

# NEWS & VIEWS

## March 2026

An aerial photograph of a rural landscape. In the foreground, a dirt road winds through green fields. A small pond is visible near a large farm building. The middle ground shows a dense village with many houses and trees. The background consists of rolling green hills under a blue sky with scattered white clouds.

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

Photo by Gina Donald Caythorpe

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

### *Easter Sunday*

**5<sup>th</sup> April**

Easter Sunday is all about good food, good company, and making the most of the long weekend.

A great excuse to gather with family or friends and enjoy a relaxed meal.

Get in touch to book your table in advance



### *Mother's Day*

**Sunday 15<sup>th</sup> March**

Celebrate Mother's Day at The Red Lion, perfect for spending quality time together.

Whether you're planning a leisurely lunch or a quiet drink to mark the occasion, it's a lovely way to treat the mums and mother figures in your life and make the day feel that bit more special.

### *Easter Afternoon Tea*

Join us for an Easter Afternoon Tea and enjoy an indulgent break. It's the perfect chance to unwind, catch up, and enjoy the slower pace, whether you're celebrating Easter or simply fancy a treat!



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

07450 448073  
[WWW.REDLIONCAYTHORPE.COM](http://WWW.REDLIONCAYTHORPE.COM)  
[HELLO@REDLIONCAYTHORPE.COM](mailto: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	As I put this edition together there are lots of events happening - the Winter Olympics have started, rain and flooding of biblical proportions, is happening over the UK, deep snow in places, Six Nations Rugby and the start of planning for local events later in the year. It looks like 2026 is going to be as busy as ever.
Calendar of Events	5	
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Church Services	20	Thank you as usual to our brilliant contributors who continue to amaze, entertain and inform us.
Environment Blog	25	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. and is very comprehensive and well recommended. I'm happy to help you to learn the software. 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 April Edition**

**15 April 2026**

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

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Magazines are delivered free to every home. A pdf version can be emailed.

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

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News & Views is produced and distributed by a team of volunteers. All advertisements are taken in good faith, we cannot accept responsibility for any legal enquiries resulting there from. Submitted articles do not necessarily reflect our views. We reserve the right to not print submitted articles.



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

March 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	29

March 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	29



### Lincolnshire Mobile Library Service March

- 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**

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

## **Caythorpe & Frieston Parish Council**

Clerk Mrs D Manderfield 07351690496  
clerk@caythorpeandfriestonparishcouncil.gov.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

### March

- 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 Carlton Scroop Bingo
- 7 Carlton Scroop Book Exchange
- 10 Caythorpe Garden Club
- 14 Fulbeck Sports Club Bingo
- 20 Fulbeck Over 60's Club
- 20 Caythorpe Chill & Chat
- 21 Carlton Scroop Books & Butties
- 26 Carlton Scroop Community Lunch
- 28 Fulbeck Sports Club Bingo
- 28 Leadenham Dolly Parton

### April

- 18 Cider Tasting

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.

Visit Caythorpe & Frieston Parish Council web site

For details of Parish Council activity.

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

# Caythorpe & Frieston Sports & Social Club

The Hammond Pavilion, Old Lincoln Road



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

## Opening Times:

Thursday 7pm - 11pm

Friday 7pm - 11pm

Saturday 5pm - 11pm

Sunday 2pm - 9pm

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

## Caythorpe Village Hall Breakfast

09:00-11:00

Full English £8.00

Bacon Bap £4.00

Sausage Bap £4.00

all including

Tea/Coffee



## Chill & Chat

Caythorpe & Frieston Village Hall

Cake & Drink £2.00

Friday 20th March

10:00am - 12:00pm

**Come and Join Us!**



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](mailto:CaythorpeCC@lincolnshire.gov.uk)

## Fulbeck Coffee Club Village Hall

Every Thursday  
10.00 to 12.00

Join us for  
Coffee and Cakes  
Donation £2  
All welcome



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>

## 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  
Angela Taylor  
2144357843

## Carlton Scroop & Normanton Social Club

**Saturday 7th March**

7:30pm for eyes down at 8:00pm

**Fulbeck Sports Club**

**Saturday March 14<sup>th</sup> and 28<sup>th</sup>**

7:00pm for eyes down at 7:30pm



### FULBECK SPORTS & SOCIAL CLUB

Over 60's Club

1st & 3rd Friday every month

2-4pm

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

### *Summary of Fulbeck Parish Council (FPC) Meeting 15 January 2026*

A stalwart band of residents braved the dreadful weather on the evening to join the FPC Meeting in the Village Hall. Agenda highlights included:

The change of use of land on Brant Road. This planning application included the stationing of caravans, two static and two touring, on each of three traveller/gypsy pitches – 12 caravans in total, with the construction of six ancillary dayrooms. FPC resolved unanimously to object to the application. FPC's objection and public/resident comments are available on the South Kesteven District Council (SKDC) online planning portal.

The FPC 2026-27 budget was discussed and unanimously agreed for submission to SKDC for review and approval.

Work is progressing on the Community Speed Watch and Road Safety Programme, led by Cllr Nick Harrison. Information on Speed Watch locations in and around the village will be available in the coming weeks.

The provision of litter-picking services was discussed and agreed. FPC thanked the current volunteer for her sterling work. However, Councillors felt that additional work was needed and this will focus on the village 'centre'. More information on this soon.

The next meeting of Fulbeck Parish Council will take place at 7pm on Thursday 19 March 2026 in Fulbeck Village Hall.

**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](mailto: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



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.



Helen Hunt  
Headteacher

Caythorpe Primary School  
High Street, Caythorpe, NG32 3DR  
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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)



## Introducing our Well-Being Ambassadors!

At Caythorpe Primary School, we are incredibly proud to introduce our new team of Wellbeing Ambassadors.

Earlier this term, pupils were invited to apply for this important role. They each wrote thoughtful applications explaining why they would make excellent ambassadors and how they could help support the wellbeing of others across our school. We were so impressed with their enthusiasm, care, and commitment to making a positive difference.

Our Wellbeing Ambassadors will play a very special role in helping to promote emotional wellbeing for children and young people throughout our school community. They are already off to a fantastic start! The team has created a dedicated Wellbeing Board to introduce themselves to the school and to share ideas, advice, and positive messages.

They have also begun developing some wonderful initiatives, including activities and strategies to support self-regulation, helping children understand and manage their emotions in healthy and positive ways.

Congratulations to our new Wellbeing Ambassador team — we can't wait to see the positive impact you will make!



## **Narnia exhibit their Research on Rocks**

As part of our science topic, “*How are rocks formed?*”, the class invited our music teacher Mrs Atkinson in to talk about rocks. Mrs Atkinson is a keen geologist and shared her knowledge about rocks with the children. The children explored a range of real rock samples and learned to identify the three main types of rock: Sedimentary, Metamorphic and Igneous

Mrs Atkinson demonstrated how sedimentary rocks can hold water, and the children were fascinated to see how this links to the way they form. She also explained how sedimentary and igneous rocks can change into metamorphic rock through heat and pressure. Several children also shared their own rock collections!

Narnia Class invited parents and friends into the classroom to share their learning about rocks. The children created detailed chronological reports explaining the formation of igneous, sedimentary and metamorphic rocks.

Visitors enjoyed looking through the children’s work, which showcased their research, shared writing and growing scientific vocabulary. It was wonderful to see the children confidently explaining their learning and answering questions.

Refreshments were served while everyone had the opportunity to read the reports and celebrate the fantastic effort and progress the class has made. Thank you to all who attended and supported the children’s learning!



## Dinosaur Explorers!

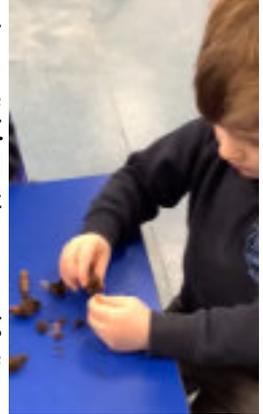
Our Children in Enchanted Forest have been continuing their exciting topic on dinosaurs! Recently, the children became palaeontologists as they investigated dinosaur “poo” (coprolites) to discover what dinosaurs might have eaten.

The children examined what they found inside the fossilised poo, looking carefully for clues such as bones and leaves. This led to some fantastic discussions about whether the dinosaur was a carnivore (meat-eater) or a herbivore (plant-eater). The children used their knowledge to explain their thinking — noticing that bones might suggest a carnivore, while leaves could indicate a herbivore.



The investigation sparked lots of curiosity and thoughtful conversations about which dinosaurs the poo might have come from. The children confidently suggested ideas such as T. rex for bone findings and long-necked dinosaurs like Brachiosaurus for plant remains.

It has been wonderful to see the children thinking scientifically, asking questions, making predictions, and sharing their ideas with one another.



## Talented Tour Guides!

Children in Neverland continued their learning on “What makes a capital city?” The children have been creating fact files about a London landmark. They researched information, turned information into sentences and then used subheadings to organise their learning. Finally, they published their fact files and had to think about the layout to make it engaging for the reader.



In Geography, Year 1 have been looking at physical and human features around the UK. They had to locate the landmark or feature and then draw lines to where they are located. Year 2 also had to locate landmarks and features on maps but they had to name the places as well and discuss why human features were built in maps, locations they are.



**CALLING ALL LOCAL RESIDENTS, PAST PUPILS &  
VILLAGE HISTORIANS!**

Do you know anything about the history of the school in Caythorpe?

This year we believe it's approximately 150 years since there has been a school in Caythorpe — and we'd love your help to uncover and celebrate our village's educational history!

We are looking for:

- Old photographs of the school or school events
- Memories, stories, or anecdotes from former pupils, teachers and parents
- Documents such as school reports, logbooks, registers or programmes
- Any information about time capsules that may have been buried on the school site
- Knowledge of older school buildings or educational activity in the village

Whether your memories are recent or go back generations, we want to hear from you!

**Please get in touch via email on enquiries@[caythorpe-cit.co.uk](mailto:enquiries@caythorpe-cit.co.uk)**

We plan to use this information to help mark this momentous milestone in our community — potentially with exhibitions, a time capsule project, displays and celebrations! Thank you — your memories help keep Caythorpe's history alive!

**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

## FULBECK SPORTS & SOCIAL CLUB

We are very pleased to announce that the new kitchen in the Sports Club is finished and is looking amazing. Also, the new disabled loo is really lovely as well as being functional! The bar area has had new roof insulation, doors, lighting, curtains, dart board and bar stools. It looks very warm, cosy and inviting with a wonderful ambience. Thanks to James and Jack Grocock for carrying out the works and for everyone who pitched in and put up curtains and painted walls, etc.

We are extremely grateful to SKDC for awarding us grants to enable these works to be carried out. I am sure villagers will agree the Sports & Social Club is a big asset to the area. The committee works extremely hard maintaining our excellent playing field, which is definitely one of the best in the area. Our next projects are refurbishing the changing rooms and solar panels.

Some nostalgic pictures of past football and cricket teams have been added to the bar area. Do pop in and see if you can recognise your younger self or a relative or friend. Thanks to Geoff Hewitt, Alan and Alison Gibson for organising these.

The new dart board and electronic counter have inspired many people to revisit their misspent youth and practise. A friendly darts tournament has been taking place over the last few weeks, and a very exciting final is coming up shortly. Do come along and join in and put your name down for the next tournament.

Watch out on Facebook and News & Views for dates for events, football and cricket matches, as well as pool and darts. Subscription is £5 a year and is due for renewal in April. This gives members a discount on drinks so well worth joining. Opening hours are Fridays 5.30 p.m. to 8.00 p.m. and Sundays 12 noon to 4.00 p.m.



We need a volunteer to take the lead in organising this year's Fulbeck Village Fête. It is a big role but there are people with experience and our past records to help. The work is hugely rewarding and exciting, especially on the day when the village comes together with a wonderful atmosphere.

The task involves the following:

- 1) Administration. Such as booking the site, ensuring legal requirements are met, organising advertising, arranging any equipment and supplies, together with recruiting and liaising with volunteers.
- 2) Planning and decision making, chairing meetings of the fête subcommittee.
- 3) Organisation of over 40 volunteers to run the various aspects of the fête, such as: erecting marquees, transporting equipment, catering for refreshments, managing activities, entertainment, running children's and adult games and competitions.

If you think you might be interested, please contact Vic Rice (01400 273680) or Peter Hughes (01400 273941).



## **A brief update from Caythorpe and Frieston Parish Council**

The Parish Council is proud to oversee and offer support to a variety of groups and committees throughout our village. In order to avoid repetition in News & Views, we have not listed these groups here, but please know their contributions are truly valued.

Work has begun on marking plots at the burial ground, and we are preparing to give the gates their annual clean and re-stain to keep the area looking its best.

We continue to report potholes as they arise, and new 30mph signs have recently been put up in the village. The previous ones had become very worn and hard to read. We hope the fresh signage will gently remind everyone to keep to the speed limit for everyone's safety. If you notice any issues with highways, please do report to LCC at <https://fixmystreet.lincolnshire.gov.uk/>—every report is appreciated.

Our Emergency Plan is currently being updated. If you feel you might be able to help, either personally or by offering a building that could be useful, please contact the clerk. Your support would be most welcome.

The councillors have endeavoured to advocate for a speed reduction along the A607 as it passes through the village, in response to resident concerns regarding vehicles exceeding appropriate speeds at crossings. While this proposal was not initially approved by LCC, we appreciate the ongoing support of our local LCC councillor as we continue to pursue enhanced safety measures.

Mid UK has agreed to resume litter patrols along Caythorpe Heath Lane, and we are hopeful that our local scout group will join us in planting new trees in our hedgerows, helping to keep our village green and tidy for everyone to enjoy.

We understand that overflowing dog bins can be frustrating, especially when our contractor is away on holiday. Please bear with us—there is only one contractor, and it's important for him to take time off too. If you know of another contractor who could help cover during these periods, kindly let the clerk know. Thank you for your patience and understanding!

Full Minutes of Meetings can be found on our website:

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

Any issues arising please contact the clerk at  
[caythorpeandfriestonparishcouncil.gov.uk](mailto:caythorpeandfriestonparishcouncil.gov.uk)

## **Caythorpe Playing Field – Renewable Energy Installation to the roof of the Hammond Pavilion.**

Many people will have noticed the additional equipment recently installed on the roof of the Hammond Pavilion on the Playing Field at Old Lincoln Road Caythorpe.



This has comprised a total of 35 Photo Voltaic (solar) Panels which will cut the cost of the energy bill for the Playing Field Committee, who in turn can limit price increases to users of the facility. The project has been under discussion since 2022 and various options have been

considered including a larger PV installation, and battery storage.

In the end the battery installation was omitted due to planning considerations, and the PV installation size was downgraded due to restrictions placed upon us by the DNO (District Network Operator or Power Company) as their cable network could not cope with the power that the installation would generate. Funding for the project was obtained by means of a grant from the UK Shared Prosperity Fund administered by South Kesteven District Council, and this covered the whole of the cost of the installation.

The work was carried out for the Playing Field Committee by UK Alternative Energy of North Hykeham, who specialise in this type of work. From the scaffold being erected, the PV installation carried out and linked to the existing electrical system, and the scaffold being struck and removed took just a week, minimising disturbance to users of the pavilion.

Whilst the scaffold was erected for the work, the opportunity was taken to cut back some of the vegetation overhanging the roof and path and also to clear off the moss and lichen from the accessible areas of the roof and clean out the gutters. The removed vegetation was donated to a local smallholder to feed their goats.



It is estimated that the installation will generate 10448 kWh of electricity per annum and save 2434kg of carbon annually. It is estimated that it will have a total annual benefit of nearly £2300 (at today's prices) in cost savings on fuel bought and electricity exported to the grid.

# Church Corner

## WORLD DAY OF PRAYER FRIDAY 6TH MARCH 2026 2pm St Vincents

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 0783143144.

### 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 can provide transport for you. Please contact either Jo Russell or Judith Scott.

### All Saints Hough on the Hill

#### Coffee Morning

1st Tuesday every month 10.30-12



### St Vincents Caythorpe

**Flower Rota** Lent No Flowers

#### Sidespersons for March

8th 10.30 Mrs Moses & Mrs Avison

15th 10.30 Zoe Carter & Gary Swift

### 50:50 Coffee Morning

Friday 6th March 10.00 to 12.00  
for Water Aid

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

DATE	1st	8th	15th	22nd	29th	Holy Week
<b>SUNDAY</b>	<b>Lent 2</b> Purple	<b>Lent 3</b> Purple	<b>Mothering Sunday</b> Purple	<b>Lent 5</b> Purple	<b>Palm Sunday</b> Red	
<b>Welbourn</b>	<b>Wednesday 4<sup>th</sup> March</b> 10.00 /LB Holy Communion			10.00/JH Morning Prayer		
<b>Caythorpe</b>		10.30/LB Holy Communion	10.30/TH Holy Communion			<b>2<sup>nd</sup> 18.00 Maundy Thursday/ALMs</b> <b>3<sup>rd</sup> 14.00 Good Friday The Last Hour</b>
<b>Marston</b>			10.00/CS Mothering Sunday Service			
<b>Brant Broughton</b>			10.00/JH Mothering Sunday	10.30/GK Holy Communion		19.00 31 <sup>st</sup> Tuesday/JH Compline <b>Good Friday 10.00/JH</b> Family Service
<b>Fulbeck</b>	10.00/TK Morning Praise					<b>Good Friday 19.00</b> Dressing of the Cross/ALMs
<b>Hough on the Hill</b>				09.45/JK Morning Prayer		
<b>Hougham</b>	15.00/BCP/CB Evening Prayer				10.30/ Holy Communion	
<b>Beckingham</b>		9.30/GG Morning Service				<b>Maundy Thursday 18.00/VR</b> H/C and stripping the altar
<b>Stragglethorpe</b>						
<b>Brandon</b>	10.00/BCP/CB Morning Prayer					1 <sup>st</sup> April/ 19.00/Wednesday Compline
<b>Leadenham</b>	10.30/SP Holy Communion					
<b>Carlton Scroop/ Normanton</b>						Monday 30/1900 Compline/ALMs

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

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Lay Readers - CS – Claire Sauer; NK- Nick Kerry **Authorised Lay Ministers** - CB – Dr Christopher Brightman; EB – Emma Breaky;

GG – Gillian Green; HR –Canon Henrietta Reeve; JH – Jennifer Harvey; JK – Aulan Knight; TK – Tony Kingston; Caythorpe Team

Authorised Lay Ministers – Jo Russell, Judith Scott, Susanne Wills

## **The Gratitude Attitude**

Over 30 years ago I had a colleague who loved to talk about the 'Gratitude Attitude', and just a few days ago I was reminded of this when I was at the Scout hall in Collingham where the Cub Scouts noticeboard had a poster saying 'Have a Gratitude Attitude'. I discovered that in 2024 the Cub Scouts took the theme, 'Cub Scouts Give Thanks – lessons in faith and gratitude'. A whole range of activities are being used to encourage a Gratitude Attitude: activities that help young scouts understand that being thankful makes them happier and helps them make a positive difference in their communities. That's a great aim in life.

One of the first appearances of the phrase was in the 'Patch the Pirate' films and songs with a Christian theme for young children that came out from the 1980s onwards. That's perhaps where my colleague first heard the phrase as he had young children at the time. It's a phrase that has become more popular in recent years. And I've always found it a help.

In the Bible Christians are told to practise thankfulness. A Bible verse commands us to 'Sing and make music in your heart to the Lord, always giving thanks to God our Father for everything, in the name of our Lord Jesus Christ'.

Many years ago I was told that it's a good idea every night, just before going to sleep, to look back over the day and list three things that I am grateful for. It's been a valuable discipline for me. On bad days I've often found it helpful just to open my back door at night and look out at the sky and stars and the shape of the tree in the darkness and give thanks that, whatever happens, the natural world is still there, and carries on in its beauty.

Some people are complainers. They only notice what is nasty or unpleasant and a conversation with them can be just a litany of complaints and a miserable experience. We come away feeling downcast. How different it is when we talk to a positive person, someone who sees the good in others, and who lifts our spirits. Of course there is a lot wrong in this world, but there's also a lot that is very wonderful.

When you read this we will be into the Christian season of Lent, when we examine our hearts and try to identify where we can make changes for the better in our lives. Could our Lenten discipline be to foster a Gratitude Attitude in our lives, starting by thinking of three things to give thanks for every evening. As the Cub Scouts say, it could make us happier and help to make a positive difference in your community. That's a great aim in life!

And as Lent ends we look forward to Easter Day and will remember with gratitude all that God our Father has done for us through the life, death and resurrection of his Son Jesus Christ.

Valerie (07785 791436 and [valerie.rampton64@gmail.com](mailto: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 the Churchwardens or the Acting Rural Dean. Contact details elsewhere in the magazine.*

## **Caythorpe Garden Club**

For our first meeting in Caythorpe Village Hall our speaker was Doug Stewart, a versatile horticulturalist of many years experience.

Taking as his title 'Gardening in the Future', Doug made a plea for rethinking gardening practices that have been based on received wisdom from previous generations, and basing our gardening instead on sustainability in the widest sense. This includes getting the maximum use out of everything – garden tools (buy the ones with the longest life, not the cheapest price), garden waste (use chop and drop instead of the wheelie bin), old paving (crush for a path foundation). He also urged taking transport costs and packaging into account – how much CO<sub>2</sub> was emitted in getting a bag of peat free compost or bark mulch to your garden?

Doug also offered a lot of suggestions and useful information for a more sustainable garden. There is no need to pave a whole front garden for car parking, if two lines where the wheels go will do. Deep digging, once an essential winter job, is unnecessary even for vegetable beds, It is actually harmful as it damages the community of microorganisms that keeps the soil and the plants healthy.

We were surprised to learn that not all pollen is equally nutritious, that lawns are best cut monthly to a height of 50cm to encourage wildflowers, and that the pellets of slow release fertilisers are made of plastic.

Doug's bottom line was that the right ornamental plants, densely planted, in the right place will need little input from the gardener: no water once established, no fertiliser and minimal weeding. And the environment will be better off too.



# Mothering Sunday

Mothering Sunday is a day honouring mothers but has its origins in the Middle Ages. It coincided with Laetare Sunday, also known as Refreshment Sunday. It was the fourth Sunday in Lent and the day that people returned to their “mother church” or church where they had been baptised. This pilgrimage was referred to as “going a mothering”. In later times domestic servants were given the day off to visit their mother church, often with their own mothers. This tradition had fallen away by the early 1900s.



An American woman, Anna Jarvis, from Philadelphia proposed the introduction of Mothers Day in the US to celebrate the role of mothers and there was support for this in the UK too.

In 1890 a young woman Constance Penswick Smith came with her family to Coddington, near Newark, from Dagnall in Buckinghamshire. Her father was the Vicar of Coddington church. Constance was the third of seven children.



Constance campaigned for the restoration of Mothering Sunday in the church calendar. She published a play 'In Praise of Mother: A story of Mothering Sunday' in 1913, as well as 'A short history of Mothering Sunday' in 1915. An influential booklet 'The Revival of Mothering Sunday' eventually persuaded the Church of England to reintroduce Mothering Sunday into the ecclesiastical calendar. The campaign had lasted for 30 years.



Constance argued that Mothers Day would not have the Christian values of Mothering Sunday. She wrote poems and cards and was the founder member of the Society for the re-introduction of

Mothering Sunday and the Society for the Observance of Mothering Sunday.

Constance died in 1938, at the age of 60 and is buried at Coddington next to her father, in the grave shown here.

Constance's campaign leaflet





## **TREVOR JONES 1943-2025**

Born in Abingdon to mother, Elsie and father, Fred, a master butcher, Trevor was the middle child, often finding himself left to his own devices. Starting school at the aged 5, he soon learned that his 'Gramps,' charged with looking after him at home time, would sleep in front of the fire. Trevor quickly learned to climb in through an upstairs window, either up a drainpipe, or a handy old tree outside the house. This was the start of his climbing skills and in later life he felt equally at home on rooftops or on the mast of a ship in all kinds of weather conditions. His love of the sea started from a very young age and at 14 he built his first sailing boat! It was very basic, but got him out into the Solent where he loved to sail, a love which continued all his life. At 14, Trevor was accepted into The Admiralty

Naval College where he learned ship design and traditional shipbuilding crafts. He applied these transferable skills to his later life as one half of a boat building business, and then as a building contractor thereafter. After 5 years at college and working in Portsmouth dockyard, he left to join the Merchant Navy. He sailed to South Africa and, once off ship, travelled to a folk venue where he was appalled by apartheid and came across ordinary people wielding guns. This had a deep effect on Trevor, who hated any kind of discrimination. Folk music remained a life-long love. Now out of the navy and living on the East Coast, he would travel to Norwich helping run a weekly folk group. It was in Great Yarmouth, enjoying his boatbuilding business and as a member of the yacht club and a folk group there, that he met his wife Juana, with whom he was to enjoy 59 years of loyal and adventurous teamwork.

There are countless amusing tales to tell of his escapades and daring adventures, shared with close friends and family, but those would take a book. Never daunted, when faced with difficult challenges, such as steering a yacht across the Bay of Biscay in a raging storm with an injured shoulder, rebuilding a crumbling house, or calming skittish horses, dogs and human beings, he is remembered by both family and friends as an unstinting, unflappable team leader, a local hero and 'Mr. Fix It', whose quiet non-judgemental approach to life set an example to all. He will be fondly remembered in Brant Broughton for his trouble-shooting skills on village buildings. Locals may remember the wonderful way he resurrected West House Barns in Brant Broughton to 21<sup>st</sup> Century eco-friendly standards. He and Juana even appeared on tv in 'Building the Dream' presented by Charlie Luxton. He will be missed by his bell-ringing companions at the church, local farmers, his sailing friends, the equine community, tennis club members at Leadenham and friends at Caythorpe Well-Being walking group, as a person with integrity, a quiet wisdom, a wonderful sense of humour and stoicism in the face of adversity.

His children, Christian, Emma and Daniel remember him as an extraordinary parent and an attentive listener. Rather than chastise his children when they made a hash of things, he would quietly show them how it should be done. At Trevor's memorial service Daniel spoke on behalf of the family with gratitude, 'Our dad taught us so much – not just with words, but through the way he lived. He showed us what it means to be strong, to be kind, and to be devoted to the people you love. He had a quiet strength, a way of handling life's challenges with grace. We've always admired how he could be so calm in the face of adversity, so steady when the world seemed uncertain. And even when life wasn't easy, he found ways to smile, to laugh, and to give his best.' 'Our dad believed in the value of family, of hard work, of honesty, and of making the world a little better than you found it. He wasn't one for grand speeches, but his actions spoke volumes.

# Environment Blog

## Getting the best from the food we eat

### Part 2: Storing, prepping and cooking



In the previous blog I chatted about choosing what we eat. In this blog I have a look at how we can get the best out of how we store, prep and cook food. Once again, I unashamedly draw on the expertise of James Wong (details of his books below).

Before I read James's books, I never gave much thought to how I stored and prepped food, and the limits of my knowledge about cooking did not go much beyond frying, boiling, steaming, sautéing, and sometimes baking. However, it seems that there is a growing science about all this.

These are just a few handy tips for starters, but all based on good scientific evidence.

#### Storage

- Treat it mean, keep it keen! Though counter-intuitive, you can increase the polyphenol levels in your leafy veg by wounding or tearing it! This is because lots of antioxidant compounds in leaves are stored at the sites of wounds. So, put cut salad leaves or endives, for example, in a plastic food bag in the fridge to give these chemical reactions time to happen.
- The fresher the better? Broccoli is something to get scoffing as soon as you can. This is because, once harvested, the florets experience a huge drop in nutritional value. However, keeping florets in a sealed bag in the fridge can stem this decline almost completely. It seems therefore that buying broccoli in a sealed packet from the supermarket chiller cabinet is a better bet than buying the florets loose, even though you may think that 'loose' stuff is fresher.
- Fresh food in season is always better? Most of the time, yes, but not always. And definitely not in the case of squashes and pumpkins. They noticeably increase their sugar content after a month of storage at 10 degrees Celsius. These sugars fuel the creation of carotenes that improve colour, nutrition and taste.
- Forget the fridge? Well yes sometimes! When it comes to berries, fresher isn't always

better. Aroma chemicals in strawberries, raspberries and blueberries spike after a few days at room temperature. But beware, phytonutrients tend to peak just before mould sets in!

- There is a growing science about food storage but always look for reputable sources. And there isn't space here to talk about fermentation, pickling and bottling which are great ways to preserve and store food. Anyone interested in taking this up, please contact the N&V editor.

### Prepping and cooking

- Cooked, especially grilled, tomatoes contain lots more lycopene than fresh uncooked tomatoes. Lycopene is a nutrient and antioxidant found not only in tomatoes but also in watermelon, pink grapefruit, apricot and sweet red peppers, evidence suggesting that it may support bone strength and also reduce the risk of some cancers and also strokes. Depending on how you cook it, the humble tomato, then, is not only versatile but also very healthy. However, you can even boost the lycopene uptake much further by adding a splash of olive oil when you are cooking your toms. Sounds like a win-win situation to me!
- Good news pudding lovers! It turns out that phytonutrients in berries are surprisingly heat-stable. So, cooking them can even cause phytonutrient levels to shoot up significantly. This means that compotes and pies could be even better for you than the fresh fruit! Just a warning though – whilst a brief blast of heat can cause a spike in nutrition, baking or boiling for over 30 minutes can result in a significant decrease.
- Love the garlic press. The finer you chop onions or garlic, and the more damage you inflict, the more anti-clotting sulphur compounds you will generate. Garlic has 13x the blood-thinning powers of onions. However, both garlic and onions should be regarded as friends in the kitchen, not only for their versatility but also their health effects. How you deal with garlic breath or streaming eyes is another matter!
- Do you like rice? Then have a think about your preferences on a spectrum of white to black varieties. Why? Because white rice has twice the impact on blood sugar than black rice. It is more popular because it is easily digestible and has an appealing palate. However, if you want to try brown, red or black rice (all healthier for you), try soaking these in warm water for a day or so to soften the rice – this can also increase levels of fibre and essential minerals. If you don't have the patience for this, blend different types of rice and cook in the same pot. You will quickly find a blend that suits you. It works for me anyway.

It is amazing to think that the food we put on a plate is akin to a medicine that can deliver great taste. But it is not fixed – it depends not only on how we source it, but also how we store, prep and cook it.

### Sources

James Wong (2015) *Grow for Flavour*, & (2017) *How to Eat Better*, Mitchell Beazley.

Anon.

## In and Around the Garden.

I hope that, by the time this article goes to press, the weather will have improved so that I can actually spend some time in and around the garden. Trips to the compost heap, or an occasional quick walk round the paths do not satisfy the keen gardener, and deliveries of seeds and plants only add to the frustration.

I may not be happy about the rain, but the garden is well drained and the plants are fine. The crocuses and winter aconites only open in the sun, so I haven't seen much of them at their best, but there are plenty of other plants in flower. The witch hazels are covered in spidery yellow flowers and snowdrops are everywhere. I grow several different species, and although the common ones (*Galanthus nivalis*) are only just opening, the larger varieties, hybrids of *G. elwesii*, started in December and are still going strong. My favourites are *G. byzantinus*, which look like tiny light bulbs hanging from slender wires. Primroses are starting to flower too, as are the early irises. Flashiest of all, however, are the hellebores. Our native stinking hellebore (unfairly named) has palest green pendant flowers and the hybrid varieties come in a huge range of colours from white to black. Many of them hang their heads, so the flowers have to be tilted up to see their patterned insides, but some modern selections face forward. The most colourful one I have is called Cheryl's Shine, rosy pink with a cream centre and silver marbled leaves that make a good foliage plant long after the flowers have finished.

I haven't seen much of the animals and birds lately, though I am seeing more evidence of a mole than I would like. It has been too wet for bees to venture out, but swarms of tiny flies appear in the brief spells of sunshine. I counted 10 species when I did the Big Bird Count, but the numbers of individuals were well down on previous years – apart from 3 woodpigeons (of course) it was all ones and twos. The tits seem to be doing OK and lately I have seen all four of the regular visitors, blue, great, coal and long tailed. There is a lot of bird song which indicates that they are starting to set up breeding territories. The finches, however, are rare visitors, where I used to get dozens. I was delighted, therefore, to watch a goldfinch picking through teasel heads for seeds, thereby justifying my decision not to cut them down earlier. There was a sunflower seed feeder just a few yards away but it clearly preferred the teasels. I've left some seedlings to give me more plants for the coming summer, and the bees will appreciate them too. They grow much taller in the garden than they do on the roadside verges, and I love their dark skeletons in the winter, especially when capped with snow.



## The memories of Augustus Peach (part XXIII)

*This month, we begin to look at Gus' memories of his working life as a child! This valuable and informative historical document is reproduced pretty much in full without any attempt correct errors or grammar.*

**Work** - When ten years of age I worked most Saturdays during the Spring and summer setting potatoes, picking twitch, stones and in the Autumn picking potatoes for the local farmers and allotment holders for sixpence or eightpence a day. At twelve years of age out of school hours from six to nine a.m. twelve to one thirty at dinnertime and from five to eight in the evening, I was employed by a farmer as a boy to perform duties on a nearby farm, this job also occupied my Saturdays, Sundays and during school holidays full time. For this work I was paid by the farmer three and sixpence a week, a great help to my mother's meagre income at a time when the family required that little extra food. At fourteen years of age I left school and earned at full time work on the same farm five shillings a week. My absorbing interest was not happiness in my work but to the passing of time. I regarded my full time employment not as an exciting venture in life, full of new personal and social possibilities but something for which I was a tool in the hand of employer, to work and slave from six a.m. until eight p.m. solely for his gain. I knew I had to do this to live for it meant after eight in the evening reaching my dear mother and home where love and happiness and rest awaited me, only to have to rise again early the next morning for another fourteen hours a day work. No time for me to study or read, although my mind was full of what I would do if ever I had a chance in life. It is surely no less important to say the least that boys and youths of a free and civilised nation should know clearly the moral objective for which they are striving and should have the unswerving fidelity of their leaders to this objective, for it is in the light of experience of the youth without any means as in my days who have tasted the hardships and unfairness inequality of treatment with the aristocratic families know the injustice the inferiority complex it breeds and it is this state of affairs that men by fortitude and sacrifice fight for, against such evil things.

Now that I was earning five shillings a week and had to discard my yellow school attendance card my mother's allowance from the Parish relief was reduced. Sixteen months of general farm work, giving all I could from my slender, weak and illnourished frame to the full satisfaction of my employer, as I learnt when I informed him of my success in obtaining a post as boy at the Rectory. My chief concern was to try and find a job more suitable, my work on the farm to me was a blind occupation with no prospect of further education or any opportunity of any kind to serve an apprenticeship to become a tradesman. I had no father to advise me on the moral or worldly obstacles or help financially, no sympathetic treatment from a good employer, only to obtain as much from my labour as I could humanely give. I had only received sufficient education to make me more or less a slave in the local labour market for the highest bidder, and that employment only returned in cash as wages to purchase the bare necessities of keeping alive.

Every job has interesting stories, and life on a farm is no exception. In fact I often think if the farm labourer was better educated many stories of great interest would have been written.

*Many thanks to his grandson, Alistair Mutch, for giving permission on behalf of the family to publish these memories in News and Views. Anne Watler*

## **1<sup>st</sup> Caythorpe Scout Troop - Tree planting and litter picking**

Our recent environmental action day was a real success and a great example of Scouts making a visible difference in their local community. With the weather on our side, spirits stayed high as our Scouts got stuck into both tree planting and litter picking, working hard throughout the day.

Passing traffic was considerate and encouraging, with several drivers slowing down, waving, and calling out their thanks. By the end of the session, the Scouts had planted around 25 new trees, creating a lasting benefit for the area, and collected an impressive 15 bin bags of litter. Sadly, it also highlighted just how much more still needs to be done. The oddest discovery of the day was part of a skeleton, thankfully not human, but most likely a leftover plastic decoration from Hallowe'en.

As well as benefiting the wider community, the project also contributed towards the Scouts' World badge, an important part of their journey towards achieving their Chief Scout's Gold Award. Activities like this help Scouts understand their impact on the world around them while putting Scout values into action.

A huge thank you goes to our volunteer leaders for giving up their time to make the day possible, with special thanks to Nick, who stepped in at short notice and helped ensure everything ran smoothly. We'd also like to say a big thank you to Mark for liaising with Caythorpe and Frieston Parish Council, and for collecting all the equipment and materials needed for the day. A brilliant team effort and something the Scouts can be very proud of. 1st Caythorpe and Duke's Covert Scout Group, Beavers; Cubs and Scouts meet at **Caythorpe and Frieston Village Hall** on Thursday evenings:

**Beavers:** 6:00pm to 7:00pm

**Cubs:** 6:30pm to 8:00pm

**Scouts:** 7:30pm to 9:00pm (1st and 2nd Thursday of each month)

Alongside our weekly meetings, we run a full programme of camps, activities and special events throughout the year, giving young people the chance to challenge themselves, learn new skills and have plenty of outdoor adventures.

For more information, please visit:

[www.caythorpescouts.org.uk](http://www.caythorpescouts.org.uk)

***Sam Bennett***

Scout Lead Volunteer - 1<sup>st</sup> Caythorpe & Duke's Covert Scout Group

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An early image of Carlton Scroop - thanks to Mansell Beard.

# Carlton Scroop

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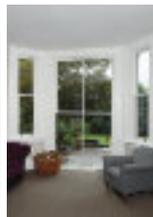
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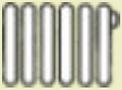
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