

# NEWS & VIEWS

## February 2026



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

**CHECK OUT WHAT'S COMING UP AT THE RED LION.  
THERE'S SOMETHING FOR EVERYONE**

### *Valentine's Day*

**Saturday 14<sup>th</sup> Feb**  
12-2pm & 6-9pm

### *Mother's Day*

**Sunday 15<sup>th</sup> March**  
12-5pm

### *Easter Afternoon Tea*

**Saturday 11<sup>th</sup> April**  
12-4pm

### *Bank Holiday Monday's*

**4<sup>th</sup> & 25<sup>th</sup> May**  
12-4pm

### *Father's Day*

**Sunday 21<sup>st</sup> June**

### *Themed Night*

**Saturday 18<sup>th</sup> July**

### *Summer Bank Holiday*

**Monday 31<sup>st</sup> August**  
12-4pm

### *Arnhem Weekend at The Red Lion*

**5<sup>th</sup> & 6<sup>th</sup> September**



### *Adults Halloween Party*

**Saturday 31<sup>st</sup> October**

### *Children In Need at The Red Lion*

**Saturday 14<sup>th</sup> November**

### *Christmas Fayre Menu*

**Available from the 1<sup>st</sup> - 23<sup>rd</sup> December**



**62 HIGH STREET,  
CAYTHORPE,  
LINCOLNSHIRE, NG32 3DN**

**07450 448073  
WWW.REDLIONCAYTHORPE.COM  
HELLO@REDLIONCAYTHORPE.COM**

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

### Welcome

General Information	3	Dear News & Views Readers,
Useful Contacts	4	I hope you managed to enjoy a great Christmas and New Year. It does seem like a long time ago.
Calendar of Events	5	We've had our share of inclement weather but seem to have got off lightly compared to many areas in the UK.
Caythorpe Garden Club	26	
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Robert Prabucki

**You can have a digital copy of News & Views to read on your devices.  
Request an email copy or download it from the parish Council website**

The newsletter is produced using software called Affinity. It is free to obtain for both Mac and Windows computers. It is very comprehensive and well recommended. If you would be able to use it to help me produce the newsletter please get in touch.

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**Advertising and Contributions Deadline**

**for March Edition**

**15 February 2026**

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If you would like to donate to our costs pay by Bank to

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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 I for Dispensary

Ancaster Surgery: 01400 230226 Opt I for Dispensary

**Surgery Hours**

Monday to Friday 8.00am to 6.00pm

Dispensary 8.30am to 6pm

Closed Saturday and Sunday

**Bin Collections**

February 2026						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

February 2026						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

**Lincolnshire Mobile Library Service December****Caythorpe** The Church 12-12.45 Monday 23rd**Frieston** Church View 10-10.30 Thursday 12th  
The Green 11.30-12.00 Monday 9th**Fulbeck** Hare & Hounds 10.30-11.00 Monday 9th**Gelston** The Green 12.15-13.00 Monday 9th**Sudbrooke** Village Hall 10.45-11.30 Friday 6th**Ancaster** Ermine Street 15.00-16.00 Tuesday 17th

# 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

Rev'd Canon Geraldine Pond  
**07930353316**

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 Pavillion, 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**

[clerk@caythorpeandfriestonparishcouncil.gov.uk](mailto:clerk@caythorpeandfriestonparishcouncil.gov.uk)

## **Carlton Scroop with Normanton Parish Council**

Clerk Florence Hill [clerk@carltonscroopnormanton-pc.gov.uk](mailto:clerk@carltonscroopnormanton-pc.gov.uk)

## **Fulbeck Parish Council**

Clerk Dermot Daly **07778 351935** [clerk@fulbeck-pc.org.uk](mailto:clerk@fulbeck-pc.org.uk)

## **Sudbrook Parish Council**

Clerk Christine Myers **07594 295457** [sudbrookeparishcouncil@gmail.com](mailto: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

### FEBRUARY

- 1 Caythorpe Village Hall Breakfast
- 3 Hough on the Hill Church Coffee Morning
- 4 Handicrafts Club
- 6 Fulbeck Over 60's Club
- 6 St Vincents Coffee Morning
- 7 Caythorpe Quiz Night
- 7 Carlton Scroop Bingo
- 14 Fulbeck Sports Club Bingo
- 19 Fulbeck Coffee Club Workhouse Talk
- 20 Fulbeck Over 60's Club
- 20 Caythorpe Village Hall Cinema
- 20 Caythorpe Chill & Chat
- 21 Carlton Scroop Books & Butties
- 26 Carlton Scroop Community Lunch
- 28 Fulbeck Sports Club Bingo

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.

## **FULBECK COFFEE CLUB Village Hall - Thursdays 10.00 to Noon**

We are delighted to announce the the Rev. John Belcher and his assistant from the Workhouse in Southwell will be visiting us again on **Thursday, 19th February** starting at 11.00 a.m. for approx. 45 mins.

The Rev. Belcher was a great social reformer and his performance will reflect his contribution to life in Southwell and the Nation, together with real stories of lives from the Workhouse. We found his last visit very enlightening, poignant and entertaining.

Do join us for coffee/tea and cakes. Donation £2. All welcome!

## **Caythorpe & Frieston Sports & Social Club**



**The Hammond Pavilion, Old Lincoln Road**



### **Opening Times:**

**Thursday 7.00pm - 11pm**

**Friday 8pm - 11pm**

**Saturday 5pm - 11pm**

**Sunday 2pm - 9pm**

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

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 Family £15 Individual £10**

**Visit Caythorpe & Frieston Parish Council web site**

**For details of Parish Council activity.**

<https://caythorpe.parish.lincolnshire.gov.uk>

Photo by Adam Jackson



COMMUNITY HUB @  
CARLTON SCROOP  
VILLAGE HALL & SOCIAL  
CLUB

A Free and Friendly lunchtime get-together

**Thursday 26<sup>th</sup> Feb**  
**11am-2pm, lunch served**  
**c12.15pm**

Come and have a chat, bring a friend, enjoy a nice lunch, make new friends.

FREE, but DONATIONS WILL BE APPRECIATED. The Hub is a non-profit activity, any surplus goes to charities.

PLEASE e-mail [carltonscroophub@gmail.com](mailto:carltonscroophub@gmail.com) or contact 07484636045 to let us know you're coming, please help us feed all and minimise food waste.

CARLTON SCROOP BOOK EXCHANGE



**SATURDAY 21st FEBRUARY**

**10.30AM UNTIL 12PM**

**VENUE: VILLAGE HALL NEWARK LANE  
CARLTON SCROOP NG32 3AR**

Donate or take books, we have a great stock for winter reading or just come for breakfast and a chat



\*Bacon, Sausage or Halloumi Butties  
£3.00 (egg +50p)



\*Croissant or  
2 pce toast with  
butter and jam  
£2.00

**All welcome.**

\*Tea / Coffee



**CAN WE HELP YOU?**

The trustees of the Carlton Scroop & Normanton Parish Charities have some funds available and may be able to give financial assistance to eligible residents who find themselves in need.

Please contact us, in total confidence, by e-mail on [carltonscroop.parish.charities@outlook.com](mailto:carltonscroop.parish.charities@outlook.com) or contact Daniel Sheard, Chairman CSPC, on 07484616045

**CS Village Hall Book Exchange**

**Books & Teas and Coffees**

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

**Saturday 7th February 11.00- 12.00**

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

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

[www.lincolnshire.gov.uk/directory-record/62593/caythorpe-children-s-centre](http://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



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>

FREE

## Chill & Chat

Caythorpe & Frieston Village Hall

Cake & Drink £2.00

Friday 20th February  
10:00am - 12:00pm

Come and Join Us!



## HANDICRAFT CLUB

CAYTHORPE PAVILLION



WE MEET EVERY  
1ST  
WEDNESDAY  
OF  
THE  
MONTH

2PM-4PM  
Our club is open to  
all you don't have  
to be a crafter.

Come along for a  
cup of  
tea/coffee  
and  
chat

The cost is £2 pp  
We just cover our  
costs  
to  
hire  
Pavillion

CONTACT  
Angie Turner  
074808811

## Carlton Scroop & Normanton Social Club

**Saturday 7th February**  
7:30pm for eyes down at 8:00pm

## Fulbeck Sports Club

**February 14<sup>th</sup> and 28th**  
7:00pm for eyes down at 7:30pm



## Caythorpe Village Hall Breakfast

09:00-11:00  
Full English £8.00  
Bacon Bap £4.00  
Sausage Bap £4.00  
all including  
Tea/Coffee



## Caythorpe Walking for Health Group

We meet every Monday morning starting at the Hammond Pavilion on Old Lincoln Road, Caythorpe.

The first Monday each month is an away walk and we meet at the Pavilion at 9.30 or the venue at 10, on all other weeks we meet at 9.45.

We have three groups according to how far you want to walk and can accommodate all abilities. Each walk returns to the Pavilion where we have refreshments waiting.

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

Dogs on leads accompanied by their owners welcome.

# 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**



A poster for Fulbeck and District Art Group. The background is a vibrant, swirling pattern of blues, yellows, and reds. The text on the poster includes: "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", and "Email: nettrawler@hotmail.com".

## **Carlton-le-Moorland and District Art Group**

We are a friendly group who meet on Thursday mornings from 10am-12.30pm at The Village Hall, Brigg Lane, Carlton-le-Moorland. LN5 9HP

We have a varied programme of workshops and demonstrations throughout the year which are also open to non members.

New members of any ability are very welcome.

For more information please call 01522 810739

CAYTHORPE PLAYING FIELD COMMITTEE PRESENTS

# QUIZ NIGHT!

SATURDAY 7TH FEBRUARY 2026

IN AID OF THE CAYTHORPE

PLAYING FIELD COMMITTEE

BAR & RAFFLE!

£2  
PER PERSON

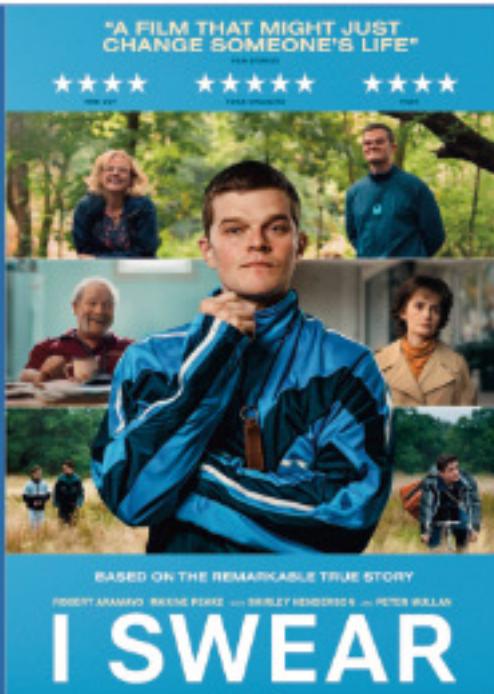
AT THE PAVILION, OLD LINCOLN ROAD, CAYTHORPE

TO BOOK A TABLE, CALL CAROL:

**077707 50395**

# Caythorpe and Frieston Village Hall **FILM NIGHT**

**Friday 20th February 7pm**  
**Doors Open 6.15pm**



**Humour and tragedy in this story about a young man's struggles with Tourette's Syndrome**

**Admission is FREE**

*There's a single prize draw of £6 per ticket in order to fund the event*

**Wine, Beer and Ice Cream on sale plus a Raffle**

**To book a place please scan the QR code**

**or call 07824 874959**

## LOCATIONS

*Interesting locations visited by Brian Lucas, CB,  
the last Rector of Caythorpe, Fulbeck and Carlton Scroop.*

### MUCKLE FLUGGA.

Muckle Flugga is a small rocky island a few hundred yards north of Unst in the Shetland Islands. It is the most northerly hill in Scotland and is often described as the northernmost point of the British Isles. During my visits to nearby RAF Saxa Vord it was also the northernmost inhabited island but forfeited that accolade to Unst when Muckle Flugga Lighthouse was automated in 1995 and the last residents moved out. Muckle Flugga takes its names from the Old Norse Flugey, meaning "cliff Island". When I was Archdeacon of the RAF I used Muckle Flugga as the ultimate sanction: any chaplain who misbehaved was threatened with a posting to this rocky outcrop!

I paid my first visit to RAF Saxa Vord, a Radar station on Unst, in 1993, when a new system, UK Air Defence Environment Group [UKADGE], was implemented at the station as a part of a NATO-wide upgrade. I flew from Heathrow to Shetland, where the RAF chaplain from Buchan met me with a hire car, and we drove to the north of Shetland and boarded a car ferry to the island of Yell. Continuing to drive north we caught the ferry to Unst, and finally at the north of Unst we arrived at our destination! I discovered a small, remote, tightly knit community, which exuded a warm friendliness to its visitors. Chaplaincy cover was provided intermittently by the commissioned RAF chaplain at RAF Buchan, near Peterhead in Aberdeenshire. That station opened in 1952 as an Air Defence Radar Unit. Following the collapse of the Warsaw Pact in 1991, Buchan became a Control and Reporting Centre, a part of the UK Air Surveillance System. It was a very useful visit to Saxa Vord, and I was reminded again of the vital Air Defence work carried out by RAF personnel on these remote radar units.

Sitting at my desk in MOD in London, shortly after the visit, I read a letter asking for a donation to The Society of Our Lady of the Isles (SOLI), which is a small Anglican religious order for women, founded in the late 20th century. It is in Shetland and is part of the Scottish Episcopal Church. The Rule of the community is a mixture of Franciscan and Cistercian, but with heavy Celtic influences. The community dates its origin from 1984 when the Reverend Mother Mary Agnes arrived on the island of Fetlar to live a contemplative and isolated life of prayer. She took over a simple

cottage with a small barn suitable for conversion to a chapel. The letter was from Mother Mary Agnes who was raising a fund to build a small accommodation block for visitors to stay for a few nights and worship with the community. This seemed an appropriate beneficiary of my discretionary fund, and as Fetlar has a car ferry connection with Yell, another visit to the north was on the cards!

This time Joy accompanied me and we stayed at RAF Saxa Vord with the Station Commander and his wife. They drove us to Fetlar, via Yell, the following morning, where we were met on arrival by the Laird and Reverend Mother Mary Agnes, who was formally recognised as Superior by the Church in 1993. I presented her will they cheque for £3000 from the RAF chaplaincy towards her building project, before we all adjourned to the Chapel where I had agreed to celebrate Mass.

The old barn was named The Byre Chapel. It was noteworthy for its simple and rustic style of construction and furnishing, all carried out by the Reverend Mother Mary Agnes herself! She opened the door to the Sacristy where I could don my robes. There was a pervasive odour of the farmyard in this Sacristy, and when I glanced out of the smaller window I was met by the angry stare of an aggressive goat! Later, Mother Superior explained that the Sacristy retained its traditional use, as the home of the SOLI community goat which had been expelled just before I arrived! Nevertheless, celebrating Mass in this homely little Chapel had a spiritual dimension of its own, and I shall never forget it. The Byre Chapel remained in use until December 2014, when the community moved to the island of Unst, where social and medical care is more available.

© Brian Lucas CB, 2026.

The Byre Chapel

In the Photograph: the Altar is against the East Wall; desks for the Sisters are on the south, visitors facing them and in the small nave (off camera). The photo is taken from the doorway to the Sacristy.



## **What's happening in Carlton Scroop & Normanton**

### **Parish Council**

The Parish Council met on 24 November 2025 and 26 January 2026. Decisions made in the January meeting are not covered by this report because of deadline issues. Councillors discussed a lot of local issues at both meetings.

The Parish Clerk can be contacted on Parish Council matters at [clerk@carltonscroopnormanton-pc.gov.uk](mailto: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](http://www.carlton-scroop.parish.lincolnshire.gov.uk)

The next meeting will be on Monday 16 March 2026 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**

Parish Councillors and a few residents met with County Councillor Ken Banford, the area highways manager and a representative from the Lincolnshire road safety partnership on 11 December to discuss various concerns mainly regarding highways issues. Residents continue to be 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. HGV's using the Sudbrook Road from the A607 to Sudbrook need to be stopped and a 30mph speed limit applied. The speed signs in Normanton need to be replaced. A broken footway light on the A607 needs to be replaced by SKDC. The dead trees on the A607, which were a risk to motorists have now been removed.

Residents continue to complain 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.

### **Finance Matters**

The Parish Council considered its budget for the next financial year based upon the challenges faced in 2026/27. The Council wanted to continue with the excellent level of grass cutting in the Parish and ensure that the dog bins are emptied on a regular basis. The Jubilee Field and cemetery need to be maintained. There may also be a need to replace the existing Speed Indicator Device (SID) which is reaching the end of its life. Taking these points into account along with a number of other issues that need addressing, the Parish Council felt that it needed to increase the precept by £400 next year, which would increase its element of the

Council Tax by 3.4%. This is the first increase for some years.

## **Planning Matters**

South Kesteven District Council refused a new planning application for the Traveller site at Carlton Scroop. The applicant has recently appealed against this decision, which will be considered by an independent planning inspector in due course.

## **Jubilee Field/Cemetery**

The hedges have been cut and pruned during the autumn. A new digital plan of the cemetery has been prepared and new burial 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 was discussed with the County Council on 11 December.

## **Village Hall & Social Club**

Please visit the extensive book library at the Village Hall – open every Saturday from 11.00am

Look out for Bingo and Quiz evening dates.

The **Village Hall** at Carlton Scroop is available for hire by individuals or groups. Please contact [carltonscroopvillagehall@gmail.com](mailto: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.

### **The volunteers and the breakfast**

The village hall stands quiet, then the doors open wide  
As one by one the volunteers turn up and step inside  
Their coats are off and sleeves turned up they're ready, willing, able  
To prep the food, set out the chairs and lay every breakfast table.  
The kettles will be boiling, the toasters will be set  
They only toast on one side, we've not sorted that one yet!  
As the customers arrive, they are metted and they're greeted  
Ushered in, orders taken and everyone is seated  
"No beans, two sausages and bacon done well"  
Take that to the chef and prepare to go to hell  
We offer toast and give them choice, white or brown or black,  
If we've got the order wrong, we might have to take it back  
The coffee pot is endless and the tea is brewed and stewed  
The washer uppers wash up and the servers serve the food  
The tables fill up, the chefs are mega stressed,  
The orders come thick and fast as they try to do their best.  
The mushrooms are dwindling, supplies are depleted  
As more customers arrive and are already seated  
A dash to the spar shop and supplies are replaced  
A local solution that's not compromised the taste  
A well-oiled machine in progress as each person has their role  
Happy well-fed customers that's everybody's goal.  
Eleven o'clock we clear up send the stragglers on their way.  
Knowing that next month, there'll be another breakfast day  
Christmas is a time to give thanks and say three cheers  
We think they're bloody marvellous, the village hall volunteers.



Sunday  
1st February  
9.00 to 11.00



Helen Hunt  
Headteacher

Caythorpe Primary School  
High Street, Caythorpe, NG32 3DR  
Tel: 01480 272600  
Email: [helen.hunt@caythorpe-cit.co.uk](mailto:helen.hunt@caythorpe-cit.co.uk)  
Web: [www.caythorpe-cit.co.uk](http://www.caythorpe-cit.co.uk)



At Caythorpe Primary School, we believe that *rich experiences bring learning to life*. Each term, our classes explore a new topic through an enquiry question, encouraging children to think deeply and make discoveries for themselves. To launch every new topic, we begin with an exciting “Big Bang!” — a memorable experience designed to ignite curiosity, inspire creativity, and set the scene for learning. Here are this term’s *Big Bangs* for each of our classes!

### Enchanted Forest

Our Reception class kicked off their dinosaur topic with a *ROAR-some* surprise... dinosaur eggs! The children became little explorers, carefully digging to discover what was hidden inside. This exciting activity led us to uncover fascinating fossils and learn all about dinosaurs from long ago.

The children then transformed into scientists, investigating dinosaur poo to find clues about what different dinosaurs liked to eat! Was it meat or plants? Through hands-on exploration, they discovered which dinosaurs were carnivores and which were herbivores. So much curiosity, teamwork and fun – what an exciting start to our journey back in time!



### Neverland

Neverland enjoyed their ‘sightseeing’ tour of London to kick start their topic “What makes a capital city?” The children discovered the historical significance of some of the buildings in our capital city. They were also granted entry to the palace and took part in activities in the Royal residence. The children created 3D crafts of London’s iconic features, matched landmarks to their names and descriptions and programmed robots to tour the capital’s tourist attractions! A great morning and a superb start to this term’s learning.

## Narnia

We had an exciting time answering our enquiry question: “How are rocks formed?” through four hands-on experiments:

### 🔍 What does it look like?

The children explored lots of different types of rocks, observing their colours, textures, and patterns.



### 💡 Hard or soft?

We tested rock hardness by scraping them along sandpaper. If bits of the rock were left behind, we discovered it was soft!

### 💧 Permeable or impermeable?

Using pipettes, the children dropped water onto rocks. If the rock absorbed the water, it was sedimentary and permeable.

### ⚖️ Dense or buoyant?

Finally, we dropped rocks into water to see if they would float or sink, learning about their density.

The children were brilliant scientists—asking questions, making predictions, and recording their findings!

## Hogwarts

*Hogwarts class* started the term with an exciting science investigation! Their new topic explores the question: “What causes natural disasters?”

As part of their learning, the children investigated volcanoes, discovering the different layers of a volcano and discussing why understanding these layers is crucial in helping scientists predict when a volcano may erupt. The highlight of the week was creating their own working volcano models, which the children thoroughly enjoyed.



Using sodium bicarbonate and vinegar, they simulated a volcanic eruption, allowing them to observe chemical reactions in action. This hands-on experiment encouraged curiosity, problem-solving, and scientific thinking.

Throughout the activity, there was a strong focus on teamwork, collaboration, and communication, with pupils working together, sharing ideas, and supporting one another like true scientists.

It has been a fantastic start to the term, and we are looking forward to continuing our learning journey with many more exciting discoveries ahead.

### **Visit to Greenfields Animal Care Unit**

Miss Cook and Mrs Binney accompanied a group of children on a special visit to Greenfields Academy's Animal Department in Grantham. Greenfields Academy is a specialist school for pupils aged 5–16 with complex SEMH needs (Social, Emotional and Mental Health) and is part of CIT Academies.



The Farm Unit is home to a variety of animals, including alpacas, guinea pigs, rabbits and chickens. During the visit, the children had the opportunity to handle, feed, walk and groom the animals. They also learned about the animals' care routines and individual personalities from the school's Animal Care Lead, supported by Year 11 pupils who are currently studying Level 1 Animal Care.

It was a valuable and enjoyable experience for all involved, giving the children hands-on learning opportunities in a calm and nurturing environment. I think alpacas appeared on a few Christmas lists for Santa!

### **Playing Field Proverbs Puzzle**

Thank you to everyone who joined our attempt to put the FUN into FUNdraising. We had 27 sets of answers submitted out of about 90 sheets sold. Did I make it too easy?

The printing of the quizsheets coincided with the news that the Play Equipment had failed the annual safety inspection. The chains on the swings were worn, and needed emergency maintenance. People don't realise that all the money to keep the playing field operating has to be raised by volunteers. Last year the running costs, including electricity, water, council tax, waste disposal, Fire Safety inspections, petrol and diesel for the mowers, machinery maintenance and pavilion maintenance and cleaning, came to more than £18,000. You may think £6,250 raised by the Gala is a lot of money, but it's a drop in the ocean when you look at what we need to spend it on, even before we decide to install new benches. The playchip under the children's play area has to be replenished every 3 years at a cost last year of more than £2,500, and vandalism of the equipment last year cost us £700.

The total raised by the Proverbs Puzzle was £91.70, which will nearly cover the work required on the swings. Again, thank you to everyone who bought a sheet. Look out for another FUNdraising Puzzle in the summer, but after that I'm out of ideas. If anyone else would like to raise funds for the Playing Field, get in touch. You don't have to be on the Committee (but it helps).

The winner of the £25 cash prize drawn at random as usual, by CRISS, was Darryll Plumb.

# Church Corner

## WORLD DAY OF PRAYER FRIDAY 6TH MARCH 2026

Throughout Great Britain, Europe and indeed the whole World, Christians will meet on Friday 6<sup>th</sup> March to celebrate what was formerly known as Women's World day of Prayer. Every year on the first Friday in March, we come together to learn of the joys and difficulties facing women and girls through songs, hymns, prayers and scripts, prepared by the women of a country chosen for that year. For 2026 the country is Nigeria, and everything Nigerian will be remembered, from crops to food, colourful and traditional clothing, music and dance.

This year we will be meeting at 2.00pm in St Vincent's Church, Caythorpe, to join with friends from churches of all denominations in the surrounding area, in celebration of the good, and to learn more of the difficulties experienced by the women of Nigeria in their daily life. Please come and join us for an interesting and informative afternoon. For more information please contact Liz Moses on 07906096675, Jo Russell 07957900093 or Judith Scott 07831431144.

### 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 the Church. Please contact Jude on either [scott,truck@live.co.uk](mailto:scott,truck@live.co.uk) or call 01400 272974 for our next meeting.

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](mailto:loveden.deanery@lincoln.anglian.org) marked as St Vincent's Prayer Group.

The various parish services have to be organised in a schedule to enable them to take place in each of our churches. If you would like to attend any service we are able to provide transport for you. Please get in touch with either Jo Russell or Judith Scott.

### St Vincents Caythorpe

**Flower Rota February**      Mrs P Dorey

**50:50 Coffee Morning**

**Sidespersons for February**

8th      10.30 Robert Prabucki Susanne Wills

Friday 6th February 10.00 to 11.30  
for St John Ambulance

15th      10.30 Mr & Mrs Dix

**NOTE: Earlier Time**

## St Vincent's Coffee Morning, Friday 9<sup>th</sup> January

Despite the appalling weather forecast and bitingly cold winds, some brave people turned up to St Vincent's Church for our monthly coffee morning on Friday. Every month half of our proceeds are donated to a charity, and this month was particularly important as we were supporting a local charity, Lincolnshire Emergency Blood Bikes Service, otherwise known as LEBBS.

LEBBS provides a free of charge courier service, including out of hours, to the Lincolnshire Health Trusts, transporting blood, plasma, drugs, breast milk and other vital supplies. The riders and drivers regularly cover great distances, and may have to deliver to Barnsley, Sheffield and Leeds. They also ensure that the Lincs and Notts Air Ambulance has blood products on board for all emergencies.

Everyone is a volunteer and has to be ready to answer the call, day and night. And everything is has to be paid for through fund raising events, such as our coffee morning. Whilst we were listening to the informative talk given by the LEBBS chairman on Friday, several calls came through for assistance, which had to be answered and dealt with immediately. The charity is looking for people to help them, either as riders, drivers, controllers, fundraisers or presenters and more information can be found on [info@lebbs.org](mailto:info@lebbs.org).

Everyone present enjoyed the opportunity to find out more about the work of this local charity, and gave generously to the work of LEBBS, raising nearly £80 for their funds. St Vincent's hold a coffee morning monthly, normally on the first Friday of the month, with proceeds split between the Church and the chosen charity. We advertise these coffee mornings through the pages of News and Views, and also use social media such as FaceBook to reach the widest possible audience, although, regrettably, some villages will only post events happening in their village. So please keep reading News and Views to find out which charities we will be supporting, and how much money we have managed to give to good causes such as LEBBS!



Liz Moses  
Chair, St Vincent's PCC

**LINCOLN DIOCESE: CENTRAL LOVEDEN GROUP OF CHURCHES**  
**FEBRUARY 2026 SERVICES**

DATE	1st	8th	15th	18th	22nd
SUNDAY	Candlemas Gold/White	2 before Lent Green	Sunday next before Lent Green	<i>Ash Wednesday Purple</i>	Lent 1 Purple
Welbourn				18.00/ Holy Communion and Ashing	
Caythorpe		10.30/ Holy Communion	10.30/ Holy Communion		
Marston	10.30/SP Holy Communion		10.00/CS Morning Service		
Brand Broughton					10.00/JH Morning Service
Fulbeck	10.00/TK Morning Praise				10.30/ Holy Communion
Hough on the Hill					09.45/JK Morning Service
Hougham	15.00/BCP/CB Evening Prayer				
Beckingham		9.30/GG Morning Service			
Stragglethorpe					
Brandon	9.45/BCP/CB Morning Prayer				
Leadenham	10.00/BCP/HR Morning Prayer				
Carlton Scp + Normanton					

**ABBREVIATIONS:** BCP - Book of Common Prayer, All other service are Contemporary Language

**OFFICIANTS** Clergy - GP - Rev Canon Geraldine Pond: VR - Rev Canon Valerie Rampton: TT - Rev Tony Tucker: GK - Venables Gavin Kirk: LB - Rev Les Berry: SH - Rev Stuart Hadley: SP - Rev Sam Parsons

**Lay Readers** - CS - Claire Sauer: NK - Nick Kerr

**Authorised Lay Ministers** - CB - Dr Christopher Brightman: EB - Emma Brealey: GG - Gillian Green:

HR - Canon Henrietta Reeve: JH - Jennifer Harvey: JK - Julian Knight: TK - Tony Kingston: Caythorpe Team Authorised Lay Ministers - Jo Russell, Judith Scott, Suzanne Wills

## **Thinking about Lent**

Yesterday I unexpectedly had 24 hours without food and with very little to drink! I had an emergency dental appointment and the dentist extracted the offending tooth. Had I anticipated that, I would have had a better breakfast and more to drink. Today it was lovely to be able to eat again (soft food only) and drink more (though no alcohol!). And it got me thinking about fasting, and the approach of the season of Lent.

Fasting isn't popular today, but it was interesting that one of our recent Prime ministers, Rishi Sunak, revealed that he fasted regularly, from 5pm on Sunday till 5am on Tuesdays, only having water, and black tea and coffee in that time. He felt better for it, though medical opinion is divided on how valuable it is. Muslims fast for Ramadan every year, not eating from dawn until sunset every day throughout that month.

Fasting used to be common in the Christian tradition, but very few people do it today. Not long ago it was common to 'Give up something for Lent'; the forty days before Easter Day. Today it's estimated that only 5% of the population of the UK gives up something in Lent, and only 11% of Christians. But I believe the idea is still valuable today. Some people even see it as a second opportunity to have a go at their failed New Year resolutions!

What do people give up? Often chocolate, alcohol, meat or caffeine. Some give up excessive screen time, swearing, or they cut down on unnecessary shopping, or video games. Sometimes people give up their time to help others more, or give extra money to good causes or take more exercise.

Why do we do this? A variety of reasons -

- it's a reminder that, once the most basic needs have been met, there are more important things in life than self-indulgence
- it is a small way of identifying with those in our own land and overseas who have so much less than us
- for Christians it's a way of identifying with Jesus in the desert, where he went without food for 40 days, in order to see more clearly how God wanted Him to use his life for others
- Christians try to give up time to learn more about their faith through reading or study groups, with more time for prayer – the aim is to grow nearer to God and to be more Christ-like people
- there is the hope that increased self discipline in one area of life will lead to more discipline in others
- it reminds us that to give to others in need is an important part of Christian discipleship
- Christians believe that our bodies are the temple of the Holy Spirit who lives in us, so we want that temple to be in as good an order as possible.

In church in Lent we don't use the word 'Alleluia'. That's an expression of joy, and we'll use it again at Easter. We don't have flowers in church, but look forward to the joy of seeing them

again at Easter. The priest wears simpler garments, to be replaced with more colourful clothes to represent the joy of Easter, when austerity gives way to joy! And we enjoy chocolate and a glass of wine again.

Lent starts with Ash Wednesday on February 18<sup>th</sup> and lasts till Easter Day. Whether or not we are practising Christians, we might find it valuable to 'Give up something' for Lent. Let me know how you get on!

Valerie (07785 791436 and valerie.rampton64@gmail.com)

Please only get in touch with me if you wish to respond to this note. For baptisms, weddings, funerals or help with other church matters, please contact your Church Wardens or the Acting Rural Dean. Contact details elsewhere in the magazine.



### **Hough on the Hill All Saints Church**

Coffee Morning

1st Tuesday every month 10.30-12 (**NEW TIME**)

Fast from criticism and feast on praise;  
Fast from self-pity and feast on joy;  
Fast from ill-temper and feast on peace;  
Fast from resentment and feast on contentment;  
Fast from jealousy and feast on love;  
Fast from pride and feast on humility;  
Fast from selfishness and feast on service;  
Fast from fear and feast on faith.

### **The Religious Society of Friends (Quakers)**

Meeting House Lane, Brant Broughton LN5 0SH

We meet each Sunday at 10.30 am for an hour of mostly silent worship followed by coffee in the Barn next door afterwards. All are welcome. Have a look at our website:

[www.brantbroughtonquakers.co.uk](http://www.brantbroughtonquakers.co.uk) or phone 07745417637 for more information

## CAYTHORPE GARDEN CLUB: now meeting in Caythorpe.

Following our AGM in January, we voted to move our monthly meetings to Caythorpe Village Hall for 2026. The new membership year starts in February, so this is a good time to join the club. The £25 membership fee covers 9 meetings with a speaker and 3 social events, so it is good value. To join, just come to one of our meetings, 7:15 for 7:30 at Caythorpe Village Hall, High Street, Caythorpe NG32 3DR. Visitors are welcome at the talks for £5, which includes light refreshments. Just come along. For further information, please see our webpage, our Facebook page or call 01400 275052.

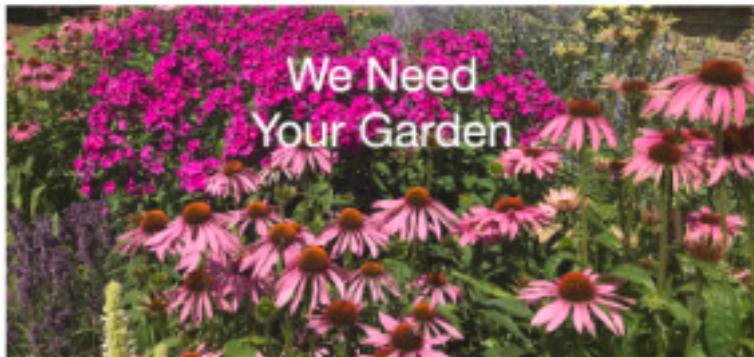
### CAYTHORPE GARDEN CLUB 2026 PROGRAMME

- \*10 Mar Allotment Society 'Allotment Gardening'
- \*14 Apr Ashley Reaney 'Wildlife and Gardens'
- \*12 May Tim Almond 'Planning a Garden – years on'
- 9 Jun Members' Summer Social
- \*14 Jul Neil Timm 'The World of Ferns'
- Wed 15 Jul Outing to Floral Media (at extra cost)
- \*11 Aug Rod Weston 'Composting'
- Sat. 22 Aug **CAYTHORPE ANNUAL SHOW**, Caythorpe Village Hall
- \*8 Sept Dr Ian Bedford 'Companion Planting for a Balanced Garden.'
- \*13 Oct Susi from The Houseplant Shop 'Houseplants'
- \*10 Nov Jackie West 'Decorating for Christmas'
- 8 Dec Winter Social Evening "Bring and Share"



# Wagon & Horses Caythorpe

See our noticeboard for events



Well at least the village does. We are planning to hold an Open Garden afternoon on Sunday 28 June from 1200 to 1700. All the proceeds will go towards helping fund a number of village projects. It doesn't matter what size your garden is or whether you have it to the standard you would wish - people are always interested in your plans and thoughts. So why not support the event, support your village and open your garden.

Contact Tim Almond at [gardenopening@outlook.com](mailto:gardenopening@outlook.com) for further information.



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# The Environment Blog

## Getting the best from the food we eat

### Part 1 : choosing what we eat



I guess it is a bit of a stretch to be discussing the food we consume in a blog about the environment. But, nearly all the food we eat, unless artificially produced, starts life in the ground or sea. Hands on heart, I have also cheated a bit here, and have taken most of what follows from popular books written by TV and radio presenter, James Wong. Besides being a highly qualified botanist, James is a self-confessed 'foodie'. His books 'Grow for Flavour' and 'How to Eat Better' are packed full of ways to get the best out of the food we eat – and even better if we can grow it ourselves.

Everybody likes an orange.... a great source of Vitamin C, but only 25% of it is found in the juice! The zest/skin accounts for about a third of Vitamin C, the rest being found in the rather less tasty pith and segment membranes. One way to maximise the vitamin intake is to blend a whole orange in a pumpkin soup; this also improves the soup's flavour! Or, throw it into a smoothie, lock, stock and barrel. Oddly, squeezed 100% 'pure' orange juice (made entirely from the juice of an orange) can be more expensive to buy than 'whole' squeezed orange juice which contains far more fibre and Vitamin C, and which also happens to be better for you as it feeds the gut biome. So, it's probably worth putting up with those little fibrous lumpy bits if you want the maximum health benefits!

Do you like berries? Well, as you are browsing supermarket shelves, think of them less in terms of how they look or might taste, and more in regard to their anthocyanin pigments! It is this pigment that gives them their red or purple colouration – the darker the pigment the more it is associated with a diverse array of health benefits. Blackcurrants, for example, contain 10x the anthocyanins as strawberries, 4x that of raspberries, twice that of blackberries and 50% more than blueberries. Of course, unless you have an allergy to berries, they are all good for you.

The same principle about the association between pigmentation and health applies, as a general rule, to almost all vegetables. For example, carotenes are the yellow and orange pigments that serve lots of functions in plants – shielding them from UV damage, bouncing light to parts of the plant where it is most needed for example. Carotenes are thought to have lots of health benefits like protecting eye health and having beneficial antioxidant effects. So, when you are picking peppers, bear in mind that red peppers have 3x the carotenes of yellow peppers and 4x that of green peppers. Taking another example, red onions carry far more polyphenols than spring onions or white onions, polyphenols having lots of health-protecting features. It works in the same way with apples, Braeburns, Red Delicious and Pink Lady varieties having more polyphenols than most others. The contrast is much more exaggerated in the case of lettuce, with the darker multi-coloured Lollo Rossa variety having a whopping 690x more polyphenols than Iceberg lettuce. Amazing!

Another handy hint concerns size, especially in the case of berries. If you are feeling a bit self-indulgent, how often do you pick out packets of the larger blueberries? These are often the most expensive. However, the same weight of smaller blueberries will give you more flavour for typically less money because there is more surface area in smaller blueberries, for it is in the skin that the flavour and vitamins are concentrated. So, a double whammy!

Choosing or growing the right fruit and veg can therefore make a big difference to our health, and sometimes our wallet. We could all be helped to make better choices if food labelling contained more relevant and accurate health markers that might for example give details about the anthocyanin, polyphenol or carotene properties of produce. But this is just for starters. All this goodness can either be thrown away, or enhanced, by how we store, prep and cook our food, but that is for another blog.

In the meantime, enjoy meals with lots of colourful food on you plate!

Anon.

## **Holocaust remembrance doesn't end with survivors- our generation must carry it forward.**

On 27 January, communities come together to commemorate Holocaust Memorial Day, which this year marks the 81<sup>st</sup> anniversary of the liberation of the Auschwitz-Birkenau concentration camp. On this day, we remember the six million men, women and children who were murdered during the Holocaust by the Nazis and their collaborators, alongside those killed in subsequent genocides such as in Cambodia, Rwanda, Bosnia and Darfur.

I got involved in Holocaust education and remembrance as an A-level student at the Priory Ruskin Academy in Grantham. I was offered the opportunity by the academy to visit the Auschwitz-Birkenau Memorial and Museum in March 2023, through the Holocaust Educational Trust's Lessons From Auschwitz Project. This visit profoundly shifted my perspective on the privileges I often take for granted. It strengthened my resolve to humanise victims of genocide- to see them not as mere statistics, but as individuals with their own lives and aspirations. Since then, I have been committed to ensuring we never forget the past and that survivors' testimonies are heard.

This year's theme for Holocaust Memorial Day, 'Bridging Generations', serves as a reminder that, while the number of living witnesses sadly dwindles as time goes on, remembrance does not end with survivors.

As an ambassador for the Holocaust Educational Trust and the Holocaust Memorial Day Trust, I am privileged to have heard many survivor testimonies, each offering a unique window into their experiences.

Eva Clarke BEM, for example, was born in April 1945 at Mauthausen Concentration Camp in Austria, less than a week before liberation and just a day after the camp guards had exhausted their supply of Zyklon- B gas, the chemical used by the Nazis to carry out mass murder. As Eva recounted, her mother, once described herself as a "pregnant skeleton". As a young person, I know I'm part of the last generation that gets to hear firsthand survivor testimony. And I will do my utmost to ensure it is never forgotten.

Holocaust Memorial Day is a vital reminder for us all to stand against prejudice and bear witness to the lived experiences of those targeted by hatred. The lessons of the Holocaust are extremely relevant today, given the recent, troubling rise in antisemitism (anti-Jewish hatred). Growing up in the age of social media, I've also seen how quickly misinformation spreads. With the alarming rise in Holocaust denial, distortion and disinformation online, it

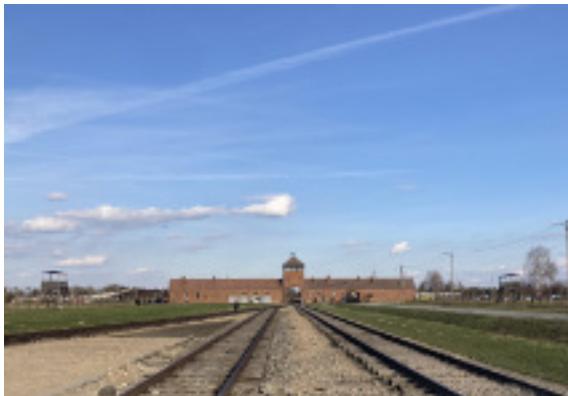
feels more important than ever that we educate future generations about the dangers of hatred and prejudice.

As we face a critical turning point, I encourage everyone to do something to remember the victims of the Holocaust, whether it is having a conversation with someone else in your community, reading a book, / watching a documentary or listening to survivor testimonies, such as Eva's, which you can find on the websites for the Holocaust Memorial Day Trust and the Holocaust Educational Trust.

Though education and commemoration, we honour victims and stand by survivors, reaffirming our commitment to remembering the past so that we can create a better future.

### **Joseph Knowles**

Next Gen Ambassador for the Holocaust Memorial Day Trust  
Regional Ambassador for the Holocaust Educational Trust



A resident of Caythorpe got in touch to contribute this article. If you would like to see your article or photograph in our newsletter please contact the editor.

## **Fulbeck Car BootSales 2025**

Well, the season finished with the last one for 2025 having taken place in September. Last year the weather was kind to us resulting in record takings of £2103.00 for pitches, which will go towards the Events Fund for the community, and Karen's Kitty received £611.76 which has been put towards the new hardwood chippings in the children's play area. This compares with takings of £1705.00 plus £540.01 from Karen's Kitty in 2024.

Heartfelt thanks from the Village Hall and Playing Field Committee for coming along as booters and punters to support the Car Boot Sales. We hope you all have had a good time and enjoyed the buzz (and butties, courtesy of the social club) as much as we all do. Thanks also to the volunteers who turn out whatever the weather, year after year, to make the monthly sales such a success.

We start again in the Spring, 2<sup>nd</sup> Saturday of every month from April till September, so put the following dates in your diary: 11<sup>th</sup> April, 9<sup>th</sup> May, 13<sup>th</sup> June, 11<sup>th</sup> July, 8<sup>th</sup> August, 12<sup>th</sup> September. Let's make it a bumper year!!!

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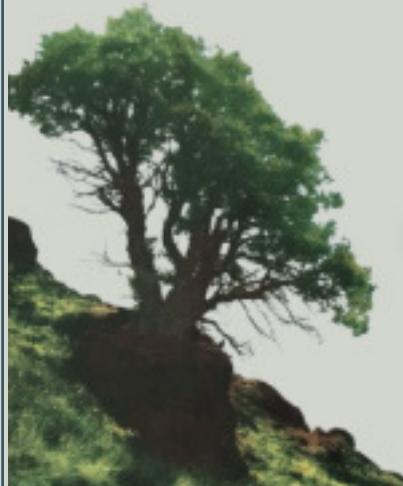
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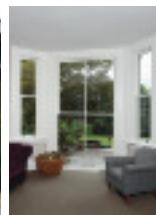
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