THE THREE TOWERS

November 2025

Serving the communities in and around Manthorpe, Edenham, Lound, Toft, Witham on the Hill and Swinstead





We now sell fruit & veg

Farm Shop

Opening times:
Monday: 9am till 5pm
Tuesday: 9am till 5pm
Wednesday 9am till 5 pm
Thursday: 9am till 5pm
Friday: 9am till 5pm
Saturday: 9am till 5pm
Sunday 10am till 4pm

Red Tractor Farm Assured
All from our farm

Lincoln Red Beef, Berkshire Pork & Jacob Lamb

Dry aged beef & homemade ready meals Farm fresh eggs, local milk, cheese, honey & much more

CUSTOMLAWN CARE

Spring & Summer,
Autumn & Winter
Treatments for your
lawn at a price that
doesen't cost the earth.

FOR A FREE QUOTATION CALL US ON;

07734 693253



- Weed and moss control
- Scarification
- Hollowtine aeration
- Fertilisation

Your local professional lawn treatment service

Editor: the3towers1@gmail.com

Andrew Carr

T: 07734 693253 E: andy@customlawncare.co.uk www.customlawncare.co.uk | Stamford Lincolnshire

Parish News

SAMARITAN'S PURSE You should have received a leaflet with the Parish magazine last month asking you to pack a shoebox of gifts, toys and supplies for children in need, in war zones or homeless as a result of natural disasters. If you can't fill a whole box, donations of small toys and school supplies would be gratefully accepted. Do not include sweets, liquids, lotions, war-related items, sharp or fragile items. The national collection week is 10-17 November when filled boxes can be delivered to sites around the county. The nearest collection points are as follows:

- 1. Post and Packing Peterborough, 10 Skaters Way, Peterborough PE4 6NB Mon-Fri 9-5 30
- 2. Lighthouse Church, 10 Haverfield Road, Spalding PE11 2XP Mon-Fri 10-2
- 3. Baptist Church, Melton Road Oakham LE15 6AY Fri 14 Nov 1-3, Sat 15 Nov 10-12

For further information or help contact Jane Clark, tel 01778 59023.

THANK YOU to everyone who came with produce and those who bought surplus apples, pears, plums, damsons, rhubarb, chutney and jams at the sale in St Andrew's parish hall in September. Donations for goods amounted to over £120 for hall management funds. It was such a successful event for preventing food waste that we will do it again next year!

WELL DONE to Suzy Grigson and helpers who raised over £1,000 at the Macmillan coffee morning in Witham on the Hill. It was very well attended, lots of delicious cakes to choose from and an amazing array of raffle prizes!

HARVEST FESTIVAL in St Andrew's was a joyful service of thanksgiving, lead by Fr Paul Denby with stunning floral arrangements decorating the Church. It was followed by a magnificent supper in the parish hall. Some 36 people tucked into an array of salads, meats, breads and puds, and enjoyed each other's company. Thank you to everyone who provided the food and to those who generously gave items for the Food Bank.

CONDOLENCES to Sian Hawes, family, friends and neighbours on the passing of Pat John in September. Pat lived in Edenham for many years and was a much-loved mother, grandmother and great grandmother of the Hawes family.

CONDOLENCES to Zoe Wilson, family, friends and neighbours on the loss of Dave Wilson of Witham on the Hill. Dave passed away on 24 September after a hard struggle during the past year. He will be fondly remembered by many.

K GOLDSMITH PAINTER AND DECORATOR

All aspects of interior and exterior painting for the home and business

NO JOB TOO BIG OR TOO SMALL

Free no obligation quotes. Fully insured & registered References/Testimonials available

> 01778 704072 07951 579167 www.kgpainting.co.uk

THE CANAPÉ COLLECTION



A new business based in Bourne, offering you a range of hand-made

vegetarian, fish-based and dessert delicacies to enhance your special social occasion.

For enquiries, to view the menu and price list, or to discuss your specific requirements, contact Sue on *07913 296247* or

suemusicconsultant@gmail.com

Free delivery within a 10-mile radius of Bourne

Sue prepared a wonderful spread for our gathering. Everything was beautifully presented and delicious. Thank you for making our evening so special and worryfree. (Nicola L)

Do you want the fairies to clean your oven? Or would you rather do it yourself?



- like new
- Your ovens cleaned like new
- Family owned business
- Ovens, Ranges, Agas, Hobs, Extractors, Microwaves, Fridges, Freezers, Dishwashers & BBQs
- No mess, odour or toxic products used in your home so the oven can be used straight after cleaning
- Fully equipped & insured specialist vehicles with dedicated cleaning equipment for removal of grease, fat and burnt on carbon.
- Appointments to suit you 24 hours a day, seven days a week.

01572 767678 07785 987112



www.ovenfairy.co.uk (book online)

Go on, call the fairies and treat your oven

Do you need the support of a Carer/Home help?

Experienced NVQ qualified carer available for work including short term live-in DBS checked, excellent references Liability Care insurance

Contact: Debbie

Tel: 01780 481356 Mobile: 07716 719329 Email: debswelton@yahoo.com

4

 BAPTISM Anna Forbes-Rogers (daughter of Miriam Forbes) on 28 September at St Andrew's Witham on the Hill. Welcome to our church family!

WELCOME to Danni and Matt at East Green, Witham on the Hill. We hope you will be very happy here.

EDENHAM CHURCH CHRISTMAS COLOURS - The church Christmas colour for arrangements will be red this year, so red or cream candles please. All arrangements to be in church for the Christingle on 21 December.

SWINSTEAD SKITTLING FOR A PIG - charity fundraiser in September **raised** £459 for Macmillan Cancer Research. A huge thank you to everyone involved in organising the day and to those who came and skittled. A great day was had by young and old and will definitely be back on our social calendar in the future.

ADVENT WINDOWS - Witham on the Hill - Thank you to those who have already volunteered to do a window. I still need 9 more! If you would like to/can do one please message or WhatsApp me as follows:

Frances on 07919 288799

BUTCHER TURNED AUTHOR! Those of you who have been following Mill Farm on Facebook will know that our Manthorpe butcher, Hannah, often posts interesting updates, poems and short articles. Recently, Hannah has gone to the next step and has had her first book published. "Mabel's Lambing Time Adventure" is a children's story about a little girl living on a farm, who wakes up one night to find her parents missing and sets off on an adventure to find them. Helping to bring

Hannah's words to life is Zoe, the local artist who supplies the shop with her greetings cards.



A BIG THANK YOU to the Rutland Big Band who returned to St Stephen's church, Careby, on October 13th and entertained us with their characteristically vibrant renditions of instrumental numbers and songs from yesteryear. Thank you also to all our supporters as a useful sum has been raised to help with the ongoing cost of keeping our church viable and available to all

Swinstead Village Hall Committee presents

Low Noise Family Fireworks Display

8pm Friday 7th November

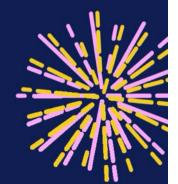
Opp Village Hall on The Green Bourne Road - Swinstead

By kind permission of Mr Nigel Hawkins



Village Hall Bar open from 7pm

Hot Dogs £2 Chilli Dogs £3



FREE EVENT - EVERYONE WELCOME

THANKS to everyone who supported the Macmillan Coffee morning in Witham Parish Hall on 11 October. It raised over £400. Well done everyone.

SWIFT BOX UPDATE - All bar one box have been removed for winter and are safely in storage for next year. Thank you to John Mellor for helping take the boxes down. Although none of the boxes were used for nesting this year, this is to be expected. The positive is that 2 boxes had definite interest shown by immature birds that, hopefully, will be back next year to breed. It was the best summer weather for the swifts, with the largest number seen in the 5 years that I have been monitoring them. To that, we had our first chicks successfully fledge from the boxes at our home. Thank you again for your support. Paul Toseland

Dates for your Diary

Wednesday 5 and 19 November from 10.30am to 12pm – Swinstead Village Hall - Social Coffee Mornings. Come and meet some new friends and enjoy some company, accompanied with coffee, tea, scones, cakes and bakes, and a chance to win a prize with one free raffle ticket, all for £3.00.

Friday 7 November – Swinstead Annual Village Fireworks on Bourne Green. A great night of **free** entertainment for the whole family, with fireworks starting at 8pm. Our Chilli Dogs and Hot Dogs are a huge hit with kids and adults alike, so get in early as they sell out fast. Village Hall Bar open from 7pm.

Saturday 22 November, 10am to 4pm - Witham Hall School Winter Fair (see page 17 for details).

Saturday 22 November, eyes down at 7pm - Steam Action Bingo Night at Edenham Village Hall, all welcome. Doors open at 6.30pm, cash prizes, raffle, tea and coffee - bring your own drinks if you wish.

Saturday 6 December - Swinstead Village Hall Rocking Xmas Party – featuring Live Band 'Idle Hands', a high energy indie / pop / rock band. Over 18's only, wear your best party outfit, bar opens 7pm. Tickets are limited £8 each – email to book swinsteadvillageevents@gmail.com

Sunday 7 December, 7pm - A concert in St. Andrew's Church, Witham on the Hill. A delightful evening with a selection of songs from films, theatre and Christmas performed by the Just Sing! Ladies choir. Tickets are £10 and include a glass of wine. Tickets from Suzy Grigson tel no 07970 784668 / email: suzygrigson@msn.com. All proceeds will go to St. Andrew's Church.

7



Saturday 13 December – Swinstead Village Hall Quiz Night - test your knowledge for a chance to win a Cash prize at our December Quiz Night - £2 per player / max 6 per team. Bar opens 7pm. Quiz starts 7.30pm. A great raffle will be run on the night with monies raised donated to Bourne Food Bank. A food donation box will also be in the hall foyer - please feel free to bring a can of non-perishable food ie meat, fruit, vegetables, pasta, jam, coffee, teabags, etc. Any donations greatly appreciated in helping support those in need over the festive season. Thank you and we look forward to quizzing!

Tuesday 16 December, 6.30pm - Edenham Carol singing around the Christmas tree in the field near the traffic lights. Light refreshments of mulled wine and mince pies will be served.

THE VICAR WRITES

In centuries past Christian children all over England would visit their neighbours on the eve of All Souls (2 November) and ask for a 'soul cake'. But what was it? A soul cake is a type of shortbread. The children would knock on doors and say; "A soul cake, a soul cake, have mercy on all Christian souls for a soul cake." If the children were given a cake, they would say a prayer for the deceased relatives of that household or family in return. Not unlike modern trick-or-treating. It may sound a little odd or unusual but soul cakes can be found in various forms within many European cultures and traditions. Sometimes the cakes would be given to the poor (a good deed done on behalf of the dead) or left out for wandering souls or even left on the graves of loved ones. It was said that for every cake given, a soul

went straight to heaven. Food for thought, if not actually food for the soul.

But do we ever stop to think about what might be food for our souls in the same way as we might think of our bodily needs? The Western spiritual tradition is often (wrongly) to view the body as separate from the soul, and when this happens, we usually find ourselves disliking our bodies (with all their curious urges and limitations) and even purposefully maltreating them in the belief that our souls will benefit as a result.

But it's worth considering that we're often cautious in our day-to-day lives about bearing physical burdens that might be too much for our bodies (like lifting heavy boxes or carrying equipment) but rarely do we adopt the same approach with spiritual matters.

Christmas Cards 2025



Choose from our stock designs or supply us with a photo, drawing or image and we will produce your unique Christmas cards. Your company, or personal, details will be printed inside.

A6 Cards

25 - £47,50 + VAT

50 - 452,50 + VAT

100 - £62.50 + VAT

150 - £72,50 + VAT

A5/150mm sq Cards

25 - £55.00 + VAT

50 - £60.00 + VAT

100 - £80.00 + VAT

150 - £100.00 + VAT

All cards supplied with envelopes, delivery extra

Also call us about Calendars & Personalised Wrapping Paper

HIMIL

Unit 17 King Street Ind. Est., Langtoft, Peterborough. PE6 9NF T: 01778 560261 Etmail@graytones-printers.co.uk







SECOND TO NONE PEST CONTROL

RATS MICE MOLES WASPS BEES SQUIRRELS FLEAS COMPLETE PEST CONTROL SERVICES
FAST EFFICIENT AND FRIENDLY
FOR FREE QUOTES AND CONSULTATIONS
MATTHEW AVISON
01778 369192 07880558687

stnpestcontrol@gmail.com

ANTS
PIGEONS
MOTHS
WOODWORM
FOX CONTROL
BIRDPROOFING
BEDBUGS

We do tend to overlook the possibility that we may be carrying great spiritual burdens around with us; memories of past hurts or times when we've injured others. Perhaps we feel our prayer life has gone a bit stale or maybe we feel weary about coming to Church.

If we needed help carrying or moving something, then we naturally ask for help. If someone were to knock at the door of our lives and offer to help lift our spiritual burdens from us, would we not want to take them up on that offer? Jesus offers to do just that! He offers to free us from our burdens and to give us peace with God. Here in the sacred elements, he offers himself; his body and blood in mercy and forgiveness for all.

On the Feast of All Souls our thoughts and prayers are of those who have gone before us, those who have died and who now rest in the peace of Christ. And just as Jesus assures us of God's love for us in his giving of himself, so he also assures us of God's love and care for those who have died: those who now rest in the Father's nearer presence. For they are now the ones whose burdens, both physical and spiritual, are no more. They now rest in the arms of the Saviour, in that joyous place where death itself is no more and where every tear has been wiped away.

If you'd like to be with us this year to pray for our loved ones departed and to light a candle in their memory, you'd be very welcome to join us at St Andrew's Witham-on-the-Hill, 4pm, on Sunday 2 November.

Fr Edward



PAINTER AND DECORATOR

OVER 10 YEARS OF EXPERIENCE

REFERENCES AVAILABLE

JASON KENDALL 01778 426 409

Careby Garage

Motorcycle & Car MOT testing Air conditioning & tyres car servicing & repairs Stamford Road, Careby Stamford, Lines, PE9 4EA

01780 410703

RBL Decorators

For all of your interior and exterior decorating needs, from one room to a whole house, our team can help.

Domestic/Commercial/
New Builds/Wood
restoration and repairs
Fully insured with 35
years of experience.
We can transform your
space cleanly and efficiently
For all enquires
call Richard on 07759250424
or email

RBLdecorators@gmail.com



CLEAN AND CLEAR CHIMNEYS

www.cleanandclearchimneys.co.uk

Professionally trained clean and friendly sweep service
Full brush and vacuum cleaning, also bird & nest removal
Industry standard certificate of sweeping supplied
Flexible flue liners supplied & fitted
Bird quards, rain quards, caps & cowls supplied & fitted

Replacement pots & minor chimney repair work

Wood burning/Multifuel stoves supplied and fitted Hetas registered installer Covered by full public liability insurance

Call Paul on Tel: 01406 702005 Mobile: 07766886417









W.H. Munton and Son

Mill Farm Butchers

A wide range of home fed and locally sourced meat, poultry and other produce

E: orders-millfarm@hotmail.co.uk T: 01778 590 263



TAXATION / PROBATE

All aspects of Personal Taxation, Self-Assessment, Inheritance Tax, Probate, Capital Gains Tax, HMRC Enquiries Etc.

Over 30 years' experience: Professionally Qualified: Very reasonable rates:

Martin Smith Associates 07815 921143 martinsmith4@hotmail.co.uk

THE POPPY AND REMEMBRANCE SUNDAY

As we approach Remembrance Sunday, it may be worth remembering how this all started and how the poppy became our symbol of remembrance.

Remembrance Sunday - King George V issued a proclamation in 1919 instructing the Nation to observe a 2-minute period of silence at 11am on 11 November in remembrance of all those who had died during those terrible years of WW I. Known as Armistice Day, this national day of remembrance continued to be celebrated until the outbreak of WW II. when, in order to minimise the impact on the civilian war effort, the UK Government created Remembrance Sunday. Moving from a fixed date to the first Sunday nearest 11 November, allowed factory workers to continue to show their respects but not take time off work during the week to do so.

The Poppy - The wearing of the poppy is thanks, in part, to Canadian Army Medical Corps doctor Lieutenant Colonel John McCrea's poem, 'In Flanders Fields'. McCrea wrote this during his time serving in Ypres in 1915. His poem inspired an American humanitarian, Moina Michael, to campaign to have the poopy adopted

as a symbol of remembrance. At around the same time, artificial poppies were being produced and sold in France by Mme Anna Guérin to raise money for war orphans.

These artificial poppies were subsequently imported and sold here in the UK in 1921 in aid of the Earl Haig Fund to support ex-Servicemen and the families of the war bereaved. Proving to be a huge fund-raising success, the British Legion decided to create its own poppy factory, staffed by disabled ex-Servicemen, in 1922.

In Flanders fields the poppies blow Between the crosses, row on row, That mark our place; and in the sky The larks, still bravely singing, fly Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies
grow In Flanders fields.

Editor

13

Advertising Manager: nobby236@gmail.com



Thurlby & Northorpe Repair Café & Book Exchange





What do you do with:

- A toaster that no longer pops up?
- · A bicycle that needs a puncture repaired?
- A pair of garden shears that need a sharpen?



Bring it along to the Repair Café!

- Volunteers will repair your items for free
- Meet with others to share & learn
- Enjoy the tea, coffee and cakes on



Fancy a new book, magazine or jigsaw?

- Bring an old one and exchange for
 new.
 - Find yourself a new author, or one from an old favourite!

Where and When?

- The last Sunday of each month (except August)
 - 2.00pm 4.30pm
- Thurlby Methodist Church Hall, High Street, Thurlby, PE10 0EE
- For more information email thurlby.repair.cafe@gmail.com



TREE CARE Pruning, Felling, Dismantling, Planting
CONSULTANCY Reports, Hazard Assessment, BS5837



01780 460 111 • 07958 648 883

ARBORIST ISA

Editor: the3towers1@gmail.com

www.tpts.co.uk

HUNDREDS AND THOUSANDS

Hundreds and thousands and millions
Of poppies fall.......
Hundreds and thousands and millions
Of tears release......
The dye.....like blood from soldiers
Fallen in the flooded fields of Flanders
In days gone by.

Today we honour, one by one
With tears and flags and tribute gun.
Think back you people who wield power"Shall we remember them"?
Mown down like corn, fodder food
Torn and bleeding.....screaming....drowning....dying....
In the stinking mire of war.

Broken bodies, interred by broken minds.
Rolled in putrid holes with shell and helmet
To mark their shallow graves!
But who will see the carnage miles?
The tanks that follow?.....More exploded flesh
To join the rest who lie in peace
Beneath the raped, contaminated soil of Fance.

Margaret Rine

G PLEWS GARDENING SERVICES

- Hedge & bush cutting
- Mowing
- Pruning
- Bed planting & advice
- Small-medium trees felled

Offering a personal service
No job too small
RHS trained
Fully insured
Ring 01778 590579 evening
Or 07999 649824 day



IT Support, Sales & Training for home & small businesses

Service, Repairs, Training and Sales for...

Desktop PC Laptop PC Tablet PC Tablets Wireless Networks Wired Networks Smart Phones Smart TVs Design, Management, Setup & Training for:

Web Design Website Admin eCommerce Blogging Social Media Backups Cloud Storage Email

Help and assistance with managing your email, data and IT across multiple devices and networks.

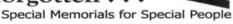
01476 550604 / 07894 659479 taff@lovesey.net

T.R. CARLTON INDEPENDENT FAMILY FUNERAL DIRECTORS

Giving a complete 24 hour personal service by caring and dedicated staff

PRIVATE CHAPEL OF REST TEL Bourne: 01778 422240

Too dearly loved to be forgotten . . .



Tel: 01778-421680 www.setinstonememorials.co.uk

Set-in-Stone

Office & Showroom: 3 PINFOLD ROAD, BOURNE, LINCOLNSHIRE - PE10 9BU



Pressure Washing

Contact Phil to organise a day for a FREE Quote.

Concrete & Paved Areas Fencing / Walls

Driveways Patios

ph.pressure.washing.2024

O7581244176

ph-pressure-washing@ hotmail.com

WITHAM HALL SCHOOL - WINTER FAIR 2025

Saturday, 22nd November - 10 am to 4 pm

Join The Friends of Witham for a magical day of festive fun at the Witham Hall Winter Fair. This year, the Winter Fair will be raising funds for The Willoughby Foundation, a Bourne-based academy dedicated to supporting children with complex Special Educational Needs and Disabilities (SEND).

With over 50 carefully curated stalls showcasing a range of gifts and festive treats – from artisan food and drinks to handmade jewellery, stylish clothing, and homeware – you are sure to find plenty of Christmas inspiration.

A highlight for many families is the chance to meet Father Christmas himself in his enchanting grotto. It's a magical moment not to be missed!

Take a break from shopping in our wonderful café, serving homemade soup, freshly baked cakes, and hot drinks.

Everyone is welcome, so do come and join us for another fantastic event! For more details, please visit: www.withamhall.com



WITHAM HALL

Preparatory School

Boys and Girls | Age 4-13 | Day and Boarding

Discover Witham Hall

Where childhood lasts that little longer

PRIVATE TOURS
AVAILABLE BY APPOINTMENT

Visit www.withamhall.com to register your interest

17

Advertising Manager: nobby236@gmail.com

Willoughby Memorial Trust Gallery

Moreley's Lane, Corby Glen, NG33 4NL
12 – 5 pm. Tuesday – Sunday
ADMISSION FREE
Exhibition opens on Wednesday 30 October
and runs until Friday 22 November



The exhibition open to adults and young people living in Lincolnshire or within 30 miles of Corby Glen, makes an exciting and varied end to the season at the Gallery, showcasing the wealth of artistic talent in the area.

All the entries to the competition are exhibited.

In addition to the prizes awarded by the judges, gallery visitors are encouraged to vote for their own favourite works and the most popular will be awarded the Visitors' Choice Prize at the end of the show.

The gallery will close for the winter from the 29 November 2025 reopening on 25 March 2026

www.willoughbygallery.com

Edenham, Grimsthorpe, Scottlethorpe & Elsthorpe Parish Council

Councillor Casual Vacancy

There is a Casual Vacancy for a new member.
Therefore, if any parishioner is interested in becoming involved in Local Government they should contact the Parish Clerk, for further information/details of a member's role etc.

Please reply by Monday 5 January 2026.

Parish Clerk:

Mrs Carole Sands e-mail: edenham.pc@gmail.com

Parish Council Meetings: Are usually held on the second Tuesday of January, March, May, July, September, November at 19:30 hours in the Village Hall, Church Lane, Edenham.



With two decades of experience, Jeeves Catering is a family-run, comprehensive catering and event planning service that excels in delivering exceptional on-site catering for corporate functions, weddings and private gatherings.





Our passion lies in crafting delightful canapés, elegant dinners and sumptuous buffets, alongside planning and coordinating stunning weddings, business events and intimate celebrations. We take pride in selecting premium ingredients, focusing on seasonal produce and supporting local suppliers whenever possible.

Jeeves brings a bespoke approach to every event, from company launches to weddings, birthday parties, christenings, cocktail soirées, barbecues, classic afternoon teas or picnics. Browse our complete menu selection on our website.

give us a call on:

01778 349 512 • info@jeevescatering.com • www.jeevescatering.com





www.clarityhomecare.co.uk/boston

01205 386 086

CareQuality

Witham on the Hill WI October 2025

The speakers, Robert and Margaret Langford, came at very short notice giving a very informative illustrated talk on the Air Ambulance Service. The UK's Air Ambulance Service was the brainchild of Geoff Newman, a Fleet Air Arm helicopter pilot. It was first started in Cornwall in 1986; though France and Germany already had helicopter rescue services. The Lincs Notts Air Ambulance Service started in 1994, based in Lincoln. The Service attends an average of 4 potentially lifesaving missions every day, 365 days per year and is a charity dedicated to providing pre-hospital critical care. It is not part of the NHS and does not receive Government funding, relying solely on donations. The helicopters can respond to any accident in Lincs or Notts within 20 mins of being alerted. We were told of a shocking story of open-heart surgery taking place at the roadside!

A lot of WI members, and some non-members, have been very busy knitting and crocheting squares for blankets for patients with dementia at Peterborough hospital; with the colourful blankets giving them comfort and making it easier for them to identify their own bed. The added bonus is they get to take the blanket home. Recently 16 blankets were handed over and we have decided to continue knitting.



Attached is a photo of some of the knitters with the blankets.

The next meeting will be on Tuesday 4 November at 2.30pm, in St Andrew's Parish Hall, Witham on the Hill. It will be a hands-on craft session – please bring a simple sewing kit. Visitors and new members are always very welcome, entry fee £5. For more information contact Jane Clark, Secretary: tel 01778 590232.

THRIVE

CHIROPRACTIC

We offer
expert help
for the following:

headaches
neck pain
shoulder pain
back pain
sciatica
hip pain
knee pain
poor posture

We have developed a unique, gentle technique system that offers great results for our patients.

So if you've tried care elsewhere and it hasn't worked, then please get in touch to experience our unique approach for a unique you.

1 St Peter's Road, Bourne, Lincolnshire. PE10 9NF

Tel: 01778 309 811 www.thrivechiro.life

Jane's Seasonal Recipe

I absolutely love lemon curd so this is a popular recipe for me. The advantage for some is that it is gluten free.

LEMON FEATHER CAKE

3 eggs, separated 5 oz caster sugar grated rind and juice of ½ lemon 2½ oz cornflour or potato flour

FILLING
½ pint double cream
8 oz lemon curd

Whisk egg yolks, sugar, lemon rind and juice until very pale, thick and creamy – when it leaves a trail for 8 seconds when the whisk is lifted.

Fold in the flour using a large metal spoon. Whisk the egg whites until stiff but not dry. Fold into lemon mixture.

Pour into 7 inch deep cake tin lined with baking paper. Bake for 40 mins 170^oC until puffed and lightly golden, and firm to the touch. Leave to cool in tin for 5 minutes.

Turn onto a wire rack and cool. Whip cream – but not too stiff. Fold in the curd. Split the cake with a serrated knife, sandwich together with the cream. Dust

with icing sugar.

ENJOY!

PARISH SERVICES FOR NOVEMBER 2025

	Swinstead	Witham	Edenham	Bythams
2 nd November All Saints Sunday & All Souls		9.30am Parish Eucharist 4pm All Souls Service	11.15am Parish Eucharist	9.30am Parish Eucharist (Castle Bytham)
9 th November Remembrance Sunday	6.30pm Remembrance Service	10am Act of Remembrance & Parish Eucharist	10.50am Act of Remembrance & Parish Eucharist <i>No Evensong</i>	10am Act of Remembrance & Parish Eucharist (Castle Bytham)
16 th November 2 before Advent		9.30am Parish Eucharist	11.15am Parish Eucharist 4pm Evensong (Stable Chapel)	9.30am Parish Eucharist (Creeton)
23 rd November <i>Christ the King</i>		9.30am Parish Eucharist	11.15am Parish Eucharist 4pm Evensong (Stable Chapel)	9.30am Parish Eucharist (Little Bytham)
30 th November Advent Sunday			4pm Evensong (Stable Chapel)	9.30am Whole Group Eucharist (Careby)

For Baptisms, Weddings, Banns of Marriage, Confessions or any other pastoral or spiritual need, contact: The Revd Fr Edward Martin SSC 01778 591358 - Edward.Martin@lincoln.anglican.org