

Saxonwell Group Parish News

July 25



50p where sold



saxonwellchurches

www.saxonwellchurches.org.uk

The Saxonwell Group Parish News (SGPN) magazine is distributed to every household in Allington (Red), Foston (Green), Long Bennington (Blue) and Sedgebrook (Yellow).

FOR JULY CHURCH SERVICES, PLEASE SEE DETAILS IN YOUR VILLAGE SECTION OF THE MAGAZINE OR SEE LOCAL NOTICEBOARDS.

Join a Local Church Service on Zoom

Compline each Wednesday at 7.15pm.

Evening Prayer on the last Sunday of the month at 5pm

Log in using:- Meeting ID: 810 6571 1379 Passcode: 744328

[https://us02web.zoom.us/j/81065711379?](https://us02web.zoom.us/j/81065711379?pwd=djBjbHZuc2UwSjRmUEZEMEx1dlhQUT09)

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Sgpnmag23@gmail.com

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Donations to Magazine

The magazine is produced mainly by volunteers and is paid for from adverts and donations. If you would like to donate, you can use any of the methods below:

Bank Transfer to SGPN, sort code 60-09-09 account 72118695

Cheque to SGPN posted to SGPN Treasurer, 36 The Pastures, Long Bennington, NG23
5EG

Hand to any church or PCC member

ADVERTISING - IN THE PARISH MAG

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KIDS



SUMMER FUN @ ST. SWITHUN'S LONG BENNINGTON

Come and join us!

11am to 5pm Saturday 12th July

2pm to 4pm Sunday 13th July

**Fun challenge activities, glitter tattoos
and free stained glass themed crafts.**

**Also have a go at the 'spot the window'
quiz and photo competition (details in
the Long Bennington News from the
Pews section)**

Recognising Good Service to the Community



After 9 years of dedicated voluntary service, Samantha Roberts is retiring from her role as Volunteer Assistant with 1st Foston Scouts. During her time as team member and assistant scout leader she has contributed much to running the weekly programme of activities here and on national and international trips.

“During my time at scouts I have had so many great experiences, travelled to places and tried things that I would never have done had it not been for scouts. I have met many people both children and adults and shared many memories with them which I will never forget. Experiencing new things and challenges with others has been a pleasure and going out of our comfort zone together, supporting each other has been an important part of my life as well as the young people I have worked with. To know I’ve helped and supported many young boys and girls of Foston, Long Bennington and the surrounding villages is a great feeling and although I’m now stepping away to pursue other interests would encourage others to come and give it a try and hopefully find it as rewarding as I have.” - Sam Roberts

Sam’s commitment and guidance has helped shape the young people in our community, inspiring confidence, leadership, and lifelong skills. We cannot thank her enough for all the that she has given to the group and young people over the years. Volunteering with our scout group offers the chance to make a genuine difference in the lives of young people, helping them grow, explore, and develop through fun activities, with Sam departing we need your help to find new people who can help us continue the good work.

While we would love to find someone as dedicated as Sam, we understand that with other commitments that may not be possible and would look to work with anyone who would put themselves forward to find the right balance for them.

Why Volunteer?

- Inspire and mentor: Help young people gain confidence, resilience, and leadership skills.
- Give back to the community: Make a meaningful impact on the local young people and their interaction with the wider community.
- Learn and grow: Develop new skills, meet like-minded people, and be part of a supportive team.
- Have fun: Enjoy outdoor adventures, creative activities, team-building experiences, and some truly unforgettable moments.

No previous scouting experience is required—just enthusiasm and a willingness to support young people on their journey. If you are ready to try something new that makes a difference, we would love to hear from you! To have an informal chat to learn more or express, please contact Les Romans, Group Lead Volunteer - 1st Foston Scout Group lesromans63229@gmail.com M: 0793 9025853.

Together, let's inspire young people to take a break from the digital and have meaningful adventures in real life.

ALLINGTON VILLAGE HALL REGULAR DATES FOR YOUR DIARY

Craft Afternoon: Monday 1.30-4.00pm. Includes quilting, model-making, cross-stitching, knitting, sewing, card making etc.

Pilates: Monday 7.00-8.00pm (Term time and requires pre-booking)

Tai Chi: Tuesday 10.00-11.00am. To reserve a place email: rebtpeacock@gmail.com

New Age Kurling: Tuesday 2.00-4.30pm

Viking Squares: Tuesday 7.00-10.00pm. Come and try Social Square Dancing – beginners welcome.

Zumba: Thursday 6.00-6.45pm

Yoga: Friday 10.00-11.00am

Social Afternoon: Friday 2.00-4.30pm. Open to all for conversation and games.

Church Coffee & Cake: Monday 10.00am-12 noon (Monthly)

Allington WI: First Wednesday of the month – 7.30 for 7.45pm start. Visitors always welcome – £5.

Sound Bath: 3rd Saturday 10.30-11.30am (See www.bookwhen.com/shola or just turn up.)

Grantham Danserye: 3rd Saturday 2.00-5.00pm

Carpet Bowls: Alternate Sundays 2.00-5.00pm (September – April)

JULY

BIG BRUNCHES – Saturday 5th July and Saturday 26th July 9.30am-12 noon, last orders 11.15am. Drinks and Cake only will be served after 11.00am. As the brunches have proved so popular, we will be continuing to serve them rather than revert to Coffee Mornings. Continuing on the menu will be a full English breakfast, with bacon, sausage, hash brown, fried egg, grilled tomato and beans, along with bread. Or if you're extra hungry you can order a large breakfast. With toast and marmalade to follow if you wish. Tea/coffee and orange will also be served along with a variety of cakes. A £3 deposit will be required for special dietary orders so please message Jackie in advance if you require a special diet, on eventsatallingtonvillagehall@gmail.com.

PLEASE NOTE: APOLOGIES, BUT DUE TO HOLIDAYS, THE COFFEE MORNING ON THE 28TH JUNE WAS CANCELLED AND REPLACED BY THE BIG BRUNCH ON THE 5TH JULY.

For further details on the above contact David Smedley on chair.allingtonvhmc@gmail.com. For Viking Squares contact Judy Grummitt on 01400 281497. The next Big Brunch will be the 26th July.

VIEW FROM THE PEW - HOLY TRINITY CHURCH ALLINGTON

PROJECT COMPLETION

On Monday 2nd June at 7pm The Bishop of Grantham, Bishop Nicholas along with the Rev Jon, presided at a service of Dedication and Blessing for the Revitalisation of the Church. This service confirmed the finishing of our massive project to build a new path, servery and toilet. The service was well attended and concluded with refreshments from the new servery.

Left to right: Bob McKinlay Project Co-ordinator, Bishop Nicholas, Rev Jon Speirs-Davies



The project started around 5 years ago with an idea that it would be good to have modern facilities in the Church, and also to avoid worshippers slipping and falling on the muddy grassy path after rain.

Fundraising started in 2021 and continues to this day. We have used very traditional village ways to raise money including coffee mornings, concerts, plant sales, cream teas etc. Several of these events were held jointly with the Village Hall thus helping both village venues to raise much needed funds. We will continue to work closely with the Village Hall.

We were very fortunate in receiving a substantial legacy from a village resident, without which the project could not have been started. Additionally we were given many donations from other villagers both large and small.

We were very fortunate to be introduced to Dr John Manterfield from St. Wulfram's in Grantham early on in the project. John gave us invaluable advice including sources of funding and how to apply successfully. Our Architect Carl Andrews has been a great help in guiding us through the many obstacles on the way. We are also indebted to Sedgbrook Church for allowing us the use of St Lawrence whilst Holy Trinity was unusable.

The Church Council would like to thank anyone and everyone who helped in any way towards this amazing achievement. Well done everyone.

The Church is open from 10.00am until 4.00pm every day if anyone would like to see and experience the new facilities.



COFFEE AND CAKE

Our Coffee and Cake mornings will be held on Monday 7th July and Monday 4th August from 10-12 in the village hall. We look forward to seeing you all there for coffee, cake and a chat.

We continue to thank all our loyal supporters who enjoy our coffee and cake mornings and always look forward to welcoming new visitors and friends. A warm welcome awaits you all.

CHURCHYARD CLEAN UP – We are planning to have another Churchyard clean up morning soon and will let you know when this has been organised. Thank you to everyone who joins us for these mornings – we couldn't keep the Churchyard the way we do without your help.

SERVICE PLANNING.

Sunday 6th July 10.00am Communion

Sunday 20th July 10.00am Morning Worship

WINTER SINGERS CONCERT – We are again joining with the Village Hall over the Christmas period to host another concert by the Winter Singers.

WATCH THIS SPACE FOR THE DATE OF THE CONCERT AND TO PURCHASE YOUR TICKETS.

CREAM TEAS - VJ commemorations will be held Saturday 16th and Sunday 17th August. Cream teas will be held at Chris and Sally's house in Trinity Close on Saturday and at the Church on Sunday. There will also be a special commemoration service on the Sunday morning.

CHRISTMAS TREE FESTIVAL IN CHURCH PUT THE DATE IN YOUR DIARY - 13/14

December with set up days 10/11 December.

On event days tea/coffee/biscuits will be available from 10-4. There will be a prize for the best dressed tree judged by those visiting the event. The theme is 'What Christmas means to you'.

Entries are invited both from individuals and organisations. Please contact Mary McKinlay if you would like to reserve a place in the Church bobmckinlay1@aol.com or 07968 819636.

Invitations to all the village groups will go out during the week beginning 7th July.

The trees that were originally planted to celebrate Allington WI's 100 years, unfortunately died. However, we have now purchased a bench and with the help of the Parish Council, it has been installed in the children's play area at the Playing Field.

On Wednesday, 4th June, we joined Mildred Freeman, The Lady Historian, who presented her talk in full Victorian costume, for a whirlwind of history about 'Licentious Ladies of the 18th and 19th Century.' She made us laugh, was very entertaining, thought-provoking and delivered her talk with passion. She also had a great singing voice too - a multi-talented lady.

It made us rethink how women managed to survive and live their lives in the way they did in the 18th and 19th Century.

Next Meeting: Wednesday, 2nd July, 7.30 for a 7.45 pm start, at Allington Village Hall – Speaker: Noel Reeves – Bedroom to Boardroom. Visitors are most welcome to attend, at a fee of £5.00.

RECYCLING STAMPS AND USED PRINTER CARTRIDGES

Used postage stamps are collected for the Royal National Institute for the Blind (RNIB). Used printer cartridges, of all types, are recycled to raise money for the David School in Sierra Leone, with the motto 'Education Changes Lives', which was founded over 15 years ago, to provide education for children where there was no school. For further information please email allingtonwi@gmail.com



DO YOU HAVE EMPTY BLISTER PACKS FROM MEDICATION?

PLEASE RECYCLE THEM



Lots of us end up with lots of empty blister packs, and most end up in landfill. ALLINGTON WI ARE COLLECTING THEM TO RECYCLE AND HAVE PUT TWO BINS IN THE VILLAGE HALL – ONE OUTSIDE THE KITCHEN (SERVING AREA) AND ONE IN THE POST OFFICE.

If you visit Grantham, blister packs can be recycled in Superdrug in the Isaac Newton Centre.



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BEAT THE SCAMMERS

I am sure we are all working hard to protect our money from all types of scams. However too many times the Scammers still win! It causes real upset. So, here is some good news for a change. A new protection scheme called Authorised Push Payment (APP) scam was launched on 7 October.

This is where we're tricked into making a payment to an account outside our control and the person receiving it isn't who we intended to pay, or the payment wasn't for the purpose we originally agreed. If so, contact your bank immediately and you may be able to get your money back.

Take Five, a national campaign led by UK Finance, recommend three key points

1. "STOP" Take a moment to stop and think before parting with your money or information. It could keep you safe.
2. "CHALLENGE" Ask yourself, could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
3. "PROTECT" Contact your bank immediately if you think you've been scammed and report it to Action Fraud at actionfraud.police.uk or on 0330 123 2040.



FOSTON - DATES FOR YOUR DIARY

Foston Parish Council

Meet in the Village Hall on alternate months. A 15-minute period is set aside at the beginning of each meeting from 7.30 – 7.45pm, please note the meeting will commence at 7.30pm if no residents are present. Confirm with Christina Lees on 01400 281309.

Uniform Groups Meet at the Village Hall

1st Foston Brownies - Thursdays 6.30pm - term time only.

Register interest via www.girlguiding.org.uk

Rainbows - Thursday 5.00-6.00pm

Church Coffee Mornings - 10am-11.30am on the first Wednesday of the month

Foston Coffee Morning - 10am-12noon on the third Wednesday of the month

Foston Neighbours

Foston Neighbours are here to lend a hand – if you need any assistance with lifts to appointments, shopping or other domestic issues, we will do what we can to help, or signpost you to other services that may be right for you. It's easy to get in touch – just call or email, details above.

ST PETER'S FOSTON – NEWS FROM THE PEWS

Services at St Peter's

Here are our Services over the next couple of months for your diary:

20th July – 3pm Holy Communion

17th August – 3pm Holy Communion

21st September – 3pm Harvest Service with Holy Communion

Holy Communion is also available at Long Bennington on the 2nd and 4th Sundays of the month, so we hope congregations will visit other churches.

The Church remains open to all, twice a week for private prayer on Wednesday (1-4 pm) and Sunday (9.30 am - 1pm). Please feel free to use the church for quiet contemplation and prayer.

Open Day – 7th June

Thank you everyone who visited the church on our Open Day in June. Unfortunately, the weather didn't play ball for the Tower Tours (hopefully they will run in September over the Heritage Weekend), but the Lady Chapel smelt beautiful with the abundance of village grown roses! Thank you to the WI ladies who created such a beautiful display of Foston Roses! The vestments on display were splendid and it made interesting reading to understand when the various colours are used throughout the Episcopal year. And the wedding and christening displays also set off those areas of the church beautifully. Thanks to all the helpers and those who contributed over the day. A very welcome £230 was raised to go towards the upkeep of St Peter's.





Upcoming Events - Current planned events for 2025 are:

- **6th July – Afternoon Tea in the Garden** – from 2.30pm at The Chestnuts, 2 Highfield Close. Tickets now on sale: £8 per ticket (£4 for children under 12 years). Contact any PCC member to purchase.
- **September – Heritage Open Days** – The church will be open for two Saturdays during this period: 13th September and 20th September. The majority of the events will take place on 20th September but look out for full details closer to the date. We are likely to have a speaker on the heritage of the church, Tower Tours (weather permitting) and the Village Heritage Trail.
- **21st September – Harvest Service** (3pm) followed by Harvest Supper on Monday 22nd September
- **9th November – Remembrance service** (4pm)
- **November – Wine Tasting** – date TBC
- **December - Carol Service** and possible advent festival – dates and themes tbc.
- **24th December – Christingle Service** (4pm)

Coffee Morning: Come and join us for chat and homemade cake on the first Wednesday of the month. So many have been attending recently so it is clearly the place to be! Just £2.50 for all this... At the Village Hall from 10-11.30am on the following dates: 2nd July 6th August 3rd September

Regular Giving

Money makes the world go round And it certainly helps to keep the Church well maintained. Only a small proportion of our finances go to the Diocese to cover the cost of our Parish Vicar. The remainder is used to keep the Church standing, safe and open for all. If you would like to support St Peter's Church, you can set up either regular giving or one-off donations through the following website: www.parishgiving.org.uk and search for Foston St Peter.

Alternatively use this QR code:



For more details for anything listed here, please contact either Eileen Ross (tel 07710 534732) or Lucy Bliss (mobile 07740 980689, email lucyjanebliss@gmail.com).

FOSTON WI

At our May meeting we discussed this years' WI Resolutions. Then we were shown 3 crafts, paper tissue flowers, material broaches and cards, followed by a social evening,



On the 4th June the zoom NFWI annual virtual meeting, where members arranged to watch this online together, at local venues. The chosen Resolution was "Bystanders Can Be Lifesavers".

Emma Bridgewater was the first guest speaker, telling us how she founded a ceramics company in 1985, specialising in earthenware. Kindly producing a mug celebrating 110 years of the WI.

The second speaker was Angel Strawbridge, a life-long fan and supporter of the WI and personifies its ethos of passing on valuable skills and traditions to generations of women. She shared details of her life in France and how her family has become an integral part of the local community.

Members voted to support the 2025/26 campaign, "Bystanders can be Lifesavers" – to increase vital CPR and defibrillator skills.

For Saint Peters church open day on 7th June our members arranged various displays of Foston roses.

Kenneth Moore was our June guest speaker and his talk was on "The History of the Shipping Forecast" and how this was established by Vice- Admiral Robert Fitzroy, who was the first professional weather forecaster in 1861, using telegraph communications and saving many lives. They only stopped broadcasting during our two world wars. Even with today's modern technology, it is still broadcast.

For further information or if you wish to join us any time - please contact Eileen Ross on 07710 534732.

Maggi Challis, Publicity

Lincolnshire's fertile soils means that there are some splendid gardens to visit.

Some like Easton Walled Garden specialise, so get down there now to see their sweet peas, and drink in that sublime scent.

Until the end of August renowned artists Graphic Rewilding have transformed the Sculpture Garden at Burghley House. Botanic Tapestry, features giant flags inspired by Burghley's flora and fauna. Gunby Hall, Belton House, Grimsthorpe Castle, Normanby Hall and Doddington Hall all have lovely gardens (with rather nice houses attached!) and don't forget those gardens that are just opened occasionally by their proud owners.

Beautiful 400 year old walled gardens with ancient parkland.

Explore Easton Walled Gardens' spectacular floral displays. Discover plants, sweet peas, snowdrops, wildlife, roses, meadow flowers and more, all surrounded by ancient walks and parkland.

This 400 year old garden is bursting with vibrant colours, bulbs and flowers. Enjoy a luxury shopping experience at The Courtyard Shop, discover a diverse array of special and unique items including 50 varieties of sweet pea on sale. Stop off at The Cholmeley Arms Pub for a warm, friendly atmosphere and delicious food.



Long Bennington – REGULAR DATES FOR YOUR DIARY

(Please also see Village Hall Schedule)

Mobile Library Service

Outside Long Bennington Village Hall Friday - 1330 - 1430.

Enquiries to Customer Service Centre on 01522 782010 or www.lincolnshire.gov.uk

Tea-n-Chat

Started by St Swithun's church to provide a place for people to meet in warm, friendly surroundings. It is held in Long Bennington Village Hall on the last Friday of every month from 2.15 - 3.30pm. (except holiday breaks in August and December).

Everyone is welcome, and tea, coffee and cakes are provided. Please feel free to join us.

Long Bennington Coffee Morning

The Reindeer every Thursday at 10.30am. Coffee/tea and biscuits £3.00. All welcome.

Methodist Coffee Morning

Please join us every 3rd Saturday in the month, in the Methodist Chapel for coffee, cake and a chat.

The Chatty Café

Meeting every Thursday afternoon 2pm- 3pm in Baker's at Sixty-Two – Main Road, Long Bennington. The Scheme is a national initiative aiming to reduce loneliness by getting people chatting. The group is hosted by two Chatty Cafe Scheme volunteers each week. Contact Mary Barlow marybarlowhello@gmail.com or tel: 07885 639091

Long Bennington Afternoon House Group

All are welcome. We meet alternate Mondays at 2.30pm at 76 Main Road. For more details please contact Joy Jordan on 01400 281355.

Book and Card/Gift Stall

Second Sunday each month there will be a stall in St Swithun's church, selling books, cards and small gifts, run by Helen Baker from Claypole. Come and have a look for that special card or an uplifting spiritual book and have a chat and coffee/biscuits around 11.30am to 12 noon (following the 10.30 service).

Long Bennington Pre-School

A registered charity offering a safe, secure and nurturing environment to educate your child. Qualified, experienced staff will support your child to reach their full potential. Based in the small hall at Long Bennington Village Hall, we are open Monday to Friday 8.30am- 3.15pm during term time. 15 hours of funding is available for all 2-, 3- & 4-year-olds including an additional 15 hours Working Parents Entitlement to those that are eligible. Our payable rate is £5.50 an hour for any additional hours taken. For more information or to arrange a visit please call the Pre-school on 07816 537242 or email longbenningtonpreschool@googlemail.com

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Long Bennington – Village Hall

| When | Class/Meeting | Time | Hall | Contact |
|--|---------------------------------------|-------------------------------|-------|---|
| Mon weekly | Beginner to intermediate Pilates | 11:45 – 12:45 | Main | Linda Brady 07850 618516 |
| Mon Weekly | Advanced Pilates | 10.30-11.30 | Main | Linda Brady 07850 618516 |
| 1 st Mon monthly | Parish Council | 19:00 – 21:00 | Small | Jane Evans 01400 282716 |
| 2 nd & 4 th Monday Monthly | Rotary Club | 19:00 – 20:00 | Bar | hello@lbrotery.co.uk |
| Tues weekly | Bennington Art Group | 10:00 – 12:00 | Foyer | Margaret Butcher 07484 140914 margaret23butcher@btinternet.com |
| 1 st Tues monthly | WI | 19:30 – 21:00 | Main | Margaret Butcher 07484 140914 margaret23butcher@btinternet.com |
| 4 th Tue monthly | Gardening Club | 19:30 – 21:00 | Main | Amy Hodson amyhodson4@gmail.com |
| Weds weekly | Post Office | 09:00 – 12:00 | Foyer | |
| Thurs weekly | Post Office | 13:00 – 15:00 | Foyer | |
| Thursday Weekly | Yoga and Relaxation | 9.45-10.45 | Main | namasteyoga.uk@gmail.com or message 07349 936695 |
| Thurs weekly | Adult Pilates Suitable for all levels | 17:15 – 18:15 & 18:30 – 19:30 | Main | Amanda 07967387969 https://www.corestrengthpilatesuk.com |
| Fri weekly | Adult Pilates -all levels | 09:30 - 10:30 | Main | Amanda, As Above |
| 1 st & 3 rd Fri monthly | WI craft group | 1030 - 12:30 | Bar | Sue Clarke 01400 282986 |
| Last Fri monthly | Tea and Chat | 14:00 – 16:00 | Main | Hilda Owen 01400 282471 ejanecowley@aol.com |
| Wednesday 9 th July | LBA Year 5/6 Performance | 13.00-20.00 | Main | LBAenquiries@infinityacademies.co.uk |
| Saturday 12 th July | Birdie Quilt Workshop | 9.30 -16.00 | Main | lincs@quiltersguild.org.uk Lindy Lodge |
| Tuesday 15 th July | Wine Club | 19.00-21.30 | Bar | Raj Solanki raj@libradrinks.co.uk |
| Sunday 6 th July | Electric Jive Tea Dance | 15.00-19.00 | Main | sally.picker@hotmail.co.uk |

View all events and bookings online at <https://www.longbenningtonvillagehall.org>

Help Needed

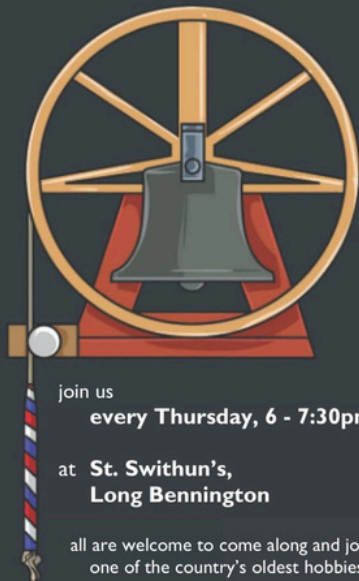
If you are a resident of Long Bennington and would like to ensure the future stability and indeed, the existence of the hall, you would be warmly welcomed to join us. Without more active volunteers, we will be severely limited in the number of events for the village and surrounding areas we can support.

We meet once per month for a couple of hours. Call us on 07816 267 927 or email us at bookings@longbenningtonvillagehall.org if you are interested.

For more information on the Hall visit our website:-
www.longbenningtonvillagehall.org and/or join our Facebook page:- Long Bennington Village Hall (aka St James Hall)
<https://www.facebook.com/groups/820082729967125>

**St Swithun's Church will be open on WEDNESDAYS 10am to 4pm
until repair work starts 17th July.
(Church services will continue as usual)**

Ever thought about bellringing? Then let us
show you the ropes!



join us
every Thursday, 6 - 7:30pm

at **St. Swithun's,
Long Bennington**

all are welcome to come along and join in
one of the country's oldest hobbies.

LONG BENNINGTON BOWLS CLUB

WELCOMES NEW MEMBERS

If you would like to try your
hand at lawn bowls then
please contact us, using the
details below, to arrange a
visit.

The green is open from mid-
April to mid-September.

You will be made most
welcome.



longbenningtonbowlsclub.co.uk
or call **07736 311 854**



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Saturday 12th & Sunday 13th July
at St Swithun's Church
Long Bennington
SUMMER EVENT

Saturday 11am – 5pm

- 11.00am Welcome by Rev Jon
All day: Exhibits & stalls selling arts & crafts including ceramics, glass, vintage, paintings & prints. Children's art, fun challenge activities, glitter tattoos
- 11.00am to 1.00pm Bacon & vegan brunch rolls served
- 1.30pm to 4.30pm Strawberry teas, savoury scones & cakes served
- 2.30pm Organist playing
- 3.30pm Stained Glass talk in Chancel
- 4.00pm Saxonwell Bell ringers

Raffle prizes include
£100 cash & vouchers
generously donated by businesses

Sunday 2pm - 4pm

- 2.00 to 3.30 pm Afternoon refreshments as Saturday
- 2.30pm Organist playing
- 3.00pm Window Quiz entry and Through the Window Photo Competition voting closes
- 3.30pm Quiz & Competition winners announced
Raffle draw

FREE ENTRY

Car Parking in field near church

Fund-raising for church wall & stained glass window repairs



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LONG BENNINGTON NEWS FROM THE PEWS

A very successful churchyard clear-up was held on 18th May, with eighteen volunteers helping out on a sunny afternoon. Many thanks to all who came and helped the ongoing efforts of the PCC in ensuring this special place is kept cared for and well-tended.



In June, and at the start of the new school term we had the pleasure of welcoming the Key Stage 1 children and staff from Long Bennington Academy to St Swithun's. They visited the church as part of their 'Places of Worship' topic. Three year groups: Reception, Year 1 and Year 2 enjoyed a trail – answering questions about the church, observational drawing and craft activities. Art pieces from this session will decorate the church at the Summer Event. The children were beautifully behaved and showed a keen interest in what was outside and inside the building and how these link to Christian beliefs and practices.

Also, with children in mind, the West Loveden Kids activity, which currently alternates between Long Bennington and Claypole churches (and is open to all children and families, wherever they live) was held on Sunday 8th June at Claypole Church. Everyone enjoyed a lively session which celebrated Pentecost.

The Father's Day event at Long Bennington Village Hall was also held in June and lots of fun and challenging games were enjoyed by the visitors to this event. Thank-you to all who came along.

CHURCH REPAIRS

If all goes to plan the Church Repair Project should start on 14 July and last for 8 to 10 weeks, during this time Sunday services will continue as normal. However, the midday opening of the church to visitors - on Wednesdays from 10am to 4pm – will only continue until the repairs start.

The core elements of the repair works involve: inserting long metal-rod pins laterally in some of the Chancel and North Aisle walls (to bind the walls together); re-working some of the stonework around parts of the Chancel's East Window; and the re-insertion of the re-built stained-glass window panel in the East Window.

Fundraising for the project is still on-going; however, we have recently received notification of 2 small grants awards, and we await the outcome of a third application. In all we remain just over £10k short of our financial target, so our fundraising activities will continue; these include the coming 12th/13th July Summer Event and another Military Wives Choir concert on Saturday 11th October with a theme of 'Last Night of the Proms' - details of both are advertised elsewhere in this magazine.

SUMMER EVENT

As described in last month's magazine and in the poster in this magazine we hope that our Summer Event at St Swithun's church will be enjoyable for all its visitors. Everyone is welcome to come along.

In the run up to the event we have launched two prize competitions - a 'Through the Window' photography one (described in the June magazine with a closing date of July 4th) and a 'Spot the Window Quiz'. If you would like a copy of the Quiz - which can be submitted at the event - please email this address lbchurchrepair@gmail.com and we can send you one.

As always, monetary donations to support the church can be made:
• By online bank transfer to: Long Bennington Parochial Church Council
o Account Number: 50110357
o Sort Code: 05-04-42
Through our Give a Little page (see QR Code)



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St Swithun's Church

HARVEST SUPPER

7.00 pm

Saturday 20th September

St James Village Hall, Long Bennington
home-cooked supper & entertainment
bar & raffle

ALL PROCEEDS TOWARDS CHURCH FUNDS
Further details in the August/September magazine...

St Swithun's Long Bennington

CRANWELL

MILITARY WIVES CHOIR

IN CONCERT

"Last Night of the Proms"

Saturday 11 October 7.30pm

Entrance free, but retiring cash collection

will be taken in aid of

Church East Chancel Wall Repairs

Tickets required in advance via

01400 282471

Events listed will be held in the Church, unless otherwise stated.

| DATE | EVENT |
|---------------------------|---|
| Last Friday of each month | Tea-n-Chat, 2.15pm to 3.30pm Village Hall All Welcome |
| June 8th | West Loveden Kids Activity, 2.30pm |
| June 15th | Father's Day Event, 9.30am to 11.00am, Village Hall. |
| July 12th & 13th | Art/Crafts Weekend & Strawberry Tea. Details yet to be decided. |
| August 1st - 30th | Summer Holiday Children's Activities. Details yet to be published. |
| September 20th | Harvest Supper, 7.00pm Village Hall. |
| September 21st | Harvest Festival Service, 10.30am. West Loveden Kids Activity, 2.30pm |
| October 11th | Cranwell Military Wives Concert-'Last Night of the Proms', 7.30pm. |
| November 9th | Remembrance Service, 10.15am Methodist Chapel. Remembrance Ceremony, 10.50am Memorial Gardens. Remembrance Lunch, 1.00pm Whittakers Restaurant. |
| November 16th | West Loveden Kids Activity, 2.30pm |
| December 4th | Tea-n-Chat Christmas Lunch, 12.30pm Whittakers Restaurant. |
| December 13th or 20th | Choir Carol Concert. (TBC). |
| December 13th & 14th | Santa's Sleigh, 4.00pm to 8.00pm each day around Village. |
| December 21st | Carol Service, 10.30am. |

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Opening Times
Wednesday – Saturday 09:30 – 4.00
Sunday 11:00 – 4:00



LONG BENNINGTON WI

theWI
INSPIRING WOMEN

Over thirty members attended our June meeting where the guest speaker was Nancy Appleyard talking about Communicating through Body Language. If you see any members of Long Bennington WI looking at you with rather close concentration this is why – they will be checking out your body language! We can discover more about what people are really thinking by looking at their movements rather than listening to what they say. In Nancy's illuminating and humorous talk we learned the difference between rational taught body language, which can differ from culture to culture, and instinctive universal body language. Nancy has a background in teaching and anthropology and spent ten years studying and living in different cultures and communities around the world, particularly in Asia. She became fascinated by how people could communicate despite language barriers. It is thought that only a small proportion of communication is through the spoken word – the rest is body language. Historically body language evolved through animals and primates long before Home Sapiens developed. The area of the brain that governs emotion, colloquially known as the 'Chimp Brain,' also governs body language and so although we can sometimes use our rational brain at times to control our expressions and movements, as observers we usually rely on our interpretation of body language first. We know when someone's smile is false.



Nancy used lots of amusing pictures of politicians (see Photo), particularly Trump and Boris Johnson as well as the Prince and Princess of Wales to demonstrate how difficult it is to hide your true feelings. It was a most enjoyable and fascinating evening, and we all left more aware of each other's behaviour!

We also had a second handbook and jigsaw sale with any left-over books being donated for sale at the Lincolnshire Show.

Our next meeting on 1st July features the Lincolnshire duo, Patty and Dave, entertaining us with their presentation 'Flatlands: Songs and Stories from the Fens'. We have no meeting in August but instead we have a busy programme of visits and trips planned including a trip to Bletchley Park and a Summer Lunch at the Duck at Woolsthorpe, as well as three group trips to see different shows at Toilethorpe Outdoor Theatre. Our own craft group will continue to meet twice monthly over the summer. Full meetings start again in September with a range of fun evenings planned, including a 'Dress the Mother of the Bride' Sewing Bee type competition, Macrame Making and a Murder Mystery Evening.

If you would like to join in any of our activities or wish to become a member, please contact our President, Margaret Butcher on 07484 140914 or margaret23butcher@btinternet.com Jan Leventhall



LONG BENNINGTON PARISH COUNCIL

The Parish Council had its last Parish Council meeting on 2nd June at St James's Hall.

Planning

Cllrs were advised that following SKDC's decision not to determine another application for a traveller site at Valley Lane, the applicant has employed a London solicitor to challenge SKDC. This will, again, delay the enforcement at the illegal site.

Finance

The Annual Governance and Accountability Return 2024/25 has been submitted to the external auditors.

Renewal of the Parish Council insurance is being considered, and further quotes are being received as the quote from the current insurer has increased significantly (partly due to the claim for the stolen tractor).

Playing Field Improvement Plans

It was confirmed that for the project to go ahead at the end of June, a contingency plan needs to be approved if the Football Foundation Grant application is declined. A significant amount (£40k) of the funding for the project is from a donation from Geoff Fearn. The contingency plan was agreed by the Parish Council and it is expected that the works will commence by the end of June.

The Pavilion will not be accessible for use during the works but the rest of the Playing Field facilities will be available.

Following Parish Council meeting dates:

Monday 7th July 2025
Monday 4th August 2025

As always, if you have any issues or concerns you wish to raise with the Parish Council, please contact me on 01400 282716 or email parishclerk@longbenningtonparishcouncil.org

Jane Evans

Parish Clerk

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WHAT'S HAPPENING AT THE METHODIST CHAPEL?

Sunday Services

All services can be viewed on the notice board outside the Chapel.

All our services start at 10.30am unless otherwise notified. Everyone is welcome.

Knitting / Craft Group

Anyone interested in knitting, sewing, embroidery etc. would be very welcome to come along on a Monday morning from 10.30am to mid-day. There is a nominal entry fee of £2.50 to cover the heating costs and refreshments.

Games Afternoon

Are you looking for a little fun, come and join us on the 2nd and 4th Wednesday of each month when we get together to play board games and have tea (or coffee) and chat. We are always looking to welcome new participants so if you have a competitive streak, we look forward to seeing you. There is a nominal entry fee of £2.50 to cover the heating costs and refreshments. Activities start at 2.00pm

Coffee Mornings

Our next Coffee Morning will be held on Saturday 21st June, starting at 10am come along and join us when there will be homemade cakes for sale, a raffle and wonderful Nearly New Stall which is always full of exciting items and great gift opportunities. Entry costs £2.50 for bottomless tea or coffee and plenty of biscuits.



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Dear friends,

So, we moved house. The removal company was great. They finished the move in two and half days, which included the packing. Unfortunately, they weren't also unpacking at journey's end, but you can't have everything. Whenever we were unsure about what to do with an item, the standard response was "Garage", which is now pretty much full, not only of unopened boxes, but of all the various bits of furniture that haven't got, and probably won't have, a place inside the ho



For, inevitably, in the age-old pattern of downsizers before us, we still have too much stuff. A lot of that stuff is sentimental, decorative, possibly useful, but it is still too much to be contained inside the walls of our bungalow retirement home. And so the sifting process will go on for some time (on the bright side, we may have the best furnished garage in the street!).

All of which begs the question "How much do we really need?" When we live in a finite world with huge disparities of wealth and opportunity, what does it take to support one family's life? Do we need multiple versions of the same tool or gadget? Do we need the stuff we are tempted to buy when we are browsing online, or are we just being manipulated by that nice algorithm that is analysing our interests and temptations?

Our next-door neighbours a few houses ago were moving. Their children had some challenges and needed more room than their current house allowed them, a fact that became painfully clear living through the lockdown of 2020-21. So they went shopping for a new house, found one, set a moving date and started packing. They decided what they needed to live comfortably but basically while they waited and put everything else in boxes.

Their move was held up and took more than a year longer than they had planned. After about nine months, the husband commented that in all that time they had only needed three things that were in the boxes, and all had been easily replaced. "Why are we keeping all this stuff?" he asked, "And why are we bothering to move it all?"

Jesus responded to his disciples' request for a lesson in prayer by telling them to ask for their daily bread. Simple. Scary. If we have what we need for today, what about tomorrow? If we have what we need for tomorrow, what about the next 20 years?

Contentment seems to come in small doses, one day at a time, moving forward in quiet confidence that there will be enough when the time comes. We have, Jesus tells us, a heavenly Father who knows what we need.

Now, as I haul my homeless tat to the tip or inflict it on the charity shops of Newark and Burton on Trent, will I feel lighter, more free, less encumbered? Or will I feel anxious that I might just need that book or cheffy poaching ring sometime soon? Ask me in six months' time!

Every blessing,

David H. Bonny

SEDGEBROOK SOCIAL CLUB REGULAR DATES FOR YOUR DIARY

Rainbows/ Brownies Mondays 5.00pm/6.30pm
Grantham Canine Assoc Mondays 8.00pm-9.00pm
Knit and Natter Tuesdays 2.00pm-4.00pm
Ruff Diamonds Dog Training Tuesdays 6.00pm
Ruff Diamonds Dog Training Wednesdays 6.00pm
Pilates with Alice Thursdays 7.30pm-8.30pm
Club Bar Open to members Fridays 6.00pm-11.00pm
Ruff Diamonds Dog Training Saturdays 10.00am onwards
Club Bar Open to members Sundays 1.00pm-4.00pm
Heritage Group Meeting Sunday 23rd March in Church 3.00pm

Membership fee for 2025 is £15 per person (under 18s free)

We are always looking for new committee members, if you are able to help, please get in touch.

The club and bar are available for hire for private parties, social gatherings and regular events.

Please contact Amanda Longdon on 07849193159 or email sedgebrook social club@hotmail.co.uk.

ST LAWRENCE SEDGEBROOK – NEWS FROM THE PEWS

Church and Museum open daily 10am-4pm

Free Church Guide

Heritage Group meets bi-monthly 4th Sunday in the Church 3pm

Community Library and Jigsaws, Recycling for aluminium cans and ink cartridges

Grantham Food Bank collecting point

Teddy Bear's Picnic Children's Book set in St Lawrence Church available for £5 per copy

The church is open every day to give the community the opportunity to enjoy the museum, children's corner, books and jigsaws, the recycling, the food bank collecting point, and the opportunity for a peaceful space and private prayer.

The church is open every day to give the community the opportunity to enjoy the museum, children's corner, books and jigsaws, the recycling of cans and ink cartridges, the food bank collecting point, and the opportunity for a peaceful space and private prayer.

AFTERNOON TEAS Held on a Thursday in the Social Club 2pm-4pm

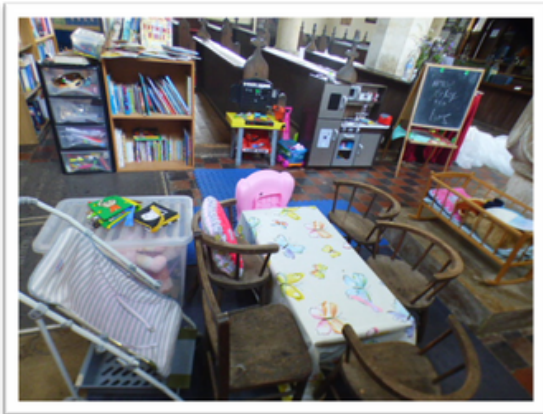
Please note the new venue. Here are the dates for your diary:

28th August

25th September

all including a raffle.

There are no services planned in July.





Here is the QR code for the Parish Giving Scheme. It can be used for one off payments or setting up regular donations. Once scanned it will take you through the 3 steps to enable a donation to be made.





NHS App - Have you downloaded the NHS APP? You can view your medical record as well as book appointments via the APP. If you require any assistance using the App, please do get in touch and request to speak to our NHS App champion.

Dispensary - We are experiencing high volumes of prescription requests at present.

Please wait for your text message to confirm your prescription is ready prior to attempting to collect.

Patient Participation Group surveys - Our Patient Participation Group members have recently been involved in completing a survey to find out how our patients arrive to their appointment at Long Bennington Medical Centre. The results showed that the majority of our patients arrive to their appointment by car.

Well-Being Walks - If you have not joined us before and are free every 3rd Wednesday of the month, then feel free to join us on one of our well-being walks. The next walk is scheduled for Wednesday 16th July 2025 at 10:45am from the Medical Centre.



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Lay Reader Jenny Stuart jenny.stuart@outlook.com 01949 842231
Retired Priest Rev. Stella Langdon-Davies
Authorised Lay Ministers Sylvia Andrews, Joy Jordan and Colin Sedgewick
Administrator Davina Tyler lovedenwest@gmail.com

CHURCH CONTACTS

St Swithun's, Long Bennington
Church Warden Bridget Rosewell 07836 215181
Treasurer Jane Cowley 01400 282691
Church Flowers Beryl Holmes 01400 281437
Safeguarding Officer Eileen Ross 01400 281932

St Peter's Foston
Church Warden/Treasurer Andrew Blanchard 01476 978664/ 07590652657
Safeguarding Officer Eileen Ross 01400 281932

Holy Trinity Allington
Church Warden Chris Dicken 01400 281524
Treasurer Bob McKinlay 01400 281671
Safeguarding Officer Marian Hubbard 01400 281496
Flowers Jill Storer/Linda Rycroft 283542/281516

St Lawrence Sedgebrook
Church Warden Alan Cook 07963553835
Safeguarding Officer Wendy Fowler wendyfowler@btinternet.com
mob. 07747022272.

Treasurer Ian McKay 01949 843691
Flowers Geraldine Statham glendogs@aol.com

Long Bennington Methodist Chapel
Steward Eileen Eggleston 07531 160197
Treasurer Kathryn Wood 01400 281489

COMMUNITY CONTACTS

Parish Council Clerks
Jane Evans (Long Bennington) parishclerk@longbenningtonparishcouncil.org
Mon 10:30-12:30 at Village Hall Tel:01400 282716
James Stanley (Foston) clerk@fostonpc-lincs.org 01522 889737
Kate Griffin (Allington) 6 Sedgebrook Road, Allington
Jane Bratton (Sedgebrook) clerksedgebrook@gmail.com 01476 577175
Ted Bates (Chair) Long Bennington Charities 01400 281853

Village Halls: Booking Secretaries

Allington— Janet Jackson Bookings- bookings.allingtonvillagehall@gmail.com
Foston— Pam Fellows -07740 894605 email fostonvillagehall2023@gmail.com
or Richard Wynn 07579 779087 email fostonvillagehall2023@gmail.com
Long Bennington—bookings@longbenningtonvillagehall.org—07816 267927
Sedgebrook—Alan Cook— 07963553835

Other Useful Contacts

Long Bennington Medical Centre- 01400 281220
Foston book group Lucy Bliss - lucy.painter@opalhr.co.uk—01400 282661
Long Bennington book group—Moire Barnabas - 01400 283313
Long Bennington & Local Villages Rotary Group SecretaryLBR@outlook.com
Long Bennington Girl Guides—Mon 7pm-8.30pm—www.girlguiding.org.uk
1st Foston Brownies Thursdays - 6.30pm - 1stfostonbrownies20@gmail.com
Village Hall
Rainbows Thursdays - 5-6pm 1stfostonrainbows20@gmail.com—Village Hall
Scout Group Gorrie Hall, Chapel Lane, Foston
Beaver Scouts Mondays- 6:30-7:30pm Adam Lashbrook
foston.beavers@gmail.com
Club Scouts Wednesdays—6:30-8pm—Claire Collier 01636 626097
Scouts Thursdays—7-9pm—Les Romans 01400 281217
Explorer Scouts -Mondays—7:45-9:30pm—Jenny Wyn 01400 282301

Women's Institute: (each meet monthly in their local village hall)

Allington—1st Wed 7:45pm—Margaret Dicken— 01400 281524
Foston—2nd Tuesday 7:30pm—Carole Chandler-Barratt- 07767 657745
Long Bennington—1st Tuesday 7:30pm—Margaret Butcher - 07484140914 Email: margaret23butcher@btinternet.com
LB Playing Fields: Booking Manager—Gemma Walker—07946 176034
Management Committee—Mike Manley—01400 282731
Long Bennington Toddler Group—Becca Thirtle—07545 491267
Long Bennington [Pre-School—longbenningtonpreschool@googlemail.com](mailto:longbenningtonpreschool@googlemail.com) 07816 537242
Bowls Club—Peter Fordham—07701059943 email nettyfordham@gmail.com
Friendship Group—Nicola Thorpe—07904 182752
Tea n Chat -Jane Taylor - 01400 282480
Junior Football Club—Steve Rowley—07909 857441
Twinning Association—Margaret Butcher – 07484140914
Village Produce Association—Bev Gledhill— 07753 709513
Writing Group—Shirley Lynn—07726 334280
LB Rotary Club- hello@lbrotary.co.uk
Foston Neighbours - 07422 881448 fostonneighbours@gmail.com



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