

NEW STUDIO, NEW CLASSES
Zest Studio, The Pavillion, Howell Road
Heckington, NG34 9RX
 (Behind St Andrews Primary School)
 www.zestdancefit.com • Tel: 07786 247988




Monday - Heckington Studio
 Stretch & Tone - 10:00 to 11:00 am
 Primary Ballet - 3:45 to 4:15 pm
 Primary Tap - 4:15 to 4:45 pm
 Grade 1 Ballet - 4:45 to 5:30 pm
 Grade 5 Ballet - 5:30 to 6:30 pm
 Ballet / Body Conditioning - 6:30 to 7:15 pm

Tuesday - Leasingham Village Hall
 Baby Ballet - 4:00 to 4:30 pm
 Pre Primary Ballet - 4:00 to 4:30 pm
 Pre Primary Tap - 4:30 to 5:00 pm
 Grade 1 Tap - 4:30 to 5:00 pm
 Primary Ballet - 5:00 to 5:45 pm
 Grade 1 Ballet - 5:00 to 5:45 pm
 Grade 3 Ballet - 5:45 to 6:30 pm
 Zumba / Fitsteps - 6:00 to 6:45 pm
 Grade 5 Ballet - 6:30 to 7:30 pm
Heckington Studio
 Adult Tap - 7:30 to 8:15 pm

Wednesday - Heckington Studio
 Yoga - 9:30 to 10:45 am
 Yoga - 11:00 to 12:15 pm
 Baby Ballet - 3:45 to 4:15 pm
 Kids Hooping - 4:15 to 5:00 pm
 Grade 3 Tap - 5:00 to 5:45 pm
 Cheerleading - 5:45 to 6:30 pm
 Street Dance 7yrs+ - 6:30 to 7:30 pm
 Zumba / Fitsteps - 7:30 to 8:30 pm

Friday - Heckington Studio
 Grade 6 Tap - 4:45 to 5:45 pm
 Intermediate Modern - 5:45 to 6:45 pm
 Grade 6 Ballet - 6:45 to 7:45 pm
 Pointe Work - 7:45 to 8:15 pm

Saturday - Heckington Studio
 Grade 4 Ballet - 9:00 to 10:00 am
 Juicy Fruits Preschool Dance & Music Class - 10:00 to 10:30 am
 Grade 3 Modern - 10:30 to 11:15 am
 Grade 2 Ballet - 11:15 to 12:00 pm







Please call or email to book your place at any of the above classes.



SWATON VILLAGE NEWSLETTER – JULY 2015

Can you believe we are already half way through the year – let's hope the summer and Autumn are kind to us with long warm days.

Impressively, this Sunday's Vintage Day will be Swaton's 21st and it gets better every year – the only thing out of anyone's control is the weather but come along regardless as there is plenty for all to enjoy. Swaton Vintage Day is held just a mile or so away in Thorpe Latimer with an array of Vintage & Classic Cars and Bikes on display as well as other vehicles and machinery. There are various arts, crafts and trade stalls selling a wide range of goods from plants to bread to make up – something for everyone.



For refreshments there are a number of outlets including a delicious Hog Roast, the Tea Tent selling scrumptious cakes and the Beer (and wine) Tent.

There will be 'Live music' featuring some very talented artists and for fun there is the International Egg Throwing Competition, a Dog Show & Agility Display and Terrier Racing. And for the kids aside from watching the grown-ups getting splattered in egg they can venture up the Rock Climbing Wall or have their face painted.

The day is good fun with all proceeds going to local and national charities such as Air Ambulance so come along, support the day and help make it a great success.

CINEMA CLUB:

Once a month Swaton Village Hut becomes 'Swaton Cinema Club' – its always held on the first Saturday of the month and is an ideal way to catch up with friends and neighbours before, during and after the film. So why not put Saturday 6th June in your diary and forget about channel surfing and record Britain's Got Talent – you can watch it later. The bar opens at 7pm and hot dogs and ice creams are available during the interval.



SATURDAY 4TH JULY – CINEMA CLUB – 7.30PM – GONE GIRL

*No one is quite what they seem in David Fincher's (Director) tantalising adaptation of Gillian Flynn's bestselling marital mystery **Gone Girl**.*

On the occasion of his fifth wedding anniversary, Nick Dunne reports that his wife, Amy, has gone missing. Under pressure from the police and a growing media frenzy, Nick's portrait of a blissful union begins to crumble. Soon his lies, deceits and strange behaviour have everyone asking the same dark question: Did Nick Dunne kill his wife?

Future Films:

- **August:** Paddington
- **September:** Mr Turner
- **October:** What we did on Holiday
- **November:** Theory of Everything

Membership – £2 on the night or annual membership £10 pp. The bar is open for wines, spirits and cold drinks and hot dogs, hot drinks & ice creams are also available during in the interval.

KIDS CINEMA CLUB – CANCELLED

Sorry Kids, unfortunately July's Kids Cinema Club has been cancelled.

If you have any suggestions of films for August Cinema Club please contact Saff on 01529 421 487



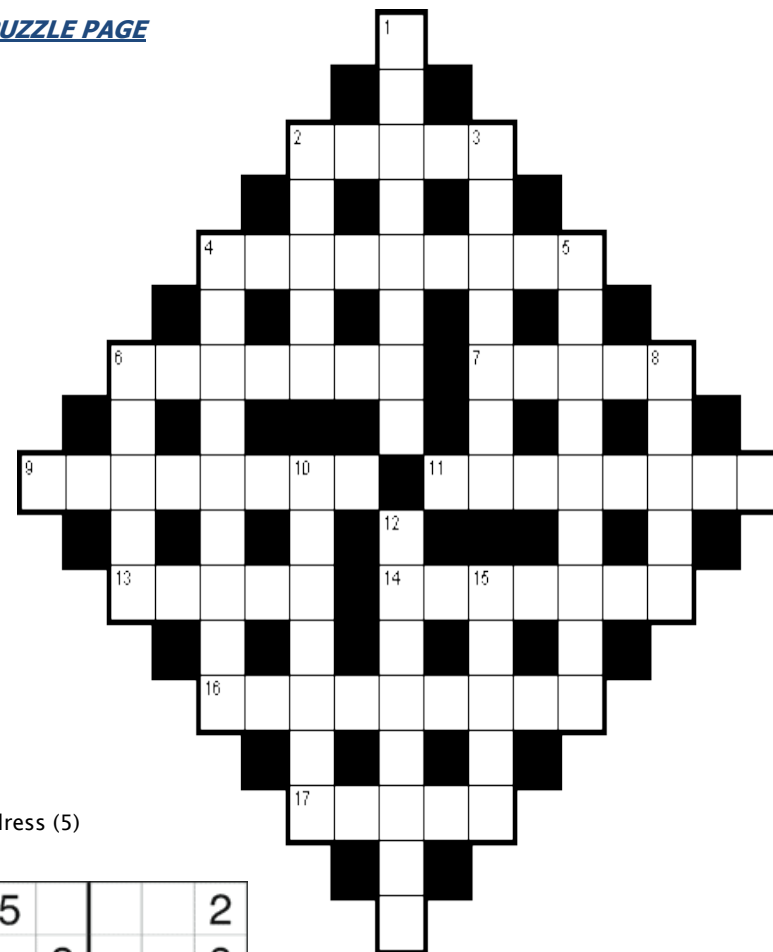
TAKE A BREAK – PUZZLE PAGE

Across

2. Repulse (5)
4. Prolonged (9)
6. Deadlock (7)
7. Tripod (5)
9. Answer (8)
11. Rare (8)
13. Additional (5)
14. Abjure (7)
16. Unwilling (9)
17. Shinbone (5)

Down

1. Character set (8)
2. Hazards (5)
3. Lamp (7)
4. Protagonist (9)
5. Discordant (9)
6. Publication (5)
8. Demarcation (5)
10. Type of onion (7)
12. Melting pot (8)
15. Crown-like headdress (5)



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MESSGAE FROM COUNCILLOR MRS KATE COOK

Kate Cook is our local Councillor with responsibility for Osbournby Ward, her duties stretch across 24 villages and a range of matters including planning & licensing. She has an ear to the ground and one you can bend if you have a concern – Kate is a regular visitor to Swaton – both officially at Parish Council meetings and informally at the Saturday Morning Café as well as events such as Vintage Day.



I have been very busy since being re-elected in May attending various Parish meetings and training sessions at the District Council.

I am delighted with my new role as Vice-Chairman for the Environment Overview and Scrutiny Panel and we have an emergency "call-in" meeting this week to discuss Money's Yard Public Toilets.

I have attended a meeting at Lincolnshire County Council for the Health Scrutiny Committee for Lincolnshire where Andy Hill, General Manager from the Lincolnshire Division of the East Midlands Ambulance Service, acknowledged the support that the service receives from L.I.V.E.S, praising their delivery of vital quality clinical care and contribution to over 5% to Red1 Targets (life threatening medical emergencies).

I have also had an important meeting in Threkingham regarding their **flooding** issues with representatives from the Parish Council, Environment Agency and the Black Sluice Internal Drainage Board. It looks as though some of the solutions the authorities are proposing for Threkingham will help to reduce flooding in **Swaton** which is great news – I have been keen for the authorities to adopt a whole catchment area response and it looks as though this is now happening.

I have a meeting with **Crown Estates** in a couple of weeks time and at present, the agenda is unknown. I had requested that a representative from Swaton Parish Council be present at the meeting but this does not appear to be possible at present due to a lack of space but I will of course report back to the Parish Council if a representative is unable to attend.

I am now looking forward to attending **Swaton Vintage Show** this weekend but after getting egg on my face last year, I will not be getting dressed up for it....nor spending time on my hair! I hope to see lots of you there. I know how much effort has gone into this fantastic show and I wish it every success.

Thank you all for your continued support and please do not hesitate to call me on 07986 262852 or email me at Cllr_KateCook@n-kesteven.gov.uk should you need to speak to me about any issue.

Kate Cook



(Page 4)

PARISH COUNCIL & COMMUNITY NEWS

SWATON PARISH COUNCIL MEETING – MAY 2015.

Chairman: Cllr Andrew Deptford has been elected as Chairman of Swaton Parish Council and Cllr Andy Dunlop is his Vice Chairman. Two new Councillors – Mrs Elaine Penketh and Alan Wilson were welcomed. Mrs Liz Harborough and Mrs Jayne Wilkinson did not seek re-election and Cllr Deptford thanked them for their hard work during their time on the council.

Responsibilities. Swaton parish council's Responsible Finance Officer is Cllr Chris Richardson, who is also the Council's Flood Liaison Officer. Cllr Mrs Penketh is responsible for Police and Anti Social Behaviour liaison and the organisation of the Speed Indication Devices. She is also the Grants liaison officer. Cllr Andy Dunlop is the Footpath and Bridleways officer and the Fire/Health and Safety Officer. Cllr Alan Wilson is the Play Area officer and also Road and Path lighting liaison.

Play area. Work is progressing on a grant application for funds to support new play equipment for the recently acquired land in the village centre. A working group will organise the submission of an application within the next few weeks.

County Council works in the village

Work to the roadside in West End will continue in stages throughout the year. Work has been carried out along North End, but has not yet been tested by heavy rains. There was concern in the Parish Meeting that this may not be effective to reduce flooding.

Audit. Swaton parish council signed off the annual external audit document in their last meeting. A period of availability for public inspection will be completed by the end of June when the documents will be submitted for audit. Details are on the notice board and on the parish council web site.

Planning: Swaton parish council had no objections to a plan to replace the top segment of the mobile phone mast at the bottom of Parson's Drive. This will upgrade the existing pole and will be no higher. But it is intended that the equipment will be able to support 2G mobile signals as well as upgrading to 3G and 4G, and can be used by various suppliers.

FUTURE PARISH COUNCIL MEETING DATES:

Everyone is welcomed to attend PC meetings. In fact you are encouraged to do so – after all it is **YOUR VILLAGE**. The first 15 minutes of any Parish Council meeting is an open for the public to make comment or raise concerns, it is your chance to voice your opinion, ask a question or make suggestions after which you can stay and hear what is happening in Swaton...

Future Parish Council meetings for 2015 are

- Tuesday 21st July
- Tuesday 15th September
- Tuesday 17th November



(Page 5)



Summer is finally here and hopefully by the time you read this we will be seeing warm days and evenings. However the down side to this is through the summer months we see rises in burglary dwellings because of the hot weather. People tend to leave windows open, patio doors open and front doors unlocked to let fresh air in while they may be cutting the grass at the rear of the premises and this creates opportunities for would-be burglars to gain entry and steal property even if the home owner is in the garden.

RAVE:

Many of you may well be aware of the Illegal rave that took place at Twyford Woods near Colsterworth. The repercussions of this incident are still being felt by Lincolnshire Police as the extensive investigation continues. Not to mention the disruption it caused to local resident and motorists on the A1.

The actual clean-up of the location has cost the Forestry Commission some £4000. What we (the Police) are interested in as is intelligence as to where this could be happening. So should you see any suspicious vehicles please do not hesitate to let us know about it on 101. Don't worry if you are not sure whether is its "legit" or not we will do the checks. There is a saying in the police "there is no such this as bad intel, just intel and good intel !"

PCSO 2089 – Patrick Welby-Everard

Saturday Morning in 'The Hut'

Patrick will be holding a regular **Saturday morning drop in at the Hut**, this will coincide with his Saturday morning day shifts and he'll be in the hut between 10am & 11am should anyone need to discuss anything with him although times may vary slightly should an incident come in that he needs to attend to, however, Patrick intends to book these slots in his diary so its protected against routine incidents.

Come and meet Patrick on:

- **June 27th**
- **July 25th**
- **August 22nd**
- **September 19th**
- **October 17th**
- **November 14th**
- **December 12th**
- **January 9th 2016**

IN THE HUT – Users of Swaton Village Hall affectionately known as 'The Hut' will soon be seeing some changes – after months of planning The Hut will have a new permanently sited projector for Cinema Club as well as a new surround-sound system with fitted speakers which will no doubt improve not only the Cinema goes evenings but also Quiz Night as well as nights music is being played. Later plans include a much needed redecoration.

NEIGHBOURHOOD WATCH

For those who didn't attend the recent NHW meeting the guest speaker (Phil) was excellent. He has supplied some very interesting information in regards to improving the security for our homes – a copy of which now hangs on the notice board in the hut.



Recent NHW warnings include

- Fraudulent websites offering bargain flights & holidays – check the company is ABOL or ABTA registered. Check the authenticity of the website and pay by credit card which will give you some protection.
- Small businesses are being targeted by 'fake bailiffs' seeking payment for non-existent debts. Bailiffs just don't turn up without letters having already been sent !
- There is an email purporting to be from the Royal Mail saying you have a parcel awaiting delivery – the Royal Mail Does Not have your email address – delete the email, don't open it – it's a VIRUS that can supposedly lock your system and then blackmails you to pay up to unlock it !

REMEMBER – ring 999 in an emergency, or 101 if the matter is less urgent.

SWATON NHW COORDINATORS

Peter Penketh – High Street (01529 417404) & Pat Kempster – West End (421 840)



L.I.V.E.S. & VILLAGE DEFIBRILLATOR

Swaton is fortunate enough to have an active L.I.V.E.S (Lincolnshire Integrated Voluntary Emergency Service) group manned by volunteers who use some of their free time to support the ambulance service typically dealing with medical emergencies if an ambulance is delayed and oxygen or a Defib is needed breathing difficulties, cardiac arrest etc. Full training is given. LIVES is a very worthwhile activity – If you would like to hear more about becoming a First Responder with Swaton L.I.V.E.S please speak to Pete Penketh on 421 407 or Andy Dunlop on 421 877 who can tell you what it's like to volunteer.

DEFIB – If you're not familiar with using Defib and would like to know just in case please contact Andrew Deptford on 421 111.

GARDENER'S WORLD - WATER



Having sown seed last month I'm now in the process of watching the seedlings grow. I usually plant a whole packet of seed in a small pot and then prick them out when they are large enough to handle. This means being able to gently remove them from the pot without damaging the stem when un-tangling their roots when drawing out of the compost. It's important to re-plant these immediately in individually pre-prepared pots of compost. Use a dibber (I sometimes use a knife, bit of bamboo or my finger) to make a large enough hole in

the compost to drop the roots of the seedling into, gently firming the compost around the roots so that it remains upright. Once all the seedlings have been transplanted this way water generously and place in a well lit protected area (window sill or greenhouse) until they have grown to a point that the roots fill the whole pot. Then plant out in the desired position in your garden after a day or two of acclimatising the plants to normal weather conditions.

Plants not only need a good medium such as soil or compost to grow in but they also need water, warmth, nutrients and light. Planting out new plants in your garden will require your attention to make sure they do not dry out. In open exposed positions where the sun and wind can take their toll the ground can dry out very quickly. New plants, shrubs and trees need regular watering to establish the plant in its position until further root growth expands sufficiently to be able to reach moisture embedded within the ground to limit risk of drying out. Some gardeners further limit this risk by mulching using bark chippings, leaf mould or even grass cuttings placed around the plant. Doing this retains the moisture in the soil for longer and helps the plant flourish.

I use a lot of water in my garden to keep it looking healthy. To do this I have set up a system of water butts to collect rain water from my gutters. I have seven 200 litre butts. This is just about sufficient to meet my needs. I don't water my lawn as it takes care of itself during dry periods. Using tap water can be an expensive option when you are on a water meter so collecting rain water makes sense. However even buying a water butt and the connectors can be expensive too so I opted for using re-claimed industrial detergent containers to keep costs down. This has been a real investment and one worth taking.

Some jobs for the weekend include planting out those new plant borders, preparing hanging baskets and thinking about growing plants for next year such as foxgloves and snap-dragons etc..

On a lighter note if you have access to the internet try the URL below (Ctrl and Click) and enjoy. Don't forget to put your sound on <https://www.youtube.com/embed/9H9lojB9iYY>

John Lukjaniec – Applestone Hse, High Street, Swaton

COOKERY CORNER – Chicken with asparagus and lemon crème fraîche sauce

I was stuck for something to make for a quick meal for guests so wanting to make something different I turned away from my stack of favoured recipe books and grabbed my Ipad, tuned in to BBC Iplayer's Food section and found Mary Berry's Absolute Favourites – and according to my guests (and hubby) the result was excellent . . . well worth trying and a permanent new recipe in my book – dead easy and very quick to make too.

Ingredients

- 50g/1¾oz butter & 2 tbsp oil
- 6 small chicken breasts, boned, skinned
- 6 banana shallots, quartered lengthways
- 30g/1oz plain flour
- 400ml/14fl oz chicken stock
- 1½ tbsp chopped lemon thyme leaves
- 12 asparagus spears, woody ends snapped off
- 1 large lemon, juice only
- 200ml/7fl oz full-fat crème fraîche
- 2 tbsp chopped parsley
- salt and freshly ground black pepper

Preparation method

1. Preheat the oven to 180C/160C Fan/Gas 4.
2. Heat half the butter and half the oil in a large, deep, ovenproof frying pan. Season the chicken breasts with salt and pepper and fry, in batches if necessary, for 2 minutes on each side until golden-brown. Remove from the pan and set aside.
3. Add the remaining butter and oil to the pan, tip in the shallots and fry over a high heat for 5-10 minutes or until lightly golden-brown.
4. Put the flour in a bowl, whisk in 8 tablespoons of the stock and mix until smooth. Add to the pan and bring to the boil, then pour in the remaining stock. Add the lemon thyme and return the chicken to the pan.
5. Cover with a lid and cook in the oven for about 20 minutes, or until the chicken is cooked through.
6. Just before serving, trim the tip from each asparagus spear and slice the stem into short, even lengths. Cook the tips and sliced stems in boiling salted water for 2-3 minutes. Drain, reserving the tips for a garnish.
7. Stir the lemon juice, crème fraîche and parsley into the pan with the chicken. Add the sliced asparagus stems and bring to the boil. Remove the chicken, slice each breast into three and arrange on a plate. Spoon over the sauce and arrange two asparagus tips in a cross over the top.



Do you have a recipe that's a family favourite or a seasonal dish that uses the very best of what's currently fresh in the shops then please contact Elaine on 01529 417 404 if you're happy to share it on this page.

REGULAR ACTIVITIES

SATURDAY MORNING CAFE – 9.30AM TO 12PM

A great way to start the weekend. Every Saturday morning your hut becomes 'Swaton Café' – a place to catch up with friends & fellow villagers.

Come along for breakfast – you can purchase a bacon roll (eat in or take away) and enjoy a freshly brewed cup of tea, coffee (decaf & filter available) or hot chocolate.

You can also treat yourself to a delicious cake from a selection of freshly baked treats – and why not, after all it is the weekend !



This is also your chance to collect your Saturday newspaper (which must be ordered in advance from Liz – 01529 421 217).

VILLAGE LUNCH – MONDAY 13TH JULY– 12PM TO 1.30PM

(2nd Monday of every month).

You'll always find a choice of hearty soups on the menu (often made from locally grown produce from the village allotment).

For those with a bigger appetite there is a second course (or if you prefer just have a main course) of Jacket Potatoes with beans &/or cheese and a fresh side salad.

It won't break the bank to come along . . . a bowl of soup &

bread is £1.50 or have two bowls for £2.50. A jacket spud with fillings and salad is also £2.50. **EVERYONE IS WELCOME – NO NEED TO BOOK – So for one day a month let someone else cook for you whilst you chill out and enjoy a delicious, nutritious lunch amongst friends.**

SWATON BAR – EVERY FRIDAY EVENING IN THE HUT – 8.30PM TIL WE CLOSE



The village bar has a good selection of soft drinks, bottled / local beers, chilled lagers, red / white wines and a variety of spirits. Crisps, chocolate and snacks are also available – all offered at competitive prices.

There is a dart board too for those who can throw an arrow straight !! See you Friday

**REMEMBER TO SUPPORT 'THE HUT'
IT'S A VITAL PART OF OUR VILLAGE**

REGULAR ACTIVITIES (CONT.)

CRAFT GROUP – EVERY TUESDAY 9.30AM IN THE HUT

If you're creative and enjoy any form of Art or Craft why not come along and work on your creative project amongst friends, have a chat, enjoy a cuppa and share, exchange or improve skills ... so if its Crochet or Tating, Beadwork or Cross Stitch, Lace or Patchwork or you're simply a dab hand with a pair of knitting needles or a paint brush and canvas then don't be shy – after all you'll be amongst friends. **Contact Liz Harborow for more info – 01529 421217**



BOOK CLUB

The Book club is a great way to socialise as well as edify yourself – the club meets monthly to discuss the book of the month and enjoy a meal together that is themed around the subject of that month's book. Everyone gets a chance to pick the group's choice of read. There isn't a set date the club meets but if you enjoy reading, like a good meal and a glass or two and want to be more socially active this is a great way to combine the two so contact Saff on 01529 421 487 or Sally on 01529 421 748 and find out more – its not too late to get in on the book for July or August !

BOOKING THE HUT

Your Village 'HUT' is an ideal place to hold a group activity. The Hut can hold up to 60 people, it's a great place to have a business or group meeting or a kid's birthday party as well as an adults 'get together' as it has a licensed bar . . . so if you're looking for a location to hold an event why look any further than Swaton – discounts given to locals. To book the Hut contact Mike Kempster on 01529 421 840

ITS YOUR VILLAGE TOO . . .

If you would like to play an active part in Village events or have ideas that would enhance your Village social scene then please contact any of the Village Hut Committee (usually found at any of the previously mentioned events

Do you have unwanted items that you'd like to sell or recycle to others who can make good use of it or want to ask for something you need. Maybe the garage or garden shed is a little cluttered with the kids unwanted toys & long forgotten tools – it's a good time to have a clear out ! Contact Elaine if you want to advertise it here – 01529 417 404

What's in a book?

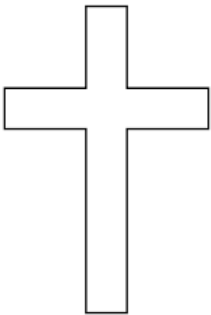
Now the summer is here there is nothing like a good book to read whilst you are relaxing in the sun, the shade, on holiday or in the back garden. If you're like me you'll want to pass on the good news about a good book. Now of course that's my job as a vicar regards the Bible and for those who've never read it what are waiting for but I do like to read novels too, and up until coming to Heckington I have usually belonged to a little book group to discuss with others what they liked about the same book. It's always enlightening as to who their favourite characters were, who they disliked and perhaps "did you find God in the book"?

Having recently visited the local school here in Heckington and observed the 9 year olds writing book reviews of their favourite books I asked the children why they chose their particular book and I was surprised no one said they chose it because they liked the cover.

When I asked, they all put me right with the age-old wisdom "*never judge a book by its cover*". The trouble is that is exactly what attracts me to books – the cover.

I then look inside and if I like the typeface I might explore it further such as reading the blurb on the back and then maybe the first page. By that time I am probably already be hooked and am walking to the counter with it.

Wandering into Waterstones the other day (I can't resist bookshops) I saw a new book called 'Common Ground' by Bob Cowen. A wonderful picture of a Hare on the front caught my eye. The typeface was big enough and the blurb on the back sounded good. For example the celebrated author Joanne Harris had written – "Rob Cowen has written something extraordinary; a journey into the Northern dreamtime in starkly beautiful prose".



'Common Ground' makes us think again about what we think we know of our world; helps us understand the links that bind us to our landscape; and, like Blake, makes us see Heaven in a wild flower". The writing is exquisite, and like poetry it doubles the joy of it by reading it aloud. It's not a novel in the conventional sense but is a story non-the-less about how a man discovers his true self whilst exploring a piece of land on the edge of the northern town of Knaresborough. I've only just started it so I can't tell you much more but if you want to get the book (paperback is £8.99)

I would love to discuss it with you on Friday 31st July at 'Grandma's Kitchen' on the High Street in Heckington at 4pm over a pot of tea or cappuccino (my treat).

If you like stories then over the summer we are looking at the lives of some of the saints at our **services at St Michael's Church on Sunday 12th & 26th July + 9th & 23rd August.**

Stars, Stripes & Strawberries at Helpringham

On 4th July at 7pm Helpringham church are celebrating American independence day with a musical variety evening. A number of acts will be taking a turn to entertain with their musical talents and there will be strawberries in the interval. Tickets are available from Marian & Vince Stocking (421395).

Historical Talk at Swaton

On Saturday July 18th at 7pm the Historian and guide at Lincoln Castle, Nigel Burn, will be giving a talk at St Michael's Church here at Swaton about Nicola de la Haye, wife of Gerard de Camville, who was Lord of the Manor of Swaton. This remarkable lady was the Constable of Lincoln Castle between 1215 and 1217 and successfully defended the castle against a French invasion. Our connection is that her tomb is in St Michael's church. The talk will be followed by a two course buffet supper and tickets are £8 (under 12's free).

See Jill Abbott 421278 or Wendy Kerby 421930

Trip to Walsingham in August

We are running our annual day trip to Walsingham in Norfolk again. This year it will be on Monday 10th August. Book now to save your seat on the coach. Tickets are £23 which includes the coach and a dinner at the shrine refectory. Wheel chairs and Disability buggies can be taken on the coach and everywhere is accessible. It is a lovely day out in a very spiritual and peaceful place. There is no obligation to take part in any of the religious activities, some just like to look around the village or visit the grounds of the old shrine. The coach leaves Heckington church at 9am and returns around 8pm after stopping for fish & chips at Wells next the Sea on the way home. To book contact Jenny (461167). For more details contact Rev Chris (460904)

Garden Fete in August

We shall be opening the garden at the Rectory, 10 Cameron Street, Heckington for a garden Fete on Saturday 15th August from 2pm till 4pm. Lots of stalls and games and hot dogs in the garden and teas and coffees and cake in the church next door. All the proceeds are for the Heckington and Helpringham Group of Parishes.

Enjoy the summer whatever you are reading or wherever you are escaping to.

Every blessing, Rev Chris



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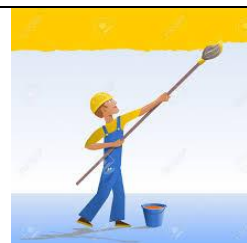


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The Walnuts, High Street, Swaton, Sleaford, NG34 OJP.

Email: dencouture@yahoo.co.uk. Tel: 421 968 / 07808 180558



(Before)

Contact: Jody Couture on 01529 421 968 / Mobile: 07711 761806.

Email: sales@vintage-couture.co.uk. Website: <http://www.vintage-couture.co.uk>

Vintage Couture

Vintage Couture is a family run business based in Swaton that specialises in giving your old pieces of furniture a new lease of life. Don't throw away & buy new furniture – we can turn your old furniture in to something new at a fraction of the cost by taking tired pieces of furniture and hand painting them in natural colours – breathing new life in to classic item.



(After)

SHRUB & GRUB

SHRUB & GRUB – your local quality focused artisan bakery continues to offer a variety of freshly baked bread and cakes made to the highest of standards with only the very best ingredients. Also on sale is a selection of locally produced fruit, vegetables, preserves and specialist foods all of which can be **delivered** to your door **free of charge** in a 20 mile radius or pop in & purchase direct from our shops in either Thorpe Latimer or Stamford. There is also a selection of home and garden plants for sale.

Shrub & Grub recently opened 'The Packing Room' – a **Café & Deli** offering a varied menu of hot and cold foods of the highest quality to include daily specials, sandwiches, hearty bowls of freshly made soups, baked potatoes, pastries and scones. Hot food is freshly cooked to order – no microwave food here! The café is open Wednesday through to Saturday from 8am to 4pm.

Contact Nate or Alan at Shrub & Grub on 01529 421280 or visit the café at **Thorpe Latimer Farm, NG34 0RF.**

Website: <http://www.shrubandgrub.co.uk> / Email: orders@shrubandgrub.co.uk





The Pavilion Bar and Function Room

Howell Road, Heckington, Lincolnshire NG34 9RX
 Tel: 07741 223950 or 07500 333110
 email: info@heckingtonpavilion.com

HECKINGTON PAVILLION BAR & FUNCTION ROOM

Sports Ground, Howell Road, Heckington. NG34 9RX

Managed by Dave and Sharon Couzens, the Sports Ground in Heckington has a thriving social facility situated in the heart of Heckington alongside the park and playing fields.

The Pavilion Bar is fully stocked and open to all – it is no longer a members only facility so pop along for a coffee or something a tad stronger !

There is an excellent **function room open to anyone to hire** which comfortably seats 80 to 100 people and is ideal for a variety of events such as weddings, birthday parties, christenings, funerals, meetings and sporting award functions and very reasonably priced.

There are various social events such as **Bingo** and **Line Dancing**. Line Dancing is held every Monday evening from 7.30pm to 9pm & only is £3 per person and Friday night Bingo is held twice a month – the next two Bingo evenings are July 10th and July 24th

HECKINGTON CAR BOOT FAIR

Every other Sunday between April and September with an array of vendors selling a variety of goods including plants

July: 5th & 19th

August: 2nd, 16th & 31st (Bank Holiday Monday)

September: 13th & 27th

The Pavilion Bar and Function Room Opening Times

- Monday to Friday 7pm to 11pm
- Saturday 12 noon to 2pm & 7pm to 11pm
- Sunday* 12 noon to 2pm

The Pavilion Bar is fully licensed which makes opening hours flexible during sporting events & social functions. The Pavilion Bar also serves tea & coffee and has a range of soft drinks and snacks so pop in during Car Boot, when walking the dog or simply just come up one evening.

During the Heckington Show weekend The Pavilion Bar is open from 8am until midnight on most days. To enquire call 07741 223950 / 07500 333110 or send us an email

Website: <http://heckingtonpavilion.com> /

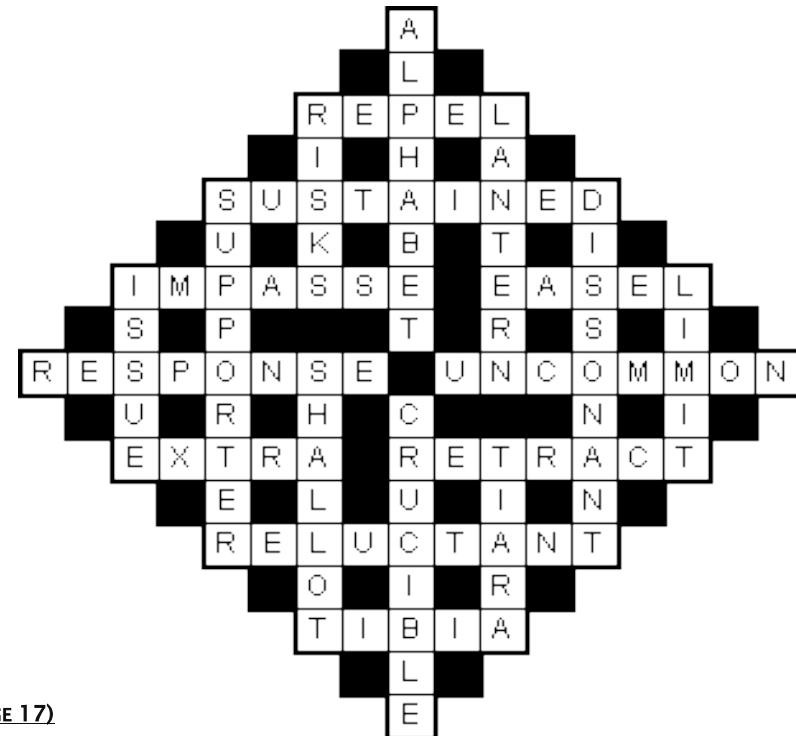
Email: info@heckingtonpavilion.com



Puzzle Page Solution

3	9	1	8	5	7	4	6	2
4	6	7	9	1	2	5	3	8
5	2	8	3	6	4	7	9	1
6	3	2	4	7	5	8	1	9
7	4	9	1	2	8	3	5	6
8	1	5	6	3	9	2	4	7
9	7	3	5	8	1	6	2	4
2	5	4	7	9	6	1	8	3
1	8	6	2	4	3	9	7	5

9	1	2	6	7	4	5	8	3
6	7	4	3	5	8	2	1	9
8	5	3	9	2	1	4	6	7
2	8	7	5	3	9	6	4	1
1	3	6	4	8	7	9	5	2
4	9	5	1	6	2	7	3	8
3	2	9	8	4	5	1	7	6
5	6	1	7	9	3	8	2	4
7	4	8	2	1	6	3	9	5





Whether it's a simple Will, advice on protecting your property from Care Home fees or you have an even more complex issue, Stepping Stone Wills can Provide you with the most appropriate solution together with a truly personal service.

WHY SHOULD I MAKE A WILL

Many of us aren't very good at talking about death, so it's not surprising that over 70% of us risk leaving our nearest and dearest with a lot of hassle and confusion by not making a will. Most of us, at some time in our lives consider putting our affairs in order, but we never quite manage it and no further action is taken. There are of course the normal excuses of "we're too busy" or "I don't plan on dying just yet" but it's a wise and caring person who has a Will in place and thinks of their family and friends in advance of the inevitable.










LASTING POWERS OF ATTORNEY (LPA)

Other than a Will, an LPA is singularly the most important document that every adult ought to have. Without it, if incapacity strikes you down, your family will have to deal with the Court of Protection – a body which has been called evil by many people for how it's decisions destroy families all under the guise of the Mental Health Act. The expense alone of dealing with the Court of Protection makes the cost of setting up an LPA positively miniscule in comparison.

Contact John at Stepping Stone Wills now for free no obligation appointment in the comfort of your own home



Additional services offered by Stepping Stone Wills include:-

-  Comprehensive advice on the appointment of Trustees, Executors and Guardians
-  Advice on the mitigation of inheritance tax
-  Advice and preparation of Living Wills
-  Pre Paid Funeral Plans
-  Protective Property Trusts
-  Guidance through the Probate Process
-  Wills storage
-  Advice on making gifts to family members and charities
-  Reviewing and amendments of existing Wills.

www.steppingstonewills.co.uk

Office – 01529 415649

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