

SUDBROOKE NEWS

JUNE 2014

SPORTS FUNDAY



Sunday 29 June – From 2pm

Sudbrooke Sports Day has been brought forward from September this year to the last weekend in June, so if you're feeling athletic, competitive or just want to be entertained, then get down to the Village Hall Playing Field on Sunday 29 June. Let the games begin! *More details, p18-19.*

LIVE MUSIC!

Great local band MIND YOUR HEAD will be rocking at the Village Hall on Friday 6 June – and it's FREE ENTRY and the bar will be open!

MORE DETAILS INSIDE ON PAGE 3

EDITOR'S RAMBLINGS

June 2014

CONTENTS

- 4-6. Parish Council Notes
- 7..... Parish Report
- 8 Best Kept Village
- 9 LIVES appeal
- 10..... European Elections
- 11 Country Walks
- 12 Ladies Club
- 13 Photography comp
- 15 Childrens art comp
- 16-17 Sports Day
- 18..... Gardening Club
- 19 Church Diary
- 21-23 Readers' Letters
- 25..... Nettleham Health
- 26..... Focus on Fitness
- 28..... Picnic On The Field
- 29 Camera Club
- 30 Five Minutes With
- 32..... Sudbrooke Info

A REDUCED version of the magazine this month as we head into the summer months, with Sudbrooke Sports Day the highlight, with a big crowd expected at the Village Hall Playing Field at the end of June - yes, end of June, not in September as it used to be.

Lincoln band Mind Your Head debut at the Village Hall on Friday 6 June and with free entry, what a great way to spend an evening, with a few jars/glasses while listening to four musicians belting out some classics of a bygone era.

The next edition of the magazine is a combined July/August one, so if you have anything needing promoting for August, be sure to send it to me for inclusion next month, otherwise you will have missed your chance. And get those readers' rants into me as well as I know how popular they are with villagers. **Banzai. Dom**

JULY/AUG ISSUE - DEADLINE FOR CONTRIBUTIONS: JUNE 20

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LIVE MUSIC

AT SUSBROOKE VILLAGE HALL

FRIDAY 6 JUNE

BAR OPENS 7.30pm

FREE ENTRY

MIND YOUR HEAD



■ **Mind Your Head** are a four-piece rock covers band who enjoy playing as much as seeing their supporters have a great time.

The band features Simon on lead vocals and guitar, John on guitar and mandolin (yes, mandolin!), Andy on bass and backing vocals, and Ian on drums and backing vocals.

Formed in 2009, they play pubs, clubs, parties and small festivals, covering a variety of material from The Sex Pistols, AC/DC and Motörhead through The Kinks, Rolling Stones, David Bowie and Status Quo to ABBA.



**IT PROMISES TO BE A GREAT NIGHT SO PLEASE
GET DOWN AND SHOW YOUR SUPPORT!**

PARISH COUNCIL MINUTES

April 2014

Abridged notes of the monthly meeting of Sudbrooke Parish Council held on Thursday 3 April in Sudbrooke Village Hall. The full set of notes may be seen in Nettleham Library or on the Parish website.

COUNCILLORS PRESENT:

Councillors P Heath (Chair), B Waller (Vice Chair), S Curtis, P Rignall, Mrs L Etheridge, County Councillor S Rawlins, Mrs C Myers (Clerk), Mrs B Solly (Treasurer)

APOLOGIES:

Councillor Ian Russell, Martin Dickie, Miss Rose Dobbs

138) Parishoners items

■ The It was reported that there was fly tipping on Sudbrooke Lane. The Clerk to report to WLDC.

■ Reports were received about work/cutting back carried out on a number of trees at a property being renovated on Wragby Road. WLDC Planning would be notified in the event that the trees were covered by a TPO and that permission should have been applied for.

■ A resident had raised concern about the use of West Drive by farm vehicles. The Chair would contact the Planning Enforcement Officer at WLDC to establish whether any breach of planning conditions was taking place.

139) Police report

■ March 14: A suspicious male was seen on Elm Drive, but had disappeared when officers arrived at the scene.

■ March 19: A male was trying to sell door to door without a licence in the area of Sibthorpe Drive, the police drove around the area but there was no trace.

■ March 21: Suspicious males were trying to sell paving in Fox Covert, the vehicle was stopped by police officers and this matter was dealt with accordingly.

140) County Councillor's Report

■ CC Sue Rawlins reported that a new contract for County Council Finance was being negotiated with SERCO to take over from Mouchel.

141) District Councillor's Report

■ DC Stuart Curtis reported that the Local Plan was due to be launched at the beginning of June.

142) Notes of meeting held on March 6, 2014

■ Proposed by Councillor Paul Rignall, seconded by Councillor Bob Waller that they be signed as a correct record.

143) Reports on Matters Outstanding

■ **Highway matters - Tree outside shop:** This had been due to be felled in the early part of the year and no work had been carried out on it to date. The Clerk would make enquiries.

144) Consideration of Quotations for Siting Carved Posts

■ Quotes were considered as follows: Quotation A - £395, Quotation B - £220.

Members agreed that Quotation B be successful from Mr Neil Smith in the sum of £220.00. District Councillor Stuart Curtis agreed to provide funds from the District Councillor Initiative Fund for this work.

145) Best Kept Village Competition 2014

■ It was agreed that the village enter this competition at a cost of £20.00.

146) Review of Parish Council Complaints Procedure

■ Members reviewed the document and agreed that it be forwarded to the Monitoring Officer at WLDC for any amendment.

147) New Model Standing Orders

■ Members agreed that the Standing Orders be updated. The Clerk would revise them for approval as time allowed.

148) Witham Access Project - Request for support

■ A group from Cherry Willingham were seeking support from neighbouring parishes in their endeavour to have provided various footpath/cycle routes around Cherry Willingham/Fiskerton/Greetwell area. Members instructed the Clerk to write a letter of support.

149) Community Speed Watch Trials, Lincs Road Safety Partnership

■ The Road Safety Partnership were trialling movable speed information signs and invited members to view these at Ancaster between March 19 and April 2, which it was hoped would be available to local communities to purchase.

Members instructed the Clerk to register the interest of the Parish Council for future consideration.

**DO YOU WANT TO GET SOMETHING OFF YOUR CHEST?
THEN EMAIL THE EDITOR:
SudbrookeNews@yahoo.co.uk**

152) Planning

■ **a) Application 131115 - 45 Wragby Road, Sudbrooke:** Extensions and alterations to redesign dwelling and associated outbuildings. Comments to be submitted to WLDC - 'Objections to this application as it is considered that the proposed plans are overbearing on the property of number 43 Wragby Road.'

It is also considered that the workshop should be sited further back from the property. It should be noted also that it could be used for business purposes.'

■ **b) Application 130810 - 17 St Edward's Drive:** Erection of a concrete style garage on a concrete base - no objections.

153) Chairman's Comments

■ The Chair stated that due to other commitments, Roy Summerfield was no longer able to enter items on to the parish website. The Clerk agreed to continue to put entries on to it and keep it up to date, but requested support from members in checking it on a regular basis.

154) Correspondence

■ None.

155) Date of Annual Parish Council Meeting

■ Thursday 15 May 2014, 7.30pm - Village Hall.

Fancy advertising your services or wares in Sudbrooke News? If you wish to place a business advert in the next edition of the magazine (April), which is distributed free of charge to over 750 households, then your instructions and full payment must reach the editor by the 20th.

FIFTH OF A PAGE: £8 PER MONTH
HALF PAGE: £16 PER MONTH
FULL PAGE: £31 PER MONTH

Email the editor at:
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PARISH COUNCIL REPORT

Brief report of meeting held on May 15, 2014

■ Chairman and Vice Chairman for the 2014/15 year:

Councillor Peter Heath was re-elected as Chair and Councillor Bob Waller as Vice Chair.

■ Tennis Courts/Multi-purpose sports area:

It was reported that more vandalism has taken place to the tennis courts with boarding being removed from the perimeter.

However, some residents had asked that the courts be marked out for using and a tennis net be provided. A decision by the Parish Council was made to obtain quotations for this with District Councillor Stuart Curtis offering some funds from his West Lindsey Initiative fund to finance the repairs and the net.

■ Sports Event:

Mr Mike Halliday was thanked for offering to organise the sports event again (June 29). However, Mike would like to step down after this year, so is there any villager who would be prepared to take on the organising please? Mike has suggested that if anyone is interested they could work with him to see how things go for this year's event.

Please contact either Mike Halliday on 754686 or Chris Myers, Parish Clerk, on 750531.

■ Date of next meeting:

Thursday 5 June, 2014.

■ Date of July Parish Council meeting:

Thursday 10 July, 2014.


Kisimul school
 Acacia Hall,
 Friesthorpe, LN3 5AL
 Summer Fayre
 13th July 2014 2-4pm
 Events include: Tombola
 BBQ Crafts
 Strawberries and Cream
 Raffle Pimms
 Bouncy Castle
 Face Painting
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three rounds during June July and August,
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URGENT APPEAL!

SUPPORT NEEDED

■ The Sudbrooke LIVES group has been offering basic emergency care in Langworth, Scothern, Sudbrooke and Stainton for nearly four years.

Many residents of these villages have benefited from receiving pre-hospital emergency care given by First Responders. The existence of a local group, with members in each village, enables life saving emergency care to be given before the patient arrives in hospital.

The founder members are now ready to pass on this well-established group to new volunteers.

Your support is now urgently needed to prevent the group closing and to continue its valuable emergency work.

You can make a difference by giving up a

few hours a month to help your local community and at the same time gain confidence in emergencies. Learn to save a life.

This may suit you if you are retired, a parent at home during the daytime, shift workers and anyone else with a few hours to spare looking for a new challenge. There is no fixed rota. Each member offers whatever fits in with their family life.

Administrative support is needed as well as people wishing to train as Responders.

The group is currently financially secure so that would not be a concern for anyone joining.

FREE training and uniform.

If you value the fact you have emergency care on your doorstep call the Coordinator today.



EUROPEAN PARLIAMENTARY ELECTIONS



EAST MIDLANDS REGION RESULTS

PARTY	NUMBER OF VOTES
An Independence From Europe.....	21,384
British National Party.....	18,326
Conservative Party	291,270
English Democrats.....	11,612
Green Party	67,066
Harmony Party	2,194
Labour Party.....	279,363
Liberal Democrats	60,773
UK Independence Party	368,734

There were 3,425 rejected ballot papers

ALLOCATION OF SEATS:

- Seat Number 1: UK Independence Party Roger Helmer
- Seat Number 2: Conservative Party..... Emma McClarkin
- Seat Number 4: Labour Party..... Glenis Willmott
- Seat Number 5: UK Independence Party..... Margaret Parker
- Seat Number 6: Conservative Party Andrew Lewer



Roger Helmer



Emma McClarkin



Glenis Willmott



Margaret Parker



Andrew Lewer

TAKING A WALK IN THE COUNTRY

With Mike Halliday

01522 754686



MAY WALK

■ Nineteen walkers and a dog set off in bright sunshine for an eight-mile walk through Willingham Woods and surrounding countryside.

The woods contain a good mixture of native broadleaves and conifers which should ensure more wildlife diversity as well as meeting future timber needs.

The various spring flowers were a delight to see but the highlight was the wonderful display of native bluebells in Legsby Wood.

JUNE WALK

■ Saturday 7 June: A seven-mile walk from Grimblethorpe heading south on high ground with fine views of the Wolds before descending to Donington on Bain.

It's an easy return on flatter ground following the Viking Way along the scenic

River Bain passing the site of the medieval village of Biscathorpe before returning to Grimblethorpe.

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

If you wish to walk and need a lift, please turn up at the Village Hall. Everyone is welcome to join in this free and healthy activity.

JULY WALK

■ Saturday 5 July: seven-mile walk from Wragby. Walkers should meet at the Village Hall at 9.30am



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SUDBROOKE LADIES CLUB

With Gill Rignall

01522 595736



LATEST MEETING

■ Adam Daubney, Lincolnshire Finds Officer, gave an illustrated talk at our May meeting.

He told us about the various archaeological discoveries which have been made in Lincolnshire, notably the Roman Villa in Sudbrooke.

WHO ARE WE?

We meet on the third Thursday of most months at 7.30 pm in the Bramham Lounge at the Village Hall. We have a guest speaker

at most meetings covering a variety of topics. You are all welcome to attend any meeting which you feel is of particular interest.

Visitors and new members are always welcome and are asked to make a donation of £2. Why not come along for a chat and meet people?

We have a book stall and collect stamps and small coins for charity. A donation is made to a local charity when the fund reaches £200.

FORTHCOMING EVENTS

Thursday 19 June: Jenny's Jams.

Thursday 17 July: Summer Lunch at the Ivy, Wragby. If you wish to join us please bring your menu choice and payment to the June meeting.

If you are unable to attend the meeting please let Barbara have your choice and payment by June 19.

Please see the Parish Council website for full 2014 programme.

<http://parishes.lincolnshire.gov.uk/Sudbrooke/>



Wagon House
Teashop at



A friendly family run teashop serving delicious home-cooked food; lunches, scrumptious cakes and more. Champagne Afternoon Tea in aid of Help4Heroes Charity, Sunday 22 June

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Goltho Gardens, Lincoln Road, Goltho, Nr Wragby LN8 5NF, 01673 857814. www.golthogardens.com

Photographic Competition 2014

Win a £40 Love to Shop Gift Card

2014 Theme is 'Wildlife in Lincolnshire'

The flora and fauna through the seasons.....

How to Enter.....

Upload your photograph to:
www.communitylincs.com/photo-competition
following the instructions on the screen.

The winning photographs will be displayed on our website and in any additional publicity material we feel appropriate from time to time.

Quarterly entry dates for 2014/15:

1st April to 30th June

1st July to 30th September

1st October to 31st December

1st January to 31st March

For further information please email the competition organiser: Tracy Ingram at:
tracy.ingram@communitylincs.com

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So what are you waiting for? Upload your entry today!

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.

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

SUDBROOKE SENIORS

FORGET FACEBOOK!

Come and meet new friends face to face.

We meet at 10.30am on the second Friday of each month in the Village Hall for coffee and a chat.

Anyone over 55 welcome!

Artwork Competition 2014

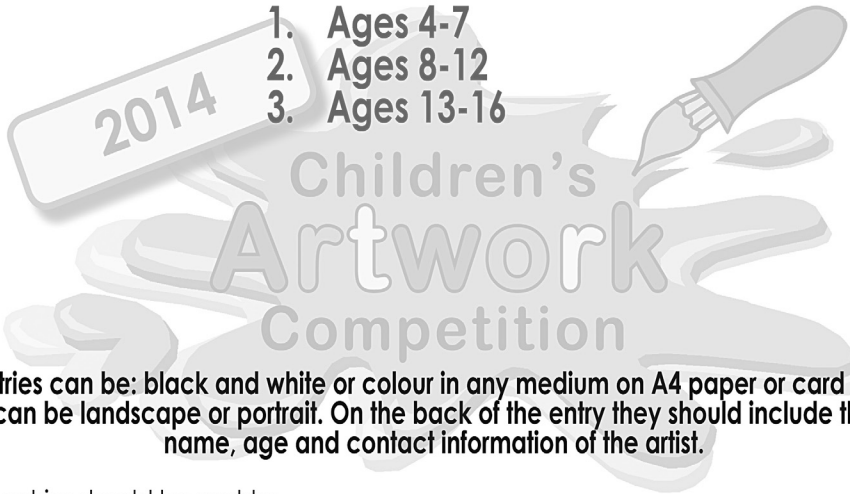
Win a £25 Love to Shop Gift Card 2014 Theme is 'Wildlife in Lincolnshire'

The flora and fauna through the seasons.....

Winner in each category will receive a £25 Love to Shop gift card, a certificate and their original artwork framed. One runner up in each category will receive a certificate and their original artwork framed.

The three categories are:

1. Ages 4-7
2. Ages 8-12
3. Ages 13-16



Entries can be: black and white or colour in any medium on A4 paper or card and can be landscape or portrait. On the back of the entry they should include the name, age and contact information of the artist.

All entries should be sent to:
Children's Artwork Competition Organiser,
Community Lincs, Church Lane, Sleaford,
NG34 7DF
E-mail: sharon.keeble@communitylincs.com



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By the closing date: Friday 25th July 2014



SUDBROOKE SPORTS DAY

Sunday 29 June - Village Playing Field: From 2pm-4pm (approximately)

THE SUDBROOKE OLYMPICS?

■ We have brought Sports Day forward this year's - and the 2014 event will take place on Sunday 29 June, for a scheduled 2pm start, so make the date in your diaries and filofaxes.

It may not be the Olympic Stadium in front of 80,000 passionate, roaring spectators, but the Sudbrooke residents could turn the Village Hall Playing Field into a cauldron of excitement and fervour

as they cheer on those brave souls who are ready to pit their wits against their neighbourhood peers.

Okay, so it's not that serious just a bit of fun on what will hopefully be a glorious, sunny afternoon, but what a great way to escape the washing-up after your vegan roast and meet a few of your fellow residents in a friendly environment.

Hey, you may even burn off a few calories in the process! We shall be giving

away prizes to those competitors who come in first, second or third, but taking part and having fun is really what matters.

There are events to suit all ages and abilities from pre-school to centenarians.

Children do like to see their parents take part in the races, so please don't disappoint them, mums and dads!

Refreshments will be on sale in the Village Hall from 2pm prior to the races starting from around 2.30pm.

This year is my final year of organising the Sports Day and it would be great if someone could volunteer to take over from me.

Perhaps someone would like to work alongside me this year. If you are interested please do contact me.

Mike Halliday

(Organiser on behalf of the Parish Council) Tel 01522 754686

OFFICIAL PROGRAMME OF EVENTS

TIME RACE NO. CATEGORY EVENT

2.34	1	Mixed pre-school	30 metres sprint
2.38	2	Mixed reception to age 7 years	40 metres sprint
2.42	3	Girls aged 8 to 11 years.....	50 metres sprint
2.46	4	Boys aged 8 to 11 years.....	50 metres sprint
2.52	5	Girls aged 12 to 15 years.....	50 metres sprint
2.56	6	Boys aged 12 to 15 years	50 metres sprint
3.00	7	Females aged 16 years and upwards	50 metres sprint
3.04	8	Males aged 16 years and upwards.....	50 metres sprint
3.08	9	Mixed pre-school	Egg and spoon
3.12	10	Mixed reception to age 7 years	Egg and spoon
3.16	11	Mixed aged 8 to 11 years	Egg and spoon
3.20	12	Mixed aged 12 to 15 years	Egg and spoon
3.24	13	Females aged 16 years and upwards	Egg and spoon
3.28	14	Males aged 16 and upwards.....	Egg and spoon
3.32	15	Mixed primary school.....	Tug of War
3.36	16	Mixed secondary school	Tug of War
3.40	17	Mixed adults	Tug of War

TIME RACE NO. CATEGORY EVENT

3.44	18	Mixed to age 7 years.....	Sack race
3.48	19	Mixed aged 8 to 15 years.....	Sack race
3.52	20	Mixed aged 16 and upwards	Sack race
3.56	21	To age 7 years	Three-legged race
4.00	22	Agers 8 to 15 years.....	Three-legged race
4.04	23	Agers 16 and upwards.....	Three-legged race
<i>(for Race 23, adults may opt for a younger partner)</i>			
4.08	24	To age 7 years	Wheelbarrow race
4.12	25	Girls aged 8 to 15 years	Wheelbarrow race
4.16	26	Boys aged 8 to 15 years	Wheelbarrow race
4.20	27	Agers 16 years and upwards.....	Wheelbarrow race
Relay races (three members per team)			
4.24	28	Boys primary school ages	
4.28	29	Girls primary school ages.....	
4.32	30	Boys secondary school ages.....	
4.36	31	Girls secondary school ages.....	
4.40	32	Adults (men, women or mixed).....	

SUDBROOKE GARDENING CLUB

With Mike Halliday

Secretary: 01522 754686



MAY MEETING

■ A dry interval between heavy showers allowed members to enjoy the very large rear garden of hosts Paul and Coral Evans.

A central lawn is bordered by distinct functional areas leading to a dense wooded area at the bottom of the garden.

Raised beds of healthy vegetables, a selection of fruit trees and two large greenhouses ensure a plentiful supply of food throughout the year. Mature

herbaceous borders and a more formal area of hedging leading to a gravel garden next to the house complete a very pleasing picture.

The closely-contested quiz was won on a tie-break by Jenny Williams, Iris Whitaker, Paul Evans and Rupert Hadley.

NEXT MEETING

■ Monday 9 June: This will be hosted by Angela Gould at Magpie Cottage, Scothern Lane, Langworth from 7.30pm.

FANCY A GAME OF WHIST? THEN GET DOWN TO THE VILLAGE HALL ON A THURSDAY AFTERNOON FROM 2-4pm. FOR MORE INFO, CONTACT TERRY MAYO ON 595715



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THE CHURCH DIARY



With Revd Penny Green

01522 595596 - revdpg@virginmedia.com

QUESTIONS AND ANSWERS

■ I have no doubt that all of you reading this will share my horror and revulsion at the kidnapping of over 200 girls from their school in Nigeria and the stated aims of their captors to sell them into slavery.

My first response to hearing of the kidnapping was to disbelieve it - how do you capture 200 students from a school without anyone reacting very very quickly? I realise that we are talking about a very different context and terrain, but it is shocking.

It seems these girls were abducted precisely because they were in school, receiving an education, and for the terrorists this is unacceptable - that also makes me horrified. Their poor parents and families must be distraught and feel totally powerless to do anything - they thought their children were safe and on their way to a different life.

Sometimes its easy to become immune to the things we hear on the news, because we see so much sadness, but I have to say that this has made my blood boil.

I think that's because I have benefitted from a great education, and probably while I was in school I never realised that there were millions of girls of my age who never had that opportunity and in fact were

actively denied that opportunity. It's not just girls though, its boys who are forced into armies, boys and girls who are living in abject poverty and girls boys women and men who are driven into slavery and trafficked by ruthless powerful people.

I guess we can sit back and believe that this is nothing to do with us, that it is happening a long way away and that there is nothing we can do, but frankly, but let's face it, every time something like this happens, our humanity is diminished.

We have to stand up for the powerless even if the only thing we can do is to sign a petition and join an outcry that this is just plain wrong. By doing that just maybe we can bring a glimmer of hope to a situation that seems hopeless and to people that may be losing any sense of hope.

I am praying, praying for a good conclusion, praying that these young women will be returned to their families and will be able to continue their education - please join me in those prayers.

One other thing - we take our own freedom so much for granted - let's give thanks everyday for the quality of life we enjoy and the freedom it brings us.

Every blessings.

CHURCH SERVICES FOR JUNE

Date	Venue	Time	Service
Sunday 1 June	Stainton by Langworth	9am	Holy Communion
	Sudbrooke	10.30am	Holy Communion
	Langworth	6pm	Evening Prayer
Sunday 8 June	Barlings	9am	Holy Communion
	Sudbrooke	10.30am	Family Worship, with Baptism
Thursday 12 June	2 Chestnut Close, Sudbrooke	2.30pm	Tea Service
Sunday 15 June	Sudbrooke	10.30am	Holy Communion
	Langworth	6pm	Holy Communion
Sunday 22 June	Sudbrooke	10.30am	Holy Communion
Sunday 29 June	Stainton by Langworth	10.30am	Group Service Holy Communion

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READERS' LETTERS

Your correspondence

Dear Editor,

Many of us have just voted in the European Parliamentary Elections and probably believe that our vote, made in a private curtained voting booth and signified by a single 'X' on a list of candidates after scrutiny by the Electoral Staff to ensure our identity that we are eligible to vote, is strictly private... WRONG!

After confirming our identity, the staff issue a voting slip with the names of all the candidates printed on it and then add on that voting slip the number corresponding to the number on the local voters' register alongside your name and thus ensure that no one can vote twice.

After selecting and putting an 'X' alongside our choice, we then place the voting slip in a sealed ballot box, which at the end of the voting time is conveyed under guard to the nominated place for the count of all votes to be made under close scrutiny of the duly Appointed Officer.

Only then are the seals on the ballot boxes broken and the count begins.

The voting slips are sorted and placed in a separate pile for each candidate and counted - all under close scrutiny. The winner is announced and totals of votes for all candidates are given.

The votes are then placed in sealed containers and still in separate piles (in case of a later appeal) are taken to Government secure buildings where they have to be held for a period of 10 years.

But there is flaw in this privacy of each person's vote and the voters identity and that is that number the polling station staff wrote on your voting slip. A check on a freely available voters' register will identify the voter and their home address.

This of course is locked away in secure Government premises so you may think no one has access to it except for the Government.

In Germany in the 1930, they were using the exact same system that we use today. On being successful in narrowly-won elections, the

National Socialists were in a position to view all the voting slips held after elections and identify everyone who had voted in opposition for other parties because of those numbers written by the polling staff on the voting slips.

They then took steps to arrest, imprison and execute thousands of people who opposed National Socialism, thus ensuring in future elections, people overwhelmingly voted for Hitler's regime all because of that little number on the voting slip. The opposition had vanished.

Today with modern technology, a computer hacker has an even great chance of hacking into those secret numbers.

Don't scoff and say "It couldn't happen here this is Britain!"

If in future the right person rose to power as has happened in many dictatorships through the modern world your secret vote would be a secret no more.

Makes you think, doesn't it?

Name and address supplied


NETTLEHAM ART GROUP 2014

**10th ANNUAL
ART EXHIBITION
& SALE OF PAINTINGS**

in the OLD SCHOOL, NETTLEHAM
(near the church)

ADMISSION 50p

FRIDAY 11 JULY 2 - 4pm & 6.30 - 8pm
SATURDAY 12 JULY 10am - 4.30pm
SUNDAY 13 JULY 11am - 3.30pm



Proceeds to LIVES First Responders Nettleham
*For further information, contact Ian Straw
Tel: 01522 753558*

READERS' LETTERS

Your correspondence

Dear Editor,

It was interesting to read about the many groups who use the Village Hall on a regular basis, and I would just like to point out that as the leader of the whist group, we have been using the lounge on a weekly basis, for about 50 weeks a year, for the past 20 years or so.

Whist in the village every Thursday afternoon proves popular amongst the more elderly of us (though we do get some youngsters occasionally

in school holidays), and we continue to welcome new players from time to time.

If you have ever played any type of whist, come and see what we do, get a free cup of tea, make new friends.

West Lindsey community chest have just awarded us a grant for new tables, which we hope to be in place in the near future. For more information call me on 595715.

Terry Mayo

Dear Editor,

The reader last month drawing attention to the unearthing of wartime buildings in Sudbrooke Park and appealing to anyone with information or recollections about what took place there during the last war really got my interest as a long since retired Teacher.

I urge parents with a youngster in school, college or even university to draw this letter to the attention of their offspring.

What a great idea for a student project with such a variety of angles from which to approach it. It is a real-life subject which would require interviews with those people with recollections of that period, photographing or filming of what remains of the site before it is redeveloped or Mother Nature again reclaims it.

Perhaps even aerial photography or maybe computer imagery and drawing on any artistic skills with sketches and drawings that the students possess to enhance or clarify whatever is discovered.

There must somewhere, be plans and maps together with wartime records in the archives

just waiting to be researched by those willing to take the time and effort. To my mind it is an ideal project of real interest and value to the local community for a good team of students willing to give it 100 per cent effort .

Perhaps as part of a school programme or even a Duke of Edinburgh's Award Scheme. If this letter has stirred someone's interest enough to think about the possibility of undergoing such a project, please write into **Sudbrooke News** and tell the Editor.

You never know, he may may even come up with ideas that could assist you and point you in the right direction to obtain newspaper or other wartime records.

I AM SURE THAT HE WILL THROUGH THIS JOURNAL ENCOURAGE ANYONE WITH MEMORIES OR INFORMATION TO COME FORWARD TO ASSIST YOUR RESEARCH.

But most of al. PLEASE TELL THE READERS OF **Sudbrooke News** if you decide to undertake this project.

J D Wetherall

Dear Editor,

In a recent letter to **Sudbrooke News**, a lady appealed for seats to be erected around the village, in particular on footpaths through the woods

On my daily walk I can't help but notice there are about a dozen very suitable logs left over by the parade ground. Is there any chance that an

appeal to the gennurosity of the owner of these logs could result in them being donated to The Parish Council. I am sure that such a gift would be gratefully received and a working party could be quickly recruited to erect and build seats and make that lady's wish come true. It's nice to be nice; please consider it.

Paul Bowen

READERS' LETTERS

Your correspondence

Dear Editor,

I was very sad this week when I walked past the Cherry Tree Bistro and discovered that Dr Who's TARDIS (The Police Call Box) which has been on the site there for a long time has now vanished into the ether.

I expect the Doctor has been called away to solve some major problem elsewhere in the universe, with Daleks stepping out of line.

He can't be expected to spend all his time here in Sudbrooke protecting us just because he likes the food at the Cherry Tree.

It is a great shame that we have now lost both



the space ship and the TARDIS from the forecourt of the bistro where they have each given so much amusement and wonderment to countless children and parents over the years, not to mention the passers by on the main road.

It put Sudbrooke on the map for hosts of photographers and Dr Who fans.

Whilst sorry they have gone I would like to give my family's grateful thanks to the owners of the Cherry Tree for their vision in providing them and giving us so much fun over the years.

We will miss them!

Bob Parsons

FOR SALE! LADIES MOUNTAIN BIKE

Please ring Jennie on 595705



FOX & HOUNDS, REEPHAM

What's on in June

Sat 14th * Cheese & Wine Tasting Experience 7.30 pm (tickets only- £12.50)

Sun 15th * Family Fathers Day - Bouncy Castle, Face painting, Games from 12pm & BBQ from 3pm

Wed 18th * Acoustic Night from 8pm – come along to play or just to listen

Sat 21st * Northern Soul & Tamla Motown Night – 8.30pm

Wed 25th * Pie Night – 6pm to 9pm Pie, Hand cut chips & peas £9.95 (Booking Only)

Sat 28th * Curry Night – Home-made curry, rice & chapati. £7.95 Bookings only

Food served Fri, Sat, Sun 12-3pm Fri 6-8pm

Watch all England's World Cup Matches here – free food at halftime

Tuesday Night Special 12" stuffed crust Pizza only £4.95 from 6pm -9pm

Quiz every Thursday and the last Sunday of the month from 8.30pm

Tel 01522 595191 or 07900465352 to book or email hello@foxandhoundsreepham.co.uk

Go to www.foxandhoundsreepham for more details



LINCOLNSHIRE COASTAL GRAZING MARSHES SUMMER EVENTS

What's on Summer/Autumn 2014

All events are free with no booking required unless otherwise stated.

Anderby & Anderby Creek Scarecrow/Open Gardens Weekend

19th - 20th July 2014 / Anderby. Skegness. PE24 5YB

Come and join in the fun with Anderby's weekend celebrations, including an art exhibition at the village hall with ploughman's lunches and cream teas being served.

Wander one 'Your County Needs Moo'

22nd July 2014 / 10am – 1.30pm / Farmer Browns Visitor Centre, Huttoft, LN13 9RL

(Circular Walk, 3.5 miles) Join the team as we explore the wildlife of Huttoft's coast and grazing marshes.

Wander Two: Poplar Farm Smugglers Walk

5th July 2014 / 11am - 1pm / Poplar Farm, Crabtree Lane, Sutton on Sea, LN12 2RS

A guided walk through coast and marsh, bringing to life the smuggling history of this coastline. To book or for more information please contact Helen Matthews on 07894 292641

Strawberry Tea

5th July 2014 / 2 - 4pm / Huttoft Village Hall, Sutton Road, Huttoft, LN13 9RG

Wander Four: Exploring Saltfleet and Skidbrooke

11th July 2014 / 1 - 3pm / Saltfleet New Inn, LN11 7RZ

This walk visits the site of the historic port and leaning churches which were once at the centre of these moving industrial communities.

Wander Five: Skyride: Louth to Rushmoor and beyond (As part of the Project's Tour de France celebrations)

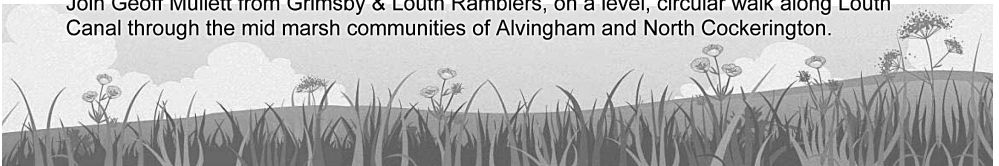
12th July 2014 / 10.30am - 12pm / Meridian Leisure Centre, Louth, LN11 8RS

Join the Skyride campaign on a gentle eight mile cycle ride around the Saltfleetby area as part of our 2014 'Seven Wanders' events. Booking can be made through the Skyride website or by contacting the team on 01507 613134.

Wander Six: Two Churches and a Canal

16th July 2014 / 6 - 8pm / Two Churches, Alvingham, LN11 0QD

Join Geoff Mullett from Grimsby & Louth Ramblers, on a level, circular walk along Louth Canal through the mid marsh communities of Alvingham and North Cockerington.



NETTLEHAM MEDICAL PRACTICE & CHERRY WILLINGHAM BRANCH SURGERY

Latest update, with Helen Lunn

01522 751717

NAMED GP FOR PATIENTS 75+

Over the last few months, we have begun to ask all our patients who are 75 years or older if they already feel they have a doctor who is “their doctor”.

If they have one particular doctor who they regard as their own we are recording this in their medical record.

If they don’t yet feel they have “their own” doctor we will allocate them a named GP to be responsible for their care and let them know who it is by 31st July 2014.

The ‘named GP’ will be responsible for co-ordinating the patient’s overall care.

CQC INSPECTION

The Care Quality Commission (CQC) carried out an inspection on April 30, 2014 at the practice. We have been informed that their report will be available to view on their website in July/August 2014.

MONTHLY EARLY CLOSURES FOR TRAINING

In order to enable our doctors and staff to be kept up to date Nettleham surgery will be closed for training at 1pm on the following afternoons.

Tue 17 June - Tue 15 July - Tue 19 August

Emergency help is still available by calling 111.

When the surgery is closed please ring Freephone 111
WEBSITE:
www.nettlehammedical.co.uk

SMS MESSAGING SERVICE

As you may already be aware, the Practice is now able to provide SMS text messages confirming appointment details.

Once registered, a text message will be sent confirming appointment bookings immediately after the appointment has been made, and a further reminder will be sent the day before your appointment.

If you would like to register for this service then please contact the Practice or alternatively please complete the slip below and return.

Please can we request that all patients make sure that we hold the correct mobile phone numbers and notify the Practice of any changes.

I HEREBY GIVE/WITHDRAW* MY PERMISSION FOR NETTLEHAM MEDICAL PRACTICE TO SEND ME A TEXT MESSAGE ON MY MOBILE PHONE.

Full Name

Mobile Number

Signed

Date

I understand that this consent will remain in place indefinitely and that it is my responsibility to inform the practice should I withdraw consent or make any changes, including changes in my mobile/home telephone number.

FOCUS ON FITNESS



Wellbeing
fitness

With **Tristan Lowe**

01522 525250 - info@wellbeingfitnesslincoln.co.uk

THE IMPORTANCE OF FLEXIBILITY

Ian Ryves, who's the Managing Director of Wellbeing Fitness and also a long-standing friend, posted something on the website which it struck me was so interesting and relevant to what we do that I thought it was worthwhile passing on.

Here it is:

"A couple of weeks ago I ricked my back. I was trying to open the garage door from the inside and it stuck - so I yanked it. I felt something give, only it wasn't the door it was my back. Immediately I was in agony and for the next few days it was as if I'd aged 50 years!

I couldn't straighten up properly, it took a while holding on to a chair before I could sit down, I had the greatest difficulty putting my trousers on and as for wearing socks?

Unless someone knelt down and actually put them on over my feet I just had to go barefoot! (I think most of us have done something similar at some time during our lives so I suspect you know what I'm talking about.)

And with the help of sports massage and movement and flexibility sessions I'm now more or less back to normal.

But the funny thing is that quite quickly after it happened I started to adapt and get used to it. I was still in pain, but I found ways of getting round my immobility and the fact that there were certain things I couldn't do.

And that got me thinking - supposing it had come on very gradually, little by little over a period of, say several years. I'd have had a longer time to get used to it and adapt and the change would be so slow that I would just accept that it was normal.

I might occasionally look back and think, "I used to be able to do so-and-so years ago but now I can't. Oh well, it's just one of those

things - can't be helped". And then it struck me: that's what happens as we get older! The changes are so slow we just get used to them - and we think they're normal.

BUT I'M HERE TO TELL YOU THAT IT'S NOT NORMAL - IT DOESN'T HAVE TO HAPPEN.

If you're young enough, you can stop it from happening and if you're older you can reverse the decline.

And I have cast-iron evidence, not just from study after study that's been conducted by medical teams and researchers from top-rank universities but from my personal experience.

Let me give you just one example:

One of our clients who's in his 60s was celebrating a few months ago after a personal training session because at last he could kneel down and sit back on his heels. I remember looking at him in amazement because surely everyone can do that can't they? But no they can't.

He used to be able to years ago, but gradually his legs and knees had got tighter and tighter until he couldn't do it any more. And before he came to us, he'd just accepted that that was one of the things about getting older.

But in just a few short months, because we target precisely people's particular needs, we'd reversed that decline. And he can do something now that he's not been able to do for 15 years.

Are there physical activities that you used to be able to do that you can do no longer. Come to Wellbeing Fitness. We'll roll back the years!"

I think Ian's spot on in his summary of what we're all about at Wellbeing Fitness. Let me just add my endorsement and encourage you to take up his offer.

ARE YOU HEADING FOR A HEART ATTACK?



LET'S HOPE NOT but if you lead a busy and stressful life, working hard and providing for your family, how often do you pause to think, "Am I ruining my health doing this?"

Grabbing meals on the run, using alcohol to relax, shouting at the kids, quarrelling with your spouse – these are all things that are symptomatic of stress. And you know you should do something about it – but what?

And here is where Wellbeing Fitness has once again broken the mould. If you go to ANY other fitness centre, they will set you goals – goals to lose weight, goals to do more exercise, goals to burn more fat, goals to build more muscle. And all this does is just add to your stress. No wonder the majority of people give up after a few weeks.

So how is Wellbeing Fitness different?

INTRODUCING OUR NEW 10 WEEK WELLNESS PROGRAMME

Here's what's involved...

You get 21 sessions alone in a private studio with a dedicated fitness professional. The first session will be a consultation where between you, you'll decide what the sessions will consist of according to what you both think you need. The choice will be a mixture from the following: **Personal Training:** an exercise programme which will help to release endorphins (the happy hormones) and combat the negative effects of stress. It is your shortest route to greater energy and a feeling of well being.

Movement and Flexibility: a real stress-buster where the trainer performs a series of stretching manoeuvres on you. Through this, receptors in the nervous system are stimulated which decrease the production of stress hormones. And the added bonus is that you feel fantastic afterwards. People have described the feeling as like being able to walk on air.

This is exclusive to Wellbeing Fitness.

Remedial Massage: deep tissue massage releases the tight muscles which make you feel tired and sluggish and helps bring more blood and oxygen to them.

The full price for this package of sessions would normally be ~~£925.00~~ but we are able to offer it for **£699.00** or three instalments of **£250.00**, a saving of **£226.00**

So – what to do now:

- 1 Call **01522 525250**
- 2 Book your consultation
- 3 Decide whether the programme is right for you
- 4 Get started!



Wellbeing Fitness, 20 Carlton Mews,
Carlton Centre, Outer Circle Road,
Lincoln LN2 4FJ.

Email: info@wellbeingfitnesslincoln.co.uk

Tel: 01522 525250



Friday 13th June 2014

Ellison Boulters Academy GATES OPEN 3.30pm

- **WORLD CUP TOURNAMENT**

organised by MSP sponsored by Wilkinson Farms, Sudbrooke
– fee for participating teams

- **PIMMS AND BAR**

Bar open 4pm until 6pm

- **RAFFLE**

1st prize being corporate hospitality to a Leeds football match

- **LOTS OF GAMES – FUN FOR ALL THE FAMILY**

FREE entry with Raffle Ticket

Bring your own picnic and enjoy!



DUNHOLME CAMERA CLUB

With Grahame Dunkin

01673 860469 - dunholmecc@btinternet.com



BACKING UP

■ June is here and hopefully the warmer weather to allow you to go out with your camera and get some great shots.

Don't forget when you go for a walk take the camera with you - there are opportunities all around us every day.

I usually remind people every year to make sure that you back up your pictures, don't just transfer them onto your computer because one day the computer isn't going to work and all of your photos will have gone FOREVER!!

If anyone wants to know what to do to make sure they don't lose their photos get in touch.

JUNE EVENTS

■ During June we have two meetings - our first on the 12th, will be our home round of a competition against other clubs from Lincolnshire. We will battle it out against two other clubs, a great night should pursue. Our

second meeting on the 26th is an outing to Gunby Hall.

It's always great to get out and about when the nights are light so hopefully we will have a bright warm night so that we can get some great photos.

The evening light can be the best of the day, but you need to make sure you set your camera correctly so if you are unsure how to set your camera (other than putting it on "Auto") make sure you get down to the camera club and make more use of your camera.



CHERRY WILLINGHAM COMMUNITY CHOIR

Do you enjoy singing?

Don't be shy, come along and have some fun - men and women welcome!

The Church Hall, High Street, Cherry Willingham (LN3 4AQ)

7.30-9.30pm on Monday 2 and 16 June

We will be singing a variety of songs including: The Sound of Music in two parts, Something Inside So Strong, songs from the musical and lots more.

For more info please contact: Jane 07720 050214

Email: jane.george1@ntlworld.com

Supported by The Vine Community Church

FIVE MINUTES WITH... A villager



Sudbrooke has many interesting residents living in the village and this is the latest in a series where we get to know a bit more about the characters living amongst us.

NEXT IN THE SPOTLIGHT IS GILL RIGNALL

How long have you lived in the village?

For 20 years.

How would villagers better you know as?

As a friend and neighbour, member of Ladies' Club and NWR.

Why did you move to Sudbrooke?

We wanted a bit bigger house and garden without moving too far away from town. This has suited us perfectly.

What are you originally from and what is/was your job?

I was born in Lincoln and have always lived within 12 miles of the city. I worked for Lincolnshire County Council until I trained as a nurse. I have worked as a nurse and/or tutor since 1989.

What would you change about the village?

Younger people to be more active in community activities before facilities are lost forever. Better bus service, especially a late evening bus back from Lincoln.

What is the best thing about living in Sudbrooke?

Having friends within walking distance for social activities and a quiet place to come home to.

Describe Sudbrooke in one sentence...

Beautiful rural location within easy reach of the city facilities and railway station.

I saw the appeal by Stuart Curtis in the May edition for someone to apply for the **District Councillor Initiative Fund of £3,000** for a local project. Knowing how health conscious all the residents of Sudbrooke are, I wondered if the mums, dog walkers and youngsters who park at the Village Hall would appreciate some outdoor gym equipment near the park.

The cheapest package for four pieces of equipment found comes to just over £3,000. Stuart suggested that if someone would start a keep fit class at the Village Hall then we may be able to apply to the Community Council for part funding of any necessary equipment and this may help with the cost.

If there is anyone who would like to start a keep fit class (maybe even the Sudbrooke Seniors) then please let Stuart know and we may be able to apply for the funds and buy the outside gym equipment so we can all get fit!

Debbie Hall

Handy Home Services

Sudbrooke-based family business est 2007

For all your ongoing home requirements

KITCHENS

From a full kitchen installation to replacing taps, sinks, worktops, handles, doors and drawers.

BATHROOMS

From a new bathroom installation, to replacing worn parts, taps, sinks, baths, toilets, etc...

Replace the bath with an easy-access shower

GENERAL MAINTENANCE

For all those odd jobs we offer:

- Carpentry services
- Electrical improvements
- Plumbing repairs / improvements

Whatever your requirements, call us today for a free, no-obligation quote.

Telephone: 01522 751846

Mobile: 07796 750609

Email: handy_home_services@yahoo.co.uk

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
PCSO Jackie Parker	07944 776801

WEST LINDSEY DISTRICT COUNCIL

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

ENVIRONMENT AGENCY

Incident hotline.....	0800 807060
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LINCS COUNTY COUNCIL

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

HEALTH SURGERIES

Nettleham Health Centre.....	01522 751717
Welton Health Centre.....	01673 862232

SCHOOLS

Sudbrooke Pre-School	753938
Ellison Boulters.....	01673 862392
William Farr	01673 866900
Cherry Willingham	01522 751040
Scothern After-School Club	07944 709024
Scothern Pre-School	07765 112556

UTILITY COMPANIES

Electricity Central Networks.....	0800 0568090
Gas - National Grid	0800 111999
Anglian Water	08457 145145
Severn Trent Water	0800 7834444
Yorkshire Water	0800 1573553

WHAT'S ON IN SUDBROOKE

Whist	595715
Mah-Jong.....	751881
Kickboxing.....	750198
1st Sudbrooke/Scothern Brownies.....	595436

BABY SITTING

Emily Andrews	01673 862590
Amy Bouwer.....	750864
Lydia Bowman.....	751834
Paige Carr.....	753592

SUDBROOKE PARISH COUNCIL

Clerk to the council:

Mrs C M Myers, 94 Jubilee Close, Jubilee Park
Cherry Willingham, LN3 4LD 750531
Email: myerspc94@gmail.com

Chairman: Peter Heath.....595061

Vice-Chairman: Bob Waller..... 753017

Martin Dickie.....754342

Rose Dobbs

Lyn Etheridge.....750905

Paul Rignall

Ian Russell.....754984

Treasurer: Bridget Solly..... 01673 857580

County Councillor:

Sue Rawlins.....01673 885545

Email: cllrs.rawlins@lincolnshire.gov.uk

District Councillor:

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

Email: stuartlyncurtis@aol.com

MEMBER OF PARLIAMENT

Edward Leigh, 23 Queen Street, Market Rasen
LN8 3EN..... 01673 849003
Email: gcca.uk@btconnect.com

SUDBROOKE VILLAGE HALL HIRE

Lyn or Stuart Curtis..... 751874

CLERGY

Reverend Penny Green

NETTLEHAM LIBRARY

Opening Times

Tuesday: 10am-1pm; Wednesday 2pm-7pm;

Friday: 2pm-7pm

25th Lincoln Scouts (Scothern)..... 753689

Sudbrooke Seniors.....750852

Ladies Club.....595736

Hannah Graham.....752007

Cassie Hanley-Ball

Abbie & Connie Mullen.....750198

Stephanie Scrimshaw