

# FRAMPTON FOCUS



APRIL / MAY 2018



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## **Village Activities**

Keep Fit Over 50's	Sue	310537
Aerobics	Anne	364179
Pilates	Maxine	07855 377939
Hand Bell Ringers	Maria	722191
Keep Fit and Dance and Beginners Tap	Jo Sutton	723971
Mothers Union	Margaret	368327
Friends of Frampton Churches	John C	07967 559818
Gardening Club	Ray	723181
Frampton WI	Carol	722879

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**Cover Photo by Carolyn and Tim Sharpe**  
**Snow Drifts on Middlegate Road**

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## The Editor



It is possible that you are reading this a little later into the month than normal. I could say ..."its Easter" or "I just became a granny" or "its been a bit hectic at WI" ...all of which are excuses but true or I could say "I never knew how much my hubby did around the house until he broke his foot three weeks ago." So if you are reading this a little later than normal - apologies. That out of the way - lets start this month by thanking Tim and Carolyn Sharpe for the front cover

and heeding my plea for photos. We have a jam packed edition this time, and I think there is something for everyone apart from Gardeners ( there is the Club of course!) or Farmers...so if you are sitting reading this and you think you'd like to try your hand at a garden or farming column please, please get in touch with me ...contact details on page 31. Once again we have no book review - (if you have read a good book lately please tell us! ) but we do have a very good recipe. Janet Floyd actually cooked this pudding and I ate it and it was yummy. After the pud you could pop along to see Chris from the RSPB who is enticing us all to the reserve with his descriptions of the coffee machine and the grinding of the beans, its a beautiful spot to take a coffee break and they do sandwiches now. Val Halgarth gives us an update on her and Rexs health. Theres a tabletop sale and a coffee morning to go to this April. Welcome to Alison Clarke the new Secretary to the Parish Council and David Shaylar has another bee blog, I do believe I saw a bee in my garden this morning! Digby Military Wives Choir is visiting the village in May, check the Diary Dates and mark your calendar. John Marshall tells us a little about Easter and gives us a word search and the church info. Kirton Kids Club may have a spare place - give Caz a call . Framfest are smouldering - please let it be a sunny day! The WI venture into holidays, craft groups and book clubs, there is no end to their enthusiasm and energy! Frampton Gardening Club are jumping on a coach to Houghton Hall and Gardens and invite you to join them for the day on the 18 July. But Im racing ahead it is still Easter! The good thing about our virtual egg hunt is that it is calorie free.....but as it is Easter and I have been very busy...I think a chocolate egg and a slice of simnel cake would just hit the spot....Next Copy date is 19th May.....this year is racing along! Egg total on page 31.....



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## RSPB



Hello again! Chris from the RSPB nature reserve here again with your regular look at what is happening down at the reserve.

Talking of the reserve, have you visited us recently? It is quite surprising how often I get to chat to someone from the village, or from Kirton, who has never been before. Or who has not been since the 9 years since we opened the visitor centre. When they do visit, they love

it! Over the past couple of years we have been putting in a lot of work making the reserve ever better for visitors. Be it those that enjoy wildlife, or those who just fancy a walk, or even a sit down and a cup of tea.

Out on the reserve, the paths to the hides and around the reedbed are being upgraded. They are being widened and smoothed out. This will make them easier to walk on, and also to take pushchairs and wheelchairs around. With the reeds growing up it has been harder to see the ducks, so we have also placed viewing mounds at strategic locations, to give you a vantage point.

Back at the visitor centre, we have decorated. Gone are the dull green-brown walls. It is now lovely and light. We are also now selling filled rolls for those people that want a light lunch. We also have our coffee machine, serving Fairtrade, organic and rainforest friendly coffee. Espresso, Americano, cappuccino and lattes are all served. It tastes good too, as it is brewed there and then, via a bean-to-cup machine! Extra seating means you'll be sure to get somewhere to sit down. Not that we are sitting still. We have yet more improvements in mind, particularly for making the reserve a nice place for families to visit.

Alas, all of this has to be paid for. Up until now, and unlike sites owned by other organisations such as the National Trust or even equivalent RSPB reserves, entry to our reserves near Boston has been free. As from 1 April we will be bringing in a small charge. At Freiston Shore there will be a facilities fee of £2 per vehicle. At Frampton Marsh it will be in the form of an entry fee. £2 per adult, £1 per child, with a range of discounts available. There will be no charge to just pop into the visitor centre, and access to public rights of way will of course continue. If you have any queries about the new arrangements, pop in to see us and we will do our best to answer your questions.

**Dr Chris Andrews**



## **A Big Thankyou from Val & Rex Halgarth**

Just a few words to say thank you for all the cards, phone calls visits and good wishes from everyone during the last few nightmare months, we are very grateful and touched at the kindness received. We would also like to thank everyone who has ferried us to hospital appointments to see specialists and especially for Rex to have his chemotherapy twice a week, we shall never be able to repay your kindness, but you know how grateful we both are.

We are always pleased to see anyone, as it cheers us both up to see a friendly face, as we can't help but feel a bit cut off with neither of us being able to go anywhere at the moment, only Pilgrim hospital, but even that can be quite enlightening as I meet up with all the other chemo patients and wives and friends who accompany them and whilst they are having their chemo, we go off for a coffee, or sit and have a chin wag which is good. If you would like to pay us a short visit, all I ask is that you ring beforehand, because if Rex has had chemo he very often isn't up to visitors, but there again I'm always ready for a natter and a coffee! so you are very welcome as long as I know beforehand.

We don't really know what the future holds for us, but I am much stronger than I was and now and with having oxygen at home it has made such a difference and as it is portable, if Rex is okay to be left then I do sometimes get out for a coffee if someone picks me up, as I can't walk far, but hopefully that will improve with time.

Rex on the other hand has a long road ahead and we hope and pray that all the chemotherapy and radiotherapy will have done its job to zap the Myeloma for a while and God willing, we can hopefully look forward to a few decent years together.

Thanks once again and hope to see some of you soon. **Val Halgarth**

### **TABLE TOP SALE**

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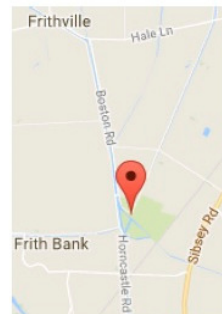
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## **Frampton Parish Council**

Please welcome Alison Clarke who has taken over from Pat Cooper as Secretary to the Parish Council.

Alison Clarkes contact details are:

The Willows, Multon Ings Lane, Frampton West, Boston

PE20 1RW.

Tel 01205 612120

The Annual Frampton Parish meeting will take place on Thursday 19th April 2018 at 19:30 in Frampton Village Hall. The Annual General Meeting will take place on Thursday 17th May 2018 at 19:30 again in Frampton Village Hall. All requests for any other matters to go on the Agendas should be submitted to Alison in writing 7 days prior to the



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## Tickle Your Taste buds.....Guards Pudding

4oz/115g butter  
4oz/115g soft brown sugar  
4oz/115g brown bread crumbs  
3 tbl. raspberry or strawberry jam  
2 eggs  
Pinch of salt  
Half a tsp of bicarb dissolved in a little water



Cream butter and sugar, stir in jam, beaten eggs and breadcrumbs, add salt and bicarb.

Put the batter into a buttered pudding basin, cover with greaseproof paper and steam for 2 to 2 and a half hours.

Pop it into the oven for ten minutes or so to firm up, and then turn it out.

Serve with custard or, if you're making an effort, with a zabaglione (Put into a bowl 2 eggs plus a yolk, a tbl. of caster sugar and about a quarter of a pint of sweet wine, sherry, rum or whatever you've got. Put the bowl over simmering water and beat until foamy, which takes about 3 or 4 minutes).

**Janet Floyd**





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# healthwatch

## Lincolnshire

People with learning disabilities often have poorer physical and mental health than other people. People with a learning disability live up to 20 years less than people without a disability. People with learning disabilities often have difficulty in recognising illness, communicating their needs and using health services. Also people with learning disability often don't receive important medical procedures such as cervical and breast screening.

Annual health checks for people with learning disabilities are available from age 14 upwards.

Healthwatch Lincolnshire, in partnership with Lincolnshire Foundation Partnership Trust and SW Lincolnshire clinical commissioning group are carrying out a project to support residents with Learning Disabilities, their carers and families to learn more about and encourage take up of the Learning Disability Annual Health Check at their local GP surgery.

This has so far seen take up of annual health checks increase through 2017 by over 25% compared to the same period in the previous year

People with learning disabilities can have difficulty in recognising illness, communicating their needs and using health services. Research shows that regular health checks for people with learning disabilities often uncover treatable health conditions. The Annual Health Check is also a chance for the person to get used to going to their GP practice, which reduces their fear of going at other times.

After the health check, people with learning disabilities should also receive a Health Action Plan, which they can then share with anyone one who supports their day to day living. GP surgeries should also make reasonable adjustments to assist these patients.

This might simply mean appointment letters being sent in easy read format.

An event is being held at the Showroom Lincoln on 19th April and is open to anyone in Lincolnshire with learning disabilities, their carers, service providers and anyone with a specific interest in learning disabilities. This is an opportunity to learn more about what happens during a health check and get information from a range of stall holders with special interests such as carer support, benefits and individual budgets. It is also open to organisations that provide services for people with learning disabilities such as day care or other support.

Chief Executive Officer of Healthwatch Lincolnshire, Sarah Fletcher, said: "this event is a great opportunity for people with a learning disability to find out more information about what is involved as well as taking part in an opportunity to formulate 'what does good look like' in respect of annual health checks. We look forward to meeting several people with learning disabilities along with their carers as well as numerous professionals involved with the actual process or support roles".

If you are a service provider or other organisation that works with people with learning disabilities then please get in touch at the number below.

For further information about annual health checks or the event please contact Healthwatch Lincolnshire on 01205 820892.





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TUES	Kirton Leisure Centre Studio, Kirton End Studio, Kirton End Kirton Leisure Centre	PILATES PILATES PILATES PILATES	9.00am - 10.00am 10.30am - 11.30am 12.30pm - 1.30pm 6.00pm - 7.00pm
WEDS	Kirton Leisure Centre Kirton Leisure Centre Kirton Leisure Centre	PILATES <b>LBT PLUS</b> <b>BOX FITT</b>	9.00am - 10.00am 6.30pm - 7.15pm 7.30pm - 8.15pm
THURS	Kirton Leisure Centre Studio, Kirton End Sportsman, Rosebery Ave	PILATES PILATES PILATES	10.00am - 11.00am 1.00pm - 2.00pm 6.00pm - 7.00pm
FRI	Kirton Leisure Centre	PILATES	9.00am - 10.00am

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### **Wednesday's**

St Thomas's Church Hall  
7.30pm  
with Danni - 07917 897292

Swineshead Village Hall  
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### **Thursdays**

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## St Marys 100 Club

The Church draw is coming to the end of its seventh year and I would like to thank everyone who has supported this venture and helped to make it a success. Half the money (the maximum allowed in Lottery rules) is given back in prizes so this year just over £400 has been raised for Church funds. Thanks particularly to those of you who have had a number from the beginning but haven't had any luck with it – yet! In this last year we have had 67 numbers taken, so there is still a choice for anyone joining now.

The April draw will be the last one of the 2017-18 year so numbers are now available for the coming year, May `18 – Apr `19, for £1 a month (£12 for the year). I hope that past, present and new members will want to have a number. Subscriptions can be paid monthly, quarterly, or annually – as long as you are paid up, your number will be entered in the monthly draw which is held during the coffee break after the service each 2<sup>nd</sup> Sunday of the month. You can join at any point in the year. Each month there will be a prize of £25, and in addition there will be an extra prize in December and April.

If you would like to join please let me have your name, address and phone number. Cheques should be made payable to Frampton PCC.

Thank you for your support. **Joan Deane**

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**February winner** no 77

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**March winner** no 86

**Mr R. Halgarth**



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How many of you actually read our logo? 'The WI Inspiring Women'. Does this mean the WI is inspiring us or that it is made up of inspiring members. I go for the latter - the WI no matter what village or town or city it is in is the sum of its members, its a community. If you are a member you are the WI. There have been a lot of articles in newspapers about the WI this year, teasing/criticising us for adopting William Blakes poem

Jerusalem, making jam, wearing aprons and baking cakes. None of which am I about to apologise for. However, Frampton WI are a democratic group of women and it was voted upon that we would only sing Jerusalem on special occasions, personally, I do make jam and when I don't wear my apron I usually regret it. At our Annual Meeting last month I had time to reflect just how many talents we had in that one room, that night. We have ladies who excel at crafts and are willing to share their skills, we have members who are wonderful artists, members who are brilliant writers, members who are very caring, thoughtful and often funny. Ladies who are not afraid to try something and accept they may make mistakes...that last one is me!! Some wear pearls and some wear jeans some wear flat shoes some heels. What I'm struggling to say is that we are a truly eclectic mix, we each have our strengths and bond together to become stronger. One Lady said to me recently, "Id like to join the WI but I'm hopeless at baking and stuff" it really isn't all about that. When I joined I was member 31. We now have 46 members and growing, there are new faces and familiar faces, together we are heading to our 82nd birthday this year and we have the names of our members past and present hand embroidered on our WI table cloths, ladies we are making history!

We are putting together a holiday ...5 days/4 nights cost £319 this price includes return travel from Kirton, breakfast and dinner and a free bar, 2 excursions and 1 optional excursion. Destination - Cricket St Thomas, a Warners Hotel in Somerset. The coach will pick up in Kirton on 28/1/19. If you would like to go, please contact **Val Cooper on 01205 725055**. This holiday is open to couples and singles but please bear in mind there are very few single rooms so you may like to share with a friend?

Our next WI meeting will be on Thursday 12 April at 7.30pm in the Village Hall, Middlegate Road, Frampton. If you would like to join us please come along we would love to meet you.

For more information about our WI please call

Vanessa Jameson (President)  
Carol Patrick (Secretary)  
Janice Cotgreave ( Press)

07955 763473  
01205 722879  
01205 724617

vanessajameson@btinternet.com  
carolpatrick@gmail.com  
janice.cotgreave@btinternet.com





## A Taste of Honey



What a difference a day makes! Earlier this week I checked my three hives some frosty residue was still visible where the snow had drifted into the surroundings. There was absolutely no bee activity.

Since January I have been checking the condition of my hives regularly, hefting them (carefully lifting and checking the weight of stores). As I reported last time, some of the bees had ventured out preparing for Spring but this Beast from the East this month had sent them all back packing.

Wednesday morning the sun was up and for the first time in ages I decided to spend an hour or two in the garden. My resident cock pheasant was wandering around the garden looking for titbits that had fallen from the bird feeders. Clearly unhappy that I was in the garden, but too lazy to fly over the fence and away, He just kept strutting around trying to avoid both me and my inquisitive dog.

I raked up a few twigs and leaves then pulled up a few weeds out of the border. I was watching a robin that was watching me, quite intrigued by each other when all of a sudden the pheasant came running straight at me from the hive corner. Half way across the lawn he saw me, panicked and took off, most definitely with the hump. I wandered over to the hive and was amazed to see a few hundred bees out and about around the entrance. I removed the mouse guard to open up the hive a bit more. Not sure what ol' ringneck had done but he definitely caused a reaction with my bees.

I spent the next half hour watching the hive entrance comings and goings.

There was a waggle dance in clear view on the landing board. Bees appear to dance backwards and forwards in front of other bees before flying.

My attention was now totally on what the bees were bringing back. Essentially I wanted to see pollen. Pollen suggests my queen is laying. New brood and larvae need the crucial pollen for the development into young bees and it follows the worker bees will be flat out collecting if the queen is laying again.

Thursdays weather not quite so good and my girls are quiet again but hopefully things are happening inside that will be exciting in the next few days.

**David Shayler**

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Sat. 19th. MAY

7.30pm

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**SOUTH LINCOLNSHIRE BLIND SOCIETY**

Charity Number 214140

## **VOLUNTEERS URGENTLY NEEDED**

### **Boston Lunch Club and Boston Social Club**

### **Volunteers needed!**

Enhance your own and the life of a visually impaired person by helping out at one of our social clubs. Just a couple of hours on a regular basis could mean something to look forward to for an isolated person. We are looking for people who love a good natter and willing to make teas and coffees and join in with card/board games depending on the club and interest of members.

#### **What we mean by a 'Volunteer'...**

- Someone who is enthusiastic and willing to give up as little or as much of their spare time as they can, to get involved in a vital cause!
- Someone who loves to chit-chat over a cup of tea/coffee, with the patience to also listen to others!
- Someone who is trustworthy, reliable, cheerful, punctual and open to building new friendships!

#### **Why Volunteer?**

- Who doesn't want to feel rewarded for making tea, eating biscuits and talking to others!?
- You would be enhancing your CV and be playing a vital role in your community and making that community more accessible to blind/partially sighted people
- You would be provided with training and assistance required to volunteer with those who are blind/partially sighted

**Get in touch with us for more information - Contact**

**Eve Farley, Volunteer Development Officer**

**Email: [evfef@blind-society.org.uk](mailto:evfef@blind-society.org.uk)**

**Main Office: 01476 592775 Monday - Friday 9am - 5pm**  
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## *Winter Lunch Menu*

### *Starters*

*Homemade Soup, warm Bread Roll*  
*Whitebait Fillets, Salad Leaves, Tartare Sauce*  
*Classic Prawn Cocktail*  
*Mushroom and Stilton Knots*  
*Pate, Toasted Crispy Bread*

### *Mains*

*Chicken Supreme, Tarragon and Blue Cheese Sauce*  
*Vegetable Wellington, White Wine and Dill Sauce*  
*Pan Fried Salmon, Parsley Sauce*  
*Lamb's Liver and Bacon, Mustard Mash Potatoes*

*All above served with New Potatoes, Carrots and Cauliflower*

*Scampi, Hand cut Chips and Peas*

### *Desserts*

*Pecan Pie, Cream*  
*White Chocolate Profiteroles*  
*Lemon and Lime Gateaux*  
*Bakewell Tart, cream*  
*Cranberry and Orange Cheesecake*



*Two Courses- £12.00, Three Courses- £15.00*



## Focus On Faith



When I said in February '*Roll on Spring*' I was not thinking of the official day of 1st March, when it turned out we would be suffering from a week of snow and ice! Well done to those of you who were good neighbours - checking others were okay, running an errand, or a local farmer snow clearing and assisting stranded motorists. The local Facebook user group also came into their own - offering help with boiler breakdowns and sharing news of traffic problems and school closures. Well done folks - those responses showed a real community spirit!

Hopefully Spring has now sprung and 1st of April brings Easter Day! It is a day of celebration in the risen Christ who came to bring hope to all nations - that they would be restored to a right relationship with God our Father.

*Read John chapter 20.1-18*

Fifty days after Easter comes Pentecost - on 20th May (also previously known as Whitsun or 'White Sunday' - popular for baptisms and dressing in new white robes or new summer clothes). On this day we celebrate that people were filled with the Holy Spirit to enable them to witness to the Good News of Jesus Christ, spreading His Gospel throughout the world. *Read Acts chapter 2.1-21.*

The last estimate stated that there were 2.2. billion Christians - or followers of Christ around the world. The bible is still the best selling book of all time with over 5 billion copies distributed!

Praying you God's Blessing

**John Marshall - Reader**

\* [www.framptonchurch.com](http://www.framptonchurch.com) or [www.wybertonandframpton.org](http://www.wybertonandframpton.org)

Please check the weekly pew sheet or our \* online calendar for details of services - which may vary, especially during our Priest vacancy.

SERVICES	St Leodegar's	St Michael's	St Mary's
<b>April 1</b>	9.30am	8.30am	11am
<b>8</b>	9.30am	-	11am
<b>15</b>	9.30am	-	11am
<b>22</b>	9.30am	9.30am	11am
<b>29</b>	9.30am	<< Group	<< Service
<b>May 6</b>	9.30am	8.30am	11am
<b>13</b>	9.30am	-	11am
<b>20</b>	9.30am	-	11am
<b>27</b>	9.30am	9.30am	11am



T	I	R	I	P	S	N	E	T	H
L	A	C	O	L	U	N	U	Y	O
A	R	E	T	S	A	E	T	P	P
H	P	W	T	B	Y	I	T	E	E
N	I	I	L	A	N	S	N	O	W
E	H	E	K	U	O	T	S	E	B
W	S	O	M	L	E	P	S	O	G
S	N	M	L	C	R	P	L	E	H
L	O	N	O	Y	R	U	C	C	O
C	I	S	U	E	A	B	O	O	K
A	T	L	T	G	N	I	R	P	S
M	A	A	A	I	D	B	D	I	N
E	L	U	D	E	M	L	E	E	O
R	E	S	T	O	R	E	D	S	W
S	R	U	O	B	H	G	I	E	N

### Wordsearch

At least 34 words - one appears twice!

**Answers are at the bottom of page 27**

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## Pick up your Walking Festival brochure now

The Lincolnshire Wolds Walking Festival 2018 brochure is out now! Download your copy from the website or pick one up at your local garden centre, tourist information centre, library or visitor attraction.

The festival returns in May for its 14<sup>th</sup> year, offering great walking across the East Midlands' only Area of Outstanding Natural Beauty.



This year, there are over 100 walks, ranging from half a mile to 76 miles, so there really is something for everyone!

Many walks are family friendly and feature fun activities such as shelter building, bushcraft, treasure trails, bug hunts and more, so there's plenty to keep the little ones busy during the May half term.

The packed programme also feature routes suitable for wheelchair users and accessible with pushchairs. Festival Co-ordinator, Natalie Lunt, said:

"The festival offers a great way for everyone to explore a beautiful landscape and experience its culture and heritage, whilst enjoying some healthy exercise in good company. You can discover the history of an area with a guided talking walk, try something new with a themed walk, enjoy an energetic ramble, relax with a short stroll, or experience the Wolds in a different light with one of the night walks on offer."

The festival starts on 19 May with a launch event in Nettleton and, after 16 days of walking and family fun, concludes with a finale in South Elkington on 3rd June.

For more information go to [www.woldswalkingfestival.co.uk](http://www.woldswalkingfestival.co.uk).



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CAME BEST ENABLE LATER HALT OCCUR CORDED ELUDE LOST TYPE

# Frampton Gardening Club



I ended my last article in Frampton Focus with the good news that, as the days lengthen, and the wind drops, we will feel the sun on our backs and begin a new gardening year. Oh dear, obviously the Gods of nature saw the words and decided to have some fun at our expense! What followed was the worst spell of weather since 2010. Well I've

learned my lesson and will not attempt any further amateur long range weather forecasts.

Fortunately our Garden Club meetings are held in the warmth of Frampton Village hall, and our members were entertained in January by Mr Maurice Barber from Wyberton. He showed a fascinating set of old views of Boston Town, which invoked many memories and reminiscences from us all.

The February meeting was something of a surprise as we were let down at the last moment by our booked speaker, fortunately our Treasurer, Phil Jameson, stepped into the breach and gave a very interesting, illustrated talk on the progress of his and Vanessa's garden in the years since they became Frampton residents. The members had had the opportunity to visit the garden last summer and experience its delights, accompanied by delicious afternoon tea. Have you noticed how often gardens are judged by their teas rather than the flora? Well, Phil and Vanessa scored 10 out of 10 on both counts!

On Wednesday 18<sup>th</sup> July the club is organising a visit to Houghton Hall and Gardens by coach, non members are welcome to join us , space permitting.

Other garden outings are being considered for this summer, watch this space to be kept informed.

Our next meeting will be held as usual at Frampton Village Hall on Thursday 29<sup>th</sup> March at 7.30pm, when we will be entertained by Andrew Dennis, owner of Woodlands Organic Farm, who is also a traveller, entrepreneur and historian. The Dennis family has farmed locally since 1870, as is testified by the bronze statue of Andrew's great grandfather, William Dennis, seated in front of Kirton Town Hall. You don't have to be a gardener to enjoy Andrew's life experiences, so please come along and join us , you can be sure of a warm welcome and refreshments.

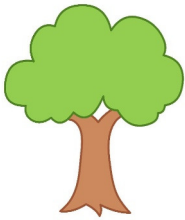
**Maggie Welberry**



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# Kirton Kids Club



It has been really good to hear that the Kirton News magazine has been thrown a life line and will continue to be published for the village – thank you!

The children at the club took home lovely ‘rabbit’ themed spring potted flowers for Mother’s Day. They decorated and wrote their own gift cards too – it was nice to see their adults faces when they saw their handy work.

We have been busy doing as much ‘Easter themed’ art as possible in the run up to the holiday. This has included rocking chicks, finger painting, masks and hats, numerous egg art and of course an Easter egg hunt at the end of term.

We have had a couple of really nice afternoons this term and we always know when Spring is ‘waking’ with the beautiful white blanket of snow drops in the Church yard that we can see from the Kids Club windows. I hope for a few more nice days after Easter so we might again be able to go outside more in our afternoon sessions.

The club is quite full at the moment but please ask for availability, some times we have a place on some nights or breakfast club.

For more information please call 07583 762072 or visit our website at [kirtonkidsclub.com](http://kirtonkidsclub.com).

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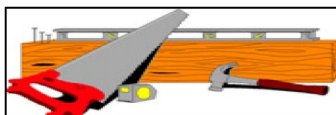
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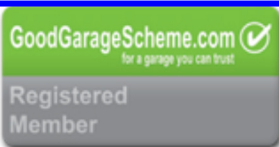
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Egg Hunt  
62



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