rubbish and they will provide gloves, bags, litter pickers and most importantly collect the bags when we have finished. It would be nice if I could have half dozen or so volunteers to help me. If you are willing to give a hand please ring me on 861363 to arrange suitable date. Perhaps we could make an event of it and once finished clean up and come back to Rockie Rise for an informal lunch and glass or two of wine.

Diana Burrows

ST. HILARY'S CHURCH SPRIDLINGTON

St. Hilary's PCC Annual General Meeting will be held in Church on Wednesday 5th April 2006 at 7.30pm All welcome.



Open Churches Weekend

20th & 21st May 2006

advance notice the theme this year is stained glass windows. More information will be published in April Signpost but if anyone has an interest in or knowledge of stained glass windows particularly those in Spridlington church perhaps you would



COMMUNITY NEWS

BOBBIES BEAT

<u>Special Constables</u> You will all have heard the phrase "the thin blue line" Well one ways of making the line a bit thicker is to help the Police by becoming a Special Constable. The "Specials" are an important part of modern day policing in the community. If you are interested in joining or finding out more, please contact



Lincolnshire Police on 01522 882222 and ask about Special Constable recruitment.

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<u>Churches</u>, Many of you will have read about an increase in the number of thefts from rural churches. As you know we have many isolated churches in our community. Please remember if you see anyone acting in a manner you consider suspicious near a church, or for that matter anywhere in your area, contact the Police on 01522 882222 and report the incident so that a Police officer can attend and check the person out. You will never be criticized for a call made with good intent if the person is there for a lawful reason.

<u>Crime in your area</u>, 16/01 Theft Highgate Lane Normanby, 27/01 Theft Post Office Glentham, 29/01 Damage Crown Inn Glentham, 06/02 Burglary Bishop Norton Rd Glentham, 09/02 Burglary High Street, Glentham.

As you can see we have had a few problems in the village of Glentham. As mentioned above please contact the Police if you see anything at all untoward, you maybe preventing a crime.

<u>Reminder</u> – Readers are reminded that due to the very nature of our job we cannot always be at the Police Office to answer the phone or receive personal callers at the office. Should you wish to report an incident or crime and there is no reply at the office, please call the Police 24 hr telephone line 01522 882222. There is a telephone outside connected directly to Force Headquarters.

<u>Voicemail.</u> Please do not leave urgent messages or a request to speak to an officer on the day of calling on an officer's voicemail. We do work shifts and will not be able to call you back until next on duty.

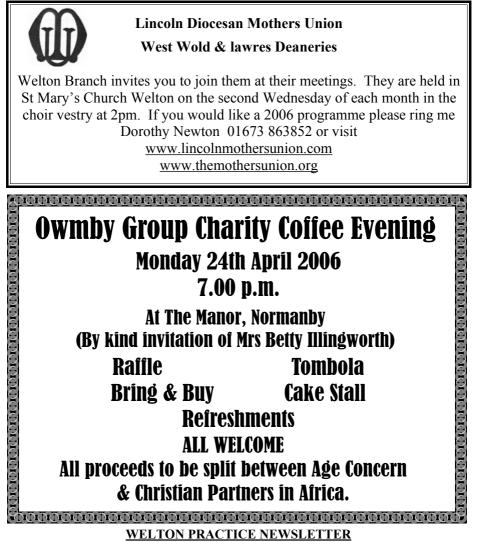
PC David Oakes – Community Beat Manager. PCSO Wooll-Rivers.

TSUNAMI APPEAL

In July last year we added the Welton and District donations of £3,053 to Pat Parker's Hykeham appeal fund and, with a grand total of £14,600, she has now successfully ensured the money has gone into boat building. Four fishing boats have been built and fitted out and given to families in Baan Nam Khem, Thailand to help restore their means of livelihood. Once again many thanks to all who supported this appeal which

will have brought some assistance to a few families devastated by the Tsunami some 14 months ago.

Bill Cave & Roy Minnitt



At the time of writing we are having a new telephone system installed which we hope will improve access to services within the surgery. The telephone number for the surgery for all emergencies, requests for house calls, ordering repeat prescriptions, test results and all general enquiries is now 0844 477 3072. There is also the option to link direct to the out of hours emergency service without the need to make two telephone calls in the event of need when the surgery is closed.



The following numbers remain unchanged:

District Nursing Team Health Visitor (Mrs Carmel Walker) Health Visitor (Ms Anita Woods) Physiotherapist Practice fax number 01673 860513 01673 806543 01673 863556 01673 862187 01673 862888

It is with regret that we announce the cessation of the chiropody services currently provided by Mr Mel Deacon on alternate Monday afternoons with effect from the end of March 2006. This service was provided to complement the existing NHS service (which will continue) by utilizing funds from a budget allocated to the practice to enhance services to patients. This budget ceased some time ago and in the light of increasing financial pressures we constantly have to review all expenditure and therefore this decision has been taken.





We would like to thank Mr Deacon for all his input into the practice and wish him all the very best for the future.

Please note that blood tests are not routinely available unless specifically requested by a member of the practice team. The phlebotomy staff have reported that they have had several patients booking into their clinics in recent weeks just because they wanted their blood ' checked out' without consulting a healthcare professional first.

Wednesday 8th March 2006 is National No Smoking Day and we will be having trained Smoking Cessation staff available in the surgery for advice plus spirometry screening from 11.00 am - 3.00 pm and 5.00 - 6.00 pm. Please drop in and see how we can help you quit the habit.

We would welcome any clean recent (and suitable) magazines for our waiting room to replace the rather outdated current reading material we have on display. Please drop in at reception if you have anything suitable.

From April new regulations come into play which will force us to again become registered for VAT. This may mean changes to the costs of various services offered by the practice as VAT may need to be added – please don't blame us! We would certainly prefer not to have the added burden of the administration involved but as a dispensing practice we cannot opt out.

Finally twenty appointments in the surgery and we have been notified of nine hospital appointments so far which were not kept or cancelled in January – please help us all by letting us know if you cannot keep an appointment. Out new telephone system also allows you to leave a message and cancel at all times if you cannot keep surgery appointments– so no excuse !

Sallie Stead

<u>Market Rasen Practice</u>

Please note that the practice will be closed on 21 March at 1.30 p.m.







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SERVICES Owmby Group of Parishes – March 2006

Wednesday March 1	Time	Service	Place	By
Ash Wednesday	7.30 pm	Holy Communion	Owmby	PG/DE
Thursday March 2	9.30 am	Holy Communion	Hackthorn	PG
·	2.00 pm	Space for Healing	Owmby	PG
Sunday March 5	9.30 am	Holy Communion	Glentham	PG
Lent 1	11.00 am	Family Service	Spridlington	PG
	6.00 pm	Evening Prayer	Owmby	PG
Thursday March 9	9.30 am	Holy Communion	Owmby	PG
Sunday March 12	8.30 am	Holy Communion	Spridlington	PG
Lent 2	9.30 am	Holy Communion	Hackthorn	PG
	9.30 am	Morning Prayer	Saxby	AOH
	6.00 pm	Evening Prayer	Glentham	PG/AOH
Thursday March 16	9.30 am	Holy Communion	Spridlington	PG
Sunday March 19	8.30 am	Holy Communion	Glentham	PG
Lent 3	9.30 am	Holy Communion	Owmby	PG/AOH
	11.00 am	Morning Prayer	Hackthorn	PG/AOH
	4.00 pm	Songs of Praise	Spridlington	PG/ST
Thursday March 23	9.30 am	Holy Communion	Glentham	PG
Sunday March 26	8.30 am	Holy Communion	Hackthorn	PG
Mothering Sunday	9.30 am	Holy Communion	Saxby	+ David
	11.00 am	Fam Service/Baptism	Owmby	+ David
Thursday March 30	9.30 am	Holy Communion	Normanby	PG

Glentham Methodist Chapel - March 2006

Date	Time	Service	Led By
3rd	3.00 pm	Women's World Da	y of Prayer
5th	10.45 am	Family Serice	Mrs. Jane Cram
12th	85.00 pm	Evening Service	Rev. Liz Smith
19th	9.30 am	Morning Service	Dr. D. Owen
26th	10.45a.m.	Mother's Day Famil	y Service - Sunday Club

Expert Patient Programme (EPP)

West Lincolnshire PCT has planned an Expert Patient Programme at the Manor Park Sports Centre Welton, starting on Wednesday 8 March 2006. The sessions commence at 1pm and plan to finish at 4pm.

EPP is a course of six self-management sessions for people living with long term health conditions such as asthma, diabetes, arthritis, back problems, epilepsy and many other long term conditions. The courses are run over six weeks by volunteer tutors and there is a strong emphasis on participants setting practical and achievable goals. The course is completely free and includes a useful handbook for participants to keep.

Other courses planned for 2006

Branston • Bracebridge • Market Rasen/Caistor • Gainsborough

To book a place please telephone PALS on 0845 602 4384 or Jackie Morton on 01522 513355 Ext 5524.

WHAT'S ON DIARY FOR MARCH

Day	Date	Time	Function	Place
Thur Thur Tue Thur Mon Wed Wed Thur	2 2 2 2 6 6 6 8 8 9	2.00 p.m. 10.30 a.m. 7.30 p.m. 10.30 a.m. 7.30 p.m. 2.00 p.m. 2.00 p.m. 7.30 p.m. 10.30 a.m.	History Group Coffee Morning Tapestry Group VH Coffee Morning Owmby Parish Council Rainbow Fellowship Mother's Union Whist Drive VH Coffee Morning	Hackthorn VH Normanby Trap House Glentham VH Owmby Church Normanby Welton Normanby Glentham VH
Mon	13	2.00 p.m.	55+ Club	Glentham VH

Deadline for April Signpost Wednesday 15th March 6p.m.

Wed Thur Sat	15 16 18	10.30 a.m. 10.30 a.m. 10.00 a.m.	Coffee Morning VH Coffee Morning Children's Workshop	Spridlington Glentham VH Hackthorn VH
Sun	19	12 noon	Roving Lunch	Spridlington
Tue	21	10.30 a.m.	St. Peter's Guild	Trap House
Thur	23	10.30 a.m.	VH Coffee Morning	Glentham VH
Fri	24	7.30 p.m.	Caenby Parish Meeting	The Old Rectory VH
Thur	30	10.30 a.m.	VH Coffee Morning	Glentham VH

Last word

A minister decided that a visual demonstration would add emphasis to his Sunday sermon.

Four worms were placed into four separate jars.

The first worm was put into a container of alcohol.

The second worm was put into a container of cigarette smoke.

The third worm was put into a container of chocolate syrup.

The fourth worm was put into a container of good clean soil. At the conclusion of the sermon,

the Minister reported the following results:

The first worm in alcohol - Dead.

The second worm in cigarette smoke - Dead.

Third worm in chocolate syrup - Dead.

Fourth worm in good clean soil - Alive. So the Minister asked the congregation,

What can you learn from this demonstration?

A little old woman in the back quickly raised her hand and said,

"As long as you drink, smoke and eat chocolate, you won't have worms!"

Don't you just love little old ladies?? ?

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