

Saxonwell Group Parish News

August & September 26



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

West Loveden Services for August 2026

(For September services please see elsewhere in this issue and local noticeboards)

Sunday 2 nd		
Allington	10.00	Holy Communion
Claypole	10.30	Holy Communion
L.B	10.30	Morning Worship
Sunday 9 th		
L.B	10.30	Holy Communion
Stubton	6.00pm	Evening Holy Communion
Sunday 16 th		
Claypole	10.30	Holy Communion
L.B	10.30	Morning Worship
Foston	3.00pm	Holy Communion
Allington	10.00	Morning Worship or HC - TBC
Sunday 23 rd		
L.B	10.30	Holy Communion
Allington	3.00pm	
Sunday 30 th		
	10.30	Together Service at Claypole

These services are for everyone living in our parish of West Loveden. This includes Dry Doddington, Stubton, Fenton, Westborough, Sedgebrook, Foston, Allington, Claypole and Long Bennington. We also encourage you to attend services in other villages if there isn't a service in your church. Please join us for worship & fellowship (tea, coffee & biscuits included!!) If you know of neighbours who are without transport, kindly offer a lift too!

Please go to link below to see previous issues of the magazine:

<https://www.saxonwellchurches.org.uk/>

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

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Mr Stephen Peck, 81 Main Road,

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Hand to any church or PCC member

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JEANNE DAY 01400 282873 JANE COWLEY 01400 282691

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From the Vicarage

This summer, we're reading Paul's letter to the Romans - a letter that has shaped Christians and the culture of the Western world for nearly two thousand years. It is one of the Bible's great explorations of what God has done in Jesus Christ and what it means to become transformed by love.

Romans looks honestly at the human condition. Paul diagnoses human connection as fragile.

Our egos compel us to pull away: from our world, from one another, from God, and from the good purposes for which we were created. The problem is not simply that people occasionally do wrong things; something deeper has gone wrong at the core of our world. Yet Paul never despairs.

The great message of Romans is that God has uniquely acted in Jesus to put things right. Many ancient stories imagined gods coming to earth out of selfishness or tyranny. Paul now shares the Good News that the Creator God has instead entered creation in vulnerability, love, and self-giving sacrifice. Through Christ's death and resurrection, he has dealt with the power of sin and death, opening a new way of living. And then another new idea: we don't earn it. God's grace comes first. Christians don't strive for virtue to twist God's arm but to celebrate our freely given salvation through acts of love and kindness.

Finally, for Paul, this grace is never just a private experience. God's plan has always been to create a renewed people — a community drawn from all peoples, joyfully learning to live differently together.

This message still resonates today, where fear of the other tempts us towards division.

Romans offers a new vision: imagine whole villages coming together, building homes for each other, replacing judgment with love.

As we journey through Romans this summer, may you rediscover the extraordinary hope at its heart: that God is making all things new, beginning with us.

May we be a people shaped by grace, becoming a living sign of God's love in the world.

Rev'd Jon Speirs-Davies



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ALLINGTON VILLAGE HALL REGULAR DATES FOR YOUR DIARY

Craï Aï ernoon: Monday 1.30-4.00pm. Includes quilÊng, model-making, cross-sÊtching, knilÊ ng, sewing, card making etc.

Pilates: Monday 7.00-8.00pm (Term Ême 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.

Mindful Movers: Wednesday 10.00am (1-3 years)

Baby Beats: Wednesday 11.15am (Newborn to crawling)

Keep Moving: Thursday 11.30am-12.30pm. Dance fitness class aimed at over 55s.

Hatha Yoga: Thursday 7.15-8.15

Yoga: Friday 10.00-11.00am (Closed through July and August)

Social Aï ernoon: Friday 2.00-4.30pm. Open to all for conversaÊon 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.)

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

For further details on the above contact David Smedley on chair.allingtonvhmc@gmail.com.

For Viking Squares contact Judy GrummiH on 01400 281497.

MACMILLAN FUND RAISING AFTERNOON

On Friday August 21st, between 2.00 and 4.00pm, Joy Hart will be holding a MacMillan aÛernoon of tea/coffee and cakes at Allington Village Hall. A raffle will be held during the aÛernoon. Everyone welcome to come along and support this great cause.

A NIGHT AT THE RACES

Saturday 12th September, 6.30 pm for first race at 7.00pm.

Following on from the success of three previous race nights we will be holding a fourth one, so book your Êcket to come and join in the fun of placing a bet then cheering your horse on. Entrance £8.00 by Êcket purchased in advance. Light buffet with self-service tea and coffee. Bring your own boHle. For Êckets contact Jackie on eventsatallingtonvillagehall@gmail.com.

BIG BRUNCH

Saturday 26th September, 9.30am-12 noon, last orders 11.00am.

Drinks and Cake only will be served between 11.00am and 12 noon. On the menu a full English breakfast, with bacon, sausage, hash brown, fried egg, grilled tomato and beans. (OpÊonal black pudding.) Or if you're extra hungry you can order a large breakfast. Side order of toast and marmalade/jam also on the menu. Tea/coffee and orange will also be served along with a variety of cakes. A £3 deposit is required for special dietary orders so please message Jackie in advance to order a special diet, on eventsatallingtonvillagehall@gmail.com.

WINTER SINGERS CONCERT & AFTERNOON TEA AT ALLINGTON VILLAGE HALL

A joint fund-raising event between Allington Village Hall and Holy Trinity Church.

The event was held on Sunday 14th June, with nearly 60 people attending. The choir sang songs from the shows, as well as other well-known ones and one or two new ones.

In fact, at times people could be faintly heard joining in with the choir or humming to some of the tunes. There was also a piano recital and another tune played on the clarinet.



The afternoon tea of mixed sandwiches, scones, cakes and shortbread along with tea or coffee was served during the interval. A raffle was held and this was also drawn during the interval.

This is the fourth time the Village Hall and Holy Trinity Church have organised a joint fund-raising event with the Winter Singers, although the first time afternoon tea has been served. Thanks must go to everyone who attended and made it such a success, raising well over £200 each for the church and hall funds.

The feedback from the afternoon was very positive, both with regards the choir and also the afternoon tea, with many comments saying it was excellent and very well organised.

Allington Produce Show 2026

Saturday 5th September 2pm in Allington Village Hall

Building on the support and enthusiasm for last year's Show, Allington will hold another Produce Show in the Village Hall this Autumn.



Entries will be invited for the usual fruit and vegetable classes, baking and floral displays. In addition we have added some new classes, bread making, sloe gin or vodka and photography exhibits which include photos of your garden and plant displays. Of course there will be the tallest sunflower competition for the children along with their craft and artwork competitions. There will also be a craft exhibition.

Exhibits should be brought to the hall between 9.00am and 11.00am on Saturday morning (it's free to exhibit). The Show is then open between 2pm and 3.30 pm (entry £1) for everyone to come and view!

More details can be found on Allingtononline and the Allington Facebook pages as well as the June/July copy of Allington News. You can also email anderson.jane957@gmail.com for more information.

VIEW FROM THE PEW - HOLY TRINITY CHURCH ALLINGTON

COFFEE AND CAKE

Our Coffee and Cake mornings will be held on Monday 3rd August, Monday 7th September and Monday 5th October from 10-12 in the village hall. We look forward to seeing you all there for coffee, cake and a chat.

Thank you all for your support. We continue to thank Marian and Margaret for running these mornings and to everyone who helps in whatever capacity. Where would we be without you.

THE WINTER SINGERS CONCERT AND AFTERNOON TEA

This was a very successful event held in conjunction with the Village Hall. A report appears elsewhere in this magazine. The Church and the Village Hall continue to work together for the benefit of both organisations.

SCHOOL VISIT

We are delighted that Allington and Sedgebrook School Reception class will be visiting the Church in July. We very much look forward to seeing them and we will report on this visit in the next Parish News.

SERVICES

Our next services will be:-

Sunday 2nd August – 10.00 – Communion – Rev Jon

Sunday 16th August – 10.00 – Morning Worship or Communion tbc.

Sunday 6th September – 10.00 – Communion – Rev Jon

Sunday 20th September -10.00 – Morning Worship or Communion tbc.

HARVEST SERVICE

Our Harvest Service will be held end of September/beginning of October – date to be announced. Look out for more news on Facebook and on the posters we will put up around the village.

We will be having our annual St James Churchyard service in July and will report on this for the September issue.

We have purchased 50 new hymn books as the ones we had were showing signs of age.

If you would like to sponsor a hymn book we will put your dedication in the front of the book. Donations will be gratefully received. The old hymn books will not be thrown away they will be stored carefully and used as and when we need them.

If you would like to sponsor a hymn book please contact either Chris Dicken c.dicken1944@btinternet.com 07855 073665 or Bob McKinlay bobmckinlay1@aol.com 07850 128184.



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On Wednesday, 1st July 2026 we were joined by Sharon Hall, Fraud Protect Officer, from Lincolnshire Police, who spoke about the tactics of fraudsters and gave us an opportunity to learn about fraud and fraud prevention.

Keeping people safe takes many forms, and Sharon works tirelessly to prevent crime. Her work is incredibly important as sadly, we know all too well, the impact on victims and their families when money is lost to a scam. The term 'scam' is a slang term for personal fraud. Fraud can affect anyone, and we know it is vastly underreported which makes it difficult to estimate the actual cost to the public in the UK.

To recognise, reject, and report a scam effectively, follow these steps:-

- Stop: Take a moment before parting with money or information.
- Challenge: Could it be fake? It's OK to reject, refuse, or ignore.
- Protect: Contact your bank immediately if you've been scammed, and report it.

Sharon highlighted all the ways that fraudsters can trick people into giving them money on the phone, internet, doorstep and by post.

In 2019 a staggering 40% of all crime was fraud. That is likely to be an under-reporting as:-

- People don't always recognise it as fraud so don't then report it.
- People are too embarrassed to report it.
- Some may not realise they are victims, and it is friends and relatives who report it. This happens with romance fraud where the fraudster can spend months cultivating the victim before asking for money.

Anyone can be a victim given the 'right' circumstances and it costs the country some £7 billion. The trouble is we believe in authority so if HMRC, the police, the bank or the DWP calls we assume it must be alright. IT ISN'T. You'll never be asked by your bank for your PIN or other banking information. You'll never be asked by your bank to get cash out and stuff it in an envelope for a courier to collect either. Don't engage in conversation but hang up and use another phone to contact your bank for reassurance that it was a scam. And no, you haven't won the Spanish Lottery either and can only redeem the millions by paying a fee!

Fraudsters want your data:

- Shred any envelopes or paperwork with your name and address.
- Shred receipts as that records the last digits of your credit card.
- Paying in cash – but you show a loyalty card – that can identify you as well.
- Shred 'official' documents from the NHS, bank, DWP and so on.

Online security starts with strong passwords and different ones for different websites – choose three random words with a mixture of upper lower case, numbers, and special characters. Your email account is the door to your online life so needs a really strong password. Using a password manager can be helpful. Be very careful clicking on links particularly if they then ask for personal data or worse, allow your computer to be taken over remotely.

Smishing, Vishing, and Guishing are forms of social engineering attacks that use text messages, phone calls, and QR codes, respectively, to trick victims into revealing personal or financial information.

Future Meetings

DATE 2026 SPEAKER / EVENT

August No Meeting – Summer Meal/ Tea and Cake at 2.00 pm - Members only
Wednesday, 2nd September Sue StenneH – An Orphan in Lincoln – comparing different ways of life for children in care around the 1900
Wednesday, 7th October June Mullins – Aloe Vera – History and uses of Aloe Vera
Wednesday, 4th November Members' Night – Members only
Wednesday, 9th December Christmas Party – Members only

Allington WI - still collecting empty blister packs

There is a bin in the Village Hall Post Office and one in the serving area where anyone can put their empty blister packs, but please ensure that they are completely empty – as pills have recently been found, again, in the blister packs.

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', to provide education for children where there was no school.

For further information email allingtonwi@gmail.com



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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 liOs 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.

ST PETER'S FOSTON – NEWS FROM THE PEWS

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

16th August, 3pm, Holy Communion

20th September, 3pm, Harvest Service

18th October, 3pm, Holy Communion

8th November, 4pm, Remembrance

Many other Services take place across the Group throughout the month – look at the schedule at the beginning of the magazine for all services available. 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.

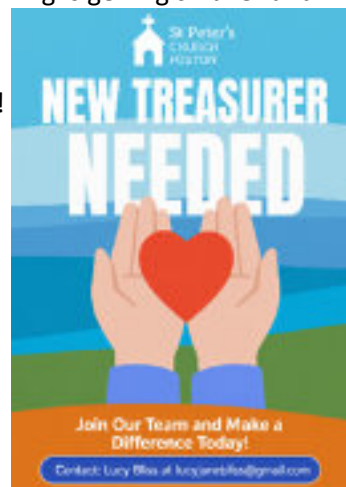
St Peter's needs your help! The team keeping the church running is getting smaller and we desperately need new hands to help!

Our Treasurer has stepped down after over 8 years in the post so we are seeking a new spreadsheet guru to take over!

You don't have to be on the PCC to fulfil this role – just be good with numbers, can work excel and have a couple of hours a month.

If you are interested, please contact Lucy Bliss (contact details below).

We all enjoy seeing a well maintained churchyard Can you help with Churchyard Maintenance? If you are willing to help with mowing, strimming, etc on a regular basis, please contact Lucy Bliss (contact details below).



Upcoming Events



Heritage Open Day – The national event runs from 11th-20th September and Foston will host an open day on Saturday, 12th September. Pre-Loved Toys will be on sale, as well as heritage information and refreshments. The village-wide Yard Sale may be happening too so look out for notices! Do come and visit!

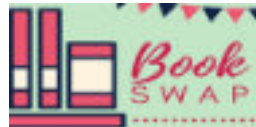
Our Harvest Service takes place on Sunday 20th September at 3pm, followed by the Harvest Supper on Monday 21st September at 7pm. Supper Tickets are on sale - £9 for adults, £5 for children.



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:

Next dates: 5th August 2nd September 7th October

Book Swap: Lots of books currently available so feel free to browse the books in the church porch, with more inside! Please take as many as you like as there are so many there! Peruse the inside shelves when the Church is open either Sunday mornings (9.30am-1pm) or Wednesday afternoons (1-4pm).



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:

And thank you to those who do give regularly already!



Would you like to light up St Peter's Church, Foston?
In someone's memory, for a celebration or just as a welcome home!

Contact Lucy Bliss to book 07740 980689
£8 for the evening (usually 7-10pm but might change according to time of year)

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FOSTON WI



27th June – Our village summer Fete, which was held on a very sunny day in our village hall and outside. Our members ran the refreshments with homemade cakes for sale. It was one of the hottest days, but fortunately we were in the coolest place!

On 4th July some of our members visited J & J's Alpacas Centre, which is situated in between Newark and Grantham, 3 miles off the A1. Here there is a perfect view of the Alpacas, from the Coffee Shop, or one can sit outside for a closer view of them, if you wish. It was lovely being able to watch these beautiful animals, with their baby Crias, some just a few days old! There are 100 Alpacas, rare sheep and chickens at this Centre. We enjoyed our coffee and cake, which there are an amazing selection to choose from, while we caught up with all our news. Before leaving, we took the opportunity of looking round their shop, before taking some photographs, especially of the newly born Crias. If you wish, one can arrange for a private Alpaca experience, they can organize a Meet and Greet with them

14th July Outing to Ruddington Framework Knitting Museum

11th August Outing is to Botesford Tropical Gardens

8th Sept: History of the Mary Rose, the speaker will be Gillian Powis.

This will be an open meeting, should you wish to attend, £5.00 entrance, including refreshments.

For further information – please contact Eileen Ross 07710 534732
Maggi Challis Publicity - July 2026



LONG BENNINGTON MEDICAL CENTRE



LONG BENNINGTON
Medical Centre

Dispensary- Prescription Waiting Times

Due to unprecedented circumstances, we are facing a significant backlog in our dispensary prescription workflow, for which we would like to apologise.

We are working very hard to remedy the situation and would kindly ask for your patience whilst doing so. We appreciate how important family medication is for you our patients and we will rectify this as soon as possible. You may get text messages on a weekend to advise your medication is ready whilst our team work through the backlog.



Our dispensary is open Monday to Friday 8:30am to 6:00pm. We are closed on the second Thursday of each month from 1pm to 6pm to support the team with training and workflow management.

Whilst we are working on the backlog, we would ask you to please keep your calls to dispensary to a minimum and ensure they are urgent only. Please order your routine medication 7 days in advance of the due date as we are working to a 5 working day turnaround.

If you are collecting Controlled Drug medication, please ensure that the person collecting the medication has some photographic ID on them. Without this, the team will not be able to hand out the medication. To comply with legislation, Controlled Drug collection requires entry into registers. To allow our team to complete this, please arrive before 5pm.

Our medication supply chain has also been affected by the extreme hot weather to ensure the stability of medication during transit, resulting in fewer deliveries of medication into the surgery, making it even harder for the team to obtain the medication that you need.

Finally, you may notice some new members of the team in the dispensary, we ask if you can please support them during this time whilst they are in training. Thank you for your continued support and understanding.

Wellbeing Walks – Continue in 2026

Our free Wellbeing Walks take place on the 1st Wednesday of every month at 10:00am, starting and ending at the Medical Centre. Both shorter walks and longer walks are available, so don't worry about your fitness level. There is a walk to suit everyone. After the walk, we host our members at the practice for a coffee catch-up. This gives everyone a chance to sit down, relax, and chat with others in a friendly environment. It is a great opportunity to meet new people, build social connections, and support overall wellbeing.

Please Keep Your Contact Details Up to Date

We kindly ask all patients to ensure that the contact details we hold for you are up to date. This includes your mobile phone number, landline number and email address. Having the correct contact details helps the practice contact you about appointments, test results, reminders, health campaigns and other important information. Please let us know as soon as possible if any of your details change, by contacting our reception team. Thank you for helping us keep our records accurate and ensuring we can contact you when needed.

Long Bennington – REGULAR DATES FOR YOUR DIARY

(Please also see Village Hall Schedule)

RiverCare Long Bennington: a group monitoring, managing & protecting the River Witham bordering the village meeting on the 4th Saturday of the month at 2pm to litter pick, clear vegetation, remove invasive species and monitor water quality. Please contact rivercarelongbennington@gmail.com

Mobile Library Service: Outside Long Bennington Village Hall Friday - 1330 – 1430 monthly. 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.

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

The Chaï y 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 Chaïy Cafe Scheme volunteers each week. Contact Mary Barlow marybarlowhello@gmail.com or tel: 07885 639091

Long Bennington Afternoon House Group: Do you enjoy meeting other Christians to chat, discuss and pray? We meet every other Monday at 2.15pm 76 Main Rd Long Bennington. For further details contact: Joy Jordan Email: joy.g.jordan@icloud.com: Tel: 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, stimulating and nurturing environment to educate your child. Qualified, experienced staff will support your child, learning through play, to reach their full potential. Based in Long Bennington Village Hall, we are open Monday to Friday 8.00am- 5.00pm during term time. Government funding is available to eligible families. Our payable rate is £6.00 an hour for any additional hours taken outside of funded hours.

For more information, or to arrange a visit please call 07816 537242 or email longbenningtonpreschool@googlemail.com

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Long Bennington Village Hall Events Schedule for August & September

When	Meeting	Time	*	Contact
Mon wklly	Advanced Pilates	10.15-11.00	M	Linda Brady 07850 618516
1 st Mon mthly	Parish Council	19:00 – 21:00	S	01400 282716 parishclerk@longbenningtonparishcouncil.org
Tues weekly	Bennington Art Group	10:00 – 12:00	F	Margaret Butcher 07484 140914 margaretbutcher98@gmail.com
1 st Tues monthly	WI	19:30 – 21:00	M	Jan Leventhall Janleventhall@me.com
4 th Tue mthly	Gardening Club	19:30 – 21:00	M	Amy Hodson amyhodson4@gmail.com
Weds	Post Office	09:00 – 12:00	F	
Thurs	Post Office	13:00 – 15:00	F	
Thurs weekly	Adult Pilates for all levels	17:15 – 18:15 & 18:30 – 19:30	M	Amanda 07967387969 corestrengthpilatesuk.com
Fri wklly	Adult Pilates -all levels	09:30 - 10:30	M	Amanda, As Above
1 st & 3 rd Fri	WI craft group	1030 - 12:30	B	Sue Clarke 01400 282986
*Last Fri of the <u>Mth</u>	Tea and Chat *NOT IN AUG	14:00 – 16:00	M	Hilda Owen 01400 282471 ejanecowley@aol.com
TBC	Wine Club	19.00-21.30	B	Raj Solanki raj@libradrinks.co.uk
2 nd Aug 6 th Sept 4 th Oct	Love to Dance - Frozen	15.00-19.00	M	sally.picker@hotmail.co.uk
15 th Aug	History Talk	19.30-21.30	M	Niz Smith Niz.I.smith@gmail.com
Tues 25 th Aug	We Buy Vintage Roadshow	9-17.00	M	Amy Whiteman amy.w@webuyvintage.co.uk
Sat 29 th Aug	LB Gardening Club Summer Show	9-16.00	A	Amy Hodson amyhodson4@gmail.com
Weds 16 th Sept	SKDC Art Workshop	9.30-16.00	M	History of the village and create artwork for exhibition in the village. sally.bird@southkesteven.gov.uk
Sat 19 th Sept	Art Exhibition	9.00 -13.00	M	Art Exhibition following SKDC Art Workshop
View all online		https://www.longbenningtonvillagehall.org_bookings@longbenningtonvillagehall.org		

*M-Main hall S- Small hall F- Foyer B- Bar A- All

Are you recently reĴred and looking for a way stay acĴve in the community ?

Do you have skills you'd like to put to good use ? The Long Bennington Village Hall CommiĴee is seeking new volunteers to work alongside existiĴng members.

This is a great opportunity to contribute your experience, stay engaged, and make a meaningful difference to our local faciliĴes. If you're interested in getĴng involved, we'd love to hear from you. Email bookings@longbenningtonvillagehall.org if you are interested and we'll come back to you.



After the success of the band at The Party In The Park, Long Bennington Twinning Association are delighted to welcome back to the village Sandy Beach & The Deckchairs, for an evening of music and dancing on Saturday October 3rd in the Village Hall. Tickets priced at £10 pp are available from David BarneĴ (07752 367773) or Margaret Butcher (07484 140914). Doors open at 7pm - licensed bar 7pm - to 10.30pm

LONG BENNINGTON GARDENING CLUB (VPA)

SUMMER SHOW Saturday 29 August 2026 in St. James's Village Hall

Our Summer Show has been brought forward this year so as not to clash with other local Summer Shows. Our show is free to enter and promises to be a fabulous display of flowers, fruit and vegetables and culinary exhibits. Doors open at 8.30 am for entries to be staged by anyone who would like to have a go. There are over 70 classes to enter including Preserves and Pickles, Baking, Flowers, Fruit and Vegetables as well as Children's Classes. The full Schedule will be available to view on the website in late July/early August.

Doors open again from 3 pm, after the judging has taken place, to view the results. There will also be cakes and hot drinks on sale as well as a raffle. The presentation of the awards will be around 3.45pm. Do come and visit and enjoy our wonderful display of Summer. longbenningtongardeningclub.com

Lots more informaĴion about the Club and our acĴiviĴes is available on our website at longbenningtongardeningclub.com
Bev Gledhill – Secretary 01400 282239/07753 709513

LONG BENNINGTON NEWS FROM THE PEWS

In mid-June, a beautifully decorated St Swithun's church welcomed the wedding of Eleanor and Christopher. Many congratulations - we wish them all the very best for their married life together. The following weekend, on Father's Day, it was wonderful to see so many families come to the village hall to enjoy socialising as well as fun challenges and refreshments organised by church. Thank-you to all who came along - it was a very special morning in celebration of our dads.



Those of you who listen to Radio Lincolnshire may be aware that the Rev Jon, Alison Cunningham, Phil Owen, and Monty (Alison's dog) featured on the station's afternoon slot on the 1st of July, when they were interviewed by the Radio Lincolnshire Team walking the Viking Way. The walk being to help celebrate the 50th Anniversary of the opening of route as an official National Trail.

The following Saturday, several members of the PCC helped with the running of the Party in the Park: notably by policing entry at the musicians' gate, manning the 50:50 raffle stall, and undertaking a post-event rubbish sweep of the playing field. A massive well done to Rotary for organising this village party - everyone we talked to loved it.

At the Éme of writing, we are looking forward to welcoming the Long Bennington Church of England Academy Year 6 Leavers to church for their end of year service and wish them every happiness and success in their next schools. There will also be a joint Sunday service with the Methodist church at St Swithun's on 12th July which we are looking forward to and one at the Methodist Chapel on 16th August. Then, to round off July, we are holding our annual Strawberry Cream Tea - on the afternoon of Friday 31st July at the village hall - which everyone's invited to.

Looking further to the Autumn, our Harvest Supper will, as usual, be held at the village hall. The ticket price remains a bargain at £12! As well as a delicious meal and bar, the entertainment will include a harvest-themed quiz and raffle. So, please do come along and bring family and friends to this fun event on Saturday 10th October at 7pm.

Finally, Members of the PCC are often asked about the history of St Swithun's Church, so here is a short summary of its past which you may find of interest.

Community Book Exchange

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ST SWITHUN'S CHURCH HISTORY – DID YOU KNOW THAT...

The first mention of a church in Long Bennington is in the Domesday Book 'The Great Survey' ordered by William the Conqueror and completed in 1086, in which the village was listed as having 'an Agricultural Manor, 4 Mills, a Church and a Priest'?



The current church which dates back to around 1050 was built alongside a Cistercian Priory. Monastic establishments and their dependent churches were usually situated on the edges of settlements and along ancient tracks, such as the Viking Way. Then during the 13th and 15th centuries (1200s and 1400s) it was twice expanded to accommodate a growing local population, with the two side aisles being added around 1700.

Later, like many English churches, it underwent appreciable modifications in the 1800s, specifically major re-roofing and floor-raising between 1837 and 1839, and by significant structural restorations with the installation of the East Wall Stained-Glass Window, funded by the lady-of-the-manor Mrs Grote-Joyce, between 1895 and 1902. More recently the Tower was converted to house a kitchen, toilet and upper meeting room in 1999; whilst the Chancel roof was extensively repaired in 2019.

Interestingly just over 100 years ago there was a plan to move the Church, brick by brick, to the centre of the village, and to locate it on the site currently occupied by the Village Hall (then occupied by a metal church known as the 'Tin Tabernacle'); however, the project proved to be impracticable and too expensive, so it was dropped! We believe that the project was costed at around £40,000 and that around a third of the sum had been raised before the project was abandoned.



If you would like to make a donation to St Swithun's church, please use the QR code here or by online bank transfer to: Long Bennington Parochial Church Council Account Number: 501103570 Sort Code: 05-04-42





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LONG BENNINGTON WI

We welcomed Lorraine Appleton to our last meeŒng before our summer August ouŒng, to hear her talk on "Fast Fashion" and how it is harming not only our pockets, but also the planet.



In the UK the life of a garment is approximately 2 to 3 years, and the average person spends around £1,000 per annum on clothes. The value of unused clothing in our wardrobes is thought to be around £30 billion.

Fast fashion took off in China and Bangladesh, with clothes only taking 2 weeks to make, from the design to the shop floor. They are cheap to make due to the poor fabrics used and the shockingly low wages paid to the workers, some of them children too young to be legally working.

Waste clothing contains methane and is a huge contributor to polluŒon, second only to oil. Our desire for cheap, on-trend clothing is cosŒng the Earth. A T-Shirt should not cost less than a cup of coffee.



What can we do?

We need to stop the addicŒon to buying clothes that are only going to be worn once or twice. We need to buy beHer quality, longer lasŒng garments that can be repaired and adjusted easily and we need to buy and sell clothes no longer used on sites such as E-Bay and Vinted. We can also re-purpose our clothes; we do not need four seasons of clothing – a liHle can go a long way with a bit of imaginaŒon.

Lorraine showed us garments she had made from jumble sales and charity shop finds, oŒen using a shirt top sewn to a skirt to make a fetching dress. She herself was wearing a stylish dress made from shirt fabrics she had obtained from a fabric store which were unused samples from the designer Paul Smith. A lucky find. She had also made a rather preL: ly embroidered blouse from a tablecloth found in a charity shop. We all leŒ wondering what gems we can find and make ourselves, thereby saving some cash and the planet.

We have no meeŒng in August but are off on our jolly girls ouŒng to Matlock and will meet again on September 1st for a Social Evening. Enjoy the Summer.

For more informaŒon about our friendly WI, please contact Jan Leventhall on 07803 892118 or janleventhall@me.com

A blue poster for the Long Bennington Bowls Club. At the top left is a logo with three bowls (blue, black, white) and at the top right is the club's crest. The text reads: 'LONG BENNINGTON BOWLS CLUB WELCOMES NEW MEMBERS'. Below this, it says: 'Fancy trying lawn bowls or just looking for a friendly place to meet people and socialise? Come along and see what we're about.' There are two horizontal orange lines. The next line says: 'The green is open from mid-April to mid-September'. Another horizontal orange line follows. The next line says: 'We look forward to seeing you.' At the bottom, in an orange oval, it says: 'CALL 07734 311 834 FOR MORE INFORMATION OR VISIT longbenningtonbowlsclub.co.uk'.

Long Bennington Parish Council



The Parish Council had its last meeting on 6th July at St James's Hall.

We have had feedback from residents that the noise from lorries travelling along Main Road has increased significantly. Residents and Parish Councillors met with our County Councillor, Ken Bamford to discuss and witness. Cllr. Bamford has agreed to discuss further with LCC Highways to see what actions can be taken.

The footings are now in place at Witham Meadow for the storage container to be placed on. Balfour Beatty constructed the pillars under the LCC volunteers scheme. Our thanks to the gentlemen from Balfour Beatty and to LCC for arranging. We hope to have more news on the container in the next month or two. The intention is that the container will be for storage of equipment for the pre school and village school, who use the nature reserve on a very regular basis.

Whilst the memorial gardens grass and edges are maintained on a regular basis, the borders are looking very untidy now. We would like to organise a day for volunteers to help weed the borders and get them back into a much better shape. Please can anyone who is willing to volunteer for an hour or two contact the Parish Clerk on parishclerk@longbenningtonparishcouncil.org. We can then look to organise a morning or afternoon, to get the work done. The Parish Council intend to assign a greater element of the precept for the memorial gardens in 27/28.

PARISH COUNCIL COMMUNICATIONS - the Parish Council continues to explore various methods to enhance its communication with residents and to encourage greater community engagement and interaction.

Get Connected!

Be part of the Long Bennington Parish Council Village Email List ...and never miss what's happening locally. It's quick and free. Scan the QR code or send an email to: community@longbenningtonparishcouncil.org with your name and preferred email.

Let's build a more connected, informed, vibrant village.

Your details are stored securely in line with data protection legislation. The Council welcomes and values all comments from residents. Please do not hesitate to share your thoughts and feedback regarding how communication and engagement can be further improved.

The next Parish Council meeting dates are Monday 3rd August and 7th September.

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



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From the Methodist Chapel

Heat, Hope and Holy Ground

As I write, we are journeying through what has become a very hot summer. Temperatures have been high, the ground is dry, and many of us have found ourselves developing new routines simply to cope. In our house, windows are opened at night, closed during the day, curtains are drawn, and the coolest part of the house seems to move as the sun makes its way round. I have found myself sleeping with fans on and drinking water with tray-loads of ice.



I am still trying to walk for around an hour a day, though often in the woods around Stapleford where there is at least some shade. I have also managed some walks in the Peak District between the heatwaves, but even then there has been a need to think carefully. Am I carrying enough water? Am I setting off at the right time? Am I being sensible about what my body can manage? Heat is no joke. It can be a silent killer. So one question for all of us is very simple - how are we keeping ourselves cool, and how are we looking out for our neighbours? A phone call, a knock on the door, an offer to pick something up from the shop, or a reminder to drink more water can make a real difference. Care for one another is not complicated, but it does require us to notice.

The heat also invites us to think more deeply about how we care for creation. I am not someone who naturally leans towards despair, but we do need to take climate change seriously. The Bible speaks of us as stewards of the earth. We are called to care for creation not simply out of fear, but because it is part of our responsibility before God.

It is too easy to say that our own part is small compared with other naēons, especially when some of our environmental impact is hidden in what we import and consume. But we do have a part to play, and we are commanded to live responsibly. For anyone wanēng to think more about current issues and Chrisēan responses, I would recommend the JPIT website - jpit.uk - which offers helpful material on jusēce, peace and public life. My second thought comes from the Parable of the Sower, which has been in our lecēonary recently. Many of us will know the story. Jesus tells of a sower scaHering seed. Some falls on the path and is snatched away by birds. Some falls on rocky ground and springs up quickly, but withers because it has no depth. Some falls among thorns and is choked. But some falls on good soil and produces a harvest.

It is a familiar story, but it remains deeply challenging. The sower seems almost reckless in the way the seed is scaHered. There is no careful raēoning, no anxious calculaēon, no sense that grace must be held back in case it is wasted. The seed is thrown generously, and there is always enough to go around. That says something important about the kingdom of God. God's love is not miserly. God keeps sowing, inviēng, calling and giving life.

But the parable also asks us to look honestly at what gets in the way of growth. Some things harden us. Some things leave us shallow. Some things crowd out what maHers most. The quesēon is not simply whether God is generous - the story tells us that he is. The quesēon is what kind of ground we are becoming.

As I regularly confess, I am not really a gardener. Yet this year I have found gardening strangely therapeuēc - clearing what needs to be cleared, nurturing what needs to grow, and watching for signs of life.

One of my experiments has been sunflowers. I thought that seeds given to a three-year-old to germinate could not be too difficult to grow on, and thankfully that has proved true. They now stand proudly in pots in the back garden. But I have learned that sunflowers are very greedy plants. In hot weather they seem to need constant watering and feeding. The heads are beginning to form, and I am waiēng to see whether they really do turn towards the sun.

Those sunflowers have made me ask a further quesēon - how much room are we giving for growth, both in ourselves and in others? Flourishing needs soil, space, water, light and care. It needs aHenēon. That maHers for us as people, in our relaēonships, and in the life of the church. The promise of God is flourishing, even in challenging circumstances. But we also need to ask what kind of space we are offering - to God, to one another, and to those who may be looking for a place to belong.

It was wonderful recently to welcome a new member, and we are seeing signs of growth across our churches. People are discovering that there is a part of life they need to aHend to. Some arrive at church not fully knowing why they have come, only sensing that it is the right place to step into. That is a precious thing.

So the invitaēon remains open. If you are wondering whether there is more to life, if you are seeking community, or if you simply need somewhere to pause and be strengthened, the chapel - and the church - are here. We are all here to worship, to serve, to care, and to make space for people to grow.

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Rest day Friday

WHAT'S HAPPENING AT THE METHODIST CHAPEL?

Sunday Services

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

This month we are being joined by the congregation of St Swithun's on Sunday 16th August.

All our services start at 10:30am unless otherwise notified. Everyone is welcome.

Harvest Festival

This year's service to celebrate the autumn harvest will be on Sunday 20th September at 10:30am

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 15th August, starting at 10am so 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 gifts opportunities. Entry costs £3.00 for both home tea or coffee and plenty of biscuits. The next coffee morning will be on Saturday 19th September.

Food Bank - Grantham

Here at Long Bennington Methodist Chapel and in conjunction with other chapels in the local circuit, we support the work of The Trussell Trust and their Food Bank initiative to 'Stop UK Hunger'.

If you would like to make a donation of non-perishable, in-date food, please bring it along to any of our monthly coffee mornings and we will be pleased to make sure it gets to those in need in the Grantham area through the local Food Bank branch. If you still wish to donate to people in the Newark area, you can make your donations at the village Co-op.

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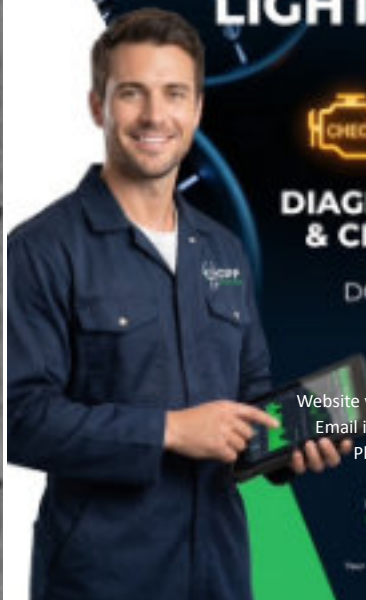
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Rainbows: Mondays 5.00pm (There is currently no Brownies due to lack of numbers)

Grantham Canine Assoc: Tuesdays 7.30 – 8.30pm

Knit and Nal er: Tuesdays 2.00pm-4.00pm

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

Club Bar Open to members Sundays 1.00pm-4.00pm

Membership fee for 2026 is £15 per person (under 18s free) We are always looking for new commiHee members, if you are able to help, please get in touch. The club and bar are available for hire for private parÊes, social gatherings and regular events. Please contact Sue McGreevy on 07952 205599 or email Sedgebrooksocialclub@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 Social Club 3pm

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

Grantham Food Bank collecÊng point

Children's Corner

Teddy Bear's Picnic Children's Book set in St Lawrence Church

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

AFTERNOON TEAS 2026

The very popular aOernoon teas resumed in May in the Social Club from 2pm-4pm. If anyone likes to bake a cake they are most welcome. Here are the dates for your diaries: July 30th, August 27th, September 24th.

200 Club for the maintenance of the church and cemeteries. This year the 200 Club is to help the church conÊnue in the village. If you wish to renew your membership and/or exisÊng numbers they are sÊll £12 per year with a first prize each month of £30, second prize £20 and third prize £10.

The bank account details for payment are St Lawrence Church sort code 20-63-28 account no 03579743. Please remember to reference this with your name so we know who has paid. You can also pay direct to our collectors by cash or cheque. Payment can also be made direct to Alan Cook if you miss our collectors. Please let Alan Cook know on 07963553835 or email alpaco47@aol.com if you use this method.

There are spare numbers available if you want to change or add new ones or if you don't currently take part. Winners are announced on the noÊceboard each month.

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



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Tel: 07766 486452
Lay Reader Jenny Stuart jenny.stuart@outlook.com 01949 842231
ReĒred 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 07710 534732

St Peter's Foston
Church Warden/Treasurer Andrew Blanchard 01476 978664/ 07590652657
Safeguarding Officer Eileen Ross 07710 534732

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

St Lawrence Sedgebrook
Church Warden Alan Cook 07963553835
Safeguarding Officer Wendy Fowler wendyfowler@bĒnternet.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
MarĒn Wright (L. 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
Dermot Daly (Sedgebrook) clerk@sedgebrook-pc.gov.uk 01476 577175
Ted Bates (Chair) Long Bennington ChariĒes 01400 281853

Conjunction...

Village Halls: Booking Secretaries

Allington— Heather Mould 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—Sue McGreevy on 07952 205599

Other Useful Contacts

Long Bennington Medical Centre- 01400 281220
Long Bennington book group—Moire Barnabas - 01400 283313
Long Bennington & Local Villages Rotary Group Secretary LBR@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—Eileen Ross, President - 07710534732
Long Bennington—1st Tuesday 7:30pm—Jan Leventhall on 07803892118 or email janleventhall@me.com

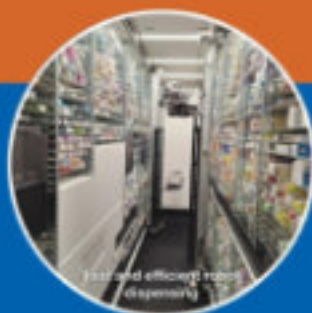
LB Playing Fields: Booking Manager—Gemma Walker—07946 176034
Management Committee—Mike Manley—01400 282731
Long Bennington Toddler Group—Becca Thirtle—07545 491267
Long Bennington Pre-School—longbenningtonpreschool@googlemail.com 07816 537242
Bowls Club—Peter Fordham—07701059943 email neHyfordham@gmail.com
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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