NEWS & VIEWS

October 2025

Delivered to homes in
Caythorpe, Frieston, Fulbeck, Normanton on Cliffe, Carlton Scroop, Sudbrook, Hough on the Hill, Brandon, Gelston, Ancaster, Willoughby and more

The

Red Lion

Caythorpe

DISCOVER A NEW LEVEL OF TASTE

Locally sourced produce • **Dog Friendly** • **Vegan/Vegetarian Options**

Whether it be a drink or a meal, sit back and relax and we will take care of everything

Children In Need

Friday 14th November

Join us for Children in Need night and book your table to support a great cause, while enjoying a fun evening.

Plus, our staff will dress as Minions, if Becky dresses as Gru!

Your Post-Shoot Retreat

Shooting season is back! Unwind after a day in the field at The Red Lion. With locally sourced dishes, fine ales and a roaring fire, we're the perfect place for shooting parties to relax. Group bookings, muddy boots and dogs welcome!

Book now and make us your post-shoot tradition.

The Beaujolais Breakfast

Saturday 22nd November

11am-5pm

A bottomless brunch with a twist.

On Saturday 22nd November, you can enjoy two hours of selected wines, cocktails and beers, alongside a delicious selection of dishes.

With live music setting the mood and keeping the good vibes going until 5pm, it's the perfect way to spend your Saturday.

Spaces fill up fast, so make sure you're a part of the celebration!

62 HIGH STREET, CAYTHORPE, LINCOLNSHIRE, NG32 3DN

01400 272632
WWW.REDLIONCAYTHORPE.COM
HELLO@REDLIONCAYTHORPE.COM

News & Views

ISSUE 114 - October 2025

Distributed to all homes in Caythorpe, Frieston, Fulbeck, Normanton on Cliffe, Carlton Scroop, Sudbrook, Hough on the Hill, Brandon, Gelston and more.

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You can have a digital copy of News & Views to read on your computer / tablet etc.

Please get in touch.

Welcome

Dear News & Views Readers,

Well September turned out to be very busy with lots of community events happening. I hope you managed to get to some of them and had a great time. Autumn is with us and winter on the horizon.

Reverend Sara Davies is leaving us after two years of amazing work in our parishes and we wish her well.

Thank you to all our contributors, advertisers and volunteer distributors who make this issue possible.

Enjoy the October issue.

Robert Prabucki

A couple of errors snook into last months edition - I'm grateful for vigilant readers who have pointed out my mistakes on page 25. It was of course Hong Kong being handed back to China (not Singapore) and Jonathan Powell was born at Fulbeck Manor (not the Hall).

Editor: Robert Prabucki

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Advertising and Contributions Deadline

for November Edition

15 October

News & Views is produced in association with Caythorpe & Frieston Parish Council

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SPAR

THE POST OFFICE

Caythorpe Spar Opening Hours
Mon - Sun 07:00 - 21:00

Post Office Opening Hours
Mon - Fri 09:00 - 16:30
Sat 09:00 - 12:00

Caythorpe & Ancaster Medical Practice

Caythorpe Surgery: 01400 272215 Opt 1 for Dispensary
Ancaster Surgery: 01400 230226 Opt 1 for Dispensary

Surgery Hours

Monday to Friday 08.00am to 06.00pm
Dispensary 08.30am to 6pm
Closed Saturday and Sunday

Bin Collections

Lincolnshire Mobile Library Service October

Caythorpe	The Church 12-12.45 Monday 6th
Frieston	Church View 10-10.30 Thursday 23rd
	The Green 11.30-12.00 Monday 20th
Fulbeck	Hare & Hounds 10.30-11.00 Monday 20th
Gelston	The Green 12.15-13.00 Monday 20th
Sudbrooke	Village Hall 10.45-11.30 Friday 17th
Ancaster	Ermine Street 15.00-16.00 Tuesday 28th

Useful Contacts

Emergency Services

Police, Fire or Ambulance	**999**
Police Non Emergency	101
NHS Non Emergency	111
Lincoln Police	01522 532 222

Doctors

Caythorpe	01400 272 215
Ancaster	01400 230 226

Household Emergencies

Electricity/Power Cuts	105
Water & Leaks	03457 145 145
Floodline	01522 782 082

Personal Support

Reverend Sara Davies	07768 706 952
Samaritans	116 123
Citizens Advice	08082 787 942
Childline	0800 1111

Defibrillator Locations

Brandon	Telephone kiosk on corner of Church Lane & Hough Lane
Carlton Scroop	
	Charity Street on wall before Golf Club entrance
	Wall at Village Hall, Newark Lane
Caythorpe	Village Hall High Street Hammond Pavillon, Old Lincoln Road Old Chapel, Chapel Lane
Frieston	On wall of 35 Hough Road between Top and Bottom Green
Fulbeck	On wall, Main Door Village Hall
Gelston	Village Green in Telephone Kiosk
Hough	Telephone kiosk on High Street opposite Church
Normanton	Telephone Kiosk Main Road
Sudbrook	Telephone Kiosk

Caythorpe & Frieston Parish Council
Clerk Mrs D Manterfield 07351690496 caythorpepc@live.co.uk

Carlton Scroop with Normanton Parish Council
Clerk Florence Hill clerk@carltonscroopnormanton-pc.gov.uk

Fulbeck Parish Council
Clerk Dermot Daly 07778 351935 clerk@fulbeck-pc.org.uk

Sudbrook Parish Council
Clerk Christine Myers 07594 295457 sudbrookeparishcouncil@gmail.com

Leadenham, Fulbeck, Caythorpe, Frieston, Normanton-on-Cliffe, Carlton Scroop, Sudbrook, Hough on the Hill, Brandon, Gelston, Ancaster, Willoughby and beyond!

Reach all of these places by placing an advert or article in the Double Award Winning News & Views

Calendar of Events October

1	Handicrafts Club
3-5	Caythorpe Scarecrow Trail
3	Fulbeck Over 60's Club
5	Caythorpe Village Hall Breakfast
5	Quakers Open Meeting
7	Hough on the Hill Church Coffee Morning
09	Dave Maynard Talk Fulbeck Village Hall
10	Caythorpe Film Night
11	Fulbeck Sports Club Bingo
11	Carlton Scroop Bingo
11	Fulbeck Artisan Market
11/12	Carlton Le Moorland Art Exhibition
13	Fulbeck Artisan Market
14	Garden Club
16	Carlton Scroop Lunch
17	Caythorpe Village Hall Chill & Chat
17	Fulbeck Over 60's Club
18	Caythorpe Sports Club Quiz
18	Allotments Annual Pumpkin Sale
25	Fulbeck Sports Club Bingo
29	Caythorpe Sports Club Meccano Build

Coming Up November

1	Caythorpe Fireworks
5	Fulbeck Fireworks
7	Carlton Scroop Comedy Night
10/13	Welbourn Primary School Open Day
11	Marston Primary School Open Day
29	Carlton Scroop Night at the races

Are you new to Caythorpe, Fulbeck, Frieston, Normanton on Cliffe, Marston or surrounding areas. Newly retired? Looking to meet local friendly people?

WE MAY HAVE THE ANSWER!

CAYTHORPE SHORT MAT BOWLS CLUB NEED YOU!

You can find us at Caythorpe Village Hall every Tuesday.

Sessions start at 2pm until 4pm 3 Free introductory 'taster' sessions

We supply bowls and friendly tuition plus tea and biscuits!

For further information please contact : Carol Brown Secretary 07860208189

Email:carolbrown1946@Outlook.com

If there is an event you would like to publicise then please let me have the details and it can be included in our News and Views monthly edition which is delivered to 1400 homes.

Over 60's Club
at Fulbeck Sports Club
3rd & 17th October
2-4pm

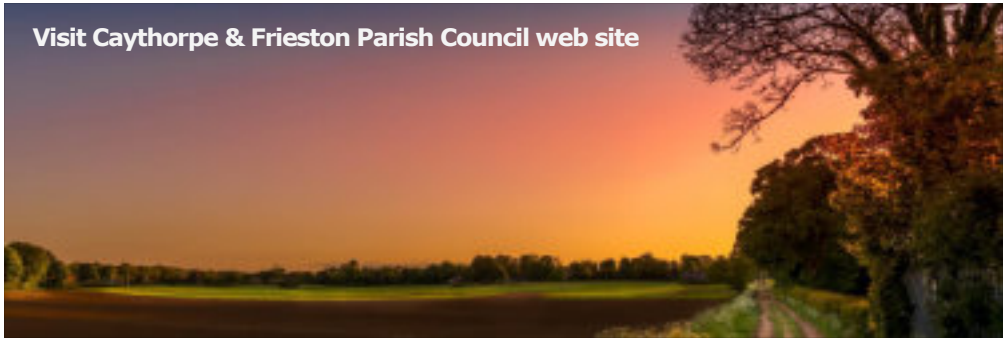


Photo by Adam Jackson

FULBECK
SPORTS & SOCIAL CLUB

Opening Times:

Friday 5:30pm to 8:00pm

Sunday 12:00pm to 4:00pm

Open for Pool Team Fixtures on Tuesday 7:00pm - 11:00pm

Fulbeck Thursday Coffee Club Fulbeck Village Hall
every Thursday 10 am – 12 noon

Tea and coffee with cake and biscuits Occasional speakers and Village Library.

Come along for an informal chat with friends and neighbours, and meet new ones, in our wonderful café/bar area!

All we ask is a donation of £2.00 to cover costs. Excess funds are regularly given to charity

Thursday 9th October Dave Maynard from Fulbeck will will give us a fascinating talk about old and valuable books in Fulbeck Village Hall from 10.30-11.00 a.m.

All welcome.

Caythorpe & Frieston Sports & Social Club

The Hammond Pavilion, Old Lincoln Road

Summer Opening Times:
Thursday 7pm - 11pm
Friday 6pm - 11pm
Saturday 5pm - 11pm
Sunday 1pm (if cricket match)
2pm (if no cricket)

Please come and pay a visit to this welcoming Village Amenity. Enjoy a drink with family and friends, as well as joining in the various events.

Membership is not essential but there are several benefits for those who pay the annual fee. These include: Free wifi, Free Sky Sports and Free seasonal activities for children

Membership Family £15 Individual £10

Timetables for **Caythorpe Children's Centre** are now available via the link below:

www.lincolnshire.gov.uk/directory-record/62593/caythorpe-children-s-centre

We have a new session every Wednesday morning 10-10.45

Early Talkers 0-5 yrs

Please check regularly for dates and times of sessions as these change due to holiday times.

All sessions Free of Charge

High Street, Caythorpe, NG323DR Tel: 01400 279285/E-mail: CaythorpeCC@lincolnshire.gov.uk

FREE

Chill & Chat

Caythorpe & Frieston Village Hall

Cake & Drink £2.00

Friday 17th OCTOBER
10:00am - 12:00pm

Come and Join Us!

Grantham foodbank

Many thanks for the donations for the Foodbank. If you would like to donate there are collection boxes inside the Caythorpe church and Ancaster COOP. Donations of food, pet food, laundry products, cleaning products and personal hygiene items are always welcome. Please ensure that items are within their sell by/use by dates. All donations are welcome no matter how small e.g. small tin of beans or soup.

Current shortages reported are: JARS OF PASTA SAUCE, TINNED FISH, TINNED FRUIT, JARS OF COFFEE, BOTTLES OF SQUASH, TOOTHPASTE, SOAP, BAGS FOR LIFE (IN GOOD CLEAN CONDITION)

Monetary donations are accepted on the Grantham Foodbank website; https://grantham.foodbank.org.uk

Carlton Scroop & Normanton Social Club

Saturday 11th October
7:30pm for eyes down at 8:00pm

Fulbeck Sports Club

Saturday 11th and 25th October
7:00pm for eyes down at 7:30pm

Caythorpe Village Hall Breakfast

09:00-11:00
Full English £7.50
Bacon Bap £4.00
Sausage Bap £4.00
all including
Tea/Coffee

Caythorpe Walking for Health Group

Date	Striders	Strollers	Stragglers	Walk
06/10/25	Andrew, Sue	Steve, Mandy	Peter	10 Hough/Gelston
13/10/25	Caroline, Val	Linda, Gordon	Geoff	4 Frieston & Love Lane
20/10/25	Mandy, Andrew	Val, Dave	Gordon	5 The Old Railway
27/10/25	Andrew, Linda	Caroline, Peter	Val	6 Bleak House

Walking for Health is supported by the Lincolnshire Co-Op.

Everyone Welcome

Local walks start at the Hammond Pavilion at 09.45. AWAY walks, meet at the Hammond Pavilion at 9.30, or the venue by 10.00.

Dogs on leads accompanied by their owners welcome.

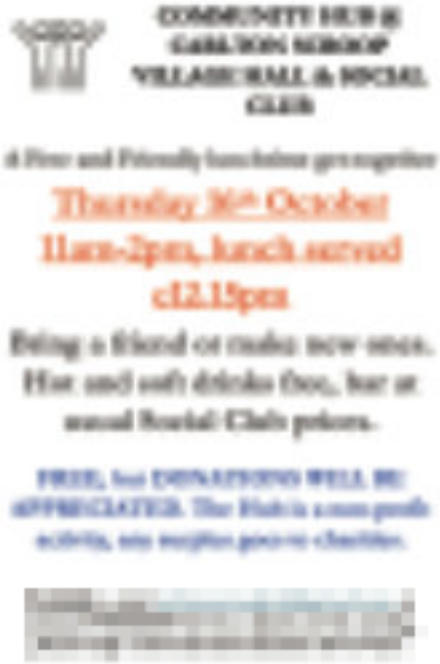
CS Village Hall Book Exchange

Books & Teas and Coffees

The CSVH Book Exchange is our weekly event offering books and also £1 hot drink & biscuits or cold drinks & crisps.

Every Saturday 11.00- 12.00

Check for regular updates on the Carlton Scroop & Normanton Village Hall Facebook page.



Tickets are now available for our Comedy Night on Friday 7th November.

Tickets are £ 15.00 in advance (£17.00 on the door)

We will be serving food on a PRE-ORDER BASIS only. Priced at £8.00 we be serving Pulled Pork Roll with coleslaw, nachos & dips, with a vegetarian option available.

Food will be served between 6.30pm - 7.30pm before the show. The bar will also be open from 6.30pm until the end of the evening.

Tickets are available from the following people, please let us know if you would like food.

Nigel Hill 07957 424453

Richard Rainsthorpe 07971 246101

Sarajane Sheard 07799 710021

If you just require tickets , no food, you are able to purchase tickets via the website www.comedyhotspot.co.uk

Carlton-le-Moorland and District Annual Art Exhibition

Saturday 11th and Sunday 12th October, 11am - 4pm.

The Village Hall, Brigg Lane, Carlton-le-Moorland LN5 9HP

Entry is free and there will be refreshments. Please come along and see some great artwork.

For more information please call 01522 811510

Advertise with News & Views and reach over 1400 homes across 10 villages in our area

Please contact Richard Johnson

richardnewsandviews@gmail.com

COFFEE MORNING

FRIDAY 3rd OCTOBER

10:30am – 12 noon

At

ST VINCENT'S CHURCH CAYTHORPE

Join us for delicious cakes & hot drinks and get a first look at some of the Scarecrows in the church, before the Scarecrow Trail the next day!

(Please also bring any donations of items for the Food Bank)

ST VINCENT'S CHURCH
CAYTHORPE

SCARECROW TRAIL
SATURDAY 4TH OCTOBER
10:30 – 4:00pm

PICK UP A TRAIL MAP FROM THE CHURCH, FOLLOW THE TRAIL & VOTE FOR YOUR FAVOURITE.
REFRESHMENTS, STALLS & GAMES

SUNDAY 5TH OCTOBER: Harvest Festival with 'Assembly Bangers' 3:00pm, followed by delicious Lincolnshire Fare.

Join with us in celebrating our beautiful County

FULBECK AND DISTRICT

ART GROUP

Mondays, 10:15 am – 3 pm

at FULBECK VILLAGE HALL

Fulbeck, NG32 3JN

(near the Hare and Hounds by the A607)

We welcome new members at any skill level in any medium. No formal instruction but friendly advice on offer. Drop in and see us or

Tel. 01400 275 052

Email:nettrawler@hotmail.com

Carlton Scroop Village Hall Committee

Invites you to

A NIGHT AT THE RACES

On Saturday 29 November 2025

In aid of Village Hall Funds

Food served 7.00-7.45pm

First Race Starts at 8.00pm

£10 a ticket (which includes hot food)

Sponsor a horse for £5 - if it wins you get a £10 Prize!
Or Sponsor a Race for £50 - and get guaranteed fame!

Contact Alan Thomas (07484407992) or Nigel Kirk (07921429958) for tickets or further details

www.foxbrook

Open Afternoon

at the Quaker Meeting House

Meeting House Lane

Brant Broughton

Refreshments, chat and tours.

Sunday October 5th

2.00 – 4.00 pm

Please join us!

MARSTON THOROLD'S CHARITY CoE PRIMARY SCHOOL

"This is a small school with a big heart".

Ofsted June 2025

EYFS OPEN DAY

DOES YOUR CHILD START SCHOOL IN SEPTEMBER 2026?

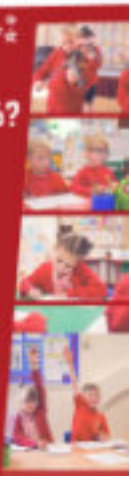
Join us for an Open Day!

Tuesday 11th November 2025

at 2pm or 3.30pm

Call our school office to book your place:

01400 250583



The school bell, rung proudly each day by pupil volunteers, signals the school's warm welcome for its families. Pupils are happy and feel safe here. They benefit from the high expectations that the school has for their academic achievement and broader personal development. Pupils achieve well. They flourish in confidence and enjoy coming to school."

Ofsted, 2025

Together in faith we aspire to achieve our true potential

Caythorpe and Frieston Village Hall

FILM NIGHT

Friday 10th October 7pm

Doors Open 6.15pm

Tickets £6 *(sorry no under 13's)* ***Limited Spaces!***

Wine, Beer and Ice Cream on sale plus a Raffle

To book tickets please scan the QR code

or call 07824 874959

Local Winged Wonders

As I write this, the Swallows and House Martins are very active, feeding over my house. The adults arrived with us in Spring to raise their families. The young have now fledged and are feeding up in readiness for their long passage to Africa in late Summer/early Autumn. House Martins can have up to 3 broods a year, which can be a headache for some homeowners who aren't keen on the mess the birds make beneath their wonderful mud nests.

In the past people believed that Swallows spent the winter hibernating at the bottom of ponds! Presumably because they can regularly be seen skimming across the surface of the water to get a drink. The name 'Swallow' possibly comes from the Old Norse word 'swala' which means cleft stick, referring to the birds' forked tail.

'Swallow' © Steve Nesbitt

Our local Swifts have now left us to head back to Africa, having had a good year. I will miss their joyous screams filling our summer skies. They arrive a little later than the Swallows and House Martins, having flown an incredible 3,400 miles, and then make the same journey back in the Autumn. They rarely touch the ground, sleeping, eating, bathing and even mating on the wing. Sadly, their numbers are plummeting. I have put up a Swift box on my house to try to help these red-listed birds.

Caythorpe and Frieston Allotments Annual Pumpkin Sale!

Saturday 18th October.

At the Allotments on Gorse Hill Lane Caythorpe.

10am to 12pm

Buy local and thank you for supporting your local community!

Caythorpe Garden Club

Doug Stewart, professional horticulturalist and plant enthusiast, returned to Caythorpe Garden Club for our September meeting to give a talk on 'Gardening for the Winter Solstice'. Doug understands perfectly the plantaholic's desire for every new and exciting plant they see, and his aim was to guide that acquisitive tendency towards selecting plants that give interest to the garden in the depths of winter.

Winter interest comes in many forms: coloured or peeling bark that catches the low winter sun; scent from winter flowers, which are often small but highly perfumed; striking shapes and seed heads for structure; winter foliage rimed with frost; movement from grasses; and colour from flowers such as winter aconites, heathers, miniature irises and hellebores, which also provide a welcome snack for bees and other insects that emerge in warmer spells.

Doug is a fan of winter hanging baskets that can be planted up now to establish before the cold weather comes. He also recommends unusual containers perhaps holding shrubs with coloured stems and plants such as sweet box (Sarcococca), positioned near a door where the scent can be enjoyed.

The positioning of winter plants can be important. They are good to have near the house, where they can be enjoyed from the windows. A black stemmed dogwood against a white wall or an acid-yellow witch hazel against a dark fence can look very striking. Shrubs with coloured stems, especially dogwoods and willows need to be placed where the sun can light them up.

Doug's talk was illustrated with many slides of plants we might consider to add to our garden for winter, and he left us in no doubt that winter in the garden need not be dull. Many thanks to Doug for an entertaining and informative evening.

Our October meeting will be on Tues 14th, 7:15 for 7:30 at Carlton Scroop village hall. Mike Davey will be speaking on 'Plants of the Desert, an introduction to cacti and succulents'. Visitors will be most welcome (£5). For information about the club, see our website, find us on Facebook, or call 01400 275052.

View our website by either scanning the QR code here or searching for Caythorpe Garden Club on the web.

Church Corner

I am writing this month with an important update for the Loveden Central Group of Churches, it is now in vacancy, also known at interregnum. Whilst I have enjoyed my time here in this particular part of Lincolnshire, I unfortunately found that I was unable to give the pastoral care needed and develop our ministry in such a big group of churches. Times have undoubtedly changed within the Church of England, with insufficient funds to provide as many priest or vicars as in years gone by. Churches have been being put together in groups for some time now, getting bigger in line with falling funds to support a more limited number of clergy. I came into ordained ministry, very much feeling that I was being called to be a traditional parish priest, being alongside those I ministered to, and available to people of faith as well as those of no faith at all. That hasn't changed but I believe that I personally can only fulfil this role in a much smaller group of churches. I have had some form of ministry in Lincoln Diocese both as a lay and then ordained minister for nearly 15 years. This will have finished at the end of September and I am moving to pastures new. When the opportunity arose for me to become the Chaplain of Porto Pollensa in Mallorca, a church that I have visited in successive years, I knew that I needed to apply and I am pleased to say that this is where my husband and I (and pets) are moving to. I will be licensed in St. Andrew's Church on St. Andrew's Day in November. It is a part-time position allowing me to wind down somewhat as I enter my seventh decade, yes I'm feeling old!

It will be a very big change, the church is a commercial property rather than a Grade I listed building, instead of having a chicken farm at the end of the road there will be a beach and visiting clergy colleagues will mean travelling to other islands and main land Spain. Brexit has made it difficult for people to live in 'Continental Europe', so the winter congregation is quite small whilst it can reach 90 in the summer months. Ecumenical work around the island will mean that I need to learn Spanish which I am looking forward to.

I am sending all my best wishes to those living in the villages covered by this magazine and further afield , as well of course to our congregations. I am very grateful for the kindness and support that I have been shown and it will be hard to leave. I would like to thank everyone who helps to keep our churches open and serving their local communities in a whole host of ways.

The point of contact for church matters is now Canon Geraldine Pond, Rural Dean 07930 353316 geraldine@geraldinepond.com

With every blessing **Sara**

We were so very sad to hear that Rev Sara is leaving us after just two years of ministering here. She has given us a calm centre for this large new group of parishes: always reliable, consistent, thoughtful and considerate. It was impressive to see how quickly she grasped how each parish operates; finances, buildings, and group dynamics. She worked hard to keep us all up to the standards that the Church of England asks of us in the way we conduct our parish affairs, even when this led to conflict for her personally.

She had a very heavy workload. As a retired incumbent myself I know I could not have done nearly as well as she has done in those circumstances. But it came with a cost for her, not least that because of the heavy workload she could rarely meet the high standards she believed in.

We will miss her. And we have no idea if, when, how, we will have any replacement. Canon Geraldine has a massive challenge to meet and needs us all to work with her in mission and ministry. In past interregnums I personally have been able to help a great deal. This is my fourth interregnum here. Last time we were in vacancy someone remarked that vicars come and go but that I'm still here! But increasing age (23 years after 'retirement ') mean that I can do less than formerly, but I will do what I can.

A big Thank You to Rev Sara, and our best wishes and prayers as she moves to get new ministry in Mallorca.

Rev Canon Valerie Rampton

Hough on the Hill
All Saints Church
Coffee Morning
Tuesday 7th October 10-12

CHURCH MOUSE NEWS

St Vincents Caythorpe

Sidespersons - PCC Members

October Flowers - Harvest - Flower Guild

If there is anyone in Caythorpe who would like to arrange the flowers in the Church, please contact Janet Avison on 01400 272158

Holy Baptism:

Isla Stubbs St. Vincent's Church Caythorpe 21st September

Casper Jewsbury St Nicholas' Church Fulbeck 24th August

In Memoriam:

(Victor) Malcolm Hage St. Nicholas' Church Carlton Scroop 4th September

Holy Matrimony:

Jason Adshade and Sallyanne Mayes St. Nicholas' Church Carlton Scroop 6th September

Guy Thorold and Louise Payne St. Mary's Church Marston 13th September

James Bairstow and Harriet Rimmer All Saints' Hough on the Hill 20th September

Church Floodlighting

2nd October - Remembering Mark Foster on his birthday

28th October - In memory of Mark Foster, on the anniversary of his death

A big thank you to one of our organists - John Heald. He is pictured here after playing at our Arnhem Service. John has performed at this service for an amazing 47 years.

St Vincent's Church Prayer Group

We believe that we are called to be persistent in prayer, both for ourselves, those in need, our community and the world. The church is open every day if you would like to find a quiet space and a time to pray or you are most welcome to join us in Church on Monday 13th and 27 October at 1pm.

Specific prayer requests can be left in the box by the votive candle stand - you may like to light a candle as a focus for the prayer you offer. You can also send your prayers to

loveden.deanery@lincoln.anglian.org marked as St Vincent's Prayer Group.

LINCOLN DIOCESE: CENTRAL LOVEDEN GROUP OF CHURCHES
OCTOBER 2025 SERVICES

DATE	5th	12th	19th	26th
SUNDAY	Trinity 16 Proper 22 Green	Trinity 17 Proper 23 Green	Trinity 21 Proper 24 Green	Trinity Last Green
Welbourn	18.30/TK Friday 10th Harvest Festival	10.30/GK Holy Communion		
Caythorpe	15.00/Team Harvest Festival		10.30/? Holy Communion	
Marston	10.30/GP Holy Communion		17.00/CS Harvest Festival	
Brant Broughton				10.00/JH Morning ServicE
Fulbeck		10.00/Team Morning Service		10.30/TT Holy Communion
Hough on the Hill				9.45/JK Morning Service
Hougham	15.00/BCP/CB Evening Prayer			
Beckingham		11.00/VR Harvest Festival		
Stragglethorpe				
Brandon	9.45/BCP/CB Morning Prayer			
Leadenham	10.00/BCP/HR Morning Prayer			
Carlton Scp + Normanton				

ABBREVIATIONS: BCP - Book of Common Prayer, Traditional Language.
All other services are Contemporary Language
OFFICIANTS Clergy - GP – Rev Canon Geraldine Pond: VR – Rev Canon Valerie Rampton: GK- Venerable Gavin Kirk, Archdeacon of Lincoln: TT- Rev Tony Tucker
Lay Reader - CS – Claire Sauce **Authorised Lay Ministers** - CB – Dr Christopher Brightman: EB – Emma Brealey: GG – Gillian Green: HR – Henrietta Reeve: JH – Jennifer Harvey: JK – Julian Knight: TK – Tony Kingston: Caythorpe Team Authorised Lay Ministers – Jo Russell, Judith Scott, Susanne Wills

The Environment Blog

The natural environment and mental health (part 2)

In the previous blog (part 1) I tried to lay bare some of the more obvious connections between exposure to the natural environment (its green and blue spaces), mental health and wellbeing. Understanding what triggers or causes improved mental health when engaging the countryside is, however, rather more contentious. In this blog I have a go at making sense of what different experts have to say about this.

The first set of ideas springs from what is called the biophilia hypothesis. The argument goes that since our ancestors evolved in wild settings and relied on the environment for survival, we have retained an innate drive to connect with nature. Back in those early days when we were hunter gatherers, harnessing food and fuel close to where you lived was the norm. With modernisation we have perhaps lost that connection. Yet there still seems to be something deep in our ancestral DNA that responds almost automatically when we associate with nature. Certainly, many of my friends often comment that they just 'feel better' the minute they step into the garden, enter a wood or go for a paddle in the sea.

A similar, but slightly more sophisticated set of ideas comes with attention restoration theory (ART). ART suggests that settings assumed to be relaxing (for example home or spaces for meditation) may provide restorative opportunities. However, ART suggests that natural settings have an 'aesthetic advantage' and provide many more opportunities for reflection and restoration. The idea is that we benefit from (1) being away from everyday stresses, (2) enjoy being in expansive spaces and contexts, (3) like taking part in activities compatible with intrinsic motivations, and (4) enjoy experiences that are 'softly fascinating'. Evidence suggests that this creates space and time for recovery and restoration from everyday pressures. Speaking personally, I must admit that I find standing still in the middle of a wood or forest to be very calming, even therapeutic. Perhaps this is because the typical sounds of everyday modern life – traffic noise, garden mowers, concrete mixers, and so on – are suppressed. A different form of quiet can somehow envelop you. Though you may only be a few hundred metres from home, you may well feel,

as I often do, that you are miles away in a different place and time.

It is tempting to think from this that all you have to do to 'feel better' is to go out there and embrace nature. However, experts also suggest that theories about the relationship between the body and different spaces and places should not overlook the material character of space or the sensual propensities of the body. I think what they are trying to say is that experience is intersubjective – we may each experience it differently because we see and feel things differently. So, some people may find a shady spot under a tree rather threatening because it evokes a disturbing memory, whereas others may find it cooling and refreshing. According to intersubjective thinking, when we engage nature (or any other type of environment for that matter), we are not experiencing a pre-configured world – we may well interpret the experience very differently from the next person.

So, what is to be made of this rather abstract thinking? I take away several things: (1) for me each of these theories or lenses has some merit in helping us understand how nature and mental health might be linked, (2) but none of them account for everyone's experience, and (3) there is still so much more to learn about this – both about the depths of human experience, and also about nature in its diverse forms.

Maybe one thing we can all do, meanwhile, is strenuously protect the natural world in all its forms before modernisation sweeps it away, and in the process diminishes our mental and physical health.

Anon.

Carlton Scroop & Normanton Parish Council

The last Parish Council Meeting took place on 15 September. Councillors discussed a lot of local issues. A number of residents attended the meeting to raise their concerns over highways issues.

The Parish Clerk can be contacted on Parish Council matters at clerk@carltonscroopnormanton-pc.gov.uk Follow us on Facebook: Carlton Scroop and Normanton on Cliffe Parish Council or visit our website: www.carlton-scroop.parish.lincolnshire.gov.uk

The next meeting will be on Monday 17 November 2025 in the Village Hall, starting at 7.20 pm, which is open to all residents. Please come along to the meeting to gain a better understanding of what has happened in the Parish and to express your views on what you would like to see happen for the future.

Highway issues in the two villages

At the time of preparing this article, Lincolnshire County Council is re-surfacing the highway between the south side of Carlton Scroop and the A153. In general, the works have been completed reasonably well during night road closures. There have been some issues regarding the severity of some of the ramps, which have now been resolved. Residents are also still concerned about the way some motorists, particularly the heavy goods vehicles (HGV's) are cutting the sharp corners at Normanton and between Carlton Scroop and Honnington, causing a hazard to other motorists travelling through the Parish. The new kerbing on the bends is likely to make the position worse.

Residents continue to be concerned about consistent speeding through the Parish, particularly on the A607 and the Sudbrook Road. The mobile Speed Indicator Device (SID) continues to be deployed in the Parish in order to make motorists aware of their speed through both villages. The Parish Council has a stock of 30mph bin stickers available for residents. Please contact a parish councillor for the stickers, or come and pick them up at the Parish Council Meeting. There has been a recent spate of HGV's travelling down the Sudbrook Road (which is not suitable for HGV's) through Sudbrook and also from the High Dyke through Sudbrook. Some of these vehicles are from the Recycling Centre as well as farm vehicles.

Planning Matters

South Kesteven District Council recently refused a new planning application for the Traveller site at Carlton Scroop. Although the applicant has until 3 November to return the existing site to its original condition, they have 6 months to submit an appeal against this decision, which will be considered by an independent planning inspector. There have been further issues regarding the site, which have been reported to the District Council.

Jubilee Field/Cemetery

The hedges will be cut and pruned during the autumn. A new digital plan of the cemetery has been prepared and new building plot markers installed.

Other Community Issues

The Parish Plan for 2025/26 was discussed and several adjustments were made to cover areas that need to be addressed.

The Parish has 3 new defibrillators and cabinets. One is installed on the external wall at the Village Hall in Carlton Scroop, which was partly financed by the Carlton Scroop Charities. The remaining two defibrillators are in the phone box at Normanton and adjacent to the Golf Club in Charity Street. The Council has raised its concerns about the cost of electricity to maintain the defibrillator in the former telephone kiosk in Normanton.

Howdale Lane in Carlton Scroop (part of the Viking Way) still remains partially blocked. This has been reported to the County Council.

Village Hall & Social Club

Please visit the extensive book library at the Village Hall – open every Saturday from 11.00am. The Village Hall at Carlton Scroop is available for hire by individuals or groups. Please contact carltonscroopvillagehall@gmail.com if you want to hire the Hall. The cosy Social Club in the Village Hall is open on a Friday & Saturday 7.30 pm to 10.30 pm – all welcome.

From Councillor Marianne Overton MBE, Hilltop Farm. Welbourn, Lincolnshire, LN5 0QH

Tel: 07920 235 364

Our Cliff Villages Solar Action Team is working hard on your behalf. There are now live applications for battery storage units at both Navenby and Coleby. 324 shipping containers of Lithium batteries close to Navenby and 1,346 close to Coleby. Please join us at the Public Meeting.

There is still time to comment on the proposed lithium battery storage close to villages. E-mail planning@n-kesteven.gov.uk. Please also comment or "object" even very briefly online at NKDC. Or online "Planning on line North Kesteven" Type in 25/0491/FUL for Navenby and 25/0533/FUL for Coleby. We need a lot more people to write please, to make a big impact! Many thanks indeed.

Fosse Green is now going to the Inspectorate. Register here. Thanks to all who attended the public meeting at Thorpe on the Hill this week with Chairman Nick Lyons.

We have two meetings open to the public, one on asylum speakers on line (register at www.independentnetwork.org.uk) and one at Welbourn on the 25th 7pm on the proposed solar industry.

Caythorpe Dog Show 2025

Best Female	Cookie	Jack Russell Corgi cross	Helen Barnes
Best Male	Woody	Cocker Spaniel	Sam Fells
best pup	Olly	Spaniel	Seb Kirk
Best Veteran	Misty	Border Collie	Peter Baker
Best Rescue	Tiny	Yorkshire Terrier	Zoe Aint
Best Trick	Misty	Border Collie	Peter baker
Most Like Owner	Isla	Staffie	Rebecca Parker
Nicest Eyes	Bennie	Cockerpoo	Holly Lamb
Best in Show	**Woody**	**Cocker Spaniel**	**Sam Fells**
Reserve in Show	Olly	Spaniel	Seb Kirk

Judges Mrs Joan Flaxman & Members of the Army

Placenames Quiz

Thank you to everyone who bought a Quizsheet in aid of the Caythorpe Playing Field. £59 was raised for the upkeep of the field, and everyone who answered it said it was fun.

The winner (again selected by CRISS) was Melanie Garraway, who wins £25 cash.

Leadenham Tennis Club

QUIZ: The winner is 12 year old James - he didn't get them all correct but made an excellent effort!

In and around the garden

It has been a strange summer, with rain in heavy short bursts between long dry spells. The garden has been parched for much of the time, and it has become obvious which plants need more attention than I am prepared to give them. I prefer to use rain water, having gone to the trouble of setting up a lot of storage, but I'm getting too old to be lugging a 2 gallon can down the garden. I have a smaller can for the pots, which are near the water butts, but only newly planted specimens are worth the effort of carrying it further.

So which are the plants that might have to go? Top of the list are the hydrangeas, which have been drooping miserably for much of the summer despite being in the dampest, shadiest part of the garden. Astrantias growing under a magnolia will have to go or be moved to where tree roots don't compete. A few others, including my favourite fern, will have to be moved to a shadier spot. Helenium and Rudbeckia droop in hot sun, and although they usually recover they are not a pretty sight, so I am looking for alternatives. On the whole, though, the garden has survived very well, with Penstemons and shrubby Salvias proving their worth.

Among the plants that have been untroubled by hot, dry weather are the hardy succulents. These fall into 3 groups. The largest and showiest are the ice plants (Hylotelephium, that used to be Sedum until reclassified). These grow to about 45cm tall with stems bearing fleshy leaves topped in early autumn with flat heads of tiny flowers. They stand well when flowering is over and can be a feature in winter. Most gardens will have at least one clump. Even before they flower they make a good show, with leaves in shades of green or deep purple-bronze. There is even one with variegated leaves. Recently, new cultivars have broadened the flower colour range from shades of pink, to include red, deep maroon and pale greenish yellow. Next are the stone crops (Sedum) which are generally small plants with a wide variety of shapes, leaf colours and flowers. I grow them in a rockery or alpine tubs, and as ground cover in some of the beds. Finally there are the house leeks (Sempervivum) which will grow in minimal soil, and even on the roof of a house. They spread to form a patch of rosettes, the biggest of which flower and then die.

All these plants need good drainage and some direct sunlight. Other succulents, such as Agave, Aeonium and Aloe, look good in summer, but sadly they are not fully hardy and will not survive a hard winter. I dread having to move my Agave, the nastiest plant in the garden, with hard spines on the leaf tips and saw-toothed margins. Some neighbours find they survive with some shelter, so perhaps I need to relocate that too.

JA

‘Believe, Excite, Succeed, Together’

We have had a great start to the Autumn Term and all the children are enjoying their topics. Topaz’s topic is “Marvellous Me”, Emerald class is “Toys – past and present”, Amethyst class is “The Stone Age” and Moonstone class is “The Victorians”

We said goodbye to our Year 6’s in July – we are so proud of you all and we know that you will all thrive and be the superstars you are in your new schools.

It is also the time for parents to come and visit primary schools for children starting in September 2026. We are open to visit on :-
Monday 10th November 2025 – 1.30 to 3.00pm
Thursday 13th November 2025 at 9.30 to 11.30am

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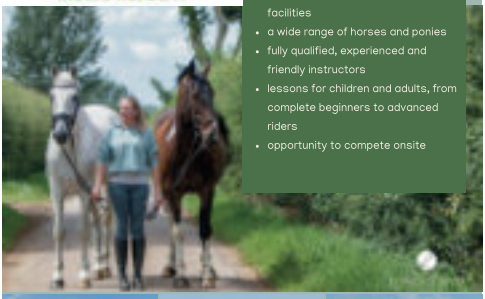

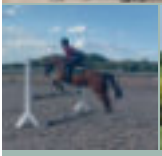

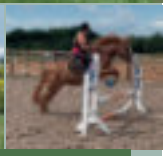

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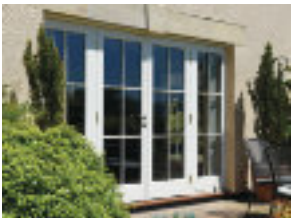

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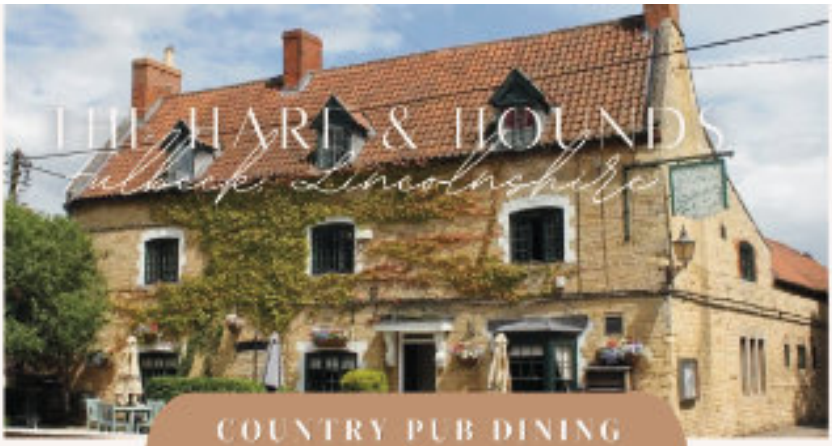

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