

SUDBROOKE NEWS

JULY/AUGUST 2014

SPORTS DAY

AT THE
VILLAGE
HALL ON
SUNDAY
29 JUNE:
PLEASE
NOTE THE
AFTERNOON
START
TIME IS
2pm,
WITH
RACES
STARTING
AT 2.30

PM!

(NOT 4pm)
As reported last month

EDITOR'S RAMBLINGS

July/August 2014

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JAM-PACKED is the description for this month's (or months') issue with plenty going on in this dual edition.

I am glad to say I have been inundated with readers' letters, with various topics being discussed, some of which are sure to spark debate amongst villagers. Keep them coming!

Our resident Group Scout leader Nick Cornwell-Smith reports on what sounded a terrific cubs jamboree at Burghley House, while Ralph Sherwin gives us the lowdown from Nettleham Bowls Club.

And finally, budding athletes should venture down to the Village Hall Playing Field on Sunday 29 June for a great fun afternoon (note start time, rather than the time wrongly given on the front of June's issue - thanks for no-one pointing it out!). Give it a whirl.

Remember - next edition is out in September. Enjoy. *Dom*

SEPTEMBER ISSUE - DEADLINE FOR CONTRIBUTIONS: AUG 20

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SUDBROOKE SPORTS DAY



With Mike Halliday

Organiser on behalf of Parish Council: 01522 754686

SCHEDULE OF EVENTS AGAIN FOR SUNDAY 29 JUNE

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
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	Ages 8 to 15 years.....	Three-legged race
4.04	23	Ages 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	Ages 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)	

PARISH COUNCIL MINUTES

May 2014

Abridged notes of the monthly meeting of Sudbrooke Parish Council held on Thursday 15 May 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, S Curtis, P Rignall, M Dickie Mrs C Myers (Clerk), Mrs B Solly (Treasurer), and three residents

APOLOGIES:

Councillors Miss R Dobbs, I Russell, Mrs L Etheridge

1) Open forum for Parishioners items

■ A resident mentioned the following:

- that the hedge in Church Lane was in need of cutting back
- that the seats were requiring treating

The resident was advised that the hedge was the responsibility of the landowner. The seats would be treated now that the better weather was upon us.

The resident enquired about the planning application submitted for Sudbrooke House which the Chair answered. The resident expressed concern about the proposed access road and made alternative suggestions. The resident was advised that the application would be discussed later in the meeting.

2) Election of Chairman/Declaration of Acceptance of Office

■ Councillor Peter Heath was proposed as Chair for the forthcoming year by Councillor Martin Dickie, seconded by Councillor Paul Rignall.

Councillor Heath duly signed his Declaration of Acceptance of Office.

3) Election of Vice Chairman

■ Councillor Bob Waller was proposed as Vice Chairman by Councillor Peter Heath, seconded by Councillor Stuart Curtis.

Councillor Waller duly signed his Declaration of Acceptance of Office.

4) Declaration of Interest

■ Councillor Stuart Curtis declared an interest in the planning application for Church House, Church Lane as Chair of the WLDC Planning Committee.

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

5) Police matters

- A request was made for the phone number of the local PCSO to be published in Sudbrooke News.

6) Notes of meeting held on April 3, 2014

- Proposed by Councillor P Rignall, seconded by Councillor Stuart Curtis that these be accepted as a true record.

7) District Councillor's Report

- DC Stuart Curtis reported that the recent planning applications for Park Farm and 17 St Edward's Drive had been refused.

He stated that the new Local Plan would encompass all new policies for the next 25 years and would be launched at the Lincoln Hotel on June 5. One new policy would be that building would be allowed outside of settlement boundaries.

Cllr Curtis also stated that there had been further damage caused to the boards around the tennis courts. He had, however, been approached by residents and asked for the courts to be marked out and a tennis net provided. Cllr Curtis stated that the cost of the repairs/provision of a net/markings could be met from his District Councillors Initiative Fund.

The Clerk was asked to obtain prices for the above.

8) Reports on Matters Outstanding

- Highway matters - the tree near to the shop had now been removed.
- Road improvements - notification that carriageway reconstruction would be taking place at Wragby on the A158/B1202 crossroads.

9) Review of Parish Council Complaints Procedure

- The Parish Council Complaints Procedure had been checked by the Monitoring Officer at WLDC and following a slight amendment was proposed to be adopted by the Parish Council by Councillor P Heath, seconded by Councillor Bob Waller.

10) Finance

- a) Audit of Accounts/Completion of Annual Return - An inspection of the accounts had been undertaken by the Internal Auditor. The Treasurer outlined some comments which had been drawn to her attention and discussed by members. These would be implemented as required.

The Council duly approved the contents of the Annual Return of the closure of the Accounts to March 31, 2014 and answered Yes to all questions on page 3 of the Annual Return.

All in favour. The Accounts would be submitted to the External Auditor on the required date stated by them.

**MAHJONG EVERY MONDAY NIGHT AT
THE VILLAGE HALL AT 7pm IF YOU
FANCY PLAYING A BOARD GAME WITH
SOMETHING A BIT DIFFERENT**



152) Planning

■ **i) TPO Application - 033085 - Adjacent 12 Fox Covert: Reduce tree heights to six trees within W2 of Sudbrooke 1950 Order - No objections.**

NB Councillor Stuart Curtis had declared an interest in the above application as a relative of the applicant.

■ **ii) Applications**

131207 - Land off Poachers Lane: Re-submission of 128675 - On the basis that this a slight amendment to the previous application there are no objections. However, any approval is strictly subject to the playing field being transferred to Sudbrooke Parish Council for nil consideration and all the Parish Council legal costs and disbursements for the transfer of the land and approval of the Section 106 Agreement are to be met by the applicant.

131213 - 9 Greenway: Side extension and alterations to dwelling - No objections.

131234 - 53 Holme Drive: Erection of orangery - No objections.

131200 - 4 Chestnut Close: Extension over garage - No objections.

131108 - Sudbrooke House, Church Lane: Outline application for five new detached houses - access to be considered and not reserved for subsequent applications. The Chair suspended Standing Orders at 8.45pm to allow a resident to speak about this application. It was noted that residents had not received any formal notification of the application nor had there been any notices displayed in the area. Standing Orders resumed at 8.50pm.

Members agreed the following comments be submitted to the WLDC Planning Department:-
‘Sudbrooke Parish Council do not have any overall objections to this application.

However it is pointed out that there is public disquiet regarding the entrance to the development and it is requested that alternative entrances be considered which cause less of a danger to traffic for exiting/entering.

It should also be noted that many residents in the area were not aware of this application as there appears to be no public notices displayed in the area.’

■ **iii) Planning breaches - Nothing to report.**

■ **iv) Planning training - Councillor Martin Dickie expressed an interest in attending a planning training session at Market Rasen on June 5, 2014.**

12) Chairman's Comments

■ With the judging of the Best Kept Village Competition commencing at the end of the month it was agreed that the shrubs be cut around in the Jubilee Garden.

It was noted that several complaints had been raised about the grass cutting recently. Councillor Bob Waller would check the next cut and if necessary speak to the Contracts Manager at Veolia.

Councillor Stuart Curtis offered to look through the new Model Standing Orders for Parish Councils comparing them to the current Standing Orders of the Parish Council and make amendments as necessary for presenting to a future meeting of the Council.

13) Correspondence

■ Mr Mike Halliday was thanked for offering to organise the sports event again (June 29). Councillors Martin Dickie and Paul Rignall would assist. However, it was noted that Mr Halliday would like to step down as organiser after this year. A request would be put in the **Sudbrooke News** to see if anyone would be interested in taking over the organisation of the event.

A resident had reported that his fence had received damage from the grass cutting contractors. This matter had been referred to Veolia and been promptly attended to.

14) Date of Annual Parish Council Meeting

■ Thursday 5 June, 2014, 7.30pm - Village Hall.

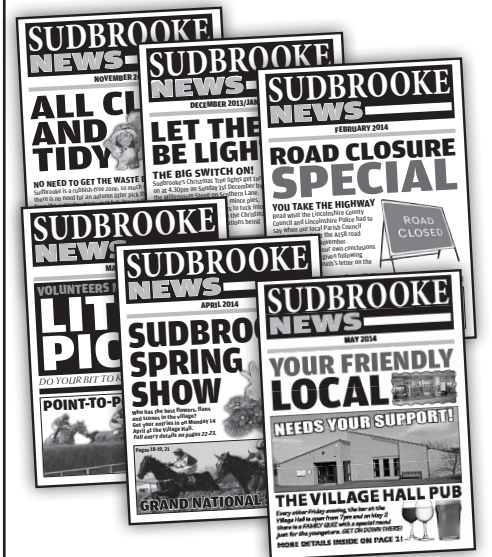
15) Date of Annual Parish Council Meeting

■ This was agreed as July 10, 2014

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PARISH COUNCIL REPORT

Brief report of meeting held on June 5, 2014

■ **Multi-purpose Play area:** Following requests from residents for the tennis court at the Village Hall to be made usable for tennis, the Parish Council, with a £750 grant from the District Councillor Initiative Fund and the remaining cost being taken from the sports field account, are having it pressure washed, re-lined, and a new net and posts put up. There will also be a goal area marked out either end for five-a-side football.

The marking out of the football area has resulted as the Parish Council has condemned the heavy goalposts on the playing field. If the Parish Council is successful in obtaining ownership of the new sports field next to the Village Hall then new lightweight goalposts will be fitted in that location. In the meantime, a resident has provided some cones for the lads to use as goals on the playing field.

■ **Seats in the village:** Residents will have noticed that our Play Equipment Inspector/Village Handyman has painted all the seats in the village.

■ **Carved posts:** The additional six newly-carved posts have been sited on the corner of Holme Drive/Beech Close.

■ **Dates of next Parish Council meetings:** July 10, no meeting in August, and September 4. Residents very welcome to attend.

■ **Police Notes:** May 5, 2014: An incident of drunken behaviour was reported in the area of both Northfield Avenue and Beresford Drive, this is being dealt with accordingly.

May 10, 2014: There was an RTC near the junction of the Cherry Tree Café and Scothern Lane, three vehicles were involved but only minor injuries were sustained.

May 12, 2014: A male was reported selling door to door in the Broad Dale Close area this is being dealt with.

June 3: An ornament was stolen from the front garden of a property in Chestnut Close, this is being dealt with.

LOCAL BUS TIMETABLE

Departs From	Destination	Route Number	Frequency of Service	First Bus	Last Bus	Saturday Service	Sunday Service
Sudbrooke Cherry Tree Café	Lincoln City Bus Station (Arrivals)	Stagecoach 6	Hourly from 08.26 Mon-Fri	06.41	20.28	Yes	Yes
Sudbrooke opp Cherry Tree Café	Skegness Interchange	Stagecoach 6	Hourly from 09.18 Mon-Fri.	06.13	21.15	Yes	Yes
Sudbrooke Cherry Tree Café	Lincoln City Bus Station (Arrivals)	Stagecoach 10	Mon-Fri 6 Journeys. Check timetable for frequency.	07.56	19.02	Yes	No
Sudbrooke opp Cherry Tree Café	Louth Bus Station	Stagecoach 10	Mon-Fri 6 Journeys. Check timetable for frequency.	06.29	17.29	Yes	No
Sudbrooke Cherry Tree Café	Lincoln City Bus Station (Arrivals)	PC Coaches 23	Mon - Fri 2 Journeys.	08.01	10.13	No	No
Sudbrooke opp Cherry Tree Café	Market Rasen Market Place	PC Coaches 23	Mon-Fri 2 Journeys.	13.25	17.40	No	No
Sudbrooke Beech Close	Lincoln City Bus Station (Arrivals)	PC Coaches 23	Mon-Fri 2 Journeys.	08.03	10.15	No	No
Sudbrooke Beech Close	Market Rasen Market Place	PC Coaches 23	Mon-Fri 2 Journeys.	13.22	17.37	No	No

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THE SUDBROOKE LOCAL

AT THE VILLAGE HALL

MIND YOUR HEAD AT SUDBROOKE VILLAGE HALL FRIDAY 6 JUNE:

A REVIEW BY PAUL RIGNALL

■ The Village Hall was rocking on Friday 6th June as Mind Your Head left the stage at the end of a two hour trip down rock's memory lane.

Hits from The Sex Pistols, Stereophonics, The Kinks, T-Rex, Oasis, Status Quo, Motorhead, and Kaiser Chiefs left the enthusiastic audience screaming for more, and more they got with three or four or was it five encores?!!!

Mind Your Head are a four-piece rock covers band featuring Simon on lead vocals & guitar, John on guitar & mandolin (yes, mandolin!), Andy on bass & backing vocals and Ian on drums and backing vocals.

On a personal note my highlights were: Jumpin' Jack Flash (The Rolling Stones); Ace of Spades (Motorhead); Teenage Kicks (The Undertones); I Predict A Riot (The Kaiser Chiefs); Sex On Fire (The Kings of Leon); I could go on... and on.

We are very grateful to this popular local band for giving up their evening to entertain Sudbrooke. Everyone had a great time.

Catch them at The Stags Head, Lincoln on Saturday 28 June and then on Saturday 26 July at 9pm, at Ye Olde Crown, Clasketgate, Lincoln. You will have a fun night.



Photos by Sarah Seamer

THE FOLLOWING IS A LIST OF THE ACTIVITIES PLANNED TO TAKE PLACE AT THE VILLAGE HALL OVER THE NEXT FEW MONTHS. WE ALSO HOPE TO ADD "EXTRA" EVENTS

Sunday 13 July Car boot (10am)
(Contact Bob on 753017 to book a pitch for £5)

Saturday 19 July Bingo (from 7pm)

Friday 29 August Quiz (from 7pm)

Friday 26 September . Bingo (from 7pm)

Friday 31 October Quiz (from 7pm)

Friday 28 November .. Bingo (from 7pm)

Friday 12 December Quiz (from 7pm)

Friday 19 December Disco (TBC)

HOPE TO SEE YOU THERE - WE WELCOME YOUR SUPPORT. IF YOU WOULD LIKE TO SUGGEST AN EVENT OR WOULD LIKE TO ORGANISE ONE, PLEASE CONTACT EITHER PAUL RIGNALL, STUART CURTIS OR MYSELF, BOB WALLER

SUDBROOKE GARDENING CLUB

With Mike Halliday

Secretary: 01522 754686



JUNE MEETING

■ A heavy thunderstorm around 6pm threatened to swamp the delightful gardens of hosts Angela and George at Magpie Cottage in Langworth.

Fortunately the sun came out to allow members a proper viewing.

The rear garden has a patio area leading to lawns interspersed with raised vegetable beds containing a variety of healthy looking vegetables.

The greenhouse contained floor beds of ripe strawberries.

A variety of shrubs and flowers completes the picture.

The side garden has a secluded seating area on gravel beds. The front garden is mostly lawn and is mid-project with some fine structures ready for planting.

A challenging quiz was won by Paul

and Coral Evans, Iris Whitaker and Pam Peace.

JULY MEETING

■ There is no formal meeting as members are having a day out at Brodsworth Hall and Gardens near Doncaster on Wednesday 9 July.

There is a guided tour of the hall in the morning, lunch and then a guided tour of the gardens by the Head Gardener in the afternoon. Hopefully the weather will be kind to us.

NEXT MEETING

■ This is the AGM and will be hosted by John and Iris Whitaker at 50, St Edwards Drive from 7.30pm

SUDBROOKE BEST KEPT FRONT GARDEN COMPETITION 2014

A reminder that judging of front gardens commences on July 7 for two weeks to arrive at a shortlist of six gardens.

Final judging will take place on Monday 28 July by our sponsor from Scothern Garden Centre.



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With Mike Halliday

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JUNE WALK

■ Our lucky run of dry weather for our walks finally ran out.

Fourteen hardy souls braved heavy rain throughout a seven-mile walk from Grimblethorpe across the Wolds returning through Donington-On-Bain.

The usual wonderful views of the Wolds were somewhat obscured, but to compensate we came across a meadow with beautiful deep pink wild orchids scattered about, possibly Pyramidal orchids.

Our thanks to Paul Evans for leading the walk.

JULY WALK

■ Saturday 5 July: A seven-mile circular route from Wragby passing through Thistle Storr and Great West woods.

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.

AUGUST WALK

■ Saturday 2 August: This is our coastal walk (on the east coast) so walkers should be prepared for a longer day as we plan a fish and chip meal after the walk.

Walkers should meet at the Village Hall at 9.30am.

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SCOUTING WITH THE 25TH LINCOLN

With Nick Cornwell-Smith

01522 753689 - 25th Lincoln (Scothern) Scout Group



2014 LINCUB

Friday 13 June saw Cubs and their leaders from all over Lincolnshire descend on Burghley House for a weekend of activities and fun. This camp happens every two years and is always successful despite whatever the weather throws at us.

This year we, the 25th Lincoln (Scothern) Cub Pack, took 15 Cubs and three Leaders.

Friday started with arrival, sorting out tents and who was sleeping where, followed by the official Opening Ceremony. The evening finished with a supper of hot dogs and hot chocolate.

Saturday dawned, without much sleep for most due to excitement. The whole site was split in to three sub-camps - Land, Sea and Air.

We were in Land and this meant that for the morning our activities included crafts, bungee trampoline, rockets, go-karts, quad bikes, circus skills, and backwoods cooking amongst other many others. Glass engraving, woggle and bracelet making as well as bead flags meant lots of things to take home.

The afternoon included archery, zip wire, water wars, water zorbing, climbing tower and other sports challenges. By the time that

activities finished there were a lot of tired and hungry Cubs. While the Cubs were off enjoying themselves the leaders (Grace, Gwyneth and Faye) were getting tea ready - by tradition this was the usual Saturday evening spaghetti bolognese and pasta.

During the evening a campfire sing-a-long was held for the whole campsite - though without an actual campfire due to it being held in the grand surrounds of the elegant Burghley House.

Sleep came easier as everyone was tired after a full day of activities.

Sunday was greyer with a bit of drizzle every now and then, but as it was water activities for all our Cubs this was not an issue.

The Pack was split in to two, with half going sailing while the others went canoeing.

In any spare time the football came out and various games were played in the spaces around and about.

Once the water activities had finished - and after a change of clothes, they went off for climbing, lasertag, trampoline, basketball, metal detectors and assault course.

As the Cubs were off site, the leaders and parent helpers, started to dismantle our camp. Tents came down, equipment packed,



SCOUTING WITH THE 25TH LINCOLN

With Nick Cornwell-Smith

01522 753689 - 25th Lincoln (Scothern) Scout Group



and lunch prepared. After lunch personal kit was packed, the site tidied and then the Closing Ceremony.

We were honoured to be asked to lower the flags at the ceremony. Five of our Cubs duly lowered the Scout Association Flag, Lincolnshire County Flag, LinCub Flag, the Cub flag and the Union Flag.

The final act was a fly-past by the Battle of Britain spitfire.

By four o'clock, parents had collected 15 very tired Cubs and the leaders headed off home for a well-deserved cup of tea before unloading all the kit from the van.

Lincub was yet again a success giving the young people the opportunity to have a go at various activities in a safe environment. Plans have already started for the next one in 2016, which is also the centenary of Cubs.

A big thank to all who helped during the weekend.



SUDBROOKE PRE-SCHOOL

With Olwen Edwards

01522 754 047



LATEST UPDATE

■ Since our last newsletter, we have welcomed one new child and his family to the preschool, making us very nearly full to capacity and very busy!

Our newly-extended patio is proving to be very useful as our numbers grow, allowing us to offer many more outdoor activities. It has been great to be able to get our caterpillar out and to enjoy our new construction resources outdoors.

Our theme for this term is 'minibeasts' and we have had fun making ladybird pebbles, butterfly and spider paintings and all kinds of other activities relating to insects. The children have been on a minibeast hunt around the field and have found a surprising array of creatures!

To make the entrance to the Village Hall



more welcoming, the children have planted some old wellies with various plants and flowers. We have had many compliments on how lovely they look!

Our older children have begun their transition visits to their primary schools.

Thirteen of our children will move up to Ellison Boulter's Academy in September and they made their first visit to the school at the end of May, spending time meeting their new teachers and familiarising themselves with the reception class and outdoor area.

We are looking forward to a visit from the reception class teacher later this month, to see the children in a familiar environment.

For more information about our preschool, or to view more photographs, please visit us at www.sudbrookepreschool.org.uk.

Lincoln and Lincolnshire Association

British Federation of Women Graduates



COFFEE MORNING INVITATION

Saturday 19 July from 11am to 1pm

Lincoln and Lincolnshire Association of Women Graduates are fundraising for an African Schoolgirl Project, so join us at Sudbrooke Village Hall, Scothern Lane, Lincoln LN2 2 QT.

Donations welcome (every penny raised goes towards the project).

For queries, please contact:

President LAWG, Jasmit Phull JP Tel: 01522 595155



ANYONE FOR TENNIS?

The Parish Council intends to shortly upgrade the Village Hall tennis court and provide new equipment. A number of players have expressed a wish to reform the Sudbrooke Tennis Club and I intend to arrange an inaugural meeting within the next few weeks at the Village Hall. If you are interested in joining please contact me with your name address and telephone number as soon as possible.

Stuart Curtis

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THE CHURCH DIARY

With Revd Penny Green

01522 595596 - revdpg@virginmedia.com



BARNABAS THEORY

Over the last week, in its weekly cycle of prayer, the church has given thanks for the apostle Barnabas, known as the 'Son of Encouragement'.

Barnabas first comes onto the scene in the Bible early in the book of Acts - the account of the birth of the early church and the subsequent challenges it faced.

He is noted in a passage which tells of how the early church started to come together by sharing their possessions, holding things in common and giving to the poor. Barnabas sold a field and brought the money to the apostles to buy what was needed.

Later on Barnabas accompanies Paul on his various journeys and then continues in ministry on his own, to be 'the encourager'.

I note this, because the Diocese of Lincoln is asking its parishes to think about 'what they might hold in common'.

For many years we have thought about

'our parish', or 'our village'; now we are being encouraged to ask how we might work better together, what we can hold in common, what we might share and where we can support one another.

The term that the Diocese have asked us to use is 'mission communities' - how can we build mission communities, to both build the church and serve our communities? This includes, how we work with our ecumenical partners, not just how we work as Church of England Churches.

Of course, this involves a risk. It is a natural human reaction, when we are asked to work together, to hold onto what we have because that is what gives our security, and yet, what we learn from scripture, one example of which is in the life of Barnabas, is that when we give up the things we hold onto, God grows what we have given.

These are exciting times in our Diocese, much is happening... watch this space!

CHURCH SERVICES FOR JULY/AUGUST

Date	Venue	Time	Service
Sunday 6 July	Stainton by Langworth Sudbrooke Langworth	9am	Holy Communion
		10.30am	Holy Communion
		6pm	Holy Communion
Thursday 10 July	2 Chestnut Close, Sudbrooke	2.30pm	Tea Service
Sunday 13 July	Barlings Sudbrooke	9am	Holy Communion
		10.30am	Family worship with the Uniformed Organisations
Sunday 20 July	Sudbrooke Langworth	10.30am	Holy Communion (BCP)
		6pm	Holy Communion
Sunday 27 July	Sudbrooke	10.30am	Holy Communion
Thursday 31 July	2 Chestnut Close, Sudbrooke	2.30pm	Tea Service
Sunday 3 August	Stainton by Langworth Sudbrooke Langworth	9am	Holy Communion
		10.30am	Holy Communion
		6pm	Evening Prayer
		9am	Holy Communion
Sunday 10 August	Barlings Sudbrooke	10.30am	Holy Communion
		2.30pm	Tea Service
Thursday 14 August	2 Chestnut Close, Sudbrooke	10.30am	Holy Communion (BCP)
Sunday 17 August	Sudbrooke Langworth	6pm	Holy Communion
		10.30am	Holy Communion
		6pm	Evening Prayer
Sunday 24 August	Sudbrooke	10.30am	Holy Communion
Thursday 28 August	2 Chestnut Close, Sudbrooke	2.30pm	Tea Service
Sunday 31 August	Sudbrooke	10.30am	Group family service with baptism

KICKBOXING TRAINING



With Tim Greaves

01522 889264 or 07808 546159

WHO ARE WE?

■ Sudbrooke kickboxing class meets every thursday evening at the Village Hall.

We have two classes - the first starts at 5pm and is aimed at the younger children. This is a light class aimed at the specific abilities of the child, with an element of fun and some games.

The second class starts at 6pm and is aimed at the older child and adults - this class has a higher workload and is aimed

at the more serious kickboxer.

Kickboxing is a very dynamic action sport and in our classes, students are also taught an element of self-defence, which with the techniques of kickboxing, gives our members a great feeling of personal safety and confidence.

Should you be interested in becoming a member please come along to the classes on a Thursday evening or call club coach Tim Greaves.

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Email: jez.smith21@hotmail.co.uk

SUDBROOKE LADIES CLUB

With Gill Rignall

01522 595736



LATEST MEETING

■ Sudbrooke has an active Ladies' Club. We meet on the third Thursday of most months at 7.30pm in the Bramham Lounge at the Village Hall.

We have a guest speaker at most meetings covering a variety of topics. All residents welcome to attend any meeting which 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 18 September: Ken Day - 'Scenes from the Towpath'.

Thursday 16

October: Jackie Parker - Police Community Support Officer, *right*.

*Please note, there is no meeting in August.



Please see the Parish Council website for full 2014 programme.
<http://parishes.lincolnshire.gov.uk/Sudbrooke/>

SALES & WANTS

Tell us what items and goodies you are looking to sell and/or buy, for what sort of cost and we'll put them in the magazine.

**Contact the editor with any items for sale or you want:
SudbrookeNews@yahoo.co.uk**

Wagon House
Teashop at



A friendly family run teashop serving delicious home-cooked food; lunches, scrumptious cakes and more.

Located at the entrance to the beautiful 4.5 acre Goltho Gardens.

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01673 857814 | www.golthogardens.com



LINCOLN FRIENDS

On Saturday 19 July, two local residents will be skydiving to raise funds for the Lincoln Friends of Anthony Nolan. Tracy Fernandez of Scothern is a committee member who decided she would like to raise money for us by leaping out of a plane from a great height, as it is something she has wanted to do for some time and she was looking for a good cause so that she could raise some money at the same time.

Tracy is also a family friend who knows how much our family value Anthony Nolan as they have found a donor which enabled my granddaughter to have a life-saving bone marrow transplant when she was just four years old.

Tracy has also taught a young lad who also needed a transplant when he was three years old as he suffers from a genetic disorder and has no immune system.

When discussions got underway, another of our members said that her husband would also like to take part and so our second skydiver is James Filby of Sudbrooke.

Both Tracy and James are looking forward to their challenge and hoping to raise valuable funds and awareness for the charity.

When you consider that it costs Anthony Nolan roughly £100 to recruit each potential donor on to the bone marrow register, we like to think that every time we raise this sum, we have in effect helped them to potentially save a life.

If you wish to support either of our fabulous skydivers, please follow one of the links below for whoever you wish to support or, of course, they each have a paper sponsor form if you prefer.

We wish Tracy and James the best of luck and hope they thoroughly enjoy their experience and we look forward to buying them a well deserved drink when they come down to earth.

<http://www.justgiving.com/Tracy-Fernandez>

<http://www.justgiving.com/James-Filby>

Thank you!

Julie Cook
01673 866633

lincolnfriendsofan@gmail.com



The Anthony Nolan Trust is a registered charity no 803716/SC038827 and registered as a limited company no 2379280

Registered address:
Royal Free Hospital
Pond Street
London NW3 2QG

FLORA AND FAUNA

Out Walking with Bella: Spring into Summer - with Barbara Precious

LITTLE EGRET'S THE STAR

What an extraordinary spring we've had his year. Hundreds of pale yellow cowslips crowded along the roadsides near Sleaford and bluebells became an ocean rather than a sea of blue in Chambers Woods as their heady scent almost overwhelmed us.

Hedgerows heavy with a bounty of white May blossom and fern-like stems of cow parsley with delicate lacy flowers arched like a glorious bridal bower - the perfume like freshly laundered linen. Splendid white and pink-tinged candles lit the horse-chestnut trees. Orange-tip and Small White butterflies feasted on the nectar and solitary bees laden with pollen carried their treasure to their intricately woven nests in the meadow.

In June, pink and white dog roses cascade down the hawthorn hedge interspersed with bramble blossoms and large creamy clusters of elderflowers. More substantial umbrella-like white and occasionally pink flowers of hogweed, with its rather unpleasant scent, have replaced the cow parsley.

Other white flowers accompany them: White dead nettles lacking the stinging hairs of true nettles and Garlic Mustard, also known as Jack-by-the-Hedge, with its similarly toothed leaves. Brown Speckled wood butterflies and bright Tortoiseshells



emerge. Look out for the unusual Comma butterfly, its ragged wings providing an ideal camouflage when hibernating among dead leaves.

Masses of 'do you like butter' cups interspersed with thick-stemmed Ox-eye daisies grow as high as one's thigh at Watt's Wood. Tiny yellow pompoms of Black Medick with clover-like leaves compete with the yellow, orange-tinged flowers of Common Bird's-foot-trefoil for groundcover.

Yellow Rattle, also known as 'rattle-box' due to the sound that the ripe seeds make inside their capsule, can be found in the nearby meadows of Monk's Wood. Bright crimson common poppies arrived in time to salute the fallen during the anniversary of the First World War.

In Sudbrooke Woods, honey scented, creamy drifts of meadowsweet mingle with the short-lived, yellow flowers of Herb bennet and spires of pinkish purple Hedge woundwort. Its crushed leaves, despite their offensive smell, have been used since ancient times as a poultice to treat wounds.

Plants of reddish purple hue including Purple tufted vetch, chunky spires of Self Heal and creeping ground ivy have superseded blue coloured flowers.

Warm moist weather has resulted in over-sized ferns at Chambers Woods, under which grow the silky-

haired leaves of Silverweed, and hidden treasures of delicate Common spotted and early marsh orchids. These and the humid atmosphere are reminiscent of an exotic jungle.

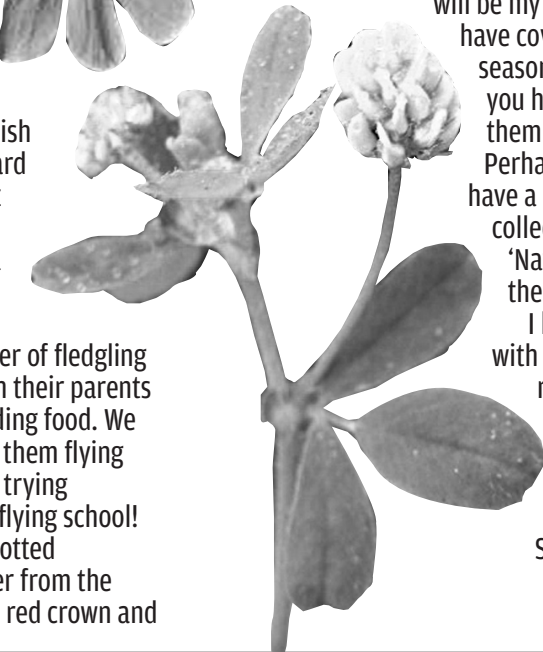
Straggly reddish pink flowers of the aptly named Ragged Robin and Red Campion add to the illusion.

Looking through the rear window in late May, we saw rabbits and squirrels charging about the garden with the joy of spring and suddenly a Muntjac deer walked across the grounds.

We were mulling over the phrase that 'nature comes to us if we are patient' when a Greylag goose with an orange bill and dull-pinkish legs walked up to our mini-orchard and made itself quite at home. It wandered about for about 20 minutes and then took flight in a remarkably small space for such a chunky bird!

By the middle of June, a number of fledgling rooks came to the bird table with their parents flapping their wings and demanding food. We were surprised to see a group of them flying together escorted by adult birds trying different manoeuvres just like a flying school!

It was a joy to see a greater spotted woodpecker feeding its youngster from the peanut holder. The young have a red crown and



rather more sullied underparts than the parent bird. The fledgling soon grasped the skill of hanging on to the feeder and within days ventured out alone.

But the most remarkable sight we experienced so far this year was the appearance of a Little Egret on the beck behind our garden.

It was unmistakable with its snowy white plumage and in flight held its neck hunched up with its legs trailing just like a miniature heron.

These birds were a rare visitor to Britain, but now they breed in several sites and roosts of over a hundred are no longer unusual.

For fear of repeating myself, this will be my last piece as I have covered all the seasons now. I hope you have found them interesting. Perhaps we could have a page of collective

'Nature Notes' in the magazine.

I look forward with pleasure to reading about all your encounters with the wildlife of Sudbrooke.

READERS' LETTERS

Your correspondence

Dear Editor,

Thank you to those who stopped to help near the Village Hall on Friday 6 June, when my wife

tripped and injured herself. Sorry we don't know your names.

Roy

Dear Editor,

Re: Erection of a Village Sign

The Chair of the Parish Council informs me that "the Parish Council has adopted the West Lindsey District Council 'Code of Conduct'", but at the same time advises me that "it is up to individual councillors to adhere to the Code of Conduct".

What a confusing response! Either they are acting as a corporate body or they are acting as individuals. Parishioners have a right to clarity here.

This is particularly relevant with regard to the intended village sign that the Parish Council have already sanctioned without feeling the need for any public consultation or consent.

I am informed by the Parish Council that because some (inconclusive) discussions took place a few years ago regarding a village sign, it is not necessary to hold any further public consultation, despite this being a brand new design proposal. Some might see this as an

attitude of 'father knows best' which is in direct contradiction of the Code of Conduct which states that Councillors shall act within the ethical boundaries of accountability, openness and honesty.

Neither have the Parish Council answered the legitimate question as to which entrance to the village will be the home of this sign.

The intended sign is currently seven feet wide and 14 feet tall (prior to carving and siting), with the shape being that of a catapult or a 'V' sign, depending on one's perspective.

As this design is in such a marked contrast to the many small and tasteful 'carved' signs erected in other neighbouring villages, and in view of this being the first thing that visitors to our village will see, I invite Parishioners to submit their views to **Sudbrooke News** as this appears to be the only forum open to them to express their opinion of the intended village sign.

Alec C Carrotte

Dear Editor,

We've been adopted!

At our age, do we need a youngster that is reliant on us? As keen motorcyclists that enjoy days out and weekends camping, should we have to take on the responsibility for a new member of the family?

Should we, as pensioners be woken up in the morning with the cries for food?

Intrigued?

A few weeks ago a black cat (with a few grey hairs), wearing a blue collar decided it liked us and our bungalow.

This cat is very friendly and appears to be house trained and loves human company. We

didn't encourage it by feeding, however it has proved very adept at catching its own food partially eaten mice and sparrows found in the garden.

We came back from holiday, hoping this cat would have found its way home, but no, it was so pleased to see us, the welcome home it gave was as good as a dogs!

It must have been to another house while we were away, because its collar was missing.

So, if you've mislaid a black cat, sex unknown, has a healed up broken rib, please phone 751154, so we can return it.

Dave Gasson

READERS' LETTERS

Your correspondence

Dear Editor,

IF YOU GO DOWN TO THE WOODS TODAY... you're sure of a big surprise.

That's the way the song goes, and it's true. There is all sorts of activity taking place there.

There are chaps potting about all over the place driving big boys toys (Tractors, Fork lift trucks, excavators and JCB diggers on caterpillar tracks).

I have seldom seen such activity. Large plastic square liquid holders have also appeared beside the pathways and bridle paths.

The ground has been levelled, the grass and undergrowth on both sides of Main Drive cut back and widened for six feet either side of the carriageway and there is a general air of activity



in the area. Not long ago we saw the woodland thinned out and the old earthworks uncovered. What is going on? Does anyone know? It must be costing a lot of money for all this work to be carried out. My natural curiosity wants to find out WHY?

Is something big about to happen?

I haven't seen any notices displayed about proposed development that would normally be the case if building of houses or factories were about to

commence. Has planning permission been applied for to the Parish or County Councils and I have missed it?

I ask again... DOES ANYBODY KNOW?

Peter Brown



FOX & HOUNDS REEPHAM

What's on in July

Sun 6th * Wimbledon Men's Final – BBQ Strawberries & Pimms

Sat 12th * Mexican Food Experience. Booking only. £9.95

Wed 16th * Acoustic Night from 8pm – come along to play or just to listen

Sat 26th * Landlady's Birthday - Free BBQ! From 3pm

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

Coming Aug 9th – Party in the Carpark – live bands and BBQ from 2pm

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 plus free pool!

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READERS' LETTERS

Your correspondence

Dear Editor,

I wonder how many of our villagers watched the program "Homes Under The Hammer" on BBC 1 on Tuesday 12 June?

It showed the village hall at the nearby Ermine Estate in Lincoln being sold at auction for the derisively small sum of £100,000 to developers who intend the demolish it to build new houses.

It must have broken the hearts of those residents who had slaved and donated their time and effort to raise the money to get their own village hall for their fellow villagers years ago.

It was almost identical in size and capacity and appearance to Sudbrooke Village Hall and was built about the same time and also had extensive car parking space. In all respects it was just like our own..

In the programme you saw the really well kept kitchen, a dance hall with parquet flooring and a

wonderful stage, with clean well kept toilets and all the other facilities. In every respect it could have been our own village premises. It had obviously been lovingly kept in good condition and it is amazing that the buyers got it for just £100,000. Less than the price of most houses in the area. Now it will be bulldozed.

The program presenters were amazed that the community had decided to sell it off because it was not being used enough by the local residents. Therein lies a stark warning. Make sure the same fate does not await our own Village Hall.

Make sure it is used to its full potential by everyone. Please someone get a Youth Club going again and support all activities already in place. This should be the heart of our village. Give all the support you can to it. We don't want to appear in a TV Documentary !

PJ Peterson

Dear Editor,

Parish Council Meeting Don't Miss the Next Opportunity...

To all the readers of **Sudbrooke News**, I would say don't miss the opportunity to go to the next Parish Council meeting on July 10.

I have lived in the village for a year now and am sorry to say the June meeting was the first one I had attended and there was just myself and one other member of the public. The next morning at 5.34am, I received an email from the clerk about a matter I had asked after the meeting. Wow, what's that if it isn't dedication?!

It was great to see how dedicated and concerned the councillors are for all aspects of the village and especially for the good of the young people. They spent much time working on how facilities on the field and the tennis courts could be improved and there is no doubt that extra support from all of us would go a long way to making things better for everyone.

So if you are a parent or grandparent and you want to do something for your family, well now is your chance. Make a note in your diary to go

along on July 10 and also encourage your young people to come along too as they will find it really enthusing to find out how Sudbrooke can be more vibrant and an even better place to live.

Who knows, if more get on board then the 'Best Kept Village' award may be on the cards for Sudbrooke in 2014! I am sure there is much scope for more of the young and middle aged community to get involved.

If you are a teenager then you get along too and see what the councillors are doing for you. Maybe you can have an informal chat to them after the meeting and discuss your ideas for the village too!

Just for your interest, during the meeting the public are only permitted to speak during the first 10 minutes under "Parishioners Items" on the agenda. However, as this may be your first time at such a meeting I am sure the councillors would also be free to have an informal chat to you after the meeting if there was anything you wanted to ask as a result of what had been discussed.

WRH

READERS' LETTERS

Your correspondence

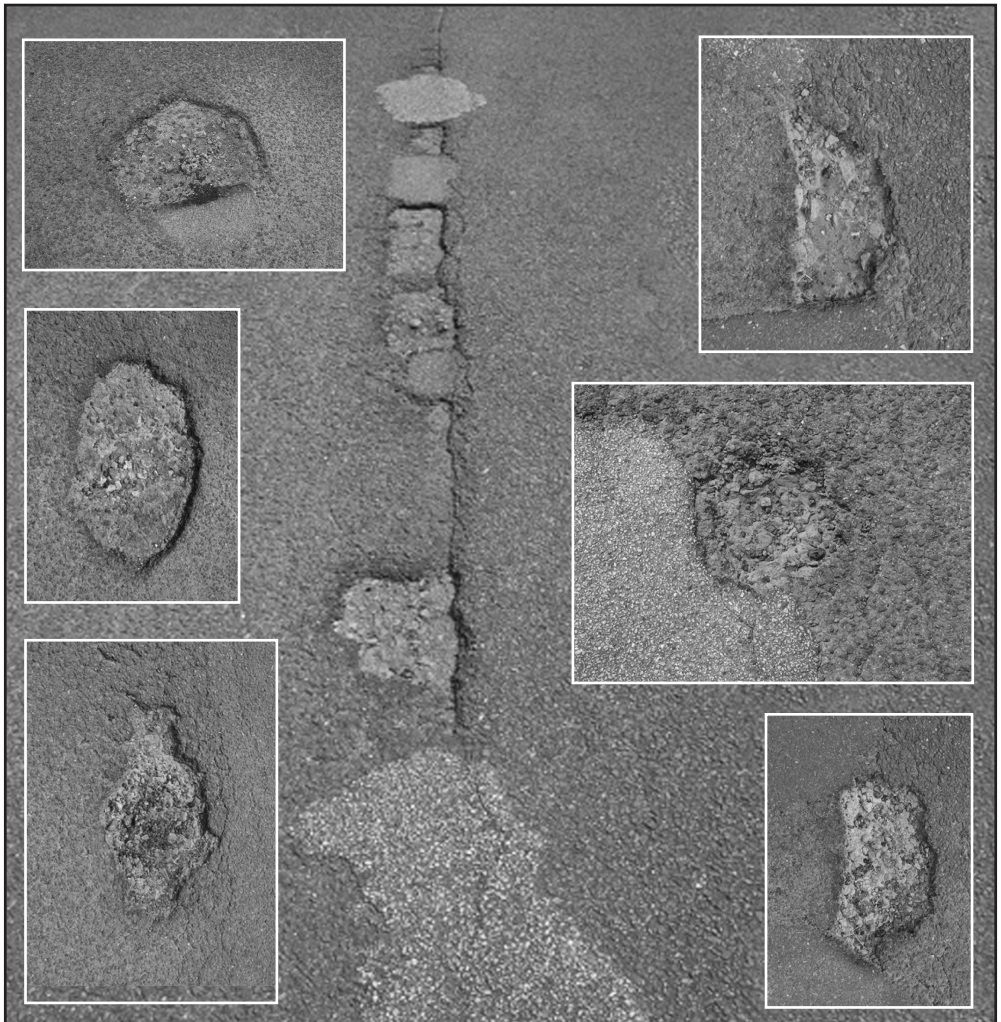
Dear Editor,

When is something going to be done about the appalling state of some of our roads in Sudbrooke?

Take Holme Drive, for instance. There are numerous potholes all along the stretch of that road, but there are some especially bad ones from the village shop towards the woods. I took

my camera out the other day and took a few snaps and although you can't really gauge it on these images, some holes were quite deep and it wouldn't take much to inflict some damage on car tyres. Part of Manor Road has been resurfaced as has, ludicrously, Chestnut Close, so why has nothing been done on Holme Drive?

Concerned resident



READERS' LETTERS

Your correspondence

Dear Editor,

Vandalism in Infants Play area...

On Northfield Park Infants play area the other day, I was witness to acts of vandalism that I would not have believed possible in a nice place like our village.

I was there with my five-year-old daughter when I saw an old gentleman by the fence surrounding the equipment carefully placing some very nice, clean, fairly large plastic toys and remote control cars etc. inside the fence on the grass.

There were about 10 or so of them. When new they must have cost a pretty penny.

He explained to me that they had belonged to his grandchildren who had now outgrown them and moved away from the village.

He had no one to donate them to so thought it would be a good idea to pop them in the play area so that kiddies could, if they wished, use them rather than throwing them into his rubbish bin as they were all little used and in clean and smart appearance. A nice if unusual gesture I

thought. As he walked away, I then saw three girls and a boy all aged around 10 to 12 years old, who had been playing outside the fenced-off kids equipment area, run over and pick up the toys, throw them around and smash them onto the ground and jump all over them screaming with delight at their act of pure vandalism.

They left the fragments of their destruction for someone to have to clear up after them. Those children are very local to Northfield Park as I have seen them there almost daily. What nasty, horrid evil children they are.

If they were not interested in playing with the toys or having them for their own, did they have to destroy them?

Three little boys who had watched the vandalism were very upset. They were much younger than the vandals and told me that they would love to have been able to play with the toys if they had been allowed to.

One of them was crying... What a world we live in!

Mary Bennett

Dear Editor,

You asked for pet hates in our village. Well, my particular one is householders who trim back the hedges on their frontage or at the side of their premises by the pavement edge, but over the years allow the hedge to encroach over the actual pavement to the point that in some cases it takes over as much as half or more over the pavement which can clearly be seen if you step back along the pavement a few feet and look along the edge of the pavement.

This is often as much as two or three feet, but even a foot is not acceptable. There are places on

the estate where it is impossible to walk alongside your companion or child without one of you walking on the road.

Obviously hedges need to be cut back harder above street level or this will only get worse as time goes by.

Cut back so the pavement edge is the marking point where your hedge should end and encroach no further over the public highway. Even more important where alleyways meet pavement.

Alan Proctor

Dear Editor,

Thanks to all who gave so generously to Christian Aid.

The total amount collected from St Edwards drive and adjoining roads came to £226.55. This

year Christian Aid is focussing on helping refugees from conflict areas to rebuild their lived in a safer environment. Many thanks to volunteers Chris, Eleanor, Ian and Tim.

Valerie Wallis

READERS' LETTERS

Your correspondence

Dear Editor,

England expected (or at least hoped) that we would do better in the World Cup.

Our little village must have been typical of the rest of the country in the patriotic pride that villagers felt as they sat glued to TV screens.

Not a car moved along my road for the whole time the second match was being played. But two defeats has signalled the end of all our hopes and aspirations. WHAT A SHAME! Now

Mum can go back to watching her soaps and cookery programmes without all those pundits burbling away on the magic box telling us all how it ought to be done.

Never mind. Better luck next time .When we can once again shout out "COME ON ENGLAND!"

A rather sad and slightly tipsy English football Ffan (Name and address supplied)

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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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

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!

LIVES FIRST RESPONDERS



Mike Johnson

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SUPPORT NEEDED

■ Do you value having emergency pre hospital care available locally?

If so, this may be the time to offer to do something worthwhile for your community

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

New members are now urgently needed to prevent this well established group closing and to continue its valuable emergency work.

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.

Learn to save a life by giving up a few hours a month to help your local community

and at the same time gain confidence in emergencies.

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. There is no pressure to attend calls where you may not feel confident. If you are aged eighteen or over and can drive the skills gained can enhance your personal and professional development.

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

FREE training and uniform.

If you feel you have the qualities to make a difference call the Coordinator today.

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Acacia Hall,
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Summer Fayre
13th July 2014 2-4pm

Events include: Tombola
BBQ Crafts
Strawberries and Cream
Raffle Pimms
Bouncy Castle
Face Painting
Jazz band



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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 755558

FOCUS ON FITNESS

With Tristan Lowe

01522 525250 - info@wellbeingfitnesslincoln.co.uk



RISEN FROM THE DEAD

■ There are not many people in history who can say they have risen from the dead, but one of Wellbeing's clients can make that claim.

Jeff Allen is a lively, ebullient guy, full of life and wit - the sort of person who is great to have around - a bloke who can be guaranteed to make a party go with a swing.

Almost seven years ago, he was the Managing Director of a £20million business. He was, by his own admission, overweight and out of condition. But he was okay. He didn't feel that he was stressed - he was coping fine.

And then it happened. He was enjoying some leisure time with friends, go-karting when he suffered a massive cardiac arrest - and died! Luckily there were medics on hand who brought him back (with great difficulty, he tells us). But brought him back they did. And after a spell in hospital he was returned to normal life.

Now, as I'm sure you can imagine, an experience like that makes you stop and think. And Jeff was no exception. He says that although he didn't think he was worried or hassled at the time, actually his whole lifestyle added up to one word - STRESS: job, over eating, no exercise. And to cap it all, three years ago he went through a divorce! All those events lead one way, even though you don't realise it.

But he decided to actually do something about it - and to my mind that makes him quite special. So many people sit back and just moan about how unlucky they are? Jeff found out by researching on the internet and reading that he should be doing some exercise - that was the way above everything else that would tackle his problem. But he'd tried gyms before and always given up after

a short while simply because he couldn't motivate himself to go. He knew he should, but there was always something more important, more urgent to do.

So he came to Wellbeing Fitness and asked us if we could help him. He signed up for one of our packages, where three times a week, in a studio in complete privacy he would have a one-to-one session with a Wellbeing Fitness personal trainer - a session that was designed just for him, for his particular situation and state of health. And during each session the trainer would guide him carefully through it step by step, modifying and adjusting the exercises session by session, week by week.

The results are spectacular. He told us: "It's a business thing. If you have an appointment in business, you keep it. And that's the same with a trainer - you keep it because you feel that you will be letting them down if you don't - not to mention that bit of pride which tells you that you are not going to let them think you can't hack it"

And that simple thing has changed Jeff's life.

"I feel great", he says "but the strange thing is that the exercise started to affect me mentally - in a good way. I thought when I started that I'd just do it to lose a bit of weight and get fitter, but it's affected the way I feel and the way I think. I've got more confidence - I sleep better. I feel more positive. A lot of it is about your head - it's all mental issues"

Inspired by Jeff's story we've put together a stress-busting package designed to change your life, like it did Jeff's.

If you'd like to find out about our special offer, have a look at the Wellbeing Fitness advert in this magazine.

Tristan

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

NETTLEHAM BOWLS CLUB



Update by Ralph Sherwin

01673 862501 - honsec.nettlehambc@gmail.com

THE 2014 CAMPAIGN

■ The 2014 season is now well underway and we have already had some good results in the various leagues and we have been successful in some of the knockout cup competitions.

The internal club competitions have commenced and the winners of the Triples event were:



From the left, Rita, Chris and Maura. Congratulations to them.

SCHOOL VENTURE

The After School Club which we run on a Tuesday, in conjunction with Nettleham

Junior School, has started very successfully with attendance between 25 and 30 children every week.

There are some talented children. These sessions will run until the end of the school year. This year we are also running a Family Evening on a Thursday between 6.30 and 7.30. The first session was run on June 12 and the last session will be run on Thursday 24 July.

A BIT ABOUT US

The Nettleham Bowls Club, on Sudbrooke Lane, is a progressive and growing club, open to anyone. The club caters for all levels of skill and we offer a wide range of facilities, coaching is free if you want it.

The Club arranges friendlies, competitive matches and tournaments. You can also enter County and National competitions.

The Club offers social bowling sessions with a casual afternoon friendly game on a Wednesday and a more competitive Fun League on a Friday afternoon.

If you would like more details about bowling or social membership, please call our Chairman Derek Kilby on 01522 871698 or Secretary Ralph Sherwin on 01673 862501.





NORTH GREETWELL

OPEN GARDENS AFTERNOON

SUNDAY 13TH JULY 2014

1.00PM - 4.00PM



**A SELECTION OF GARDENS WILL BE
OPEN TO VIEW,
REFRESHMENTS AVAILABLE AND
SOME LIVE MUSIC
FOR YOUR ENJOYMENT**

£1.00 per person admits to all open gardens

*Funds made will be shared between the
Alzheimers Society and Cancer Research*



TRAVEL FEATURE SPECIAL

With Lee Creasey

A Sudbrooke resident gets on a ferry and travels to the Isle of Wight for a fun-filled family holiday

ISLAND IN THE SUN

■ Glorious views, fantastic beaches, chocolate-box villages, fun-filled attractions, sumptuous cream teas and Old Gaffers, the Isle of Wight really is the complete package for those wanting to discover a unique UK holiday.

After taking a Red Funnel ferry from Southampton to East Cowes, we made our way to the coastal town of Yarmouth, who were celebrating the 50th anniversary of their Old Gaffers Festival, an annual event that sees thousands of people flock to watch the old rigs (Gaffers) race on the Solent, while the whole town is transformed into one giant village fete.

Our base for the week was Tara, a four-bedroom contemporary house situated on the road out of Yarmouth, which had the look of one of those old colonial-style houses, favoured by British officers in the Caribbean in the 19th century.

Blue Chip Holidays prides itself on offering luxury holiday homes and this did not disappoint, with a huge living area upstairs, an area where my two small children - Thomas and Lucy - loved to roam about on the laminate flooring, with the nearby Solent giving the property a 'sea view'. With three good-sized bedrooms and one massive bedroom downstairs, and a lawn front and back, it really proved the ideal base for us.

With two small children where else could we venture to but Blackgang Chine theme park on the south coast, as well as its sister venue, Robin Hill Country Park. Blackgang Chine is worth heading



to just for the amazing views of the sea as the park is located on the southern tip of the island. If you have children who love pirates, cowboys and dinosaurs, then they will be well catered for here. The 400m toboggan run at Robin Hill is worth the admission price alone, at the park just a few miles east of county town Newport, while the various adventure play areas are great for young and old.

After an exhausting day out at Robin Hill, what better than to put your feet up and tuck into some delicious food at nearby Dairyman's Daughter, which is the pub at Arreton Barns, a complex where you can see skilled craftsmen at work and browse the various displays of life in the good old days.

Another great place for a snack is Chessell Pottery Barns, whose gigantic scones and muffins are legendary, especially with a huge dollop of cream for company, while you can also decorate your very own pottery.

Of course, a visit to IOW is never complete before a trip to the iconic

TRAVEL FEATURE SPECIAL

With Lee Creasey

and finds an island packed full to the brim with plenty to do, plenty to see and plenty to indulge in



Needles, three distinct stacks of chalk that rise out of the water at the far western end of the island. If you venture to the Needles Park at Alum Bay, you can take a stunning ride in the newly-renovated chairlift down to the pebbly beach, from where you can board a boat and get even closer to the Needles.

You can also take the Needles Breezer, an open-top bus ride operated by Southern Vectis, up to the Needles Battery, from where you can get another view of the famous landmark, in what has been described as 'one of the most spectacular bus rides in Britain' and it certainly is.

Talking of transport, Thomas loves his trains and we went for a ride on the IOW Steam Railway, which runs from Smallbrook to Wootton, passing through the hub of the operation, Havenstreet.

The actual train ride is only a total of five miles from end of the line to the other, but what better way to see some of the beautiful IOW countryside than to be doing it in style and pulled by steam. Majestic.

FACT BOX

Tara is a four-star gold rated holiday home, which sleeps up to eight guests in four bedrooms and can be booked from £549 for three nights or from £769 for a week.

It's just one of more than 800 four and five star properties available from Blue Chip Holidays in Devon, Somerset, Dorset, Cornwall, and The Isle of Wight. Bookings can be made online at www.bluechipholidays.co.uk or by calling 0844 7044987.

Ranging from cottages to luxury self-catering coastal houses, apartments and barn conversions, Blue Chip Holidays' properties are chosen for their stunning location, amazing coastal or rural views or hi-spec interior. Each is reviewed to ensure they meet the high standard set not only by Blue Chip Holidays, but also by VisitEngland.

Red Funnel offers vehicle ferry crossings from Southampton to East Cowes from £38.50 return for a car and up to seven passengers. See www.redfunnel.co.uk/ 0844 844 9988

WANTED! TRUSTEE MEMBER

Members of the Trust of Ellison Boulters Church of England Primary Academy are seeking to appoint a trustee member to support the next phase in the life of the Academy.



Skills needed:

- Knowledge of Trusts (ideally in education)
- Business and Financial Acumen
- Experience of School Governance
- Ability to support and develop the ethos of a Christian Foundation.

For more information please contact paul.thompson@lincoln.anglican.org. Closing date for applications is Wednesday 16 July.

The appointment is expected to be made by the commencement of the new academic year in September 2014.

AN INVITATION...

Ellison Boulters Church of England Academy would like to invite you to a service of thanksgiving in recognition of Mrs Jenny Wheeldon's achievements during her time at Ellison Boulters upon her retirement as Headteacher of the school.

The service will take place at St. Germain's Church, Scothern on Friday 4 July at 2.15pm and will be followed by afternoon tea back at Ellison Boulters.

We would very much like to welcome you to this special event and know that Jenny would also very much appreciate seeing you there.

Please could you RSVP by Friday 27 June by contacting the school on 01673 862392 or emailing Sandra.burgess@ellison-boulters.lincs.sch.uk indicating whether you will be attending the service and afternoon tea afterwards.

DUNHOLME CAMERA CLUB

With Grahame Dunkin

01673 860469 - dunholmecc@btinternet.com



YEAR SO FAR

Just over half the year gone and we have seen some great images from the members at the Camera Club, we have had some talks, seen some great images from our visitors and heard some great critique from the judges of our competitions.

It has been good to see an influx of new members this year and I must admit there are some good photographers among them.

We still have about five places left at the club so if you are interested in expanding your photographic knowledge then please get in touch or just come along on the night of a meeting.

YEAR SO FAR

July has two meetings and we start off with one of our competitions on the 10th, entitled "Shapes". The members have to produce a panel of three images depicting three shapes, a square, a round and a triangular item that links together in some way. Should be some interesting results, good luck to

everyone. Our second meeting is on the 24th and is Treasure Hunt/Village photography evening.

So all members will be able to get their cameras out and take some shots from around Dunholme as they search out the clues for the treasure hunt, fun for all.

So if you are interested in joining us either be at The Old School on a meeting night for 7.30pm or get in touch in advance for further details.

DUNHOLME FRIENDSHIP CLUB: Our meetings in July are on Tuesdays 8th and 22nd. We meet in the Dunholme Village Hall at 2.15pm. Anyone over 55 are welcome.

Friendship Club Outings

We have an outing to Scarborough on Thursday 17 July. We will leave the Black Bull, Welton at 8.30am and at Honeyholes Lane at 8.40am. The fare is £12. A wrapped raffle prize would be appreciated.

If you would like to join us or for further information contact Janice Ritchie on 01673 861172, email jmritchie@yahoo.co.uk.

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 14 and 28 July, and Monday 14 August.

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

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 *OLWEN EDWARDS*

How long have you lived in the village?

I have lived in Sudbrooke for 16 years.

How would villagers better know you as?

To the younger generation, 'Mrs Edwards' or 'Teacher' as the children call us! I'm the Deputy Manager of Sudbrooke Preschool.

Why did you move to Sudbrooke?

We moved to Sudbrooke from Saskatchewan, Canada, when my husband was offered a job at Rampton Hospital.

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

I was born in Somerset, but lived in Wales from the age of four until my mid-20s. I trained as a nurse and worked in the NHS and as an occupational health nurse in a BP oil refinery. We moved to Canada in 1990.

What would you change about the village?

There is very little I would want to change about Sudbrooke. The village is big enough as it is and doesn't need any more housing, especially without the infrastructure to support it although a purpose built

pre-school would be lovely! One of the difficulties of working out of the Village Hall is having to deal with mindless vandalism and dumping of rubbish!

What is the best thing about living in Sudbrooke?

The best thing about living in Sudbrooke is it's rural location. Living where I do means I am lucky to enjoy the woods and wildlife around us. The fact that you can be in Lincoln within 15 minutes gives us the best of both worlds.

Describe Sudbrooke in one sentence...

A friendly, rural village with a beautiful city on it's doorstep



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
Mahjong	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
 753060 |

Lyn Etheridge.....750905

Paul Rignall
 595736 |

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
 595596 |

NETTLEHAM LIBRARY

Opening Times
 01522 782010 |

Tuesday: 10am-1pm; Friday: 2pm-6pm;

Saturday 10am-1pm

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

Sudbrooke Seniors.....750852

Ladies Club.....595736

Hannah Graham.....752007

Cassie Hanley-Ball
 750847 |

Abbie & Connie Mullen.....750198

Stephanie Scrimshaw
 753860 |