SPILSBY EXPLORER SPRING 2020

A Spring Walk by Susan Hart



Spilsby Town Council

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We would very much welcome any suggestions for future editions of the Spilsby Explorer. Please share recipes, puzzles and any news articles. Most importantly please just get in touch; we would really love to hear from you The next edition will be published in May.

If you would like to contribute please contact Spilsby Town Council E-mail: Spilsbytowncouncil@btconnect,com Telephone – 01790 753189 Facebook – Spilsby Town Council



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Spilsby Methodist Chapel Christmas Tree Festival

A MESSAGE FROM THE MAYOR

Hello,

Well, the Christmas and New Year celebrations are a far distant memory however myself, my fellow Councillors and our two clerks would still like very much to wish all of you a very happy and healthy 2020.

The Christmas period was extremely busy, incredibly exhausting, but hugely satisfying! There are so many people to thank for this, but let's just consider some of the many events which I hope you will agree, made our celebrations here in Spilsby so successful.

There were well attended Christmas Carol Services, a Christmas Tree Festival, the Cracker Day, Community Lunch and of course the Sleigh Ride Through Spilsby Light Switch on.

I am pretty sure I have not mentioned all the events, that so many people worked there socks off to organise, so I do apologise for that, but I do feel there was something for everyone.



Mayor Terry Taylor attending the Methodist Chapel Carol Service



Spilsby Cracker Day

Now it comes to extending my thanks. This is a difficult task and my fear is that I will leave people out, so I am extending a massive thank you, to each and everyone involved in making all the Christmas events happen. You are incredible people and I hope next Christmas it can all be done again, maybe even bigger and better! If that is possible!

So, back down to earth, it's time to look ahead to the forthcoming year.

Councillors have much to keep them busy this year. As you probably saw in the Spilsby Standard, the Council is embarking on producing a Neighbourhood Plan for Spilsby.

With the help of members and organisations within the community, it is hoped that in line with the National Planning Policy Framework, a plan can be produced to shape the development and growth of the area for the benefit of everyone living in it.

It is hoped that work can start on rebuilding the collapsed church wall, once the costs have been approved by Councillors and the fear of frosts have gone.

Another group of Councillors will be drawing up the Emergency Plan for Spilsby and surrounding area, with the help of community organisations. It has become an urgent process, bearing in mind the plight of the Wainfleet area last year and unpredictable weather forecasts for future years.



Spilsby Lights Switch On



A Sleigh Ride through Spilsby visit from Santa.

I hope to meet as many of you as possible over this year. Just a reminder that Full Council meetings take place every last Thursday of the month excluding August and December, meetings start at 7pm. The first 15 minutes is to allow members of the public to participate and to receive reports from the District and County Councillors, Police and Fire service. Also, if you know, or are a member of a group or organisation who has a, planned event and would like to have the Mayor present, please contact the Council office, I would be delighted to be there and it will normally give the event an opportunity for publicity. Terry

Cllr Terry Taylor Mayor/Chair Spilsby Town Council

VE75 Day – 8th May 2020

Spilsby Town Council are planning an event for the town on the afternoon of the 8th May 2020 in conjunction with the Royal British Legion and the Business Partnership. Other associations will be invited to assist.

The initial plan is to invite all residents age 75 and over and also the younger generations within the town. If you know anyone who is 75 and over and they would like to attend please contact the Town Clerk to register an interest.

E-mail: Spilsbytowncouncil@btconnect,com

Telephone – 01790753189

Precept news

At the meeting of the Full Council held on 7th November 2019 at 7pm in the Council Chamber, Franklin Hall, Halton Road, Spilsby. It was resolved to maintain the Precept for the 2020/21 Financial Year at £86,885 which will be the same level as for 2019/2020. This will mean no increase to the amount each household will pay for the Town Council element of your Council Tax.

Can Spilsby Town Council Help?

Spilsby Town Council will consider applications for grants from voluntary groups or charitable organisations operating within the town and who work for the benefit of the local community.

Last year the Town Council made grants to Spilsby and Hundleby Walkers are Welcome, Rotary club of Spilsby, Lincs Wildlife trust, Methodist Chapel tree festival, Spilsby Christian Fellowship, and Spilsby Scouts.

To qualify for a grant award, the applicant must be able to demonstrate that any funding from the Town Council will benefit the Town, or residents of the Town.

Applications will be considered for:

Purchasing equipment either in part or in full
Activities that raise the profile of the area.
Running costs of a group that is experiencing a period of hardship
Hosting special events or celebrations
Provision of recreational facilities.

Full policy details can be found on the Parish website http://parishes.lincolnshire.gov.uk/Spilsby/

Spilsby Town Council Internet

Spilsby Town Council publish lots of useful information on the parish website. It includes details of meeting dates, agenda items and minutes from previous meetings. All the policies for Council procedures and application forms for various uses, including the Mayor booking form and grant application form are available to download. Forthcoming events are listed and updated as new developments occur. There are many links to other useful sites relevant to the town. You can also find information on the Allotments and the Cemetery.

We also have a Facebook page which is regularly updated with local news. The Council would really like you to use this to get in touch with any comments.

Parish Website: http://parishes.lincolnshire.gov.uk/Spilsby/Facebook:- Spilsby Town Council

Spilsby Sparkle
Spilsby Town Council are looking for volunteers to take part in the ongoing programme of making the town Sparkle. Jobs will include litter picking, weeding, painting benches, washing signs and various other jobs that will make the town "Sparkle".

You could be a member of a group or just as an individual who has a little bit of time to spare and

is civically minded.

All equipment is provided.

Contact the Town Council: - E-mail: Spilsbytowncouncil@btconnect.com Telephone - 01790753189

Happy to Chat Benches

Following suggestions from residents regarding the happy to chat benches scheme, Spilsby Town



Council will be designating 3 of its benches. This gives people permission to strike up conversations with wZstrangersasawaytofightsocialisolation. This has been very successful in the areas where it has been introduced.

The benches will be opposite Sainsburys, at Ashby Road crossroads and one near the Buttercross. There will be a sign on the benches which will say "Sit here if you don't mind someone stopping to say hello"

It is hoped that residents will take full advantage of this

scheme to meet someone new.

New Year, New Vision for Spilsby

Town Councillors have begun the process of developing a Spilsby Neighbourhood Plan. As outlined in the revised National Planning Policy Framework, it will allow the community direct power to develop a shared vision for their neighbourhood and shape the development and growth of their local area. They will be able to choose where they want new homes, shops and offices to be built, have their say on what those new buildings should look like, what infrastructure should be provided. and grant planning permission for the new buildings they want to see go ahead. Neighbourhood planning provides a powerful set of tools for local people to plan for the types of development to meet their community's needs and where the ambition of the neighbourhood is aligned with the strategic needs and priorities of the wider local area.

Town Mayor Cllr Terry Taylor said, "A working group of councillors has been assigned to research and set out the plan initially. As it progresses, representatives of the community and the surrounding parishes will be invited to join councillors and complete the plan for submission to East Lindsey District Council for inspection. Then, if and when it is approved, it will go out to a referendum by the public and if that result is positive, it will become integral to the district council's Strategic Plan, which means the community must be consulted when planning and development applications are submitted".

SPILSBY TOWN COUNCIL DATES OF MEETINGS 2019-20

All meetings to start at 7pm unless stated

FULL COUNCIL MEETINGS

27th February 2020 • 26th March 2020 • 23rd April 2020 28th May 2020 (Annual Meeting) Annual Parish Meeting to be notified

COMMUNITY ACTION COMMITTEE MEETINGS

16th January 2020 • 19th March 2020

EMPLOYMENT/GOVERNANCE COMMITTEE MEETINGS

30th January 2020 • 2nd April 2020

ALLOTMENTS/CEMETERY COMMITTEE MEETINGS

6th February 2020 • 7th May 2020



Impersonation - Courier Fraud

This is a message from Lincolnshire Police Crime Prevention & Partnerships Department. We have recently seen a rise in the number of courier frauds reported to Lincolnshire Police and Action Fraud.

What is Courier Fraud?

Courier Fraud is carried out by criminals cold calling a victim, claiming to be a police officer or bank official to attempt to gain their trust. The fraudster will claim that there is an issue with the victim's bank account or request their assistance with an ongoing bank or police investigation.

The aim of this call is to trick them into handing over money or bank details. The fraudster can be very convincing, and will often already know many of your personal details.

Common techniques used include telling the victim to withdraw large sums of cash or buy high value items. A 'courier' will then come and pick up the cash, bank card or goods on the behalf of the police or bank.

How can you protect yourself?

Your bank or the police will never...

- Call and ask you for your PIN or full banking password
- Ask you to withdraw money to hand over to them
- Ask you to transfer money out of your account

If you receive any call that concerns you, do not be panicked. Simply hang up and contact the bank or police on a number you trust, such as the one on the back of your bank card, or speak to a friend or family member to get their advice. Make sure that you wait before making the call. Ensure that the line is clear. A phone line can stay open for up to two minutes allowing fraudsters to stay on the line and play a dialling tone to trick the individual into thinking they are calling the bank/police. If you can, use a different phone, or phone someone whose voice you will recognise before making the call to the bank/police.

Most telephone providers now offer a free call blocking service. Alternatively, you can purchase call screening telephones from most high street stores, or a call blocking device which plugs into existing telephones. If you require any further advice with regards to call blockers, please do not hesitate to contact Lincolnshire Police Crime Prevention & Partnerships Department.

We would encourage everyone to share this message with friends, family and neighbours.

Stop: Taking a moment to stop and think before parting with your money or information could keep you safe.

Challenge: Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you. Protect: Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud.

Message Sent By

Gillian Fleet (Police, Preventing financial fraud officer, Lincolnshire)



NEED ADVICE?

People come to us with all sorts of issues. You may have money, benefit, housing or employment problems. You may have been asked to give evidence in court; or been misled by a dodgy ad. You may be facing a crisis, or just considering your options.

It doesn't matter who you are, or what your situation is.

Citizens Advice will always give you free, confidential and impartial advice.

We offer drop in sessions at our offices in Skegness, Louth, Mablethorpe and Gainsborough. All up to date drop in session times can be found on our website: citizensadvice.org.uk/lindsey or you can call Adviceline on 0300 3309 034.

If you would like to find out about volunteer opportunities with Citizens Advice Lindsey please visit our website for more details: citizensadvice.org.uk/lindsey

Report a pothole

https://www.lincolnshire.gov.uk/potholes

Lincolnshire County Council perform regular checks of all county roads, but rely on the public to report faults too. If your fault presents an immediate danger outside of our normal hours, call the police on 101. You will receive a response within 10 working days.

Temporary repairs are sometimes carried out when:

- wet or icy conditions would prevent full repair bonding to the road
- the location means temporary traffic lights or a road closure are needed
- we cannot fix an underlying problem immediately

All pothole reports are assessed but some are not an immediate danger. These will be added to current or future planned works programmes.

Insurance claims

Lincolnshire County Council may be liable for damage to vehicles or personal injury if they have been negligent. For a claim to be successful, you must demonstrate that:

- they have not maintained the highway in question.
- See Our legal duty to maintain the highway. http://www.legislation.gov.uk/ukpga/1980/66/section/58
- · this was the direct cause of your accident

If you wish to submit an insurance claim, call 01522 782070.

How is the town's fire station and crew performing?

The crew has had a busy period between September and December and this isn't just with regard to incidents. For Hallowe'en they opened the doors to the public and had a spooky themed evening in aid of the Fire Fighters Charity. This was followed up with their annual Santa Sleigh event in Stickney and through the town. This year was their most successful yet for the charities and the crew would like to thank the people of Spilsby for their support and kind generosity.

Sadly, one of the crew had decided to hang up their helmet and boots back in November and the crew wish Mark all the best following 18 ½ years of service to is community.

So how has the station performed so far since September?

The crew have been available 99.7% of the time which equates to the appliance not being available for less than 9 hours from September to January

The crew reached all incidents within their target timescales

The crew are mobile to an incident from their pagers activating in an average time of 4 minutes 31 seconds and are mobile under 5 minutes 91% of the time.

They responded to the following number of call outs

September - 16 calls

October - 14 calls

November - 14 calls

December - 6 calls

Upcoming community fire safety events:

25th February - Shrove Tuesday

11th March - Non Smoking Day

20th April – Water Awareness Week

11th May - Dementia Action Week

18th May - Mental Health Awareness Week

18th May - Sprinkler Week

If you have any fire safety concerns in your home please contact the team at

Grantham Fire Station on 01476 565441

If you want to join the crew at Spilsby please ring the recruitment line on 0800 3580 204

What's On in Spilsby

MONDAY	FRANKLIN HALL	DANCE FIT 9.30 AM - 10.30 AM LUNCHEON CLUB 10.00 AM - 1.00 PM GYM 2.00 PM - 3.00 PM STORM UK 5.30 PM - 9.00 PM YOGA 7.00 PM - 8.30 PM								
	NEW LIFE CENTRE	CITIZENS ADVICE 10.00 AM -12.00 PM JOB CENTRE 10.00 AM -12.00 PM P3 HOUSING SUPPORT 10.00 AM -12.00 PM FOOD BANK 10.00 AM -12.00 PM KIDSPACE (O+) 10.00 AM -12.00 PM FRANKLIN FRIENDS 10.00 AM -12.00 PM FOOD BANK 10.00 PM - 3.00 PM YOUTH CLUB (Y7-Y9) 6.30 PM and 7.00 PM - 8.30 PM FITNESS CLASS 6.00 PM - 7.00 PM and 7.00 PM - 8.00 PM								
	THE SESSIONS HOUSE	SPILSBY SWING DANCE CLUB7.30 PM - 10.00 PM								
	RECREATION GROUND	PIROUETTE SCHOOL OF DANCE								
	SPILSBY CHRISTIAN FELLOWSH	IP COME AND PLAY PARTENT/TODDLER GROUP10.00 AM - 11.30 AM FOOD BANK and SCHOOL UNIFORM BANK								
~~~~	THE PAVILLION	SPILSBY AND DISTRICT WOOD CARVERS (2nd Monday)								
TUESDAY	FRANKLIN HALL	KEEP FIT OVER 50's       10.00 AM - 11.00 AM         SHORT MAT BOWLS       2.00 PM - 4.00 PM         TAI CHI       6.15 PM - 7.15 PM         SPILSBY BADMINTON CLUB       7.30 PM - 9.00 PM								
	NEW LIFE CENTRE	PRAYER MEETING								
	THE SESSIONS HOUSE	GRUBBY KNEES COMMUNITY THEATRE After School Tuesdays.								
	WOODLANDS ACADEMY SPORTS HALL WALKING FOOTBALL CLUB 50+									
	RECREATION GROUND	RAINBOWS								
	SPILSBY CHRISTIAN FELLOWSH	IP TASTY TUESDAYS @ COME & PLAY BUFFET BREAKFAST9.30 - 10.00 AM PARENT/TODDLER GROUP10.00 - 11.00 AM FOOD BANK and SCHOOL UNIFORM BANK								

WEDNESDAY	FRANKLIN HALL	XANTHE MARTIN GYM       10.30AM - 11.30 PM         STORM UK       5.00 PM - 9.00 PM         U3A (2nd Wednesday)       1.00 PM - 4.00PM
	NEW LIFE CENTRE	FOOD BANK
	RECREATION GROUP	BROWNIES
	THE PAVILION	SPILSBY & DISTRICT WOOD CARVERS10AM - 3PM WOOD CARVING FOR BEGINNERS 4TH WEDNESDAY Tel 07487 318022 Email s.dwoodcarvers@gmail.com
200000	SPILSBY CHRISTIAN FELLOWSHIP	P BUMPS & BABIES
THURSDAY	FRANKLIN HALL	S SORRELL DANCE FIT
	RECREATION GROUND	PIROUETTE SCHOOL OF DANCE4.00 PM - 7.00 PM
~~~~~	SPILSBY CHRISTIAN FELLOWSHIP	GINGERBREAD SINGLE PARENT SUPPORT 1.30 PM - 2.45 PM
FRIDAY	NEW LIFE CENTRE	BIBLE ENCOURAGEMENT
	RECREATION GROUND	PIROUETTE SCHOOL OF DANCE
	FRANKLIN HALL SPILSBY AND DISTRICT CHRYSAN	THEMUM SHOW 14TH - 16TH NOVEMBER STORM UK BINGO4pm - 11pm 29th November November 1st Flix in the Stix "Yesterday"
	SPILSBY CHRISTIAN FELLOWSHIP	YOUTH GROUP - PRIMARIES 4 - 10'S 6.00 PM - 7.15 PM YOUTH GROUP - SECONDARIES 10 - 17'S7.30 PM - 9.00PM
	THE SESSIONS HOUSE In April 2027	Twa Auld Reivers & (Others of that ILK) Live Feb 29th8PM 200th Birthday of Spilsby's Sessions House 2nd April 9PM - 11PM 3rd Friday Acoustic Music Jam
CATURDAY	DECREATION CROWN	DEADS COLOURS
SATURDAY	RECREATION GROUND	BEARS COACHING
	SPILSBY CHRISTIAN FELLOWSHIP	3RD SAT. MONTHLY2.00 PM - 4.00 PM
CUNDAY		
SUNDAY	FRANKLIN HALL	SHORT MAT BOWLS
	NEW LIFE CENTRE	SUNDAY SERVICE 10.30 AM KIDSPACE YOUTH CHURCH 10.30 AM KIDSPACE (0-11S) 2.00 PM - 4.00 PM
	SPILSBY CHRISTIAN FELLOWSHIP	SUNDAY SERVICE

SPILSBY LIGHT NIGHT RETURNS!

The Different Light Collective is delighted to announce that, after a successful pilot event held in March 2019, **Spilsby Light Night** is returning on **Friday 6 & Saturday 7 March 2020.**

Arts Council England, who supported the original event, have awarded the event increased funding for 2020 and the organisers are thrilled to be bringing the event back for what they hope will be an even bigger and better event. **William Lindley**, whose piece 'Portal' was shown inside St James' Church in Spilsby last time to great acclaim, has been commissioned to create a new piece, alongside digital artist **Barret Hodgson**, who has been commissioned to create a special video piece that will be shown on the front of the Theatre. There will also be a community lantern parade on the theme of the Moon & the Stars, an Illumaphonium, which is a specially built interactive LED xylophone, a **Celestial Sound Cloud** and an amazing dance and digital light performance by the award-winning **Tom Dale Company**.

The Different Light Collective is made up of Simon Hollingworth, a Lincoln based Creative Producer whose company, Mr Holly, has been awarded the Arts Council funding, Andy Johnson Smith, a Spalding based Creative Technician and owner of Popcorn Media and Bruce Knight, Director of The

Sessions House CIC (Spilsby Theatre).

Simon Hollingworth said, "We are absolutely thrilled that Arts Council England have approved our funding for the second Spilsby Light Night. It is testament to everyone who got involved last time - local businesses, schools, churches as well as Spilsby Town Council and the local Business Partnership and many individual volunteers too - that ACE has seen the potential of what we created and wants to give us a second chance to create something even better." Alan Chambers, the Chairman of Spilsby Business Partnership added, "This is brilliant news to see this great event return to Spilsby and a great opportunity to showcase Spilsby to a wider audience".

The Different Light Collective is keen to engage local people as volunteers to help stage the event and is also talking to community groups and schools to get involved in the participatory aspects of the night. In order to unlock the Arts Council money, the organisers also need to find match funding and have been talking to local businesses, networks and public organisations, in order to be able to reach the final goal and deliver Spilsby Light Night 2020. Simon said, "We would like to invite anyone who is interested in helping in any way or just in finding out more about the event to come along to our Light Night Launch which will held at Spilsby Methodist Church from 5.30pm on Wednesday 12 February".

If any businesses or individuals reading this are interested in helping out but can't make the launch (or see this after the launch as taken place)

please contact Simon direct on 07795 416149 or email simon@mrholly.co.uk

The event will begin with a preview on the Friday night aimed primarily at local residents, with the main event taking place on **Saturday 7 March** from **5.30pm to 8.30pm**.



STORM UK SPILSBY

MARTIAL ARTS CROSS TRAINING SCHOOLS

EASTER

PRIZE BINGO

FRIDAY 27th March 2020



FRANKLIN HAI **SPILSBY**





MONDAYS

Mixed Class Age 7yrs-Adults 7pm - 8.30pm

WEDNESDAYS

SPILSBY LITTLE TORNADO'S Age 4-7yrs 5.30pm - 6.15pm **JUNIORS** Age 7-14vrs 6.30pm – 7.30pm SENIORS Age 14-Adult 7.45pm - 9pm

Spilsby Down Under





In 1802 John Franklin and his cousin Matthew Flinders were circumnavigating Australia. Off the South coast they came across a chain of small islands, around 20 in all, in the pristine water of Spencer Gulf.

These islands were previously uncharted and therefore unnamed. When it came to naming the islands the two explorers thoughts turned to home and they took inspiration from the area around Spilsby, John Franklin's birth place.

The names of Lincolnshire towns and villages were also used along the coastline of the main land to the west of the islands, Tumby Bay, Point Bolingbroke, Louth Bay and Louth Island, Boston Bay and further south Port Lincoln which is now a large and important town in the region.

The Islands are 12 nautical miles east of Tumby Bay and are now acknowledged as a unique and important conservation park and Marine Sanctuary. They provide a perfect breeding ground for a large variety of sea birds, seals, fish and dolphins. Only 40 land holders are custodians of this rich tapestry of life.

Spilsby is the second largest island in the cluster and is an Island of contrasts. It is the only privately owned island in the Sir Joseph Banks Group of some 20 islands, islets & rocks. Spilsby Island is approx. 3 km by 4 km and covers about 1000 acres with an enormous variety of scenery, fauna and flora. The island is the perfect place for a host of leisure activities. Beautiful and secluded beaches abound along the north coast, contrasting dramatically with the spectacular rocky coast to the west.

Further information can be found at http://spilsbyisland.com.au/





Spilsby Juniors Football Club

are looking for new players to join their exciting teams. Players should be enthusiastic and a love for football would be preferable.

Whether you have played before or not it doesn't matter, just come along and have fun!

We currently have 4 teams and the training times, venues and days are below:

Under 10 – School Years 4 & 5 – Saturday Training 10-11:30am @ Spilsby Playing Fields Under 14 – School Years 8 & 9 – Thursday Training 5:45-6:45pm @ Woodlands Academy until the clocks change and then it will be 6-7pm @ Spilsby Playing Fields Under 16 – School Years 10 & 11 – Wednesday Training 6:30-8pm @ John Spendluffe Technology College Alford until Easter and then it will be 6:30-8pm @ Spilsby Playing Fields

Parents! We would also like you too!

If you have a love for football and coaching and would love to see yours and other kids progress with their football, we want you!

We are also looking for Managers and Coaches to help us and start new teams and join the committee to create a better club for the kids to progress. We have plenty of event throughout the year that we would love help with.



Spilsby and District Woodcarvers

Andrew Fitzgerald – Founder of the group.



I have personally been carving now for over 20 years. The reason I started a woodcarving group initially was because I felt completely isolated at home. I could hardly walk as the nerve damage from a previous motorbike accident had left me is so much pain. I was finding it very difficult to cope and I was so depressed and lonely. Then I was contacted by a gentleman who is paralysed down one side after a stroke. He wanted to know if I could help him learn to carve. I started visiting him to teach him and we both benefited as it helped me get out of the house. That is how the idea for a group came about. Me helping one individual to begin with.

The Wood Carving Group originally started in Old Bolingbroke, but then due to ill health and ending up in hospital again for several weeks it had to be moved to Spilsby and it became Spilsby and District Wood Carvers.

There are now 20 members and it's growing weekly. The group is project focused to encourage members to become more confident in woodcarving and in life!

The cost is £5 including tea or coffee and biscuits. The group members also get to keep their project to take home to show their achievements to their friends and family.

We are a really social group and it is wonderful seeing how all members have progressed over time. They were all complete novices and now I'm so pleased what they are capable of doing now. I feel they are real artists in their own rights.

I aim to set up a mindfulness wood carving group at some point, as wood carving helped me with my anxiety, stress and depression as well as helping me cope with all the pain.

To help promote the group we had TWO market stalls at the Spilsby Christmas Market. We aim to make people aware in the area who we are and what we are trying to do. I am looking forward to having other stalls at different events over the coming year

At the end of February, I plan for the group to make miniature rocking horses, with the intention of donating them to local charities.

Please contact us if you would like to become a member



HERE AT THE PAVILLION

Mob: 07487 319022 s.dwoodcarvers@gmail.com

The Men's Shed for Spilsby project

What is a "Men's Shed"?

Men's Sheds are similar to garden sheds. The difference is that garden sheds and their activities are often solitary in nature while Men's Sheds are the opposite. These are about social connections and friendship by the solitary sheds are the opposite. These are about social connections and friendship by the solitary sheds are the opposite.

friendship building, sharing skills and knowledge and of course a lot of laughter!

Many do not have premises at all in the beginning and instead form a group that meets regularly for the social connection until they can find somewhere to kit out with tools. Many Men's Sheds get involved in community projects too. Taking part in restoring village features, helping maintain parks and green spaces, and building things for schools, libraries and individuals in need.

Most of the Men's Sheds in the UK are run by the men that use them, this makes a stronger feeling of fulfilment and achievement in the men that develop them, there are now 400 men's sheds in the UK

with 100 in the development stage or in the process of opening.

Why are they needed?

For a long time, research has shown the negative impact of loneliness and isolation on a person's health and wellbeing. Recently we have seen more evidence come to light that shows loneliness and isolation can be as hazardous to our health as obesity and excessive smoking. Surveys from mental health charities are finding that millions of people report feeling lonely on a daily basis.

Men in particular find it more difficult to build social connections and rarely share personal concerns about health and worries. Also, for some men, when retirement comes, it can feel like personal identity

and purpose is lost. Men's Sheds Do Saves lives!

What's happening in Spilsby?

Andrew Fitzgerald, known for his work on the Spilsby and District Woodcarvers group has become the champion for a Men's Shed in Spilsby. Andrew has lots of ideas for the future of the Men's Shed but at the moment wants to concentrate on setting up a group for men over the age of 55 as this is thought to be the age group that needs it the most.





Andrew has never done anything like this before so he is doing the foundation work and learning quit a lot as he goes along. It has been quite an emotional journey for him. He has visited several coffee mornings, many coffee shops and attended group meetings in the town. He has handed out flyers and has spoken to very many people to help to promote his project.

An open meeting was held on the 15th January at the sessions house in Spilsby. Andrew invited Mapplethorpe and Louth men's shed, to come along and they gave some advice on setting up and did a short talk on

how their Men's Shed had helped.

This project is also helping Andrew with his anxieties and posttraumatic stress from an accident which he still, even now, has flash backs of. However, what really keeps him going is talking to men who have

also suffered and would love to be a part of this project.

The response has been amazing and Andrew has had a great deal of support and many offers of help. One gentleman (retired cabinet maker) would like to donate some equipment. He had had an offer from a stained-Glass window specialist who would like to donate all his glass and all his equipment to use in teaching the technique. There is already a great deal of enthusiasm behind this project.

Andrews aim now is to set up a committee to look for help with funding, find premises He feels that for this project to be a success it will be driven by the enthusiasm behind it. He is very open to

suggestions and advice

He would very much like to extend his thanks to all the business and people in Spilsby for their time in talking to him and he is very excited to be given the opportunity to work to bring this project to Spilsby. Ongoing open meetings will be held very Wednesday 1:30 to 3 p.m. in The Sessions House, Spilsby Theatre, Church Street, Spilsby (till suitable premises can be found). Everyone is Welcome.

Further information can be found at https://menssheds.org.uk/latest-news/

Recipe Lemon Drizzle Cake

Preparation time 20 minutes Cooking time 25 minutes plus cooling

175g unsalted butter plus extra for greasing 175g caster sugar 175g sifted self-raising flour 3 medium eggs Icing sugar Sicilian Lemon Extract Bottle of Lemon Juice



Spilsby

BADGES CANOES FLAG GAMES NECKER SCOUTS TENT

Method

Preheat the oven to 190/170 (fan) and then grease two square 8 inch tins.

Mix the butter and caster sugar together well until pale and fluffy. Add the eggs one at a time, beating well after each addition- if the mixture looks as if it's about to curdle then add a spoonful of flour.

After all the eggs have been added, add the Sicilian lemon extract to taste (quite a lot/half a bottle!). Then fold in the remaining flour.

Divide the mixture evenly between the prepared tins and level the surface.

Bake in the centre of the oven for 20-25 minutes until the cakes are well risen, springy and if a cocktail stick comes out clean when inserted.

Allow to cool for 10 minutes and then flip onto a wire rack to further cool.

Once cooled, mix the icing sugar with lemon juice only! The consistency should be runny enough so that it runs down the sides but not enough so that you can see the cake through it. Make a second icing mixture adding yellow food colouring and create your own pattern. You can either produce two traybake-style lemon drizzle cakes or why not sandwich them together with lemon curd?

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Useful Numbers

European Compiesa	
Emergency Services Emergency	999
Police non-emergency	
NHS Urgent Care	
Title organic cure minimum	
Health	
Spilsby Surgery	01790 728111
Spilsby Pharmacy	01790 752246
Spilsby Dental Surgery	
Pilgrim Hospital	01205 364801
Skegness Hospital	01754 762401
Local Authority	
Spilsby Town Council	01790 753189
East Lindsey District Council	01507 601111
District Councillor	01790 763575
Lincolnshire County Council	
County Councillor	01754 880388
MP Louth and Horncastle	01507 527017
Education	
King Edward VI Academy	01790 753260
Woodlands Academy	
Spilsby Primary Academy	01/90 /52503
Eresby Special School	
Halton Holgate CofE Primary School Partney CofE Primary School	01790 752373
Great Steeping Primary School	01754 830251
Toynton All Saints Primary School	01790 752242
Spilsby Playgroup	07747 888350
Spilsby Children's Centre	01790 753451
Buttons Daycare Nursery	01790 755647
Buttons Kindergarten	01790 755202
TT 1 ITTOIL	
Housing and Utilities	01700 75 4210
Lincs Rural HousingPlatform Housing Group (Waterloo)	
Anglian Water (Reporting Leak)	
Gas- National Grid	0800 771881
Out Tractorial Office	
Community	
Franklin Hall	01790 752913
Recreation Ground (Pavilion)	
Eresby Hall Care Home	01790 752495

