

Garthorpe and Fockerby Village Newsletter

February 2021

email me at garthorpefockerbynews@gmail.com

January's newsletter didn't quite go as planned, a few issues got in the way, however the newsletter is on the village hall website and delivered to your door. There have been some lovely comments and emails of support. The letter will also appear on village website as well, please check out the information on www.garthorpe-village.co.uk. this is a new website with lots of information on it. The newsletter that will be delivered to your door has to be one side of A4 paper until a community printer can be resolved.

News from the Village Hall (written 26th January 2021)

For obvious reasons, there are no events at the hall right now but that does not mean nothing is happening....

- 20 rolls of **insulation** were delivered in early January and it will be used to top-up the existing insulation in the roof space. Tucking it into the eaves will be tricky – if you are fit, slim and able to wriggle on your tummy, **please volunteer!!** The insulation is made from **recycled plastic** – something to think about when you put your purple bin out and wonder what happens to the contents. The extra insulation will complete the heating improvements that we have made – including double glazing and smart new underfloor heating!
- We have announced that we will delay collecting **Lucky Numbers** money until it is easier and safer to do so. In the meantime, the monthly draw will continue; if you had a ticket in 2020 you will still be included.
- **Takeaway wood-fired pizza** from Mr. Pickwick's is available from the hall car park every month. They advertise on [Facebook](#); check there or on the [hall Facebook site](#), or

contact them on 07511038289 or email info@mrandrpspickwicks.co.uk and book your time slot.

- The hall AGM will be held on **Wednesday 10th February**, by Zoom. You can take part by [letting us know](#) in advance. Once approved, the annual accounts will go to the Charity Commission for their records and compliance checks.

The Committee and hall hirers are all looking forward to when restrictions are lifted. Look out for news of yoga, cooking, keep fit, flower-arranging, pub night, pop-up café.....*Let's hope!!* In the meantime.... Why not **make your local walking/exercise more interesting?** Thanks to Ron Gilleard, we now have a “**Ramble Quiz**” for you to do when you are out and about in the village. It is fun, packed with information about the village and its history, and can be done all in one go or bit -by-bit. The quiz will be available on our [Facebook](#) page, or we can email it to you if requested. No prizes, no losers, just have a go and see what you learn!

For all updates on the Village Hall, you can visit our [Facebook](#) page, or [email](#) us, or telephone **01724-798699**. Or you can speak to any Committee member: **Jonny Martinson, Sammie Simms, Jo Smith, Sam Peel or Jiggy Lloyd.**

St Mary's Church

St Mary's church has been part of the community for many years. In 2020 the Church could not be opened due to Covid19 and we were unable to hold Church Services and events. We are hoping to hold a plant sale in May2021 and in the past, this has been popular so please watch this space.

When things get back to some kind of normality, we are hoping to hold certain services and events but for

now we will have to wait and see. Stay safe and look after each other in these uncertain times.

Planning Permission

There is an application in principle to erect 3 dwellings and demolish the garages at The Bay Horse pub. The consultation period end date is 11.2.21. Please look at the plans PA/2021/37 on North Lincolnshire Planning portal.

Mr. and Mrs. Pickwick's Pop-up Pizza Nights

This is a family run event catering business with a food hygiene rating of 5. They have given me the next 3 months dates for coming to Garthorpe.

Friday 19th February

Friday 19th March

Friday 16th March.

They normally advertise through their Facebook page and it is on the village hall Facebook page, however because not everyone is on Facebook, you may wish to contact them by phone on 07511 038289, or email info@mrandmrspickwicks.co.uk to book your pick-up time slot and choice of pizza

5 Ways to Wellbeing

Lockdown does not look like it is going away any day soon. It has never been more important to manage your wellbeing, research has shown there are 5 ways to positive wellbeing.

Connect with people around you, friends, family, colleagues, neighbours or schoolfriends. Building these connections every day will reduce the feeling of isolation. Obviously there is a need to be aware of government guidelines.

Be Active Go for a walk, run, cycle, play in the garden or dance in the kitchen. Building physical activity into your life and will help you feel good. Try and find something you enjoy.

Take Notice. Stop, pause or take a moment to look around you. What can you feel, taste or smell or hear? Try and find beauty in the things around you. Try and find new and extraordinary things in your everyday life.

Keep Learning, Try and find something new, rediscover an old hobby or take a new course. Take on a different responsibility, fix a bike or learn to play an instrument. Learning new things will make you become more confident as well as being fun!

Give. Do something nice for a stranger, thank someone, give your time or consider joining a community group. Look outwards as well as in, see yourself and your happiness linked to the wider community can be so rewarding.

Local business

There has been some interest in local businesses list, so if you are starting up in business, self-employed or run a larger business do you want to be included? I would need your business type, name and contact details. This is intended to promote local business and re invest in our village.

Thanks to everyone who contributed to this newsletter, including Jiggy Lloyd and the village hall committee, David Graham on behalf of St. Mary's church, Sarah Gray on behalf of the Dame Kelly Holmes Trust and Mr. and Mrs. Pickwicks Pizza company.

Please note that the information is correct at the time of writing please check any websites for updates. Any contributions to the newsletter please send me an email by the last day of the calendar month.

Sue Teal Manor Cottage Fockerby.
David Graham 2 Church Cottages Garthorpe

