

# SUDBROOKE NEWS

DECEMBER 2015/JANUARY 2016

# WHAT A YEAR IT HAS BEEN!

So, what will 2016 have in store for us all in Sudbrooke?

**SUDBROOKE NEWS**  
FEBRUARY 2015

**SUDBROOKE WOODS: THE FUTURE**  
The developers have their say on the proposals



Read their open letter to residents on pages 16-17

**SUDBROOKE NEWS**  
MARCH 2015

**WHERE DID ALL THE PEACOCKS GO?**

A bitter-sweet tale of loss, hope and tragedy as all is revealed about the Sudbrooke hearings that once grazed our village... page 21



**SUDBROOKE NEWS**  
APRIL 2015

**SUDBROOKE SPRING SHOW**  
Monday 27 April, 10am-5pm

Time to show off your wares at the Village Hall. More info p18-19



Need someone reliable to walk or look after your dog? Send pet to p16. Then check out Positive Pets on page 8

**SUDBROOKE NEWS**  
MAY 2015

**YOU DECIDE**  
GENERAL ELECTION 2015  
MAY 7

The tighter campaign

Conservatives Labour  
LIBERAL DEMOCRATS Green Party  
Independent

More info p16-17

**WHO BLOSSOMED AT THE SUDBROOKE SPRING SHOW?**  
Residents' reward on page 12-13



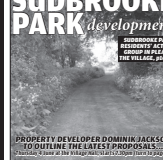
**SUDBROOKE NEWS**  
JUNE 2015

**SUDBROOKE PARK development**

SUDBROOKE PARK RESIDENTS' ACTION GROUP ASKS P16A TO END THE PLAN... page 17

PROPERTY DEVELOPER DOMINIK JACKSON TO OUTLINE THE LATEST PROPOSALS  
Residents' views at the Village Hall on 18.20pm. Free refreshments

THE FUTURE OF THE VILLAGE IS AT STAKE




**SUDBROOKE NEWS**  
JULY/AUGUST 2015

**SUDBROOKE PARK UPDATE**

MATTERS GET FIERV AT THE VILLAGE HALL AS SUDBROOKE PARK SIDES GOALS THE PROSPECTIVE DEVELOPERS

THE DEBATE IS HOTTING UP

ALSO INSIDE:  
Vandals' tribute at Northfield Park playground... page 21



**SUDBROOKE NEWS**  
SEPTEMBER 2015

**HAVE YOUR SAY**

'The Parklands' development to be debated at a special Parish meeting in the Village Hall on Wednesday 2 September at 7pm

**SUDBROOKE SPORTS FESTIVAL DAY**  
SUNDAY 14th SEPTEMBER 10am-4pm

**AUTUMN SHOW**  
14th-15th



**SUDBROOKE NEWS**  
NOVEMBER 2015

**THE BIG SWITCH ON...**

...on Sunday 29 November from 4.30pm

...at the Christmas tree, ...with Mulled Wine and mince pies

...and then after meals at the Village Hall enjoy music, sing music, understand Santa's secret!

AT THE GOING DOWN OF THE SUN WE WILL REMEMBER THEM



**SUDBROOKE NEWS**  
OCTOBER 2015

**A CLEAN SWEEP!**

The Wifakers dominated at the Autumn Show, with John winning the Gibson Trophy for most points while wife Iris also won two classes. But who was the Junior Champion? Find out on pages 22-24

More Sudbrooke Park information on page 21



# EDITOR'S RAMBLINGS

DECEMBER 2015/JANUARY 2016

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I DON'T think anyone could have envisaged such a marvellous turnout at the big Christmas Tree switch-on event last month, with over 200 residents and non-residents turning up to see the magnificent tree spring into life, before heading to the Village Hall for further festivities.

It really was a case of standing-room only, as revellers enjoyed getting stuck into the mulled wine, mince pies, singing Christmas carols, while reaching into their pockets to snap up raffle tickets and keep the bar ticking over. And even Santa turned up to see what all the fuss was about and proceeded to sit in front of a rather splendid grotto, with a bumper queue of excited children all waiting to greet him. The event organisers all deserve a big slap on the back.

We have the latest from the Sudbrooke Carving Club this month and all the usual updates from the various clubs in the area, while our travel writer sends us his latest offering from a week on the south coast.

Enjoy Christmas and see you next year! Melekalikimaka... **Dom**

**FEBRUARY ISSUE - DEADLINE FOR CONTRIBUTIONS: JAN 20**

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# *A Real Christmas Starts Here.....*



THE CHURCH  
OF ENGLAND

Tue 8th December 6pm  
'Christingle Service'

Sun 13th December 6pm  
'A Traditional Carol Service'  
With mince pies & mulled wine

Christmas Eve 3pm  
'A Family Crib Service'  
Dress up your little angels &  
shepherds and let's retell the story!

Christmas Eve 11.30pm  
'Midnight Mass'

Christmas Day 9.15am  
'Holy Communion'  
(at Stainton by Langworth)



*Merry Christmas!*

*St Edward's Church, Sudbrooke*  
*Everyone Welcome*

# PARISH COUNCIL MINUTES

**October 2015**

## Notes of the monthly meeting of Sudbrooke Parish Council held on Thursday 1 October in Sudbrooke Village Hall.

### PRESENT:

Councillors Peter Heath (Chairman), Mrs Lyn Etheridge, Miss Rose Dobbs, Andy Cottam, Stuart Curtis, Paul Rignall, County Councillor Mrs Sue Rawlins, Mrs Chris Myers (Clerk), Mrs Bridget Solly (Treasurer) and PCSO Jackie Parker.

### 108) Parishioners Items

■ It had been brought to a Councillor's notice that trees were being removed at a property on Wragby Road. Permission had been verbally granted by the Trees Officer at WLDC, as the trees concerned were not within a TPO.

■ The Chair drew attention to correspondence received regarding the production of a Neighbourhood Plan. He stated that to date the Parish Council had made no decision on whether to produce one for Sudbrooke and this would be made at the next meeting of the Parish Council following the Parish Meeting on October 22, 2015.

### 109 Apologies

■ Councillors Bob Waller, Ian Russell. That the reasons for absence be accepted proposed by Councillor Mrs Lyn Etheridge, seconded by Councillor Paul Rignall and Resolved.

### 110) Declarations of Interest on any Item on the Agenda

■ None declared.

### 111) Notes of Meeting held on September 3, 2015

■ That the above notes be approved proposed by Councillor Andy Cottam, seconded by Councillor Stuart Curtis and Resolved.

### 112) Police Matters

■ Incidents for Sudbrooke during September 2015:

#### ASB

DRUNKEN BEHAVIOUR	1
NEIGHBOUR	1
THEFT	1
DOMESTIC	1
MISPER	2
<b>TRANSPORT</b>	
TRAFFIC OFFENCE	2
<b>Total</b>	<b>8</b>

PCSO Jackie Parker reported that an arrest had been made following a break in on Scothern Lane, there had been a theft from a garden on Scothern Lane, and shooting in Sudbrooke Woods was being investigated. She also reported that police would be attending at school bus times to request that motorists do not park in the slipway on Wragby Road.

# PARISH COUNCIL MINUTES

## 113) County Councillor's Report

■ CC Mrs Sue Rawlins reported that issues re the closures of libraries within the county were ongoing.

## 114) District Councillor's Report

■ DC Stuart Curtis stated that the Central Lincolnshire Draft Local Plan would be available to view at various venues throughout Lincolnshire, the nearest to Sudbrooke being Cherry Willingham on November 6, 2015.

DC Curtis stated that permission had been granted for six houses to be built on land adjacent to 91 Wragby Road. However, a TPO had been registered on the land prior to the Planning meeting at which the application was discussed.

## 115) Report on Matters Outstanding

■ **a) Tree Preservation Orders in village:** Councillor Ian Russell had sent a report to the meeting as follows:

1. The Trees Officer at WLDC had set a new TPO on the development site on Wragby Road, neighbouring number 91. This is a "Woodland" TPO covering all trees / shrubs on basis that some work may be considered/ approved if planning is granted. This being a way to preserve better trees in the long term.
2. It was noted that removal of a sycamore on Wragby Road, near to the road, had taken place. This was being dealt with by both WLDC and LCC.
3. The Trees Officer had submitted her comments to case officer re Sudbrooke Park development.

**b) Strimming of public footpaths in the village:** Following a report by the Parish Council to LCC that FP 816 was not passable, the Footpaths Officer had inspected and felt that it was walkable. Councillor Ian Russell had offered to attend a site meeting with the Officer if the Parish Council were in agreement. Proposed by Councillor Andy Cottam, seconded by Councillor Paul Rignall and Resolved as above.

**c) Cutting of hedge, Sudbrooke/Nettleham Lane:** It was noted that this work was in hand.

**d) Sudbrooke Sports Event:** Report from Mrs Emma Chapman received and read to meeting. The event had been a success and enjoyed by those attending. It was noted that the full amount granted for the sports event had not been used and the surplus returned. Mrs Chapman offered to proceed with the event in 2016, which was welcomed by members.

**e) Footpath between Main Drive and Fox Covert:** One quotation had been received and a second was being sought.

**GOT A VIEW ON ANYTHING?**  
**sudbrookenews@gmail.com**

# PARISH COUNCIL MINUTES

## 115) Report on Matters Outstanding cont

**f) Repairs/odd jobs undertaken in village:** Mr Bernard Bartram was thanked sincerely by the Chairman for carrying out maintenance in the village as follows:

- ▶ Daffodil and crocus bulbs planted in Jubilee Garden - with assistance from Councillor Andy Cottam.
- ▶ Jubilee garden frame - varnished and carved nameplate repainted, map re-secured to back and water damage on back panel repaired.
- ▶ Shop frame - frame window panel removed, map removed and re-secured to backing plate, fastened to frame back with four screws and caps to prevent movement. New lock fitted and front window panel refitted and re varnished.
- ▶ Seat by park gates cleaned and painted.

Silver Jubilee Seat, Wragby Road - The wooden slats on this seat were in need of replacement and Mr Dave Etheridge had offered to assist with the renovation. Unanimously agreed that expenditure of £70 be made for materials.

**g) Overhanging Trees - Courtfield Close:** LCC Highways had stated that the land was not in their ownership and could therefore not attend to the trees. On further investigation it had been established that the land was still in the ownership of Somerville Properties.

Councillor Stuart Curtis offered to contact the solicitors of Somerville to ascertain if they were willing to cut back the trees, this was proposed by Councillor Andy Cottam, seconded by Councillor Paul Rignall and Resolved.

**h) Passive Speed Notices:** Councillors Paul Rignall and Bob Waller had looked at suitable locations for siting the passive speed signs. Councillor Rignall proposed, Councillor Mrs Lyn Etheridge seconded and Resolved that four notices be sited on Scothern Lane and two notices on Church Lane.

**i) Footpaths requiring maintenance in village:** Reply from LCC Highways stated that those sites reported were on the future slurry seal list. However, the current financial year's sites have already been submitted so it will now be 2016/17 at the earliest before any works will be undertaken.

## 116) Christmas Tree for Sudbrooke 2015

**a) Agreement for purchase of tree:** Mr Pat Wright had again offered to arrange for ordering and siting of the tree. Proposed that this offer be accepted by Councillor Miss Rose Dobbs, seconded by Mrs Lyn Etheridge.

**b) Switch-on Event:** This event to be arranged for 4.30pm, Sunday 29 November 2015 as per previous years. Councillor Andy Cottam offered to undertake the Risk Assessment for the event. It was noted that the Village Hall Committee were proposing holding some activities at the Hall.

**c) Replacement of timer for lights:** Mr Roger Adams had again offered to co-ordinate the siting and switch-on of the tree with the electrics being connected by Mr Grant Ashley. It had been established that a new timer for the lights was required.

A quotation had been received in the sum of £104.34 from Imp Electrics. That this be accepted proposed by Councillor Paul Rignall, seconded by Councillor Stuart Curtis and Resolved.

# PARISH COUNCIL MINUTES

## 117) Church Lane – Suggestion of 7.5 tonne weight limit sign

Members considered this suggestion and agreed that comments from Nettleham Parish Council be sought as the signage would require to be within that parish also.

## 118) Best Kept Village Competition – Judges Comments

The comments had been received and complimented the village. It was noted that the village had proceeded into the second round of the competition. The comments would be published in the *Sudbrooke News*.

## 119) Re-Consideration of window in bus shelter on Wragby Road

Following further consideration of this request the Clerk was asked to obtain a further quote for a window.

## 120) Finance

### Accounts for payment:

Mrs C Myers – expenses September	£44.67
Mr B Bartram – paint and lock	£19.44
Playsafety Ltd - Annual inspection of play equipment	£170.40
Mrs C Myers – purchase of bulbs for Jubilee Garden	£11.99
E.on Millennium stone electricity account	£24.45
Lonsdale Direct Solutions – September <i>Sudbrooke News</i>	£235.15
Mrs B Solly – expenses September	£6.75

## 121) Planning

**a) Comments submitted re planning application 133284 – proposed development in Sudbrooke Park:** Further to minute 104A of the meeting of the Parish Council held on September 3, 2015 the following response had been formulated by the Chair and Clerk and approved by all members of the Parish Council (with the exception of Councillor Stuart Curtis) prior to submission to the Planning Department, West Lindsey District Council:

### PLANNING APPLICATION 133284

Land adjacent Sudbrooke Park, off West Drive, Sudbrooke,

Hybrid application comprising of Outline planning application with means of access to be considered for erection of up to 140 dwellings and a new building to replace the former Sudbrooke Holme to provide up to 25 apartments for retirement living. Erection of a new building to provide restaurant-public house, Extension and widening of West Drive and Holme Drive to serve the development, associated hard and soft landscaping and demolition of existing poultry sheds. Change of use of land to provide a new area of open space including provision of new footpaths and sustainable drainage infrastructure. Change of use of land to provide new community allotment facilities.

Sudbrooke Parish Council have held two public meetings and taking into account the comments/views of local residents object to the above application on the following grounds:-

# PARISH COUNCIL MINUTES

## 121) Planning Matters cont

1. The proposed development would not protect the existing environment and character of Sudbrooke Park and the surrounding area and there would be inadequate and unsafe access to the road network particularly on to the A158 Wragby Road from Scothern Lane. This will also be exacerbated following planning approval for Scothern village. (Contrary to Strat 1 of the West Lindsey Local Plan First Review June 2006.)

2. The natural landscape and nature conservation features would be lost and development would not enhance the sites wildlife flow. The wildlife survey appears to be flawed – it is common knowledge that there are Great Crested Newts in the parkland. These animals, their eggs and their breeding sites are protected by law. (This is Contrary to Core 10.)

3. Ancient woodland – Contrary to NBE 12, there are many trees in Sudbrooke Park, protected over the years by Tree Preservation Orders for their value to the amenity. The Tree survey makes no reference to 1988 and 2005 Orders.

A character appraisal has not been carried out on these trees.

Please note that the application is contradictory. It states that some small bands of trees will remain which are in fact in residents' gardens and not in the proposed development area.

4. Historic parks/gardens – Sudbrooke Park is the location of the former Sudbrooke Holme and gardens identified by West Lindsey as being worthy of protection and would therefore be contrary to NBE 8.

An application was lodged with Lincolnshire County Council in December 2012 for modification to the Definitive Map Order and Statement of Public Rights of Way – claimed footpaths in Sudbrooke Park. Confirmation from Countryside Access at Lincolnshire County Council on August 18, 2015 states that the Case (number 359) is currently ranked 141 out of 160 in the County Council's list of priorities.

In the event of planning permission being granted, the Parish Council would expect, as previously agreed with the applicant, to the amenity area and woodlands to be transferred to the parish with a commuted sum for future maintenance together with provision for retirement bungalows and local community benefits with land being ring-fenced for future local infrastructure needs, i.e. primary school and health centre. All of these to be secured in a Section 106 Agreement.

Note: Councillor Stuart Curtis has not conveyed any verbal or written opinion as to the merits or otherwise of the scheme.'

**b) Application 133416 – 73 Holme Drive:** Erect two storey side extension – No objections from Parish Council.

### **C) Permissions:**

66 Holme Drive – 132260: Two storey rear extension.



# PARISH COUNCIL MINUTES

## 122) Chairman's Comments

■ The Chairman stated that the play equipment reports had arrived after the agenda had been published and therefore was not an agenda item. However, as work was required to some of the equipment the Clerk was instructed to obtain quotations for consideration at the next meeting of the Parish Council.

The Chair suspended Standing Orders between 8.35 and 8.40pm to allow residents to speak about the suggestion of a Neighbourhood Plan for Sudbrooke and its benefits in the future for the parish.

## 123) Date of Next Meeting

■ Thursday 5 November 2015, 7.30pm, Village Hall.

## 124) Confidential Minute – Staffing Matters

■ The Parish Council Resolved to move into closed session at this point to discuss staffing matters and the public left the meeting.

# £1000 UP FOR GRABS

Once again each West Lindsey District Councillor has been allocated £1000 to be utilised at the Councillor's discretion to fund, aid or kick start small scale Community projects or initiatives which may otherwise never get off the ground.

If you are considering starting such an organisation in the village or wish to fund a particular project for an already established group then please contact me for more details.

This scheme is a "Reimbursement Scheme", therefore successful applicants will need to provide proof of purchase receipts (not invoices).

Both Sudbrooke and Scothern Village Halls have so far benefited with funding towards new lighting and refurbishment.

**Stuart Curtis**  
District Councillor

## SUDBROOKE PARISH COUNCILLORS

**Chairman: Peter Heath – 67 Holme Drive (595061)**

**Vice Chairman: Bob Waller – Two Corners, Church Ln (753017)**

**Mrs Lyn Etheridge – Labda, Main Drive (750905)**

**Paul Rignall – 4 Windsor Close (595736)**

**Miss Rose Dobbs – 8 Park Close (753060)**

**Ian Russell – 69 Wragby Road (754984)**

**Stuart Curtis – 50 Scothern Lane (751874)**

**Andrew Cottam – Church View Cottage, Church Lane (750470)**

# PARISH COUNCIL REPORT

## Brief report of meeting held on November 5, 2015

■ Attention was drawn to the number of vehicles parking in Scothern Lane, during school bus drop off times - near to the junction of Wragby Road - and the possible danger of young people crossing the road. The local PCSO would be informed and asked to observe and take the necessary action to alleviate the problem.

■ There was a report of cars parking on the footpath near to the church during service times making it difficult for walkers who had to walk on the road. Residents are courteously asked to consider footpath users and park with space for use of the footpath.

■ **Police statistics:** Sudbrooke incidents October 2015:

### ASB:

NEIGHBOUR 1

### OTHER:

CRIMINAL DAMAGE 1

FRAUD 1

THEFT 1

CONCERN FOR SAFETY 1

SUSPICIOUS 1

TRAFFIC OFFENCE 4

**Total 10**

■ **Footpath between Fox Covert and Main**

**Drive:** The Parish Council agreed on a quotation for this work which it is hoped will be carried out ASAP.

■ **New bus shelter, opposite Park Gates:** The

Parish Council reconsidered this matter and agreed to instruct Knights of Langworth to make a Perspex glazed window in the bus shelter.

■ **Neighbourhood Plan:** The Parish Council agreed in principle to the production of a Neighbourhood Plan for Sudbrooke providing sufficient volunteers can commit themselves to carry this out. Watch the Sudbrooke News for updates.

■ **Planning - Proposed Traveller site at Greetwell:** Greetwell Parish Council had asked for support from Sudbrooke Parish Council and its residents in objection to the proposal in the draft Central Lincolnshire Plan for a traveller site on the A158 at North Greetwell.

Members (excluding Councillor Stuart Curtis who declared an interest) agreed to object to the proposal on the grounds of the unsuitability of the site on a busy main road, causing safety hazards for both users of the road and users of the site.

■ **Date of next meeting:** Thursday 3 December 2015, 7.30pm. This will be the meeting when the budget is set for the next financial year.



**St Edward's Church**

**Carol Singing in aid of the  
Children's Society**

Monday 21st Dec 6-7pm

Please join us at the  
Junction of Holme  
Drive and Green Way  
The more the merrier  
Meet at 5.45pm

Further details :  
Revd Chris Hewitt 754924

# TAKING A WALK IN THE COUNTRY



**With Mike Halliday**

01522 754686

## NOVEMBER WALK

■ Seven walkers braved the poor weather forecast and were rewarded with a most interesting eight-mile walk in the countryside around Louth.

Apart from 10 minutes heavy rain at the start of the walk, the weather was dry and windy with the bonus of glorious sunshine for the last hour or so.

We set out from the historic All Saints Church at South Elkington making our way passed lakes and woodland to Hubbard's Hills in Louth.

From there we climbed steadily towards Hallington Top to enjoy the superb views and we had the good fortune to watch five roe deer gallop across the fields towards the relative safety of some woodland.

The track through Welton Vale was heavy going - a far cry from the time it was the main

carriageway to South Elkington Hall. At the end of the track we passed through a whale bone arch - a reminder of Grimsby's history and busier times.

## DECEMBER WALK

■ The next walk is Saturday 5 December, a local walk is planned from the Village Hall in order to avoid the extra traffic from Lincoln's Christmas Market.

The distance is approximately seven miles and the route will depend on ground conditions.

Walkers should meet at the Village Hall at 9.30am and are advised to take a waterproof coat, wear suitable footwear, bring a drink and a snack.

Everyone is welcome to join us. We meet on the first Saturday of every month.

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# SCOUTING WITH THE LINCOLN 25<sup>TH</sup>



**Nick Cornwell-Smith**

01522 753689 - 25th Lincoln (Scothern) Scout Group

## BEAVERS, CUBS AND SCOUTS REMEMBER

■ Sunday 8 November saw a large contingent of the 25th Lincoln (Scothern) Scout Group assemble at the Scothern Parish Church to participate in the annual Remembrance Sunday Parade and Service. Luckily the rain held off, though it was a bit chilly outside.

The Welton Branch of the Royal British Legion led the wreath laying and minute silence beside the war memorial.

The 1st Scothern Brownies also took part in the ceremony and with the youth groups flags dipped, alongside the Royal British Legion Standard, wreathes were laid by representatives of the Legion, the village and Royal Air Force. A bugle sounded the start of the minute's silence.

Once this ceremony concluded, everyone moved in to the church, which was very full with standing room only at the back.

A wonderful service was conducted. The sermon was thought provoking and hopefully gave the young people something to think about, especially during this centenary time of many of the battles and losses of the First World War.

But the sermon brought home that Remembrance is about more than just 100 years ago, but that lives are lost and damaged right up to the present day.

The morning concluded with teas and coffees, supplemented by a range of lovely cakes baked by the Brownies.

# BEST KEPT VILLAGE COMPETITION

## Class 1

Winner - Allington, *right*  
Runner Up - Harlaxton

## Class 2

Winner - Moulton  
Runner-up - Sturton by Stow

## Class 3

Winner - Washingborough  
Runner-up - Long Bennington

## Class 4

Winner - Alford  
Runner-up - Horncastle



# THE SADBROOKE LOCAL

THE NEXT INSTALMENT

## QUIZ NIGHT

DECEMBER 11

JANUARY 22

The Village Hall bar opens at the normal time of 7pm, with the quiz commencing at 8.15pm.

Come on down and test your knowledge in what is a very relaxed, entertaining and enjoyable evening.

# SADBROOKE SENIORS

We are a group of people aged over 55 years who meet each month for coffee and a chat. New members are always welcome so why don't you come along and join us. There will probably be someone there that you know!

**WHERE?** Sudbrooke Village Hall  
**WHEN?** The second Friday of each month at 10.30am



If you are interested in joining us, but transport is a problem, don't worry - just ring Lincoln 750852 and we may be able to organise a lift.

# SUDBROOKE PRE-SCHOOL



With Olwen Edwards

01522 754047

## LATEST UPDATE

■ We said 'goodbye' to 18 of our children in July and understand they are all settling well into their new schools. At the preschool, we have welcomed several new families since September and are currently operating at full capacity.

The children are all settling well into preschool and enjoying the many activities on offer.

We started our term with the topic 'All About Me' spending time getting to know our new children and catching up with news from the older children. We then moved onto the theme of 'Autumn', enjoying walks in the field, collecting leaves for collages and apples to make apple pies!

We also walked over to Church Lane to purchase some pumpkins for the children to scoop out, ready for Halloween. We celebrated

Bonfire night, by making chocolate apples and making firework paintings using washing up brushes!

Following half-term, we celebrated Diwali by making an Indian restaurant and tasting Indian food. We used coloured rice to make Rangoli patterns and dressed up in Indian clothes.

In September we joined the Parish Council in arranging a sports and fundraising day, which was well supported and enjoyed by all who attended. During October, we took part in the celebrations at the Church, displaying an array of the children's art work, as well as information about the preschool.

We held a family Halloween disco on October 30, which was also very successful.

For Children in Need Day, we all went to preschool in our pyjamas! We decorated cakes for the children to take home and raised just over £30 for Children in Need.

Staff continue to update through attending courses and we are pleased to announce that Mrs Hutchinson has now completed her Level 3 training - well done Laura.

Mrs Clynes has now started her Level 3 training.

All staff are getting to grips with our new online 'Learning Journeys', which are proving to be very popular with the parents.

For further information about our preschool, please visit us at:  
[www.sudbrookepreschool.org.uk](http://www.sudbrookepreschool.org.uk).

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Children  
in Need

# THE BIG SWITCH-ON...

**THE weather on Sunday 29 November was not very good to say the least, but the turn out for the Christmas Tree lighting ceremony was tremendous!**

**After the event around the Christmas Tree, which was blessed by Reverend Chris Hewitt, many descended on the Village Hall to continue in the Festive spirit.**

**With mulled wine, cakes and drinks, everyone appeared to have a great time, especially when Santa arrived at his grotto and spoke to scores of children about being good and what presents they would like. Christmas carols were sung and music was played for the children to dance to!**

**But of course events just do not happen by themselves. A big thank you to everyone who helped to organise the day; Simon King for supplying the music, Sarah and Laura from Sudbrooke preschool who helped with Santa and the building of his Grotto; Paul and Gill Rignall and their helpers in running a very busy bar and kitchen, everyone (and clubs) who baked and donated raffle prizes and not least the Parish Council and Village hall members. Hopefully next year will be even better. Thanks for all your support.**

**Bob Waller, Vice-Chair Sudbrooke Parish Council**



# SUDBROOKE CARVING CLUB

## The Tree Has Turned!

THE tree trunk in the Village Hall car park was donated by the Sudbrooke Scout Camp to the Carving Group in February 2013.

The group have worked on it for two hours each Monday (weather permitting) until November 2015, representing 18 months of hard work and a lot of tea and cake.

The Sudbrooke carvers have completed winter and summer carvings on one side of the tree trunk.

The problem of turning over this large tree trunk then springs to mind! After a short phone call, the solution came from Mr Nigel Wilkinson who organised lovely Andrew to come along with a telescopic forklift.

The operation took less than 10 minutes and looked effortless with Andrew at the controls and Paul Evans helping to guide the tree trunk into its new position. The carvers are now looking forward to marking out spring and autumn before starting the massive task of carving the design.

The Carving Group would like to give sincere thanks to Nigel and Andrew for helping us out so quickly; it is very much appreciated.

I would like to thank all members of the Sudbrooke Carving Group; past and present for their tireless effort and creativity that has created our sculpture to date. I am very proud of it and everyone involved.

Thank you!

*Coral Evans and the Sudbrooke Carvers*





# THE CHURCH DIARY



With Revd Penny Green

01522 595596 - [revdpg@virginmedia.com](mailto:revdpg@virginmedia.com) - @revdpenny

## OUR HEROIC CARERS

■ Rather than a full blog this month, I want to thank those folk who have contacted me with comments with regard to last month's blog about the need to value our carers.

It seems to have hit a 'spot' somewhere. I want to continue that dialogue, and although I am not able to do anything before Christmas, I would like to try to say thankyou to all the carers out there in a tangible kind of way and also talk about ongoing support. So watch this space!

In this meantime, a message from all those who worship in our churches....

*You are most welcome to join us to celebrate the 'real' reason for the season this Christmas. God's richest blessing to you in this Christmas and new year..*

Every blessing, Penny



## CHURCH SERVICES FOR DECEMBER

Date	Venue	Time	Service
Sun 6 December	Stainton By Langworth Sudbrooke	9.15am 10.45am	Holy Communion Holy Communion
Thu 10 December	2 Chestnut Close, Sudbrooke	2.30pm	Tea Service
Sun 13 December	Barlings Sudbrooke Sudbrooke	9.15am 10.45am 6pm	Holy Communion Morning Worship Carol Service
Fri 18 December	Stainton By Langworth	6.30pm	Christmas Singalong
Sun 20 December	Langworth Sudbrooke	9.15am 10.45am	Holy Communion Morning Praise
Christmas Eve	Sudbrooke Sudbrooke	3pm 11.30pm	Crib Service Midnight Mass
Christmas Day	Stainton By Langworth	9.15am	Holy Communion
Sun 27 December	Sudbrooke	10.45am	Holy Communion

## CHURCH SERVICES FOR JANUARY

Date	Venue	Time	Service
Sun 3 January	Stainton By Langworth Sudbrooke	9.15am 10.45am	Holy Communion Holy Communion
Sun 10 January	Barlings Sudbrooke	9.15am 10.45am	Holy Communion Morning Worship
Thu 14 January	2 Chestnut Close, Sudbrooke	2.30pm	Tea Service
Sun 17 January	Langworth Sudbrooke	9.15am 10.45am	Holy Communion Morning Praise
Sun 24 January	Langworth	10.45am	Holy Communion
Thu 28 January	2 Chestnut Close, Sudbrooke	2.30pm	Tea Service
Sun 31 January	Sudbrooke (Group Service)	10am	Holy Communion

# SUDBROOKE LADIES CLUB



With Gill Rignall

01522 595736

## LATEST UPDATE

■ Bob Oakes, the village blacksmith from Cold Hanworth, entertained us at our November meeting talking about his life working with iron. He showed photographs of his many projects, including, furniture, garden sculptures and restoration of historic buildings.

## FORTHCOMING EVENTS

**Thursday 17 December: Christmas Party**

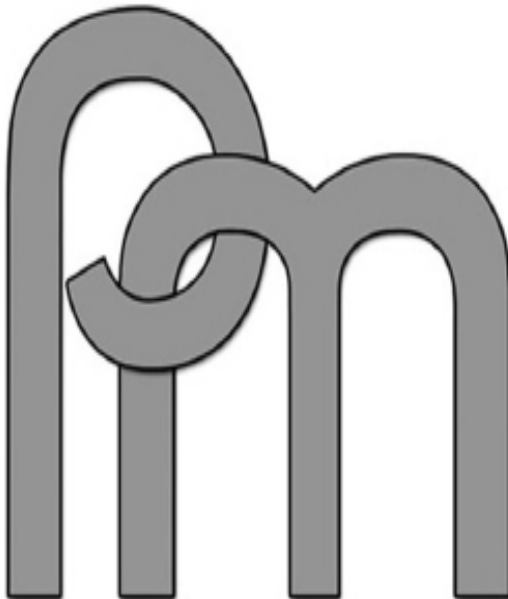
Please let a committee member know whether

you will be attending. There will be no meeting in January. The first meeting in 2016 will be the AGM, on Thursday 18 February.

We meet in the Bramham Lounge at 7.30pm on the third Thursday of most months. Everyone is welcome and visitors are asked to contribute £2.

We are continuing our small coin collection and book stall for charity.

Please see the Parish Council website for full 2015 programme.



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# READERS' LETTERS

## Your correspondence

### Dear Editor,

After a request to our parish council I would like to thank them and Reepham Parish council for installing a new dog bin on the public footpath along from the Cherry Tree cafe at the start of Barfields Lane.

This is a perfect spot for a number of different dog walks in our area and where many people park before walking their dog.

So, could dog walkers please use this new bin instead of leaving mess in the middle of the public footpath and on the grass verges in the area. This is especially important at this time of the year as not all of us have the luxury of

walking their dogs in daylight and it is most unpleasant when you step in dog mess in the twilight hours.

It is not acceptable to leave dog mess where others may walk in it and my motto is "if you can see it pick it up and bin it".

Alas it appears that one or two people do not agree (and yes you can tell that a lot of the mess is from the same dogs!). Please do make an effort to keep the footpaths and grass verges clean, we are very lucky to have such nice dog walks on our doorstep.

Coral Evans

### Dear Editor,

Well, I was surprised, the villagers of Sudbrooke turning out en masse to support the Christmas Tree lighting event.

I couldn't believe my eyes when I saw a huge crowd surrounding the tree, despite the wind blowing a mighty gale, before the local vicar 'hijacked' proceedings by blessing the tree and launching into a rendition of the Lord's Prayer. That was rather a nice touch, I must say,

And rather than everyone trudging off home after the deed was done, most of the crowd then frogmarched their way to the Village Hall for further entertainment - a stroke of genius by the organisers, may I suggest?

I had never seen the Village Hall that full before since the hoohar surrounding the Sudbrooke Park development, where loads of people turned out to vent their frustrations at the proposals to change the face of the village. So it is

nice that residents can actually turn out to an event that does not just shine the spotlight on the future evils of the village, but rather a celebration of all that is good.

Very rarely do large clumps of Sudbrooke folk get together and actually meet one another and mingle, and this occasion made it possible to find out more about our 'neighbours in the midst' so to speak and long may it continue.

Do the people behind this venture have any other plans to do something like this in other parts of the year? I would love to know.

Gwen Tomlins

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THE Branch Remembrance Day Service on Sunday November 8 began around the Scothern Memorial when Rev. Adam Watson led the congregation in the commitment. Wreaths were laid and the names of the fallen of both World Wars were remembered..



A service in St Germain's Church, Scothern followed when the Church was full to capacity with the youth groups of the village being present and Scothern Chorale also taking part.

Rev. Adam Watson officiated at both events and Ian Watson, President of the local Branch gave a very moving and inspiring address. The Armistice Service was again held at Welton Memorial when the two village schools were well represented and wreaths were laid at the memorial.

After a successful Poppy Collectors' Evening on October 13 and the Branch AGM on November 17, the Branch will hold its next social evening on December 15 at 7.45 at Welton Sports and Social Club. Everyone welcome to attend.

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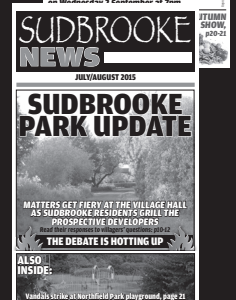
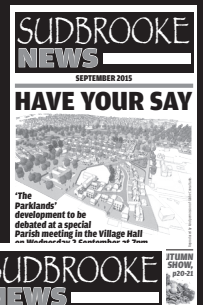
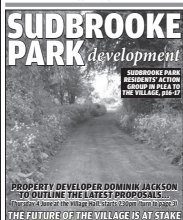
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# WANT TO ADVERTISE IN SUDBROOKE NEWS?

Your instructions and full payment must reach the editor by the 20th of the month.

- Fifth of a page = £8 per month
- Half a page = £16 per month
- Full page = £31 per month

For more information contact: [sudbrookenews@gmail.com](mailto:sudbrookenews@gmail.com)



# SUDBROOKE VILLAGE HALL

## FREE WIFI AVAILABLE!

Sudbrooke Village Hall, the Bramham Lounge and bar are available for hire.

If you book the Bramham Lounge or bar area for a meeting/training course you can make use of FREE WiFi. These areas are suitable for smaller groups and meetings.

There are two sets of new-age kurling equipment available as well as carpet bowls. If you are interested in booking the hall to form a team or club to use this equipment, please contact the number below.

The hall is situated next to the village playing field and play area, making it a very pleasant venue for children's parties, wedding, christening and birthday parties. The modern commercial style kitchen makes the hall even more attractive as a venue for large functions when catering is required.

The well stocked bar with draught beers can be booked with either the main hall or the lounge.

Further information: Sudbrooke Parish Council website: <http://parishes.lincolnshire.gov.uk/Sudbrooke/> Enquiries: Booking Secretary - Stuart Curtis: 01522 751874

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DIFFERENT**



# REFLECTION CORNER

*Where Sudbrooke residents can share their thoughts on life and living*

## ALEC C. CARROTTE ON GIFTS

**Gift** = something given, a present

**Relationship** = state of being connected

*Collins Dictionary & Thesaurus*

Bartering aside, for centuries we have constantly given and received gifts for many reasons, whether it is for an anniversary, a birthday, a religious festival, an act of gratitude, an act of charity, an act of friendliness or just pure altruism etc.

On the surface all this gifting is often performed and accepted without question. However, underneath the surface, the recipient of the gift might be asking "Is all this giving unconditional or is it loaded with meaning?" (ie) "Is there an implied reciprocity required by the giver?" (eg) "I have done this for you, so you owe me!" or in modern terminology "There is no such thing as a free lunch"

However, gifts are symbols which evoke rather than denote, ie. they can mean different things to different people or to the same person on different occasions. Thus we can see that people load their own meanings on to their actions and thus a gift is a symbol of those meanings.

Consequently, human actions are intrinsically meaning-laden, as can be seen from the following examples, not least in terms of reciprocity/exchange:-

- Wedding dowry – in some cultures, a wedding dowry is given in order to transfer responsibility for the bride from her father to her husband

- Charity donations – an organisation that works on behalf of the population may expect to be financially supported by that population

- Politeness - cups of tea to facilitate a social encounter (be my friend)

- Placatory – when someone feels that you are angry with them

- Gratitude – token of appreciation for your efforts

- Restoration of dignity – finds it difficult to always being on the receiving end of gifts

- Working unpaid over-time at work may facilitate future promotion

- Buying a round of drinks in the pub to gain group acceptance

- Relationship symbolism – a gift to a mother on Mother's Day in gratitude for earlier childhood care

- Manipulation – I've done this for you now you do this for me

- Guilt – some compensation for what they have done or not done for you

- Doing voluntary work provides a purpose, especially after retirement

- Paying compliments – hoping to get a compliment back to raise self-esteem

- Giving secret or anonymous gifts – promotes feeling of inner well-being

- Supermarket 'special offers' to make you shop with them and increase their profits

- Large donations to political parties often result in a peerage or similar favour in return

- Self-gifts or treats ("I deserve it" or "I'm worth it") gives a source of inner comfort

- Families share their individual talents for benefit of whole family (reciprocity)

(There are many more examples, but too many to list in the space available)

Consequently, it can be seen that gifts may often appear to imply some obligation, some reciprocal meaning.

Such 'payback' may be expected immediately, or at a later date, or just simply held in reserve and 'on call'. As stated earlier, it could be a truism that in today's world there is no such thing as a free lunch!

This sentiment is also endorsed in academic literature:-

***"Each gift is part of a system of reciprocity, thus creating a perpetual cycle of exchange"***

*Mary Douglas (in Mauss)*

***"There are no free gifts"***

*Marcel Mauss*

(Bibliography: Exchange: J. Davis, The Gift: M. Mauss, The Gift Relationship: R. Titmuss)

## WHAT DO READERS THINK?

# TRAVEL FEATURE SPECIAL

**With Lee Creasey**

*A Sudbrooke resident travels down to the south coast and spends a week in a lodge at Hoburne*



## **A GOOD OLD BRITISH HOLIDAY**

■ We are not usually a 'holiday park' family, but the opportunity to spend a week in a deluxe Becton Lodge at Hoburne Naish was too good to miss and the Scandinavian-style dwelling proved a big hit for all the family... despite the wet weather that joined us for the duration.

Stylishly furnished and with a light, airy feel throughout, it won us over from the minute we stepped foot inside, and it became a place where we could relax and easily wile away the hours as the rain lashed down outside.

Nestled on a grassy clifftop overlooking the Solent, right on the Hampshire-Dorset border near the town of Christchurch, Hoburne Naish occupies the site of a former farm, which John Burry bought in 1920 and eventually turned into a holiday destination, of which hundreds of people still flock to every year. Whether you

want a luxury lodge, a caravan or a simple chalet, Hoburne Naish can cater for most needs and there is so much to do that you don't even have to leave the site - there's direct access to a lovely beach, indoor and outdoor swimming pools, sauna, a playpark for the children and some form of entertainment on throughout the day and into the evenings.

The children are also entertained each night by Hoburne Naish mascot Sammy the Seahorse, and he is joined on some nights by his pals Tommy the Turtle and Larry the Lobster.

This location on the south coast, though, was perfect for exploring the area and as the New Forest was right on our doorstep, we ventured to Paultons Park, home of Peppa Pig World, and one of the best family theme parks in the UK.

# TRAVEL FEATURE SPECIAL

**With Lee Creasey**

*Naish Holiday Park, and takes in some great attractions, such as Peppa Pig World and Beaulieu*

Peppa Pig World takes up just less than half of Paultons Park, but such were the plethora of attractions in this part - like the Windy City Ride, Peppa's Big Balloon Ride, Miss Rabbit's Helicopter Flight and the Rio Grande Train - that we stayed in there the whole day.

Also located in the New Forest is the National Motor Museum at Beaulieu, a car lover's paradise.

Back in 1952, Lord Montagu first put on a display of vintage cars in tribute to his motoring pioneering father, and the collection cars has grown to over 300 vehicles and tens of thousands of objects relating to motoring



history and there is even a monorail, opened by The Wombles in 1974, while 'The World of Top Gear' is also a must-see attraction.

From some of the earliest cars ever built, through to Formula One cars, Elvis Presley's last-ever motor, Chitty-Chitty Bang-Bang, motorbikes of all description and land speed record holders, you would not find a better collection of vehicles anywhere in the world.

Just down the road from Beaulieu is Exbury Gardens, which is a site famous for its Rothschild Collection of rhododendrons, azaleas, camellias and rare trees, and has been described as 'Heaven with the gates open'.

With the added bonus of its very own steam railway, plus a recently-built playground, it rounded off a delightful week on the south coast.

## FACTBOX

■ Short breaks at Hoburne Naish during the remainder of the 2015 season start from just £153. Short breaks in a Becton Lodge start from £428. To check availability and book visit [www.hoburne.com](http://www.hoburne.com) or call 01425 282358.

For further information on Paultons Park, including a calendar of opening times and to book tickets online in advance to save money visit [www.paultonspark.co.uk](http://www.paultonspark.co.uk). A family of four booked online in advance is £93.00

Beaulieu National Motor Museum has over 250 vehicles tell the story of motoring on the roads and circuits of Britain, from pioneering origins to the present day. The stylish, the elegant, the fast, the famous and the plain functional are all on show at what is the most well renowned motor museum in the UK. Visit [www.beaulieu.co.uk](http://www.beaulieu.co.uk) or call 01590 612345. An advance family ticket costs £64.

Family tickets for Exbury Gardens cost from £22.50. Visit [www.exbury.co.uk](http://www.exbury.co.uk) or call 023 8089 1203.



# ON THE BEAT WITH LINCOLNSHIRE POLICE



With Lynn Chantrey

[nettleham.npt@lincs.pnn.police.uk](mailto:nettleham.npt@lincs.pnn.police.uk)

## BE CAREFUL AT CHRISTMAS

■ British families spend an average of £530 on Christmas presents, according to BBC figures. That's partly because the gift of choice for many children (and adults too!) is a shiny new mobile phone or games console.

With all that hard-earned money being spent, it's important that you keep the presents safe before and after December 25. It can be hard to keep track of all the gifts, especially if you have a large family to buy for!

Our guide is here to help you keep your goodies out of harm's way and make this Christmas another memorable get-together.

## PUT PRESENTS IN SAFE STORAGE

If you have bucketloads of presents which will take up lots of space in your home, it might be worth putting them in safe storage before Christmas Day you might think that this will set you back even further after everything you've bought, but prices start from as little as £15 a week.

Make sure that you shop around for the best deal, and also make sure that the storage provider is reputable before you hand your goods over to them. Alternatively, you can store some goodies at home in secure lockers.

## DON'T PUT YOUR PRESENTS ON DISPLAY

Thieves who are looking for some quick cash target easily accessible presents. It's nice to have the Christmas tree on display by a window - that way passers-by can enjoy it as well as your family - but don't display your gifts there as well!

One useful trick is to wait until Christmas Eve before you put the gifts under the tree. That makes the presents safer, but also cranks

up the anticipation for the kids (and maybe some of the adults too!) because they only get to see them the night before.

## TELL NEIGHBOURS YOU'RE GOING AWAY

If you're going to a relative's house for Boxing Day, make sure that your neighbors know about it. You'll probably be leaving behind most of the presents you received the day before - apart from the kids' toys which they can't put down - when you head off to Auntie Susan's.

That means someone will be keeping an eye on your house even when the mulled wine is flowing all around!

It's probably worth testing your burglar alarm to make sure that everything is working properly.

## HANG CHRISTMAS BELLS

Hanging Christmas bells or chimes near bushes outside your house will alert you to anyone who brushes past. This will be most effective on quiet winter nights. It also makes quite a pretty sound!

We hope you have found this guide to Christmas safety useful. The overall chances of you getting burgled are slim (a lot narrower than a lot of waistlines in January).

That means you should focus on making the festivities as jolly as they can be!

Above all have a very merry Christmas and a happy new year.



# DUNHOLME CAMERA CLUB



With Grahame Dunkin

01673 860469 - [dunholmecc@btinternet.com](mailto:dunholmecc@btinternet.com)

## LATEST UPDATE

Well that's another year just about gone. I hope it's been a good one for you and you have used your camera to record the events of the year and hopefully backed them up to a secure place so they won't be lost and will be seen by descendants in the years to come.

I have many a box full not just of my own pictures, but my late parents' pictures going back to the 50s and before a great family record kept safely for years to come.

If you would like to know more about keeping images safe and how to store them

safely why not come along to the camera club and learn how to keep your images safe and even to print them so that they can be seen by family and friends.

During December we tend to wind down a little at the club and this year is no exception so the only two meetings we have are social events for members only so all the best for the festive season and we look forward to seeing some of you at the club in 2016.

Visit our website to see what we have on each month [www.dunholmecameraclub.co.uk](http://www.dunholmecameraclub.co.uk).

# WELTON PATIENTS & DOCTORS ASSOCIATION

With Janet Goddard

## CHRISTMAS LUNCH

The PDA Christmas Lunch is being held on Friday 4 December in Welton Village Hall.

We will be serving a traditional Christmas lunch with roast turkey and all the trimmings followed by trifle or Christmas pudding with brandy sauce, tea or coffee and chocolate mints.

There will be the usual raffle, cake stall, book and card stall. There may still be a few tickets left when you read this, priced £5.50.

Please telephone either Roy Minnitt (860980) or myself Janet Goddard (862570).

The doors will open at 11.45am and the meal will be served at 12.15pm. Anyone requiring transport to the lunch should request this when purchasing their ticket.

## AGM

The PDA AGM was held on Thursday 22 October, when Dr Barber gave us a very

interesting talk on the subject of diabetes. The Committee for the forthcoming year was elected and a full list of officers and committee members is displayed on the PDA notice board in the Health Centre waiting room.

Peter Morton stood down as Chairman after two years in office and Andrea Lowen resigned from the Committee. A new Chairman was elected, Phil Rodgers, and two new members were voted onto the Committee - Janet Lynch and Eunice Wright. The rest of the Committee remained unchanged.

## TRANSPORT SCHEME

Can I take this opportunity to remind patients who use the transport scheme to visit the Health Centre to have the correct money ready if possible? As the evenings are now dark it is sometimes difficult to search for change when the journey is complete.

# NETTLEHAM HEALTH

## Latest update with Helen Lunn

01522 751717 ([www.nettlehammedical.co.uk](http://www.nettlehammedical.co.uk))

### MISSED APPOINTMENTS

■ The practice is still experiencing high numbers of patients who DNA (Did Not attend) their booked appointments. In October 2015, 13 hours of GP time and 20½ hours of nursing time was lost due to people failing to attend their appointments. Please do contact the practice to cancel a booked appointment if you become unable to attend as the appointment can be utilised by someone else.

### NEW GP

■ We are delighted to announce that Dr Donna Scott will be joining the practice permanently as a full time GP from Tuesday 8 December.

### VACCINATION UPDATE

■ Flu Vaccinations - It is still not too late to have a flu vaccination. If you are eligible, please ring after 10.30am to book an appointment.

■ Meningitis B Vaccinations - If you were born between 1 September 1996 and 31 August 1997 you are eligible to have this new vaccination which is recommended by Public Health England, again please contact reception to book an appointment.

■ Shingles Vaccinations - The age criteria for the vaccinations this year are as follows:

- Born between 02/09/1944 and 01/09/1946
- Aged 78 on 01/09/2015
- Aged 70 on or after 01/09/2013

If you fall into one of the age groups above we shall be writing to you personally over the coming months to invite you for this vaccination, however you can contact reception and book an

appointment now as you do not have to wait to be invited.

### MONTHLY EARLY CLOSURES FOR TRAINING

■ Nettleham surgery will be closed for training at 1pm on the following afternoons:

Tuesday 15 December 2015

Tuesday 19 January 2016



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## The Ingham Practice

### **Christmas Patient Participation Evening - Wednesday 16<sup>th</sup> December 2015** **6.00 pm - 7.00 pm**

All patients are invited to celebrate the festive season with carols, mince pies and lots more .... Raffle, Tombola etc. Light refreshments will be provided.

Do come and celebrate with us.

Dr Sultan and the Practice Team wish all our patients a very Merry Christmas and a healthy New Year.



The Practice is very pleased with the excellent results of the Practice Patient Satisfaction Survey 2014/2015 with a 98% satisfaction rate. Dr Sultan would like to thank the Practice Team for this exceptional achievement and the patients for their continued support. The Practice Team will continue to provide a dedicated, caring and responsive service aiming for even greater achievements. NHS England carried out an independent survey into patient experience of care and the Practice achieved excellent results for this latest survey:

- Overall Patient Experience 95.57% (National Average 85%)
- Getting through by phone 92.29% (National Average 74.65%)
- Making an appointment 77.66% (National Average 75.42%)

Full details and more information regarding the Practice Achievements and Patient Survey are on display in the waiting room at the Ingham Practice and on our website [www.inghampractice.com](http://www.inghampractice.com)  
The Practice now offers the facility for patients to book appointments and order repeat medication online. However, patients are required to register for these services.

# WRAGBY HEALTH

With Kerry Kinsey

01673 858206

## DERMATOSCOPE

■ We are extremely pleased to advise you that the Patient Participation Group have agreed to purchase a piece of equipment called a Dermatoscope, for the practice.

A Dermatoscope is a device used to magnify and examine a variety of skin lesions. It can aid in the detection of early signs of cancer and ensure that referrals are dealt with in a timely manner.

Nurse Consultant, Sally Wood, has been trained on the use of the Dermatoscope and patients who are concerned about skin lesions or moles changing in colour, shape or size should book an appointment to see Sally in one of her normal clinics.

Thank you to our patient participation group and patients for their contributions which make the purchase of equipment such as this possible.

## PATIENT PARTICIPATION GROUP

■ Our Patient Participation Group are looking for another committee member, perhaps you have the time and interest to become a member of the group? The group meets four times a year.

### What do the group do?

- Contribute to the continuous improvement of services that are available both at the practice and locally
- Foster and improve communication between the practice and the patients
- Help patients to take more responsibility for their own health
- Provide the Practice with practical support to help to implement change
- To determine its own group activities, according to the needs of the patient community and the Practice.
- Share information and improve understanding between the Practice and the patients.

If you are interested in filling the vacant position please contact Linda Madeley, Assistant Practice Manager on the usual practice number.

## COLDS

■ Now that winter is upon please remember the self help measures to ease your symptoms and appointment demand too!!

### Treatment of a cold:

For most people, a cold will get better on its own within a week of the symptoms starting without any specific treatment.

However, there are treatments that can help to ease your symptoms and make you feel more comfortable. These are available from your pharmacy, which means that you can treat yourself, rather than needing to see your GP.

There is no cure for colds. Antibiotics, which treat infections caused by bacteria, don't work on cold viruses.

### Self-help

There are a number of self-help measures that may help to ease the symptoms of a cold.

- Drinking enough fluids to prevent dehydration.
  - Steam inhalations with menthol, salt water nasal sprays or drops may be helpful.
  - Vapour rubs may help relieve symptoms for children.
  - Hot drinks, hot soups and spicy foods can help to ease irritation and pain in your throat.
  - Sucking sweets or lozenges which contain menthol or eucalyptus may soothe your throat.
  - Gargling with salt water may help a sore throat.
- You should try to make sure you get enough rest if you have a cold. It's not usually necessary to stay off work or school.

## CHRISTMAS AND NEW YEAR PERIOD

The surgery will be closed on the following days:

- Friday 25 December 2015 - Christmas Day
- Monday 28 December 2015 - Bank Holiday
- Friday 1 January 2016 - New Year's Day

## MEDICATION

Please ensure that you order your medication by Friday 18 December to guarantee you have enough to last you over the festive season

# Handy Home Services

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Peter & Hilary Gwynn  
Post Chase, Church Lane  
Sudbrooke LN2 2QH

# INFORMATION STATION

## EMERGENCY SERVICES

Emergency .....	999
Police.....	101
Fire & Rescue .....	01522 582222
Ambulance Service .....	08450 450422
PSCO Jackie Parker .....	07944 776801

## WEST LINDSEY DISTRICT COUNCIL

Main number .....	01427 676676
Out-of-hours.....	01427 613960

## ENVIRONMENT AGENCY

Flood line .....	0845 9881188
Incident hotline.....	0800 807060

## LINCS COUNTY COUNCIL

Main number.....	01522 552222
Emergency planning .....	01522 582220

## HEALTH SURGERIES

Nettleham Health Centre.....	01522 751717
Welton Health Centre.....	08444 773072

## SCHOOLS

Sudbrooke Pre-School .....	753938
Ellison Boulters.....	01673 862392
William Farr .....	01673 866900
Cherry Willingham.....	01522 751040
Scothern After-School Club .....	07944 709024

## UTILITY COMPANIES

Electricity Central Networks.....	0800 6783105
Gas - National Grid .....	0800 111999
Anglian Water .....	08457 145145
Severn Trent Water .....	0800 7834444
Yorkshire Water .....	0800 1573553

## NETTLEHAM LIBRARY

Opening Times .....	01522 782010
Tuesday: 10am-1pm; Friday 2pm-6pm;	
Saturday: 10am-1pm	

## WHAT'S ON IN SUDBROOKE

Whist .....	595715
Mah-Jong.....	750280
Kickboxing.....	750198
25th Lincoln Scouts.....	753689

## SUDBROOKE PARISH COUNCIL

### Clerk to the council:

Mrs C M Myers, 94 Jubilee Close, Jubilee Park,  
Cherry Willingham LN3 4LD .....750531  
Email: SudbrookeParishCouncil@gmail.com

**Chairman:** Peter Heath..... 595061

**VICE-CHAIRMAN:** Bob Waller.....753017

Rose Dobbs .....

Lyn Etheridge .....

Paul Rignall.....

Ian Russell.....

Andrew Cottam .....

**Treasurer:** Bridget Solly..... 01673 857580

### County Councillor:

Sue Rawlins, Badgers Holt, Friesthorpe Road,  
Buslingthorpe .....

Email: cllrs.rawlins@lincolnshire.gov.uk

### District Councillor:

Stuart Curtis (also Parish Cllr).....751874

Email: stuartlyncurtis@aol.com

## MEMBER OF PARLIAMENT

Edward Leigh, 20 Union Street, Market Rasen  
LN8 3AA..... 01673 849461

Email: gcca.uk@btconnect.com

## SUDBROOKE VILLAGE HALL HIRE

Lyn or Stuart Curtis.....751874

## CLERGY

Reverend Penny Green .....

Associate Priest .....

Associate Priest .....

Assistant Curate .....

**IF YOU WOULD LIKE TO BE  
FEATURED ON THIS PAGE, THEN  
EMAIL THE EDITOR AT:  
sudbrookenews@gmail.com**

1st Sudbrooke/Scothern Brownies..01673 862102

Scothern Rainbows .....

Sudbrooke Seniors.....

Ladies Club.....