## STICKFORD VILLAGE NEWS

AND DIARY DATES AUGUST 2025 ISSUE 108



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### **Stickney Wellbeing Hub**

Our Wellbeing Hubs provide a safe and supportive space for those experiencing mental health and wellbeing challenges.

#### **EVERY MONDAY | 10AM-12PM**

(Excluding Bank Holidays)

Wellbeing Walk Every Fortnight (From 15 to 45 minutes) in partnership with Lincolnshire Coop



#### Where to find us

Stickney Youth Centre, Hall Lane, Boston, PE22 8BA

#### Need urgent help now?

Call 111 select mental health option In a life-threatening emergency call 999

For more information

**David Bruce** (Lead Community Connector) 07939 092 585, david.bruce23@nhs.net

Call or WhatsApp our Community Connector. You can also find updates on our social media too.

H.A.Y. helping people find local resources for mental health and wellbeing. www.haylincolnshire.co.uk











### Dear Reader

Welcome to the third edition of our newsletter! We hope you are enjoying the new format and the articles that we are able to bring you.

It's holiday time so we have a bigger "What's On" section this month. Please see pages 21-23.

A big thank you to our contributors, advertisers, and volunteers for their incredible support.

Deadline for the next issue is **Thursday 26th September 2025**.

Please submit all copy to: newsletter@stickfordcc.uk

#### **Advertising rates:**

If you would like to place an advertisement, please contact us at newsletter@stickfordcc.uk to discuss requirements. Please submit adverts/ pictures in .jpg format at actual size. If you don't have an advert, please talk to us about how we can help you.

#### September – Jazz Night Saturday 13th from 7pm – 10pm

Stickford Speakeasy invites you to join us for an exciting evening. A three course meal followed by a little gamble in our casino, just for fun of course, plus the intoxicating sounds of jazz music for £15.00 per head. This is a booked event only so don't miss out. Last booking date 5th September.

### Macmillan Coffee Morning Friday 26th September 10am – 12 Noon

Join us for our annual **Macmillan Coffee Morning,** where we'll be raising funds for Macmillan Cancer Support with:

- A Craft Stall A Bring & Buy Stall
- Delicious cake, endless tea, warm company
- Chance to win something lovely in the raffle! If you'd be happy to **bake a cake** and/or **donate a raffle prize**, please get in touch: events@stickfordcc.uk or call 07419 322837

Can't attend but still want to help? You have the following donation options:

- Donate cash by calling 07419
   322837 and arrange to give the money to the Comm
  - money to the Community Centre representative.
- Donate online by going to https://cm25.macmillan.org.uk/fundraising/ CM25000249 and hit DONATE.
- Scan the QR code.

#### STICKFORD VILLAGE NEWS

is produced four times a year and delivered to all homes in Stickford and can be emailed to those in surrounding areas. We also welcome contributions from all residents.

Please contact us at newsletter@stickfordcc.uk

## Dog Walking Etiquette

While some dogs may enjoy the company of other dogs, not every breed or dog does. This article is about "etiquette" when walking our dogs on leads. It is not scientific, not designed to tax the brain cells of professional Behaviourist's or trainers, but simply to give our "average" pet owner some "food for thought." While you may not all agree with what I will write, it

is based upon my extensive practice of training and behaviour and my own firsthand experiences.

Nothing turns a walk into a nightmare more than when someone's dog runs up to yours on lead while you are calming and politely trying to tell the other owner to please call their dog away while they reply in turn "they only want to be friends, my response is "mine"

DOESN'T"!

Training clubs are now emphasizing the importance of preventing dogs from approaching unfamiliar dogs, especially those on a lead, without obtaining the owner's permission. The Kennel Club in their Good Citizen Canine Code was one of the first organisations to try and get across this message to pet

owners. Why not you may ask? Dogs are social creatures and need this interacting with dogs.

Dogs are on lead for a reason. They may be aggressive or nervous towards dogs or people, they could be recovering from surgery, they may be old, infirm, blind, or even deaf, or they simply may have a poor recall and are under training.

Whatever the reason, whether your dog is the best be-

haved in the world or not, when you see another dog on a lead place yours on a lead as well and do not allow yours to approach it. Simples! And common courtesy.

It is NOT acceptable if someone allows their dog to run up to yours while it is on the lead. It is acceptable to express your displeasure

politely when needed. I have done this myself on multiple occasions.

It will probably take some time for dog owners to understand that it is not "good manners" or "etiquette" to allow their dogs to run up to every dog they encounter, but if we can model this and share our thoughts as dog owners, we can only hope the message gets through.

### The Eve Project

The Eve Project UK is a women's wellbeing support group that houses sessions in Spilsby, Skegness, Louth and Horncastle.

Eve is a safe place for women to come and be themselves amongst a group of other fabulous women and to drink endless cups of tea/coffee over chit-chat and conversation, we try and have an activity planned for most sessions to bring an element of fun and creativity to your week.

So why not come and join us ladies? We have so much going on.

#### When is Eve?

Eve Spilsby, New Life Centre.
6pm-8pm every Tuesday.
Eve Louth, Trinity Centre.
1pm-3pm every 1st & 3rd Tuesday.
Eve Horncastle, Bert House.
6pm-8pm every 1st & 3rd Wed.
Eve Skegness, 40 Algitha Road.
6pm-8pm every Thursday.

#### Want to know more?

Find us on Facebook: eveprojectuk









#### **BRO PRO UK**

BRO PRO UK is a men's wellbeing support group that houses sessions in Alford, Spilsby, Skegness, Louth, Horncastle, Cleethorpes, Mablethorpe, Boston, Market Rasen and Holbeach.

Feeling overwhelmed or just need a space to connect? BRO PRO UK is here for you! BRO PRO is a safe place for men to meet, socialise & talk. So why not come and connect at any of these locations/ times:

#### **Tuesday:**

Alford 6pm-8pm Woodhall Spa 6pm-8pm Louth 7pm-9pm

Wednesday: Horncastle 6pm-8pm

#### Thursday:

Market Rasen 11am-1pm Holbeach 6pm-8pm Spilsby 7pm-9pm

#### Friday:

**Boston** 10am-12 noon **Skegness** 12 noon-2pm

#### Saturday:

Mablethorpe 10am-12pm Cleethorpes 10am

**For more information** please see Facebook: brotherhoodprojectuk or DM / WhatsApp on 07939 092585

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#### WHAT'S HAPPENING AT STICKFORD COMMUNITY CENTRE (SCC)

Registered Charity No. 516274

UPCOMING EVENTS You are welcome to bring your own drink for our Jazz night, Bingo nights and Quiz nights.

#### Jazz Night

Saturday 13th Sept 7pm - 10pm

Stickford Speakeasy invites you to join us for an exciting evening, A three course meal followed by a little gamble in our casino, just for fun of course, plus the intoxicating sounds of jazz music for £15 per head. This is a booked event only so don't miss out. Last booking date 5th September.

#### **Macmillan Coffee Morning** Friday 26th Sept 10am - 12 noon

We will be having a Bring and Buy stall and a Craft Stall. All the monies raised will be donated to Macmillan. Come along and eat cake, drink tea/coffee, try and win a raffle prize and have some fun! If you would be happy to make a cake and/or donate a raffle prize please contact us at events@stickfordcc.uk or call Loraine on 07419 322837.

#### Bingo

Join us 29th September and 27th **October** for our Prize Bingo Nights in support of the SCC! There is a 12-page book giving you lots of chances to win one of an array of fun prizes, the Cash Flyer, our Gold 21 ticket and our Raffle.

#### Quiz Night – 25th October.

Gather your squad and join us for a night of fun, facts and fantastic prizes! Bring your A-game, your thinking caps, and your competitive spirit. Teams of 4-6 welcome don't miss out! Reserve your table as we do get busy. Call Jennie on 07966 139641

#### The Wellbeing Hub and

Wellbeing Walks - takes place on Saturday mornings from 9am – 12 noon on the first Saturday of the month. Whether you just want to sit and chat or join others in a walk, everybody is most welcome. Light refreshments available.

#### Stickford **Community Centre** Your ideal venue!

Available for hire for meetings, events, conferences and more!

Free Wi-Fi • Capacity: 100 standing, 60 seated Contact Loraine: 07419 322837

A versatile space perfect for your needs-we'd love to welcome you!

## Ways you can help the Community Centre: ....And be in with a chance to win up to £25,000?

Sign up to the selcplottery.co.uk. Select "Play the lottery", search "Stickford Community Centre" and press "Support Us" and then buy your ticket - it's that simple! Tickets for the lottery cost just £1 a week and you will be supporting a good cause – your community centre. Each ticket has a 1 in 50 chance to win a prize each week! Good Luck!!



### Support Stickford Community Centre

**- For Free!** We've



#### How to Get Started

Go to www.easyfundraising.org.uk/causes/stickford-community-centre/

• Click "Sign Up" (top right corner)

- Set up your account
- Add the extension
- Start shopping & supporting us! It's completely free to use and every donation makes a difference. Plus if ten of us sign up by 13th August we will receive a £15 bonus.

#### Lincolnshire Co-op Community Champion

Stickford Community Centre has been selected as a Lincolnshire Coop Community Champion. This means that the Co-op will be raising money for us from 7 Sept 2025 – 7 March 2026. Please can we ask everyone to use their dividend card during this period as it will boost the funds we receive. Thank you.

### Recycle and repurpose your wardrobe

Don't forget unwanted clothing, handbags, belts and shoes can be easily recycled via the clothing banks located in the car park of the Community Centre. Just pop them in a bag and drop them off.

#### Tombola and Raffle prizes

We are seeking donations for our raffles and tombolas to support the vital remedial work needed for the Community Centre. Your generosity would be greatly appreciated and will help ensure the success of our events. Thank you for your support! If you're able to donate a prize, please contact Loraine at events@stickfordcc.uk or call 07419 322837 for further details.

## Take a moment for yourself

In a world full of stress and worry, it is all too easy to become anxious or fearful. Here are a few techniques to quickly reduce those feelings, helping your mind and body regain equilibrium.

#### **Butterfly hands exercise**

This technique bilaterally stimulates the brain with the use of alternative tapping. It increases delta waves in the brain, that are associated with deep sleep. Cross your hands over your chest near to the collarbones. Take a deep

breath and close your eyes if you wish. Gently tap the fingers of one hand then the other approximately 1 tap per second. As you do this take your mind to a place that makes you feel calm, it could be imagining your perfect beach, your hobby or a time with loved ones. Really picture this clearly in your mind. Be aware of everything in this image, notice what you see, feel, hear, smell and taste when you think of this. As you do, feel those taps and hear those taps, relaxing you more and more.



#### 4-7-8 Breathing

Find a quiet spot for a few moments. Place your hand on your chest, bringing your attention to your breathing. Slowly breathe in for the count of 4, hold that breath for the count of 7 and gently release for a count

of 8. Repeat 3 times or until those negative feelings subside.

#### Havening arm stroking

This self soothing technique releases happy hormones such as oxytocin to help lift your mood.



Place a hand on each shoulder and stroke down to both elbows at the same time. As you continue to stroke say some nice positive affirmations to yourself. I am calm. I am safe. I love myself. I am enough. Repeat as long as needed.

Written by Hayley Norton from The Elevation Room Hypnotherapy and Holistics Tel: 07717 458039

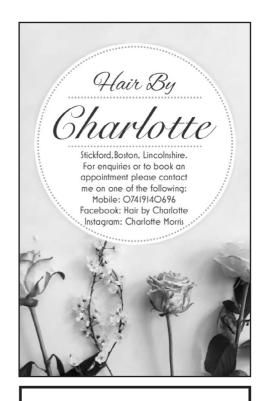
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or Email
martinlaceyprivate@
gmail.com

....

### **News from St Helen's Church**

This period between August and October in some ways is quiet in the church calendar as there are no major festivals. However, there is Harvest, which changes it into a busy period for clergy with Harvest Festivals and Harvest suppers!

The church is open daily for prayer, reflection, or browsing the book corner, with tea and coffee available. Services are held on the **second** and **fourth** Sundays each month, with refreshments after. The Children's Corner offers a table, chairs, toys, and a play mat for everyone to enjoy.

### Thank You for Supporting Our Bookshop!

Feel free to browse during your visit. Our books don't have fixed prices — instead, we invite donations by cash or contactless on our chip and pin device. We gratefully accept book donations in the genres listed below. Kindly ensure they are in good condition and come from smokefree homes. Please note we cannot accept magazines or damaged books, including hardbacks without dust jackets.

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- Novels for Teens
- Autobiographies
- Children's books
- War Fiction
- War Non-fiction
- Historical Fiction

# Village Market – Join Us Every Third Saturday! Pop along to the Village Market from 10am to 12 noon on the third Saturday of each month for a lively morning filled with local flavour and friendly faces.

Browse a brilliant selection of local produce. Grab a cuppa, enjoy some refreshments, and take your chances on our ever-popular tombola. It's a great way to connect with neighbours and support local businesses — we'd love to see you there! To book a stall or for further information, please contact Barbara Pearson on 07423 056337.

Harvest Supper Invitation
Join us on 22nd September
at 7pm for a delicious evening
featuring sausages, mash, peas
& gravy, followed by comforting
apple pie or trifle, tea and coffee.
Please bring your own cutlery.
After the meal, enjoy our traditional
Auction of Harvest Produce — a
wonderful way to celebrate the
season and support the community.

Adults £8, Primary School children

£5 and family £22 (2 adults/2

children).

#### **TOMBOLAS**

We're incredibly grateful for the generous donations we've received for our village market tombolas. To keep the fun going, we need at least 50 prizes each month, so we're asking for your continued support.

While we may be basking in a summer heatwave now, we're already looking ahead to autumn and (yes, we're saying it)...

#### Christmas!

We welcome donations of toiletries, unwanted gifts, chocolate/biscuits and assorted general items – provided they are new, in good condition and in date where applicable.

Prizes can be left in the church on the back pew nearest to the main entrance, clearly labelled "Tombola Prizes", or handed to Barbara Pearson.Thank you for your support.

### Misericords in St Botolph's Church, Boston

#### The Siren or Mermaid

The siren or mermaid is the most common subject for misericords in Britain possibly because the design fits in so well with the shape of the misericord. The Boston misericord is an example of the former and shows a siren in the form of a naked female torso with a fish's tail playing a recorder-like instrument to lead a sailor rowing a boat on the sea to his doom. Each element is clearly seen despite the rather crude carving shown by the Boston



misericords. Mermaids are usually depicted with a comb and mirror, symbols of lust and vanity, with which to attract the unwary male and lead him to damnation. In general, mermaids with their

depiction of the naked female form provided a sensuous challenge in the all-male environment of a mediaeval church choir.

Dr. Alan Pethybridge







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### **Stickford Wellbeing Hub**

Our Wellbeing Hubs provide a safe and supportive space for those experiencing mental health and wellbeing challenges.

#### **IST SATURDAY OF THE MONTH | 9AM-12PM**

Wellbeing Walk from 10am (From 15 to 45 minutes) in partnership with Lincolnshire Coop

Stickford Community Centre, PE22 8ES

**David Bruce** (Lead Community Connector) 07939 092 585, davidbruce23@nhs.net



#### Need urgent help now?

Call 111 select mental health option In a life-threatening emergency call 999

#### General support

Mental Health Helpline (over 18): 0800 001 4331 (24/7)
Here4You Advice Line (children and young people):
0800 234 6342 (24/7)
Lincolnshire Talking Therapies:
www.lincolnshiretalkingtherapies.nhs.uk
Night Light Cafes: 0300 011 1200

#### Looking after yourself

HAY Lincolnshire website: haylincolnshire.co.uk
Every Mind Matters website: nhs.uk/every-mind-matters
Lincolnshire Recovery College: lpft.nhs.uk/recovery-college





#### For more information

Call or WhatsApp our Community Connector. You can also find updates on our social media too.

H.A.Y. helping people find local resources for mental health and wellbeing. www.haylincolnshire.co.uk



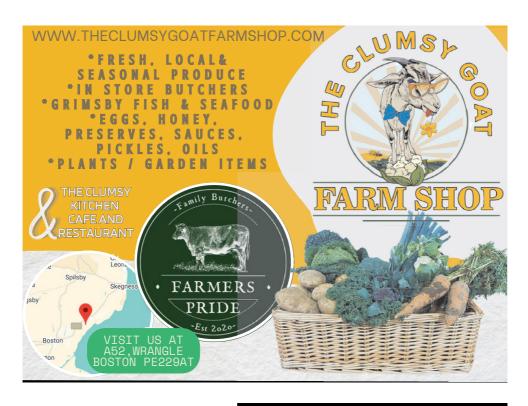












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- Vale Road, Spilsby, PE23 5HE
- f vfitness.stronger

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### What's Your Ideal Event?

Help shape the future of your Community Centre!

We're planning our calendar of events between now and 31st May 2026—and we need your ideas! Tell us what event you would love to attend at the Community Centre.

My Ideal Event Would Be:
Name (optional):

Return this page to the Community Centre (post box to the right of the door in the car park) or email your ideas to newsletter@stickfordcc.uk

Thank you for taking the time to do this.

Regards, Stickford Community Centre Committee



### THE PUB, CLUBS & INTEREST GROUPS

### The Pub... THE RED LION...

A haven for pie lovers! Enjoy traditional pies, suet puddings, and gluten-free, vegetarian and vegan options (with a separate fryer for coeliacs). Now serving a wide range of 9" and 11" pizzas meat or veggie—to eat in or take away. Serving Wed-Sat, 4–8pm. Our music season continues with James Wood and The Mardy Johnny Depps! and don't miss our 2day Stickfest featuring Foxxy, High On DC and Lizzie and the Sandboys. Plus, our regular activities are in full swing:

#### Wednesday:

Friendly Darts

Thursday: Cash Bingo

from 7pm

**Sunday:** Meat Raffle at 4pm followed by the Open the Box Draw.

## The Clubs... STICKFORD LADIES SOCIAL CIRCLE

Join us at Stickford Community Centre on the second Monday of each month at 1:30pm for friendship, fun, and community spirit. We enjoy guest speakers, outings, and fundraising throughout the year. Visitors welcome – just £2! For more details, contact **Teresa** on **07471 932821**.

#### THE KEALS CLUB

A warm welcome awaits over 50s from Stickford and nearby villages! We meet on the second Tuesday of each month, 2–4pm, for an afternoon of talks, demos, raffles, auctions, and games, followed by refreshments and good company. Visitors welcome – £2. Contact **Dawn on 07907 053128** for more info.

Interest Groups
STICKFORD LOCAL
HISTORY GROUP

There will be a meeting on 18th September and 16th October (see events diary on pages 20-21). For further information please contact Ken Richard on 01205 481467.

### RELAX AND CRAFT GROUP

Join us on the 3rd
Wednesday of every
month for a relaxed
and friendly gathering.
Admission: £3.50,
which includes unlimited drinks and a free
raffle ticket. We also
host four affordable
workshops throughout
the year. For more
details, contact
Sharon (07505
494355) or Karen
(07474 933667).

#### THE STICKFORD WALKING GROUP

meet every Thursday at Thistledown, The Cul-de-Sac at 9.30am. Contact Clive via email: cllr.clive.kingswood@gmail.com or call 07852 180972.

## Stickford Charities

#### **Support & Grants Available**

The Stickford Educational Charity offers grants for educational needs — including books, equipment, courses, and experiences — to residents of Stickford (including students at college/university). Grants may be means-tested at the Trustees' discretion. The Trustees would welcome applications from such students.

The Stickford Relief in Need Charity supports parish residents facing financial hardship, as well as local charitable groups.

Applications are open to all.

The charity also runs a free monthly bus service for Stickford residents without regular transport (or with a proven need). Anyone resident in Stickford is eligible to use the service and we do need

### Keals Club Mystery Tour – Now Open to Visitors!

Join us for a day of surprise and adventure on **19th August**! Pick-up points: Stickney, Stickford, East Keal Village Hall

Tickets:: £10 (non-refundable)

Don't miss the mystery—spaces are limited! For more info call

Dawn 07907 053128

more users so if you would be interested or would like to book please get in touch with Pam Bryant. The bus service is:

- Boston 2nd Wednesday every other month
- Horncastle 4th Thursday other month

#### **Next Charity Bus Dates:**

14<sup>th</sup> August - Horncastle, 10<sup>th</sup> September - Boston and 9<sup>th</sup> October - Skegness.

Christmas cash grants are available to eligible parish residents, including pensioners, single parents, and those with disabilities. If you haven't received one previously and believe you qualify, write to the Clerk before 19th November 2025.

All applications/enquiries should be sent in writing to:

Mrs Katherine Bunting, The Old Vicarage, Church Road, Stickford, Boston, PE22 8EP or email katherine.bunting@chattertons.com

#### **Stickford Charities Trustees**

Pam Bryant, Beauport, Cul de Sac, Stickford - 01205 480410 John Howlett, The Bungalow, Cole Lane, Stickford - 01205 481361 Wendy Morley, Church View, Church Rd, Stickford - 01205 480474 Helen Edwards, Magers Farm, Back Lane, Stickford - 07932 717553 Rev Fran Jeffries, The Vicarage, Church Street, Spilsby PE23 5EF -01790 752526

#### FROM OUR PARISH COUNCIL

### Annual Parish Meeting Summary – 13th May 2025

Six residents attended the Annual Parish Meeting. Topics raised were discussed at the Parish Council meeting on 20th May. Key updates include:

- A16 Speed Limit: Concerns raised again over pedestrian safety; clerk to reapply to LCC Highways for a speed reduction.
- Catchwater Bank Badgers: Situation unchanged; monitoring continues.
- Airfield Caravans: Now six in place; clerk to notify Cllr Terry Taylor (ELDC).
- Cul De Sac Caravan: Query raised over planning permission and right of way; Cllr John Howlett to follow up with ELDC and LCC.
- Postal Delays: Confirmed by Royal Mail; situation appears to be improving but will be monitored.
- Church Road Pavement:
   Reported in need of cleaning;
   clerk to request village tidy-up from ELDC.
- HMP Release Protocols:
   Concerns raised; clerk to contact local Police for information on public safety measures.

The meeting on 20th May was the Annual Meeting of the Parish Council where all five councillors were re-elected. **Chairman: Lesley Reeson** 

07903 833460

Vice Chairman: John Howlett

01205 481361

Pam Bryant: 01205 480410 Clive Kingswood: 07852 180972 cllr.clive.kingswood@gmail.com Tony French: 07765 868436

cllrtfrench@gmail.com

Nicki George, Parish Clerk: stickfordparishclerk@gmail.com

or 07796 771036

**Clir John Howlett** now has special responsibilities for the Community Centre.

**Stickford Parish Council Notices Councillor Vacancies:** There are 2 openings on the Parish Council. Interested? Come to a meeting or contact the Parish Clerk to learn more.

**Allotment to Rent:** A 2.25-acre agricultural allotment on Fen Road is available from **1st October 2025**, intended for local residents without land. Grazing permitted for 3 months a year. Contact Clerk for details.

Remembrance Service: The Council will lead this year's service at the War Memorial due to clergy unavailability. If you have a military background and could lead, or if you'd like to read, sing, or play music, please contact the Clerk or Cllr John Howlett.

**Cllr Terry Taylor** JP, ELDC ELDC Rep for Halton Holegate M. 07368 538099

E. terry.taylor@e-lindsey.gov.uk

Cllr Marie Lisa Hume

CC Rep for Wainfleet
E. cllrm.hume@lincolnshire.gov.uk

## Events – all at Stickford Community Centre unless otherwise specified

#### **WEEKLY EVENTS**

Wednesdays: Friendly Darts

at the Red Lion

### Thursdays: Coffee Morning

from 10.30 – 12 noon at the Church (August and September. In the SCC from October)

**Strength & Stability** with Francesca 1pm

#### **Cash Bingo**

7pm at the Red Lion

#### Sundays: Meat Raffle

4pm followed by Open the Box draw at the Red Lion

AUGUST
Sat 2nd: Wellbeing
Hub/Walk 9am-12noon

**Sunday 3rd: James Wood** 2pm at the
Red Lion

#### Sat 2nd: East Kirkby Air Show

Stickford Church will be running a Tombola stall.

Mon 11th: Ladies

**Circle** 1.30pm Vicki from the NHS will talk about the ReSPECT

form used by the NHS to outline a patients preferences for emergency care when they are unable to express their wishes. Visitors welcome.

#### Tue 12th:

**Keals Club** 2pm Put your best foot forward with Vinnie, Foot Health Practitioner.

**Sat 16th: Village Market**,
Stickford Church

Sun 17th: The Mardy Johnny Depps 2pm at the Red Lion

Wed 20th: Relax and Craft 9am-3pm

Sat 30th & Sun 31st: Stickfest at the Red Lion. Sat 4pm Foxxy and 7pm High on DC (AC/DC tribute band). Sun 2.30pm Lizzie and the Sandboys.

#### SEPTEMBER Mon 1st: Prize Bingo

Doors open 6.45pm, eyes down 7.30pm

Sat 6th: Wellbeing Hub/Walk 9am-12noon

Mon 8th: Ladies Circle

1.30pm We will be trying our hands at glass painting with Teresa. Visitors welcome.

Tue 9th:

**Keals Club** 2pm AGM followed by a quiz.

Tues 9th: Parish Council Meeting 7.30pm

Wed 17th: Relax and Craft 9am-3pm

**Thu 18th: History Group** 7.30pm.

Medieval Graffiti in local churches by Ray Emery.

Open to non-Members

Sat 20th: Village Market, Stickford Church

Mon 22nd: Harvest Festival 7.30pm

Fri 26th: Macmillan Coffee Morning 10am

#### Mon 29th: Prize Bingo

Doors open 6.45pm, eyes down 7.30pm.

#### OCTOBER

Sat 4th: Wellbeing Hub/Walk 9am-12noon

**Sat 11th: Quiz**7pm at the Red Lion

#### Mon 13th: Ladies

**Circle** 1.30pm Emma from the White Chakra will talk about the different crystals and how they can help you to feel better. Visitors welcome.

#### Mon 13th: Prize Bingo

Doors open 6.45pm, eyes down 7.30pm

#### Tue 14th: Keals Club

2pm we will be having our Annual Harvest festival followed by a produce auction.

Wed 15th: Relax and Craft 9am-3pm

**Thu 16th: History Group** 7.30pm. "Most Brute & Beastly Shire"
The Lincolnshire Rising by Nick Fox. Open to non-Members.

**Sat 18th: Village Market**, Stickford Church

**Sat 25th: Quiz** 6.45pm for 7.30pm start

**Mon 27th: Prize Bingo** Doors open 6.45pm, eyes down 7.30pm

### MORNING WORSHIP

Held at Stickford and Stickney churches at 11.15am as follows unless otherwise stated:

3rd Aug Stickney
10th Aug Stickford
17th Aug Stickney
24th Aug Stickford
31st Aug 10am Spilsby
7th Sept Stickney
14th Sept Stickford
21st Sept Stickney
28th Sept Stickford
5th Oct Stickney
12th Oct Stickney
26th Oct Stickney

### WHAT'S ON LOCALLY...

With school holidays in full swing, it can be helpful to know what's happening and where to go to suit each member of the family. Whilst the list below is not exhaustive, it's here to lend a helping hand.

#### **AUGUST**

**Sat 2nd** – Spilsby by the sea "Super Sat-

urday". Lots of things to do including Punch and Judy, Singer, Children's entertainer, Stalls, Skegness Silver Band and a Water play area.

**Sat 2nd** – Summer Garden Party 4pm-8pm @ Nelson Butt Inn

**Fri 8th** – Summertime Bingo Partney Village Hall 6pm onwards **Sat 9th** – Horncastle Horse Fair, Town Centre

**Sat 9th** – Horncastle Teenage Market in the Marketplace

**Sun 17th** – Boozy Beer Garden Bingo 4pm at the Nelson Butt Inn

**Sat 23rd** – Louth Teenage Market in the Marketplace For further details, explore the websites below for ideas on places to visit, activities to try, dog-friendly spots, dining options, and much more. Have fun and enjoy!

allevents.in/Lincolnshire boston-england.co.uk embassytheatre.co.uk lincolncastle.com magnavitae.org bandringhamestate.co.uk sandringhamestate.co.uk southormsbyestate.co.uk thehiveskegness.co.uk gunbyhall@nationaltrust.org.uk jubileeparkwoodhallspa.co.uk lincolnshirellama.co.uk lincolnshirewoldsrailway.co.uk lovelincolnshirewolds.com

visitlincoln.com visitlincolnshire.com visitlincscoast.co.uk belvoircastle.com burghley.co.uk doddingtonhall.com elshamhall.co.uk

**Sun 31st** – Wragby Teenage Market at Wragby Show

#### SEPTEMBER Sat 6th –

Spilsby Emergency Services Super Saturday All the emergency services and lots of free activities for children to do

**Sat 13th** – Spilsby Teenage Market in the Marketplace **Sat 28th** – Louth Food and Drink Festival in Louth Town Centre

#### **OCTOBER**

**Sat 4th** – Lincolnshire Themed Super Saturday – Animals, tractors and lots of other Lincolnshire based things to see & do

**Sun 26th** – Halloween Bingo 2pm to 4pm -Spilsby Franklin Hall All welcome, fancy dress competition for children and adults. For a plethora of events at the Embassy Theatre including Love Hurts, Jason Mansford, Skegness Comic Con, Wicked, Burlesque Cabaret and tributes to Coldplay, Michael Jackson and Queen, visit their website https://embassytheatre.co.uk/whats-on/

Weather
fabulous
and you
want to be
outside?

### Then why not visit **Jubilee Park**

in Woodhall Spa village.

The park covers 10 glorious acres of picturesque, ornamental gardens and includes a bandstand, a highly rated motorhome area, children's play area, sensory garden, bowling green, croquet lawns, cricket pitch, tennis club, a café and, of course, their fabulous heated lido.

### **USEFUL INFORMATION**

#### **Police**

Non-emergency: 101 Emergency: 999

spilsby.npt@lincs.pnn.police.uk Website: www.lincs.police.uk

Twitter: @SpilsbyPolice

Childline: 0800 1111

Website: www.childline.org.uk

**Domestic Abuse** 

Helpline: 0808 2000 247

www.nationaldahelpline.org.uk

**Samaritans:** 116 123

**NHS Mental Health Matters** 

24/7: 0800 0014331 Text SHOUT to 85258

#### If you have a Safeguarding concern contact:

Children's safeguarding: 01522 782111 (Mon to Fri, 8am to 6pm) Adults safeguarding: 01522 782155 (Mon to Fri, 8am to 6pm)

or 01522 782333 (outside office hours)

#### **Doctors**

**Stickney Surgery** 01205 480237 Get directed to the best place for help with your symptoms:111

**Spilsby** 01790 728111

**Pilgrim Hospital** 01205 364801

#### Taxi

Lanes Travel Stickney 07766 448849

Post Office Van: The Post Office van calls at the Red Lion car park every Monday morning between 11.30am and 12.30pm. You can buy stamps and cards, post letters and parcels and do your everyday banking.

Charity Bus Dates: 14th August to Horncastle, 10th September to Boston and 9th October to Skegness. Only residents of Stickford will be able to use the charity bus. If there are residents who have not travelled on the charity bus before, please contact Pam Bryant on 01205 480410 so that the bus company can be informed to arrange a pickup from their property.

Stickford Community Centre bookings: Loraine on 07419 322837

#### Going to the Pilgrim Hospital? Beware of the new charges that came into effect on 1st July:

Up to 30 minutes	FREE
Up to 1 hour	£2
Up to 2 hours	£3
Up to 3 hours	£4
Up to 4 hours	£5
Longer than 4 hours	£6
Motorcycle parking	FREE

The Pilgrim continue to have concessions in place for many patients and this has not changed. This includes those with a blue badge, those patients undergoing cancer treatment and parents/guardians staying with children who are admitted to one of our wards. For further information about our concessions we advise patients to talk to the ward or department that is caring for them.



## Ladies Fashion Boutique

The Green House Ladies' Fashion Boutique was started 34 years ago by Judy Clarke, whose dream it was to have a clothes shop on Spilsby High Street. A fantastic success, but sadly Judy passed away five years later. Greg, her husband, has kept the shop alive in Spilsby, providing ranges of clothes and accessories for the women of Spilsby and district.

Sue, Greg's second wife of 27 years, now manages the shop, continuing to build on Judy's dream. She said:

"It's tough on the high street as an independent shop, but we do our best to compete with the Big Boys on the internet, priding ourselves with services to our lovely and loyal customers that they can't get elsewhere.

Whenever possible, we try to ensure that our clothes and accessories are made from ethical products and methods, by suppliers and factories that really look after their staff.

We stock Lily& Me, Orientique, Pretty Vacant and Lua and are always looking to extend our ranges.

Pop in and join our VIP email list to receive special offers, promotions and events. You will always be given a warm welcome by the Green House team of Sue, Anna, Donna and Karen."

#### WORDSEARCH

Can you find these different breeds of dog in our wordsearch puzzle?

BULLDOG	SETTER
PINSCHER	CORGI
DALMATION	ROTTWEILER
MASTIFF	CHIHUAHUA
BOXER	COLLIE
SHEPHERD	HOUND
BEAGLE	DACHSHUND
TERRIER	

N	R	S	С	F	F	Ι	T	S	Α	М	0	T	Н
Н	N	Ι	0	С	В	U	L	L	D	0	G	T	Ε
S	R	N	L	Н	R	W	Ε	Ε	L	G	Α	Ε	В
N	Ε	Α	L	Ι	P	Ε	В	G	D	T	Ι	D	Ι
U	L	Ι	Ι	Н	Ε	Α	Ι	0	0	L	R	R	0
Н	Ι	T	Ε	U	D	С	Ε	R	X	P	Ι	Ε	M
С	Ε	Α	U	Α	P	N	0	0	R	Ε	D	Н	Ε
0	W	M	D	Н	S	Ι	U	R	Ε	Ε	R	P	Т
D	T	L	Α	U	Ε	0	N	Н	G	D	T	Ε	С
I	T	Α	В	Α	T	N	Ι	S	S	Ι	Α	Н	R
L	0	D	В	S	T	С	Α	Н	С	Н	Ε	S	U
М	R	P	0	Ι	Ε	С	T	G	L	Н	С	G	L
D	Н	0	S	R	R	R	Ε	Ε	N	N	Ε	Α	D
Р	В	X	U	S	Т	Н	0	U	N	D	L	R	D







