

September is Childhood Cancer Awareness Month



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SEPTEMBER'S LETTER FROM THE MINISTRY TEAM

'Please Mr Postman' - The Beatles (1963)

Songwriters: Brian Holland, Robert Bateman, Freddie Gorman, Georgia Dobbins, William Garrett.

Wait, oh yes, wait a minute, Mister Postman Wait, wai-ai-ai-ait Mister Postman Mister Postman look and see (Oh, yeah) Is there a letter in your bag for me?

Writing a letter is becoming a rare thing to do.

I cannot recall the last letter I wrote to someone using a pen. Neither can I recall the last letter I received by post, (apart from junk mail or reminders.)

There have been quite a few days recently when I have found myself at a loose end because it has either been too hot, too cold or too wet to work in the garden. So, I have returned to the ongoing task of sorting out old papers, photos and letters in my memory box.

I'm not very good at this job, because I start to reminisce by looking through old family photographs, reading the children's end of year reports, smiling at my Grandson's drawings done at the age of four (he is now 23) and re-reading old family letters.

Today, I re-read two letters written by my Mam in 1978. The content of both makes for hard reading because they were written just weeks before she died. Although rereading these letters makes me feel sad, they are a vivid reminder and a connection to my past to someone I loved.

My family is scattered throughout the country and by far the best way to keep in touch with each other is to use modern technology. Pithy and infrequent texts from Grandchildren such as "Hi Grandma how are you and Grandad doing?" or "You been up to anything?" or "Love you lots" followed by endless heart emojis are enough to know that we are in their thoughts. Letters are a thing of the past when communication now is usually by telephone, text, email, Face Time or Zoom.

Although I am grateful for any communication with family and friends, it is a pity that none of these short messages will make it into my "memory box"; they are of the moment and not meant to be permanent. Contrast these brief messages with a handwritten letter which gives both writer and recipient time to savour the contents before putting them to one side to treasure for another day.

There are many famous letters written by historical figures that have survived hundreds of years. In the early days of his affair with Anne Boleyn, Henry wrote many love letters to her. One of them begins:

"My mistress and friend: I and my heart put ourselves in your hands."

Three years later, Anne was executed !!

On the day of The Battle of Trafalgar, Horatio Nelson wrote a letter to his mistress Emma Hamilton. His last words were, "And as my last writing before the battle will be to you, so I hope in God that I shall live to finish my letter after the Battle." Sadly, the letter was never finished.

Perhaps, the most recognisable letters, which have survived for over two thousand years, are those sent by the Apostle Paul, who after a miraculous transformation from being a persecutor of Christians, spent the rest of his life proclaiming the Gospel of Jesus Christ.

Paul travelled to the great urban centres of the Mediterranean world establishing fledgling Christian Churches. He was a man who kept in touch with the Christian converts through his letters. Can you imagine the great excitement when a letter from Paul reached the elders of the Church? How people would have gathered to hear Paul's words and teaching and savoured and reread every word?

Some of Paul's letters were written to scold and admonish early Christians about their conduct and divisions within the Church. Others were gentle and reassuring as he writes about God's love and mercy for all.

Some of the most beautiful of these sentiments are to be found in Paul's first letter to the Corinthians Chapter 13. verses 1-13 where he encourages the church to follow Christ's example in loving others as themselves. What an amazing letter for the Christians to receive. If I received such a letter, it would go straight into my memory box to be treasured and taken out regularly to be read over and over again.

May God bless you,

Anne Hunter

Paul's first letter to the Corinthians Chapter 13 verses 4-7

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.



HACKTHORN & COLD HANWORTH

Hackthorn Lunch Club

The next Lunch Club at Hackthorn Village Hall will be on Wednesday 13th September at 12.00pm for 12.30pm.

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

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



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

Hackthorn & Cold Hanworth Village Hall

Notice of Annual General Meeting

Monday 25th September 2023 at 7.00pm

in the Village Hall, Stable Yard, Hackthorn, LN2 3PQ

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

Contact Bonnie on 01673 860920 for more information

Everyone is welcome



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OPEN GARDENS HACKTHORN HALL LN2 3PQ 1.00 – 5.00 PM SUNDAY 3rd SEPTEMBER 2023



Tickets on the gate £5, under 16s free Afternoon teas with home made cakes served in the Village Hall

HACKTHORN COFFEE MORNING

Hackthorn Village Hall Saturday 7th October 10.00 a.m. - 12.00 noon

Come along and enjoy good company and a bacon butty, tea, coffee and biscuits plus raffle. All welcome.



SPRIDLINGTON

First Friday Club

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

The next First Friday Club is on September 1st.

Dates for the next couple of months are:

October 6th and November 3rd.

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

St HILARY'S COFFEE MORNING

Wednesday 20th September at 10:30 a.m.

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





St Hilary's Church

An Informal Evening of Music for Organ, Voice and Piano Given by Malcolm Pentelow, Elfie Cracroft-Eley and Kathryn Young. Saturday 14th October 2023 More info in next month's Signpost

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The deadline for entries to the September 2023 Signpost is Friday the 15th of September at 6:00 p.m.

Spridlington Defibrillator Awareness Training Thursday 7 September 2023 at 6.30 p.m. Village Hall, Owmby Road, Spridlington

Spridlington now has its very own defibrillator. If you are a resident, why not come along and find out how it works and what to expect, should you or a visitor ever need to use this potentially lifesaving piece of equipment.

LIVES.

Lincolnshire LIVES will be offering us this opportunity to find out first-hand what to do and, should you wish, have a go at CPR on a *resusci Anne* simulator! It's a great opportunity to ask lots of questions and have a go in a relaxed atmosphere.

If you would like to attend, please email Katrina Morton at Cllrmorton.spridlingtonpc@btinternet.com (so adequate seating can be set out!). Thanks

SPRIDLINGTON COFFEE MORNING

Saturday 30th September 10:30 a.m. - 1:00 p.m.

Spridlington Village Hall

Why not come along for a coffee and some delicious homemade cake or scones, have chat with friends and neighbours, and help support our lovely little hall.

We are hoping to have some locally produced art and crafts for sale and there will be a raffle.



We would love to see you all, everybody welcome.



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NORMANBY & OWMBY

CALLING ALL CHILDREN

Make Sunday Special



Join us for Sunday School at Owmby Church

WHEN? TIME?

N? Every second Sunday of the month ? From 10.30am until 11.30am



8

Learn about Jesus with a story from the Bible, a break for juice and biscuits, followed by Games and Crafts, Painting, Quizzes, Colouring, Card Making, Decorations and LOTS MORE.

Run by two fully CBI and Safeguarding-checked adults. For further information contact Liz Harris on 01673 878829.

OWMBY CHURCH COFFEE MORNINGS THE FIRST SATURDAY OF EVERY MONTH AT 10.30 AM TIL NOON Next event is on September 2nd

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.

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Owmby, Normanby & District WI

Invites you to an open meeting at 7.30pm on Thursday 14 September in Glentham Village Hall

at which Air Vice Marshall Paul Robinson OBE, (retired) will give a talk on the airfields and history of Lincolnshire in both world wars. This is sure to be a fascinating evening at which we will lean more about our beautiful county.

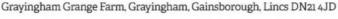


There will be a charge of **£5 for non-member** guests but WI members may join us for free. All will be very welcome. Please phone Sara Carter on 07768 700038 to reserve tickets.

Refreshments will be provided after the talk







t 01652 640308 e info@unclehenrys.co.uk www.unclehenrys.co.uk f UncleHenrys 📡 @unclehenryslinc 📓 @uncle_henrys_farmshop







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.

Tools With A Mission

We're appealing to you for all the tools you no longer want.

Tools With A Mission (TWAM) is a UK based charity which aims to help people in Africa living in poverty make a living. By refurbishing and recycling they also save over 1600 tons of CO2 emissions.



TWAM take all kinds of tools:

Sewing and knitting machines, any type of carpentry tool, power tools, saws, computers, tools for building and decorating, car maintenance, plumbing, agricultural and gardening tools, electrical tools, even something as big as a lathe ... you get the idea: if it's a tool, they can probably use it!

Please deliver any tools you have to:

- Rosemary Cox (07825 082604) Manor Farm, East Firsby, LN8 2DB follow the"TWAM" signs
- Cathy Andrews (01673 861058) Stone Cottage, Main Street, Hackthorn, LN2 3PF
- Any big stuff in Spridlington, Hackthorn or Saxby can be collected by Liam Smith (07852 869415).
- Any big stuff for Glentham, Owmby/Normanby and Saxby/East and West Firsby can be collected by Jon Fortnum - 07305 643488

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

Glentham Chapel Safeguarding Contacts:

Sheena Grebby - 01673 878578

Wolds and Trent Circuit Safeguarding Representative: Karen Elvidge - 07754 533542 - wtsafeguarding@gmail.com

Ministers for Wolds and Trent Circuit:

Rev Heather Wilson - 01673 843362 & Rev Louise Carr - 01427 615184

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

FOOD BANK DONATIONS

Each village has a drop off point which are:

Glentham - the village shop or Peter and Jenny Atkinson, 'Tilsit', Bishop Norton Road

Hackthorn - Cathy Andrews, Stone Cottage, Main Street

Owmby/Normanby - the village shop or Liz and Keith Harris, 'Berries', Church Lane, Owmby

Saxby/Firsby - Robert and Rosemary Cox, Manor Farm, East Firsby

Spridlington - Porch at St Hilary's Church.

Any further enquiries please contact Rosemary Cox. 01673 878258.

SERVICES IN SEPTEMBER OWMBY GROUP CHURCHES			
Sunday 10th <i>Trinity 14</i>		Holy Communion Evening Prayer	Hackthorn Glentham
Sunday 17th Trinity 15	11.00 am	Holy Communion	Owmby
Sunday 24th		Family Service	Owmby
Trinity 16	11.00 am	Holy Communion Morning Prayer	Glentham 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 CHURCH (PART OF THE WOLDS & TRENT CIRCUIT)

Sunday 3rd 10.30 am Circuit Service at Caistor

Sunday 17th 10.30 am Messy Church

In addition to the above, a Circuit Zoom Service is being held each Sunday.

Please contact Jenny Atkinson by email (jennymarian8@gmail.com) or by telephone (01673 878806) for the meeting ID and passcode for our weekly Zoom services. I look forward to hearing from you. God bless.

PRAYER FOCUS FOR SEPTEMBER

Dear Lord, in this time of uncertainty and turmoil, we humbly come before You. We ask for guidance, strength, and compassion to prevail over the challenges our world faces. May Your healing touch bring comfort to those who suffer, and may the light of understanding shine upon all. Grant our leaders wisdom to make just decisions, and instill in us the resolve to stand united in love and solidarity. May hope blossom amidst adversity, and may Your grace lead us towards a future of peace and harmony. Amen.

FROM THE REGISTERS

We welcome into the family of the Church by baptism:

St Peter's, Glentham on 30th July - Brooks Paterson Bartlett St Michael and All Angels', Hackthorn on 12th August - Aria Elle Brook Fieldsend

We remember with love those who have died:

14 July 2023: St Hilary's Church, Spridlington

A Service of Celebration for the life of Arthur William Lockwood who died 15th June.

We share in the joy of those being joined in marriage in the Church James Stephen Cox and Megan Marie Deighton at Spridlington on 15th July Lamin Ali Deen and Sarah Anne Parker at Hackthorn on Thursday 27th July

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

"So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets." - Matthew 7:12 (NIV)

GLENTHAM & CAENBY

COLT & COATTER

Tuesdays 5th & 19th September from 2:00p.m. - 4:00p.m. **Glentham Village Hall**



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 9th September at 9:00am

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

GLENTHAM VILLAGE HALL

Upcoming Events:

Country & Western Night - 9th Sept Halloween Children's Party - 31st Oct Xmas Tree Lighting Up - 2nd Dec

All of the above events will be advertised on Facebook. so follow us on Glentham Village Hall Committee

Rose Bowl Quiz Dates: 19th October & 21st December





ST PETER'S CHURCH, GLENTHAM

Continuing thanks for those supporting the church through the West Lindsey community lottery. There were 58 winners in the 4 weeks up to the 12th August and 2 of these are supporters of the church. A giveaway prize of an Apple MacBook Air was won in the draw of the 26th August. A guaranteed prize is included in the draw each month. Congratulations to Anne Turnbull and all those who assisted at the sponsored haircut and coffee morning at the village hall on the 5th August and many thanks to those who supported the event. A total of £1,315.00 was raised for Macmillan Cancer Support.

Robert Rowe, Churchwarden, St Peter's Church.



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- Patient and caregiver education
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- Wound care management
- Pressure care management
- Blood testing
- Medication support
- Vaccinations and immunisations
- Infusion/oxygen and nutrition therapy
- Microsuction and ear irrigation

We assist clients who may need extra care and support from Registered Nurses and Carers because they may have special needs due to illness, injury or long-term conditions including: Diabetes, stroke, COPD, Multiple sclerosis, cancer, hypertension, Huntington's disease, Parkinson's disease, acquired brain injury, motor neurone disease, dementia and other conditions.

Whether it is you, yourself that needs care or a family member that requires our support, we can assure that our services will always be delivered with compassion, commitment and competence. If you are ready to upgrade your care, then please contact us on **01673 268296** or **07484132219** we would love to understand your needs and see how best we can assist.

If you are a Registered Nurse, Carer or Healthcare Professional who is looing for a new role within a forward-thinking organisation with strong values and a total commitment to patient care and the support of their families then please send through your CV to lorrimanhealthcareservices@outlook.com.

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SURROUNDING AREAS



Newsletter for September 2023

As ever we offer anyone not in full time employment the opportunity to attend a monthly general meeting at Welton Village Hall on the first Thursday of the month. Doors open for a cuppa and a biscuit at 9.45am followed by a speaker at 10.30am.

Some of us are more gregarious than others and thrive on meeting new people and sharing experiences while others are more reserved and need encouragement to join in. At Lindsey u3a we aim to give a warm welcome to everyone so if you are attending one of our meetings for the first time please inform someone on Reception and one of our friendly "Greeters" will show you round and answer any questions.

Our next meeting will be on **7th September** when "Fools Gold" will be playing and singing folk songs from N.E. England. Carol and Steve are acoustic musicians and will entertain us with images, stories and songs from industrial Britain encompassing tragedies, mysteries, romances and so much more. We might even be singing along!

On **5th October** broadcaster Rob Whiting, who was the longest serving breakfast presenter on Radio Lincolnshire, will be entertaining us with stories from his thirty year career in media. He is currently on "Boom Radio" of which our Chairman and Treasurer are ardent fans. We can expect some interesting and probably amusing inside information about his life in broadcasting.

Our many interest groups cover a range of physical, creative, historical, discussion and learning activities plus visits to the theatre and places of interest. Check them out on our website lindseyu3a.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 get together will take place on **27th September** so 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 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

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WELTON PATIENT AND DOCTORS ASSOCIATION

The tickets for the Christmas Raffle are now available for sale and I have several prizes promised already. The tickets will be on sale in local shops, with all drivers and at the Autumn Fayre which is being held on Saturday 28th October in Welton Village Hall. Tickets are priced £1 each or £5 for a book of 5. If anyone has a business or has contacts with a business who would be willing to offer a prize for this raffle, please let me know. This could be the garage who services your car, your local pub or favourite restaurant/ coffee shop or a couple of hours gardening from your local friendly gardener. Anyone who may be able to offer something! The raffle last year raised £2529 which was a fantastic amount but I would like to exceed that amount this year!

At the Autumn Fayre we are using the Welton Room for stallholders selling their own crafts and will advertise this on the posters and on local radio. We currently, at the time of writing this, have 12 stalls booked which is the maximum we can accommodate. I am happy to take names for any cancellations we might have.

If anyone would like to donate a bottle of wine for the wine or water stall or cakes for the cake stall and café please get in touch and collection can be arranged.

We are still selling good quality items on Facebook Market Place and eBay. Thanks to everyone who has donated items to sell.

Finally, could I reiterate my request that those needing transport to medical appointments should book through the Health Centre as soon as you are given a date.? Please also give as much information as possible full name, address with postcode if your appointment is out of the local area and an estimate of how long the appointment is likely to take. We are NOT a taxi service and, as all of the drivers are volunteers they have their own lives to lead meaning that on occasions available drivers may be limited.

Health Centre staff are aware that there is some confusion around the new section of the building which was the old library. Since I reported on this in the August magazine I have been asked to say that, although the main entrance to be used is still the one with the ramp, the reception desk in the new waiting room down the stairs will be manned daily until 5pm and the door out of that area can be opened to allow patients to exit the building.

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

Janet Goddard

TREAT YOURSELF (OR SOMEBODY ELSE) to an

AFTERNOON TEA at EAST FARM, ATTERBY SATURDAY 9TH SEPTEMBER 2023

All home made sandwiches & cakes.

To aid with catering this will be served in two sittings - 2PM & 3PM.

All tickets must be booked in advance with a time preference.

Adults £10, Children (under 12) £5 to include a free raffle ticket.

All proceeds to the upkeep of Bishop Norton Village Hall To book tickets please ring Karen 818798

BISHOP NORTON WEDNESDAY LUNCHES

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

The date for the next lunch is 13th of September

For anyone wishing to donate to Macmillan, there will be a collection at this lunch

EVERYONE WELCOME!

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

Karen 01673 818798

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 a very busy month of events coming up, this is in addition to the ever increasing popularity of our book borrowing service.

On Saturday 2nd September at 10:30 we welcome Danielle from Tiny Talk Lincoln who will be providing a free taster session which is aimed at toddlers and preschoolers, from 18 months to 4 years old. Showcasing games, storytelling, singing, talking, and instrument time, these help show the benefits of learning core British Sign Language signs for all children alongside spoken words thereby aiding language development and building confidence around communication and providing links to the Early Years Foundation Stage. You do need to book before the event via Danielle at daniellea@tinytalk.co.uk or 07590 123908

On Tuesday 19th September at 2pm we have a real treat in store as Emma Sheardown Lincolnshire's World and European Para Dressage Champion joins us for her talk 'There's no Such Word as Can't'. Her story starts with overcoming a diagnosis that she would never walk or talk, to her triumphs in the world of Para Dressage and then facing up to life after retiring from her sport. Entry is open and free to all, no library membership required for what promises to be an inspiring afternoon.

On Monday 25th September we host a MacMillan coffee morning but in the afternoon from 2pm - we like to be different. This is an event for all giving you an opportunity to visit the library if perhaps you've never been whilst enjoying a cuppa and some delicious cake all for an excellent cause.

On Saturday 30th September at 10:30am we will hold one of our popular story and craft events for children. Our summer reading challenge was so successful in attracting young readers who can also now enjoy these free events and of course new children are always welcome.

Talking of the Summer Reading Challenge, keep an eye out on our Facebook and Instagram pages for details of the celebrations we will be holding for successful participants!

Mike Hubbert - Library Volunteer Coordinator



FACEBOOK

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

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- Discover RAF Ingham's Wartime History
- Learn about the Polish Bomber Squadrons
 - View our Projects Successes to-date
 - Visit the Polish Families Nissen Hut
 - Enjoy Traditional Polish Food
 - Talks on Polish Air Force
 - Wartime Films
 - Military Vehicles
 - Cafe & Toilets

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(Donations Welcome)

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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 Thur Mone	Monday	09:00 - 11:30
	Thursday	14:00 - 16:00
	Monday - Friday	07:30 - 19:30
Normanby & Owmby 01673 878353	Saturday	08:30 - 19:30
	Sunday	09:00 - 16:00

MOBILE LIBRARY			
Normanby by Spital	Council Houses	12:15 - 12:45	Wednesday September 13th
Hackthorn	School	15:30 - 16:00	Wednesday September 20th
Full details, enquiries and renewals: 01522 782010			

Owmby Group Website

owmbygroup.co.uk

Signpost Online - Including Back Issues

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USEFUL TELEPHONE NUMBERS

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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 860904	Environment Agency	0800 807060
Samaritans	08457 909090		
Alzheimer's Society	01522 692681	Hospitals	
WL Dementia Support	01427 613033	Lincoln	01522 512512
County & District Counc	ils	Gainsborough	01427 816500
LCC	01522 782070	Louth	01507 600100
WLDC	01427 676676		
		Market Rasen Mail	01673 844644
Call Connect Bus	03452 343344	NHS Direct	08 45 46 47
Crimestoppers	0800 555111		

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Full A5 page (122 mm x 184 mm)	£42.00

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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.

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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.

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