



# NEWS & VIEWS

## July 2026

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

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

### Welcome

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Useful Contacts	4	You will notice additional contributions this month. A short story from Sam Jackson and an additional thought from Canon Valerie Rampton which I missed out in the last issue.
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Church Services	18	I hope you have got space in your diary for the amazing events occurring over the summer months and be able to support the work that is done to make these events.
Environment Blog	25	
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Caythorpe School	30	Enjoy the start of summer - hopefully. The poppies on the front cover were on Old Lincoln Road between Caythorpe and Fulbeck.

Robert Prabucki

**You can have a digital copy of News & Views to read on your devices. You could email and share with friends or family who live outside the area and keep them up to date with what's happening here. 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 August Edition**

**15 July 2026**

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# 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 JULY

- 1 Handicrafts Club
- 3 Fulbeck Over 60's Club
- 3 St Vincents Coffee Morning
- 4 Carlton Scroop Bingo
- 4 Fulbeck Church Summer Concert
- 5 Caythorpe Village Hall Breakfast
- 7 Hough on the Hill Church Coffee Morning
- 11 Fulbeck Car Boot
- 11 Fulbeck Sports Club Bingo
- 14 Caythorpe Garden Club
- 17 Fulbeck Over 60's Club
- 17 Caythorpe Chill & Chat
- 17 Caythorpe Primary School Open Morning
- 18 Caythorpe Church Teddy Bear Parachutes
- 23 Carlton Scroop Community Lunch
- 25 Fulbeck Sports Club Bingo

### Caythorpe & Frieston Parish Council

Full Minutes of Meetings can be found on our website:

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

Any issues arising please contact the clerk at

[caythorpeandfriestonparishcouncil.gov.uk](https://caythorpeandfriestonparishcouncil.gov.uk)

Photo by Adam Jackson



**CAYTHORPE GARDEN CLUB**  
**ANNUAL OPEN SHOW**

**Sat August 22<sup>nd</sup> 2026**  
**CAYTHORPE VILLAGE HALL**

**TIMETABLE:**

**SUBMIT ENTRIES 8:30 TO 10:15 am**

**JUDGING FROM 11:15 am**

**SHOW OPENS 2:00 pm**

**PRIZE GIVING 3:45 pm**

**RAFFLE DRAW 4:00 pm**

**Exhibit entry fee 30p per entry.**

**Entrance to show by donation at the door**

**Anyone may enter, not just Garden Club members.**

**Schedules available at Caythorpe Spar Shop or online  
on *Caythorpe Garden Club* website.**

**Plants and Garden Produce for Sale**

**Strawberry Cream Teas  
in the garden, 2:00-3:45 pm**

**TEDDY BEAR PARACHUTE DROP  
SATURDAY 18TH JULY  
ST VINCENT'S CAYTHORPE**



Registration at 1:30am

The 1st Jump at 2:00pm will be made by  
a Bear from Caythorpe Primary School to celebrate their  
150th Anniversary

£2.00 each jump, parachutes provided.

Teddy first aid available if required.

Stalls & Refreshments in the church.

# CAYTHORPE GALA 2026



SATURDAY

5th SEPTEMBER 2026



1:00pm – 6:00pm



CAYTHORPE PLAYING FIELD



— ★ A SPECIAL ★ —

## ARNHEM COMMEMORATION

Featuring members of  
216 SQUADRON



≅ Enjoy an afternoon of family fun with: ≅



DOG SHOW



BRASS BAND



SCHOOL OF  
DANCING  
*Performances*



TUG OF WAR



STALLS &  
REFRESHMENTS

Fun for  
all the family!



★  
COME ALONG  
AND SUPPORT  
YOUR LOCAL  
VILLAGE  
GALA!



EVERYONE WELCOME



For further information contact:  
(details to be confirmed)



Organised by the  
Caythorpe Gala Committee

THE GRANARY WELBOURN FARMS PRESENTS

NICOLLA GIBSON . LIZ COXE . TINA BEGLEY . CHRISTINE RACQUEZ . ANDY CAMPBELL

# CREATIVE CONNECTIONS CRAFT + ART POP UP

BROWSE A CONTEMPORARY COLLECTION OF HANDCRAFTED CERAMICS,  
INSPIRED WILLOW + CREATIVE ARTWORK. MEET THE ARTISTS, DISCOVER  
THEIR INSPIRATION AND FIND SOMETHING SPECIAL TO TAKE HOME



11AM - 3PM . 30 JULY - 01 AUGUST 2026  
**THE GRANARY WELBOURN**

WELBOURN FARMS . NORTH END . WELBOURN . LN5 0ND

PARKING AT THE VILLAGE HALL . BECK ST . WELBOURN



Summer

CONCERT

OF MUSIC

in

FULBECK CHURCH

with THE ASPARAGUS  
SINGERS

and also

LOCAL YOUNG  
MUSICIANS

(taught and accompanied  
by Anna Bolton)

4<sup>th</sup> JULY | at 7pm

TICKETS £8 AT THE DOOR

(CASH ONLY)

to include a glass of wine or soft drink.

NO CHARGE FOR CHILDREN UNDER 16.

# Caythorpe & Frieston Sports & Social Club

The Hammond Pavilion, Old Lincoln Road

## Opening Times:

Tuesday 7pm (when pool team is at home)

Thursday 7pm

Friday 6pm

Saturday 1pm (when cricket at home) or 5pm

Sunday 1pm



**Membership**  
Family £15  
Individual £10

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

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

## Caythorpe & Frieston Village Hall



### Breakfast

Sunday 5th July 09:00 - 11:00



Full English £8 Bacon Bap £4  
Sausage Bap £4  
all including Tea/Coffee



### Chill & Chat

Friday 17th July 10:00 - 12:00

Cake & Drink £2

**Come and Join Us!**



## **Caythorpe Walking for Health Group**

We meet every Monday morning (except Bank Holiday Mondays) 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.**

Dogs on fixed leads accompanied by their owners welcome.

**Everyone welcome**

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)



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

Ladies who meet up for crafting on the 1st Wednesday of the month at Caythorpe Pavillion, It is open to anyone.

We start at 2pm and cost is £2 pp

You don't have to be a crafter - you can join us for a chat and tea/coffee.

For further information contact  
Angela Turner  
01703838811

## Carlton Scroop & Normanton Social Club

**Saturday 4th July**

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

**Fulbeck Sports Club**

**Saturday July 11<sup>th</sup> and 25<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

### Carlton-Le-Moorland & District Art Group

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

We are a friendly art group who meet on  
Thursday mornings from 10-12.30pm  
New members of any ability are welcome  
@ £2 per session

For more information, please call 01522  
810739

For more information on workshops, call  
Pat on 01522 811510  
Members £15, Guests £18

Saturday July 4th 10am - 3pm  
Painting in acrylics with Tim O'Brien

Saturday August 1st 10am - 3pm  
Watercolour painting with Paul Talbot-  
Greaves  
Members £20, Guests £25

**FULBECK AND DISTRICT**

**ART GROUP**

Mondays, 10:15 am - 3 pm  
at FULBECK VILLAGE HALL  
Fulbeck, NG31 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 275 051  
Email: nettrawler@hotmail.com

# Wandering the Witham

## The Belton Brigand

A short story by one  
of our local authors  
**Sam Jackson**

In bygone Lincolnshire, over the river Witham, twixt two, then ragged hamlets, Belton and Grantham, there still stands an ancient stone bridge; just outside Belton house. Local folklore speaks of a highwayman that used to sentry this connection at dusk in days gone by; charging a toll to traders roaming from one outpost to the next. But it is said that he cursed the townsfolk right before he met his grisly end.

Still today, it is said that passers-by must throw a coin into the river or be harassed by his phantom until they flee the hamlet. Only once clear of the lands and off His Road would they be left in peace. But do not even think of coming back this way, less you intend to pay double...

To this day, locals still claim the apparition can be seen in the dead of night, patrolling the bridge, smoking his battered clay pipe. Tell has it that, even by day if you loiter around the bridge, you can smell the musty tobacco scent lingering and perhaps hear the whicker of an unseen horse. This is a sure sign the highway man is watching you. He knows who owes. If you don't pay, he's sure to haunt you come the death of day.

An old priest in the village of Belton, who lived in the vicarage just so far down the same lane as the supposed primary haunt of the highwayman claimed that the deviant was caught by the authorities, or perhaps a band of disgruntled travelling merchants and they left him to swing by the neck from the bridge, his toes frantically skimming the surface of the water.

Locals say that if you look down from the bridge into the depths, you can still see the twinkle of gold and silver. But beware thieves: many a rogue have been found dangling from that same bridge, their pockets slit open and a few more coins littering the riverbed below. No witnesses and no other tracks, except for those of poor fools who made their way down the bank then took their last gasped breath there.

A greedy salesman, a regular and influential type to the area, one day risked not paying the toll despite being warned by the landlord of the Stag at Barkston, just further north of Belton. He was found by that same keeper of the tavern he frequented, butchered in his best room—The man's bag of coin nowhere to be seen.

The successor of that old priest, Rev. Herb Palin – sick of the superstitious upheaval and dwindling commerce available to his flock—decided to track down the highwayman's final resting place and consecrate his lonely grave. Perhaps allowing this spirit to finally rest and give the townspeople peace. He delved into the church records and his forebear's journals...

Reverend Palin determined that the dread highwayman's betrothed was drowned as a witch when their love was discovered by a rich merchant suitor. The suitor, although trying his best to romance the girl, was mean-spirited and most ill-mannered to everyone he came across, and treated her with much less dignity – as if she was skivvy, a stain and burden on his 'good' soul. Although truly, it became evident to the priest that she was born of noble blood; alas, her family's wealth was all but evaporated after a recession in their wool trade. Seeking a way out of the poorhouse, her parents had acquiesced and engaged her to the rich merchant, on the assumption that the dowries promised, would see them through.

The highway man was determined to wed this girl and save her from a terrible and cruel fate by robbing the very businessmen and bank rolls that his adversary was transposing, in order to buy an engagement ring, prove his love, then elope to distant shores on the riches. Yet the envious and cruel merchant discovered their love, and sort the mediation of the witch

hunters... Their solution, a dunking by the very bridge her loved one supposedly roamed. Needless to say, guilty or not, she did not survive her ordeal.

If the diary of that good man of God is to be believed, he armed himself with lantern and crucifix and appointed his Grave Diggers to accompany him to the last known resting place of the hanged highwayman. The grandest oak, at the highest point in what now is Belton Woods. After each paying their fare in to the depths below the bridge, the party trooped off, along with their trusty cart and dutiful donkey, through the clear frigid twilight.

On reaching the fabled site, the sky clouded over and fog spread thick about them. But the duo of diggers, on reprimand from the priest, stole about their duty and began to exhume hurriedly. No sooner than their spades and shovels had struck solid pine, than a pistol shot rang out. Out of the gloom danced a mighty jet-black steed, whickering and winnowing, nostrils flaring and gouts of steam billowing. Atop, the dark, masked figure, beneath a tricorne hat raised a second pistol directly at the priest; glinting, silver eyes had him dead in his sights.

But the priest grew strong, whilst his lackies fled back through the forests. He knelt before the apparition, set down his lantern before them and raised the crucifix to his chest. He beseeched the highwayman and told him he knew of his plight and that of his lost love and although he could not resolve what had been done, he could at least save his soul and see to it that they both rested in peace, together, and for the rest of eternity.

So compassionate was the minister's convictions, that even the ethereal equine stopped goring the earth. The man's shooting arm receded and he un-cocked his pistol. Then, by the flickering light of the lantern, the estranged fellow took from about his scarred neck a delicate keepsake and threw it to the prostrate clergyman—an intricate silver Heron on a delicate chain. He presently nodded to the supine man of God, then turned his horse away into the deep fog with a 'Ha—!'. The priest drew a deep breath, wavered a little as he got back to his feet, then began anew the work left behind by his colleagues. The fog receded in moments, and a twinkling night sky re-emerged as the faithful donkey returned bearing his cart.

Come the moro, after once more consulting his forebear's work and church catalogue, the Reverend soon found where the girl and her family now rested: In Belton's churchyard, 'neath the headstone depicting an elegant Heron, the family crest, guarding their place of rest. For some reason the priest couldn't quite fathom, there was a space left undisturbed within the family burial site. Perhaps for a man whom none of them knew, save the young girl. Placing the token of love atop the poorman's simple casket, the priest bade the grave diggers lower the man back into the earth, next to his beloved...

In the hustle and bustle of these modern times folk do not tend to stand and take in the sights and atmosphere of old bridges, these thresholds to adventure and wisdom. For now, I am certain, no matter what the locals might tell you - that highwayman is finally at peace with his beloved, who in turn is in the bosom of her kin. So, while traversing that bridge you perhaps will no longer smell that musky scent of tobacco, or whiff a whisp of gunpowder, or hear the whickering of a restless horse – and certainly never witness a dashing highwayman intent on patrolling until the end of time in the name of a lost love – you may, however, still see a heron watching over that special site.



## Church Corner

### St Vincents Caythorpe

**Flower Rota** Mrs J Avison

### Sidespersons for July

14th Mr & Mrs Dix

28th Mr & Mrs Dorey

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.

### 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.

## Coffee Mornings

### St Vincents 50:50

Friday 3rd July  
10.00 to 12.00  
for LIVES

### All Saints

### Hough on the Hill

1st Tuesday every  
month 10.30-12.00



**LINCOLN DIOCESE: CENTRAL LOVEDEN GROUP OF CHURCHES**

**JULY 2026 SERVICES**

<b>Date</b>	<b>July 5th</b>	<b>July 12th</b>	<b>July 19th</b>	<b>July 26th</b>	
<b>Sunday</b>	Trinity 5 Proper 9	Trinity 6 Proper 10	Trinity 7 Proper 11	Trinity 8 Proper 12	
<b>Colour</b>	Green	Green	Green	Green	
<b>Welbourn</b>					
<b>Caythorpe</b>		<b>10.30/LB Holy Communion</b>	<b>10.30/FM Holy Communion</b>		
<b>Marston</b>			10.00/CS Morning Service		
<b>Brant Broughton</b>			10.00/OH Morning Service		
<b>Fulbeck</b>	10.00/TK Morning Praise			<b>10.30/LB Holy Communion</b>	
<b>Hough on the Hill</b>	<b>10.30/VR Holy Communion</b>				
<b>Hougham</b>		15.00/BCP/CB			
<b>Beckingham</b>		09.30/GG Morning Service			
<b>Stragglethorpe</b>					
<b>Brandon</b>		10.00/BCP/CB			
<b>Leadenham</b>	10.00/BCP/HR Morning Prayer				
<b>Carlton Scroop Normanton</b>					

**Welbourn Weekday Holy Communion Service Wednesday 1<sup>st</sup> July 10.00/**

BCP - Book of Common Prayer, Traditional Language. All other services are Contemporary Language

**OFFICIANTS Clergy** - GP - Rev Canon Geraldine Ford; ValR - Rev Canon Valerie Rampton; TT- Rev Tony Tucker;

GK- Venerable Gavin Kirk; LB- Rev Les Botry; SH- Rev Stuart Hadley; SP- Rev Sam Parsons; TH- Rev Trudy Hobson; SF- Rev

Stuart Foster; FM- Rev Francis Mason

**Lay Readers** - CS - Clare Sauer; NK- Nick Kerry

**Authorised Lay Ministers** - CB - Dr Christopher Brighman; EB - Emma Brealey; GG - Gillian Green;

HR - Henrietta Reeve; JH - Jennifer Harvey; JK - Julian Knight; TK - Tony Kingston; Caythorpe Team Authorised

Lay Ministers - Jo Russell, Judith Scott, Susanne Wills

## St Vincent's Church Coffee Mornings

As many of you know, we have a monthly coffee morning in St Vincent's Church where we welcome everyone with open arms. Tea, coffee, plenty of cake and the chance to chat to friends, both old and new, and at our last coffee morning we were treated to a wonderful performance by our talented local musicians, "The Kitchen Seisuns". Every month we support a different charity, often nominated by someone at the coffee morning, and recently we have supported LEBBS (Lincolnshire emergency blood bikes service), St John's Ambulance, Water Aid Christian Aid, Epilepsy Action and Shelterbox. In 2026, we have so far raised £795 for our chosen charities.

In July we will be supporting LIVES (Lincolnshire Integrated Voluntary Emergency Services), a vital part of medical response in our rural community. When it can take an hour for an emergency ambulance to arrive, first responders who live in the local area can be with a casualty within minutes, giving lifesaving treatment. These dedicated people use their own cars and give their time freely. Statistics for 2024 show that they were first on scene 70% of the time!

Then in August our charity will be Kesteven Rideability, located less than two miles from St Vincent's. Established in 1988, and member group of Riding for the Disabled Association, they offer riding and equine therapies for disabled adults and children, and require specially adapted tack for riding and driving sessions. In May the stables were broken into and all their tack and a specially adapted buggy, altogether worth about £20,000, were stolen. This prevented their clients from engaging with the horses and ponies until they could borrow or buy replacement equipment. It seems very appropriate to support this local charity in their time of need.

**So please put these two dates in your diaries, July 3<sup>rd</sup> and August 7<sup>th</sup>, and come and join us at 10.00am for coffee and cake and help us raise money for another two great causes.**

**Liz Moses**



**KESTEVEN RIDEABILITY**



# Thoughts of Canon Valerie Rampton

## The Isles of Scilly and Singing from the Heart

Just after Easter I took myself to the Isles of Scilly for 10 days. I had always wanted to go, but my husband and I just hadn't got around it with so many other places to go to. So I went. Apart from indifferent weather, it was all I had hoped it would be. Wonderful to be so close to the sea with rocky islands, great expanses of sea, sea birds and seals, headlands and light houses, boat trips to and around the many islands, good food and accommodation. On my last day the sun shone, the sea and sky were blue, the sea was calm, and the temperature was warm. Idyllic!

On my first Sunday there I went to the parish church on the main island, St Marys'. I tossed up whether to go to the Methodist service, but the C of E service started later in the morning, and I was feeling lazy. What a treat I had! The choir of Truro Cathedral were there, so we had a Cathedral type service with wonderful singing to lift the heart.

But they shouldn't have been there! They had been singing around the Islands during the week and were due sail back to the Mainland on the Friday, But the boat developed technical problems, so couldn't sail. The whole choir plus supporting adults, about 32 people, were stuck on the island until Monday. So they put on extra concerts and came to sing at the Parish Church on Sunday. I felt very blessed.

I left church with my heart singing and with my two walking poles managed to climb the headland to the lighthouse, and ate my banana and energy bar for lunch, sitting on a bench surrounded by bluebells and wild garlic, and looking out over the sea! Wonderful.

It made me think about the people who help us with music in our own churches, Brian West, David Nelson, John Heald, Trevor Neesham, Liz Moses, the Fulbeck Choir and our church Quartet and others. How fortunate we are to have you serving us so faithfully – thank you to you all! We may not scale the heights of a cathedral choir, but trust that our worship gladdens the heart of God.

There's an old story that I love. In a monastery long ago, an old, humble monk sang a Christmas song every year. While his voice was rough, unmusical, and technically poor, he sang with total devotion from his heart, and it was said his song was heard and cherished in heaven. One year, the superior of the cloister decided the singing was not good enough and replaced the old monk with a young monk who possessed a beautiful, trained voice. The new man sang perfectly, and the other monks were very impressed.

However, that night, an angel appeared to the abbot and asked why the Christmas Eve song was missing. The abbot was confused, and said, "We had a beautiful song! Didn't you hear it?" The angel replied sadly, "It may have been inspiring to you, but we heard nothing in heaven".

It reminds us that God is more interested in what is happening in our hearts than in the perfection of a performance. The old man sang to the glory of God, and from the devotion of his heart; whilst the young man sang to impress.

So we trust that whether the worship in our Loveden Churches is of the highest or the lowest quality musically, yet when we worship with devotion in our hearts, it will gladden the heart of our Lord.

# Further Thoughts...

At this time of the year my mind goes back to those days when I could scale mountains. (I'd have trouble getting up Leadenham hill these days!). Helvellyn was especially precious to me, and I've been up three times. The incredible view from the top is worth every ounce of effort. The nature poet, William Wordsworth, describes it beautifully;

Lo! the dwindled woods and meadows;  
What a vast abyss is there!  
Lo! the clouds, the solemn shadows,  
And the glistenings – heavenly fair!  
And a record of commotion  
Which a thousand ridges yield;  
Ridge, and gulf, and distant ocean  
Gleaming like a silver shield!

Later, when that view 'flashed upon the inward eye', (to quote Wordsworth again) I saw that view as a parable of the Love of God. It would take me all of eternity to explore every inch of that view; every slope and peak and valley, every plant and moss, every root and stem and leaf and flower, the soil and stones and streams and the distant ocean reaching beyond the horizon.

So it would take all eternity to explore the breadth and width and heights and depths of the love of God. It is an abyss into which we can sink and be embraced and loved, and strengthened for all we face in life; and it gives us the will to love those around us and draw them into that place with us. That realisation moved me to tears, and still does.

In his letter to the Ephesians (chapter 3 verse 18) St Paul prays that we will have the power to grasp, with all other believers, the width and length and height and depth of the love of Christ so that we will be filled with the fullness of God'; a love that is vast, all-encompassing, and eternal.

We are all loved like that!

At times that can seem airy-fairy and remote. And when I feel like that then I look to another poem by Wordsworth

## **On The Banks Of A Rocky Stream**

Behold an emblem of our human mind  
Crowded with thoughts that need a settled home,  
Yet, like to eddying balls of foam  
Within this whirlpool, they each other chase  
Round and round, and neither find  
An outlet nor a resting-place!  
Stranger, if such disquietude be thine,  
Fall on thy knees and sue for help divine.

I'm sure most of us know those times, often in the middle of the night, when our thoughts are eddying around like foam in a whirlpool. I try to hold on to the fact that the love of God and the support of friends can help me to find the outlet from the pool.

So today may we all know how deeply we are loved, may we glimpse the vastness of the love of God, and may we know that help can be given at those times when we feel we are going round and round in circles without finding the way out.

**Canon Valerie Rampton**

(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.*

Diary Date: **15th August** Carlton Scroop Breakfast and Book Exchange 10.30-12 at Village Hall

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Our June meeting was held in a member's garden, instead of our usual talk in the village hall. After a mostly fine day, there was a hail storm just as the committee members arrived to set up the seating in the garden. Luckily it was short lived, and by the time the members came the sun was starting to come out. After a quick run round with old towels to dry off the tables and chairs we were good to go. The garden survived the battering and looked good with plenty of colour.

Each member brought a plate of food to share and wine and soft drinks were provided, so we enjoyed a pleasant social evening in the garden. We did keep our coats on, however, as global warming was taking a few days off and we had a typical British summer instead. Many thanks to the committee and others who helped with the organisation and clear-up, and everyone who took a chance on the weather and came along despite the rain.

## **More memories...**

To add a little more to Jean's excellent piece last month, I would continue by saying that whenever we went out to events, seaside etc., it was with a packed lunch. Sandwiches etc., were packed in paper bags saved from purchases from the Grocers with a flask of tea and carried in a basket or large shopping bag. Before returning home everything that was left was gathered up into the basket/shopping bag, including all rubbish etc., and carried home to be disposed of responsibly. Not left to blow in the wind willy nilly to ruin our green and pleasant land.

Janet Avison.

## In and Around the Garden

What strange weather we have had so far this year: no April showers, drought and 30° heat in May, and in 'flaming' June it has been wet and around 11°. Most of the plants are doing just fine, however, with penstemons, anemones and clematis all in flower a bit earlier than usual and overlapping with foxgloves. I even have dahlias in flower, but I did start them off in the conservatory in February.

I also planted seeds of 5 varieties of tomato in February, and kept one plant of each under glass and put another one of each outside in a bed by a south facing fence at the beginning of May – just in time for some frosty nights. I put some fleece over them and they showed no signs of damage, but the differences between the two sets are interesting. In the conservatory the plants are around 1.8m tall and have fruits developing. In the garden they are half that height and just have a few flowers. I wonder if they will give a later crop, or just a very poor one.

I did some repairs to the back fence that seem to be successful in keeping out the deer and badgers, but there are 2 new pests. The first is asparagus beetle, a small pest not much bigger than a piece of long grain rice. Its little grey larvae are capable of doing a lot of damage. So far I have only had 4 adults and 2 larvae, but I must keep checking the plants for more. The second is a cat that has a taste for a newly planted cat mint. A large specimen further down the garden has never been touched, but the new one has been badly chewed. Perhaps it is a tastier variety.

In line with the RSPB's latest advice, I stopped feeding the birds, but they seem to be doing well. Blue tits and great tits have successfully used nest boxes, and I think robins nested in a box within a wall shrub, as I have seen a juvenile begging food from an adult. A pair of crows built a nest high up in the pine tree and fledged at least one youngster, and I have seen young blackbirds stealing the raspberries, though there are plenty left for me. A song thrush, chaffinch and chiffchaff have been singing a lot, so they must be nesting in nearby trees.

Pollinating insects are not much in evidence, although there must have been enough caterpillars for the tit chicks. There are far fewer ladybirds, but they will have laid their eggs and I have seen a few larvae, which are less conspicuous. Speckled woods are about and I have seen one painted lady, and I hope the other garden butterflies will appear in due course. A few bumble bees and hoverflies are busy in the borders, where there are flowers of all shapes and sizes to provide them with pollen and nectar.

JA



## Environment Blog

### Is health in the gut of the beholder? And could it help you save money and the planet?



Although it is not to everyone's taste, eating a bowl of porridge every morning is assumed to be good for your health. I can also remember winter days as a youngster visiting relatives in Scotland when a warming bowl of porridge was served up as a means of insulating you from the cold and windy weather. It was always associated with healthiness. And because it is a cereal made from oats, most of them grown here in the UK, it is considered good for the planet too.

However, oats come in various shapes and sizes:

**Steel cut oatmeal** are oat groats cut into two to four pieces with a sharp metal blade. They take around 15 minutes to cook. Steel cut oats are the least processed form of oat cereal and when cooked have a nutty flavour with a good texture. They taste great as porridge or can be used in home baking.

**Stoneground oatmeal** is made from oat groats that have been ground into small flat pieces. When made into porridge, it is creamier than steel cut oatmeal and can be cooked on the hob in around 10 minutes, or in a microwave. Stoneground oatmeal can also be used as a coating for fish or meat, stuffings and crumble toppings.

Most porridge oats we come across in the shops are **rolled oats**, also called **old-fashioned oats**. These are oat groats, softened by steaming and then rolled into flakes. They absorb liquid quickly so the cooking time is reduced to 5-10 minutes when making porridge or they can be eaten without cooking for more texture.

**Instant oats** are oat groats which have been finely rolled and chopped so they cook quickly. They are often sold in individual sachets or pots. Although convenient, they may not keep you satisfied for as long because they are quickly digested compared to rolled oats and oatmeal. They often include lots of added sugar.

**Oat flour** is simply rolled or stoneground oats, finely ground into powder. It is often used in baked goods and can be used as a thickening agent.

**Oat bran** is the outer layer of the oat groats. It is not a wholegrain but it does contain plenty of fibre and antioxidants, and is a particularly good source of beta-glucan. You can add it to your breakfast cereal for extra fibre or use it in baking for a nutritional upgrade.

### **Oats to avoid**

Oats are considered as a good nutritional option because they: (1) are high in fibre and therefore great for gut health, (2) are a good source of protein, (3) contain many essential minerals and vitamins, and (4) contain antioxidants that are also beneficial for health. Although most oats have great health benefits, it is best to avoid instant oats because of their added sugar content. Because they are more highly shredded they digest very quickly, providing little benefit to the body's gut biome. Unfortunately, as a result of high pressure marketing that stresses speed and convenience, instant oats sold in sachets and pots have become very popular (25% of market share across Europe). If you want the best health benefits then avoid instant oats.

### **The glyphosate question**

However, there is a big question mark hanging over all types of oats, except those grown organically. In a practice called desiccation, **glyphosate** in the UK is sprayed directly on to crops in the weeks before harvest, not to kill weeds, but to kill the crop itself. By chemically accelerating the dying of the crop, farmers can harvest two weeks earlier, standardise the drying of the grain, and improve the consistency of the yield. Oats (and wheat) consistently show higher levels of glyphosate residues – these being allegedly carcinogenic – than in other cereal crops. So, despite having a 'good' reputation for their healthiness, oats in the way they are grown and harvested are surrounded by controversy. At present, glyphosate in the UK is fully approved for professional and agricultural use, including as a pre-harvest desiccant (it was banned in this regard in the EU in 2023). The debate about the safety of glyphosate continues.

### **Desiccation does not appear on product labels**

A further word of warning. Because desiccation is classified as an agricultural pesticide application rather than an ingredient, companies are not legally obliged to list it on packaging. As a result we never know when we are consuming potentially harmful pesticide residues or not! This applies to some other crops too.

'Oats so simple' may be the popular marketing catchphrase, but not all oats are equal.

Anon.



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## More memories...

After reading 'The memories of Augustus Peach' I recalled this.

### **Walking Sheep Down The A17**

In the early 1960s my brother and I helped get a flock of sheep from Maiden House Farm (now Hurlingham Business Park) on Fulbeck Heath to a farm at North Rauceby. It must have been during the Christmas school holiday and was a very cold day. I was certainly at school by this time but can't remember if my brother was.

Why did they ask Dad to bring us kids along? Well there was a lot of ditches and places on the road for the lambs to fall down and someone had to go down and pick them up (which of course we loved doing). The lambs that got tired were of course carried by the men. When we eventually arrived at the farm we got a lift back in the bosses car which was great. Can you imagine doing that today?

Suzanne Wills



Many thanks for the above image to Maureen Allen from Welbourn who found a copy of the Deanery Parish Magazine from September 1941 which contained this. More useful tips next month...

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## Ancient Egypt Big Bang Day

Miss Haynes launched our Year 3 and 4 new enquiry question: What have we learnt from the Ancient Egyptians?

The classroom became a pyramid tomb, and the children crawled through tunnels to find the Pharaoh and his treasure. They loved learning a dance inspired by Walk Like an Egyptian and began creating their own clay hieroglyphic emblems, which they'll paint later this term. In English, they watched a video about pyramids and made fantastic posters to show their learning.



## Sports Day Success

Well, we got a little damp to start with but luckily the sun finally came out.

We had a fantastic Sports Day filled with as the children took part in a carousel of exciting activities running, jumping and throwing.

Their enthusiasm was brilliant, as was the enthusiasm of the adults who took part in the parents/carers races! But what made the day truly special was their sportsmanship - cheering each other on, celebrating every effort, and showing real team spirit throughout.



## Well-beingAfternoon

After our sports morning we had a Well-Being Afternoon. Our Well-being ambassadors gave the teachers ideas of what they would like to do for their well-being.

During Narnia's well-being afternoon, the children had a wonderful time getting active and socialising with their friends. They took part in the Joe Wicks exercise video from Picture News, which got everyone moving, smiling and full of energy!



Afterwards, the children enjoyed playing a range of board games together. This was a great opportunity for them practice turn-taking, teamwork, and communication skills while having lots of fun

## We've Been to the Zoo!

Neverland and Enchanted Forest had a great time on their visit to Lincoln Zoo. The children were able to see some of the animals they had been learning about and were able to identify animals which were herbivores, carnivores and omnivores. They even got to a front row seat to the animal show, where they got to see some animals from around the world and learn about them! Some of the cheeky birds even flew over the top of their heads! During their visit, the children got to see wolves, sloth bears, crocodiles, parrots, meerkats, capybaras, spider monkeys, snakes and so much more! Leo C was surprised! "Look at this Lemur," he exclaimed to Miss Cook, "it has a long tail, it's trying to climb up me!"



Maci was amazed, 'The snake doesn't actually feel slimy!'

Ted spotted that 'the spider monkeys have long tails to help them swing from the trees!'

## Super Science Week!

At the end of last term, the whole school celebrated Throughout the week, pupils took part in a range of exciting activities and challenges linked to the world of science, technology, engineering and mathematics (STEM).

In Hogwarts, the children learnt about the challenges engineers face when creating equipment that can land on the Moon,



including extreme temperatures, unusual terrain, and how to power vehicles during long periods of darkness. They then designed their own lunar rovers to overcome these issues.

The class also took part in a buoyancy challenge. They explored which shapes are best for staying afloat and built their designs using only a piece of paper, a piece of foil, and a metre of tape. Finally, they tested their creations by placing them in water to see how many maths cubes each could hold before sinking.

**Neverland** answered the question of 'How do birds build their nests?' The children had to use natural resources to create their own nests but using pegs as their 'beaks' to create their end result.

We also had some deep thinking questions during our morning starters, which included:



- Spotting the odd one out in a series of images.

- What is the best surface to run on?

In Narnia the children worked collaboratively in teams to take on a bridge building challenge! Using a variety of materials, each group designed and built their own bridge with the aim of making it strong enough to hold as much weight as possible.

## British Science Week.

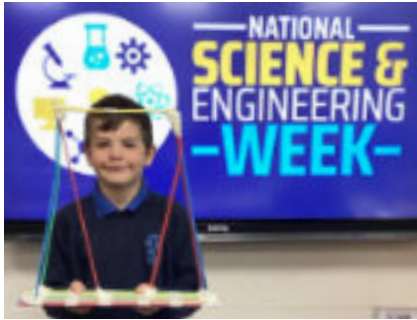


The children took part in an exciting investigation exploring forces and impact! The children filled 2L and 1L bottles with sand to give them different weights. Then they took it in turns to throw either a small ball or a large ball at the bottles to see how many they could knock over.

We were asking: Does the size of the ball make a difference?

Are the bigger or small bottles easier to knock down?

The children made predictions, tested their ideas and carefully observed what happened.



Thank you to our parents Mr Kirk and Mrs Roe who who were willing volunteers to come in and talk to the whole school about their careers in science. The children asked some thoughtful questions. The week was filled with curiosity, enthusiasm and a real sense of wonder as pupils learned about the important role that science and technology play in our everyday lives. It was fantastic to see such engagement across the school, with children demonstrating resilience, teamwork and creativity throughout the challenges. Hopefully the week has inspired some future scientists!



Thank you to everyone who attended our first Play and Connect session, held in collaboration with Caythorpe Pre-School. It was wonderful to welcome families into our setting and see children enjoying the provision while parents had the opportunity to meet, chat, and make new connections.

We hope these sessions provide a welcoming space for families to build supportive relationships, share experiences, and explore the excellent opportunities available within our school and pre-school community.

We look forward to welcoming both familiar and new faces for another enjoyable afternoon together, as if this is supported, we would love it to become a regular event.



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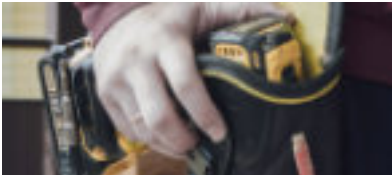
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