

Issue 370

Aug/Sept 2023

# THE EAGLE EYE



FOES hosted a fantastic Summer Fayre in June—  
read about their record-breaking fundraising efforts  
inside.....

The next issue of the Eagle Eye will appear in Oct 2023

Please send in your contributions before **Friday 22nd Sept** to  
[editor@eagleeye.uk.com](mailto:editor@eagleeye.uk.com)

## **Index to articles and newsletters**

Back Cover	Useful Numbers
Page 3	Editors Note
Page 4	What's On
Page 7	Prescription Rota
Page 8	Notices
Page 10	200 club results
Page 12	Letter from Rev Andrew
Page 14	Church Newsletter
Page 16	School newsletter
Page 20	FOES newsletter
Page 22	Holistic Therapies article
Page 30	Parish Council notes
Page 45	Village Hall Charges
Page 46	Quiz

## **Index to adverts**

Page 25-28	Holistic Therapists
Page 29, 32	Leisure
Page 33-38	Home and garden trades
Page 36-39	Health and Beauty
Page 42-43	Juniors
Page 44-45	Professional Services

## Editor's Note

This issue of the Eagle Eye takes a very superficial look at Holistic Therapies, driven mostly by the recognition that our “normal” health service is being overstretched, and access to care isn't always easy. It just could be the case that another type of therapy might help.

The weather has delivered a few days of sporadic torrential rain, just in time for the school holidays to commence—let us hope that the St Swithins Day myth doesn't play out, as it did indeed rain on 15th July.

FOES delivered a splendid summer Fayre for school funds, and were blessed with sunshine and lots of visitors—see inside for all the fundraising successes they have had this school year.

The rain didn't dampen the first Farmers' Market hosted by the Village Hall Committee on 22nd July. Such was the success that monthly dates have been agreed for the Autumn—dates are listed in the advert inside this issue.

The Jubilee Commemorative oak tree on the playing field is looking a bit poorly, but is being carefully nurtured by the Parish Council in the hope that it will recover and strengthen in the Spring.

Thank you once again for the kind donations to the printing of the Eagle Eye. Whilst we are in better shape than this time last year, printing costs have risen, so we are still keen to recruit new advertisers and sponsors; advertising space can be made available for whatever exposure is required—front cover, back cover, every page! Please contact me through [editor@eagleeye.uk.com](mailto:editor@eagleeye.uk.com) if your company is willing to sponsor an edition, or you would like to place a regular advert.

If you would like to make any donation, regularly, sporadically, or as a one off, the bank details are as follows, or an envelope can be handed in to the Village Shop. Cheques made payable to Eagle Eye.

A/C: 55723281 Sort Code: 09-01-54 The Eagle Eye

Wishing all readers a sunny, happy summer :-)

## Whats on

<b>AUGUST</b>		
Tues 1st	Craft and Chat VH	1:15—3:15
Tues 15th	Craft and Chat VH	1:15—3:15
<b>Sat 19th</b>	<b>Craft and Farmers Market</b>	<b>9:00—1:00</b>
Fri 25th	Cash Bingo	7:00 pm
Weds 30th Aug	Parish Council	7:00pm
<b>SEPTEMBER</b>		
Tues 5th	Craft and Chat VH	1:15—3:15
Tues 5th	Youth CLub	5:30—7:00
<b>Sat 16th</b>	<b>Craft and Farmers market</b>	<b>9:00—1:00</b>
Sat 16th	Collingham Show	9:00 am
	PCC	10:00 am
Tues 19th	Craft and Chat VH	1:15—3:15
Weds 27th	Parish Council	7:00pm
Fri 29th	Fellowship Lunch	12:00—1:30
Fri 29th	Cash Bingo	7:00 pm
<b>BEYOND...</b>		
Fri Oct 6th	Eagle Church Harvest Festival	6:30pm

## Group activity schedule in the Village Hall

Monday	Pilates	6.30 – 8.30pm	Claire Steel
Tuesday	Tai-Chi	10.00 – 11.00am	Sue Ross
Tuesday	Private Dance Lessons		Keven Proctor
Thursday	Mothers & Toddlers	9.30 – 11.00am	Emma Tiffin
Thursday	Indoor Bowls	7.00 – 9.30pm	Sharon Priestley

Craft & Chat	1 <sup>st</sup> & 3 <sup>rd</sup> Tues of the month	1.15 – 3.15pm
Youth Club	1 <sup>st</sup> Tues of the month	5.30 – 7.00pm
Parish Council Meetings	Last Wednesday of the month	7.00pm -9:00pm
Fellowship Lunch	Last Friday of the month	12:00am – 1.30pm
Village Hall Cash Bingo	Last Friday of the month	Doors open 7:00 Eyes down at 7.30pm

# CASH

BINGO

## EAGLE VILLAGE HALL

Everyone Welcome!

**Friday 25 August 23**

**& Friday 29 September 23**

**Doors open 7.00pm**

**Eyes down for 7.30pm**

Prizes for One Line

& Full House



Tickets £10 per book  
Or £5 for Half a book

### Raffle

Bring your own refreshments  
Tea and Biscuits provided



## EAGLE VILLAGE SHOP & POST OFFICE

Please call in and support your local shop, we are so lucky to have a shop in our great village!

We stock newspapers, groceries, fruit and vegetables, milk, bread, cakes, pastries, sandwiches, butcher's goods, ice creams, alcohol, greetings cards, gifts, sweets, chocolate and much more!

Post Office services include: Free cash withdrawals & deposits / pay cheques in / send letters and parcels / do amazon returns/ sell euros

We also sell National lottery tickets....and we have the loveliest staff if you just fancy a chat!

By supporting your local shop, you are supporting other local businesses too!

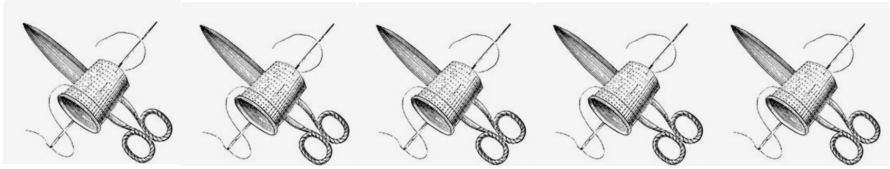
• OPENING HOURS      \*\*\*\*CLOSED FOR LUNCH EVERY DAY 1-2PM\*\*\*\*

MONDAY	8:30AM – 5:30PM	(POST OFFICE 9AM – 5:30PM)
TUESDAY	8:30AM – 5:30PM	(POST OFFICE 9AM – 5:30PM)
WEDNESDAY	8:30AM – 1PM	(POST OFFICE 9AM – 1PM)
THURSDAY	8:30AM – 5:30PM	(POST OFFICE 9AM – 5:30PM)
FRIDAY	8:30AM – 5:30PM	(POST OFFICE 9AM – 5:30PM)
SATURDAY	8:00AM – 1PM	(POST OFFICE 9AM – 12:30PM)
SUNDAY	CLOSED	

### Prescription Rota

<b>AUGUST</b>		
2nd	Mari Dawson	868310
9th	Betty Spackman	869676
16th	Clare Kelly	07847 966803
23rd	Lynda Williams	869225
30th	Rodney Fagg	869123
<b>SEPTEMBER</b>		
6th	Mari Dawson	868310
13th	Betty Spackman	869676
20th	Clare Kelly	07847 966803
27th	Lynda Williams	869225
<b>OCTOBER</b>		
4th	Rodney Fagg	869123
11th	Mari Dawson	868310

## **EAGLE CRAFT AND CHAT GROUP**



On the first and third Tuesday of every month, you'll find an eager bunch of crafters, (although we are open to all), beavering around a table in the village hall. The crafts vary from knitting to Needle Felted Lemons and it changes from week to week, but the one thing that stays consistent is a friendly atmosphere and open ear.

Although we don't teach classes at the group, among our members we have a myriad of knowledge which we are very happy to share and problem shared is happily fixed.

The group was brought back after Covid as a place where like minded crafters could meet and chat about their work, find help if needed or just share each other's projects and swoon over gadgets and accessories regardless of age and experience.

We're always open to non-members, so pop along and join us, regardless of your craft. The importance is the community that crafting has in the village.

## **Eagle Bowls Club (Outdoor)**

Eagle Bowls Club is looking for new players to join our friendly Club. The ground has recently been reseeded and the new season started in April 2023. Matches take place each Tuesday and Thursday evenings during the summer months.

Come along and support your local bowls club.

For further information please contact:

Graham Morton  
33 High Street



# **COLLINGHAM SHOW & PLOUGHING MATCH 2023**

**Saturday 16th September - Begins 9am**

**Larksfield, Newark Road, Collingham, NG23 7RD**

By kind permission of the Sheldon family

## **FUN FOR ALL THE FAMILY**

Companion Dog Show, Bouncy Castles, Heavy Horses, Livestock,  
Vintage Vehicles and Tractors, Horticulture, Produce,  
Ploughing, Plashing, Tug of War, Ridden Horse and Pony Classes,  
Trade Stands, Collingham Fire Service, Rural Arts & Crafts

**Scurry and Trials Driving, Dog Agility, Welly Wanging**

**Horse Vaulting Display and BBMF Fly Over**

On the gate entry price £10 (£8 in advance)

**ACCOMPANIED CHILDREN U14 FREE**

**FREE CAR PARKING**

For further information and discounted tickets visit

**[www.thecollinghamshow.com](http://www.thecollinghamshow.com)**

## 200 Club Winners June 2023

176	E Shrubbs	£100
155	B Spackman	£50
178	E Norton	£50
140	K Chennels	£20
8	E Horscroft	£20
195	S Hawes	£20
142	L Alfrey	£10
34	A Bottom	£10
31	E Compton	£10
23	C Patty	£10

### EAGLE FELLOWSHIP LUNCH

There is no Lunch in August but we look forward to seeing you again on Friday September 29<sup>th</sup> at 12 noon in Eagle Village Hall, price £4.00. It is important to book with Sue Stiles on 869296.

### SWINDERBY FELLOWSHIP LUNCH

We are not making a full lunch but offer homemade soup and sandwiches with cake and a hot drink to follow. A donation of £3 will be very welcome. We use a range of sizes of tables to ensure that people feel COVID safe. Tables ranging from 2 to 6 people. Booking is very important. Please let Gill Lloyd know if you will be joining us on 01522 868684

We will be continuing on the second Wednesday of each month so the next lunch will be Wednesday 9<sup>th</sup> August, but on **Monday** 11th September at 12 noon in Swinderby Village Hall.

Jean Roberts



# CRAFT & FARMERS MARKET

Eagle Village Hall,  
LN6 9DG

**SAT 19TH AUGUST**

**9am-  
1pm**

**SAT 16TH SEPTEMBER**

**9am-  
1pm**

**SAT 21ST OCTOBER**

**9am-  
1pm**

Follow us on Facebook  
[@EagleVillageHall](#)

Stall Enq: [eaglevhmarket@gmail.com](mailto:eaglevhmarket@gmail.com)

## LETTERS FROM REV. ANDREW VAUGHAN

8th June 2023

Hello,

Last month I shared some of the challenges that the Diocese of Lincoln are facing, and how the process called Time to Change Together is unfolding. What is clear from the initial stages of that is that stipendiary ministers are going to need to be even more strategic in how they work. There will be a need to further develop and resource lay people in our churches, to take on different responsibilities.

To that end as a first step I would like to offer the following time for those who would be prepared to lead our prayers of intercession at services, Thursday 20th July at 7pm in Thorpe church. This is an opportunity for those already doing it, and those wishing to join the team to develop a new gift.

We also need to recruit, approve and train more people to administer the chalice at our communion services. This can be for the autumn.

As we progress there are things we can do locally, but also utilise resources from the Diocese. If there is anyone who would like to explore lay ministry, from Accredited Local Minister to Lay Reader the Diocese, via the Deanery run the "To Love and Serve the Lord" course. If you feel you would like to explore formally taking services, sharing in aspects of pastoral ministry, or teaching ministry please speak to me and we can look at accessing the course.

These are all practical steps we can take together to ensure the sustainability of church life in our villages.

As ever, Andrew

7th July 2023

Hello everyone

I hope that everyone is coping with this long dry period we have enjoyed/endured over the last 6-8 weeks. When I started writing that it dawned on me that so often we see the world through a limited perspective. I enjoy the hot weather, but for farmers, horticulturists that needs to be balanced with adequate rainfall, not just the odd shower.

I have had the joy over the last couple of weeks of twitching some rare breeding birds in the UK, first the 2 pairs of Black Winged Stilts at RSPB Frampton Marsh, and secondly Bee Eaters just outside Cromer. While these sightings have caused excitement, and a great deal of pleasure seeing them, their presence does raise real questions about environmental issues. The concern is that a lack of rain in the Iberian peninsular has forced these birds further north.

So while we celebrate we must also recognise that there may be a cost elsewhere. In a sense we need to live with an openness to the whole of life and accept that our perspective is not perfect. In a sense this is like our understanding of God; God is always more than our imagination or language.

Enjoy August, in your re-creation I hope you are able to live with new perspectives.

As ever

Andrew

## All Saints' Church, Eagle

### Services for August

Sunday 6 <sup>th</sup>	Group Holy Communion at North Scarle	10.30a.m.
Sunday 13 <sup>th</sup>	Group Holy Communion at Swinderby	10.30a.m.
Sunday 20 <sup>th</sup>	Group Holy Communion at Thorpe	10.30a.m.
Sunday 27 <sup>th</sup>	Group Holy Communion at Eagle	10.30a.m.

As August is the holiday month there is no Thursday Communion and all services are Group Services.

### Services for September

Sunday 3 <sup>rd</sup>	No Service	
Thursday 7 <sup>th</sup>	Holy Communion	10.00a.m.
Sunday 10 <sup>th</sup>	Morning Prayer	11.00a.m.
Sunday 17 <sup>th</sup>	Evening Prayer	6.00p.m.
Sunday 24 <sup>th</sup>	Holy Communion	11.00a.m.

**Please note:** The Evening Prayer Service is now at 6.00p.m.

**P.C.C. Meeting** – Monday, 25<sup>th</sup> September in Church at 10.00a.m.



### Eagle Church Harvest Festival

**Friday 6<sup>th</sup> October at 6.30p.m.**

A Service of Thanksgiving in Eagle Church  
followed by Harvest Supper in the Village Hall.

We will be accepting gifts for the  
Foodbank/Larder at the service.



Tickets for the Supper £8  
will be on sale in September



**Coffee Stop** – on Tuesday mornings between 10am and 12 noon.

For Pastoral Matters and Memorial Stones please contact the Churchwardens Chris and Sue Stiles 869296.

## Eagle Youth Club

Eagle Village Hall, 5:30pm – 7pm, aged 5 upwards, 50p entry.

February 7th	March 7th
April 4th	May 2nd
June 6th	July 4th
September 5th	October 3rd
November 7th	December 5th

Darts, Badminton, Table Tennis, Basketball Hoop, Games, Art  
or just play or relax.

Tuck shop available, sweets and drinks.

Please Note NO Youth Club in AUGUST



**Eagle Baby & Toddler Group**

A weekly group for 0-5 year olds and their parents, grandparents or carers.

**Thursdays 9.30 - 11am  
(term time only)**

Play, crafts, singing, stories and lots more.  
Come and join us, we would love to see you.

 find us on Facebook  
Eagle Baby and Toddler Group

[pageborders.org](http://pageborders.org)



## News from Eagle School

We had a most enjoyable afternoon before half term to share our learning with our friends and family. Little Eagles sang 'Here is the Beehive' after they investigated everything about bees and even had a beekeeper visit too! The Reception children showed their parents how brilliant they are at learning phonics and then gave a musical performance accompanied by boomwhackers! Year 1&2 read out their fantastic poems which were displayed all around the class and showed how they can add percussion to music. Year 3&4 couldn't not talk about all their learning about the Romans, especially following a super visit to our very own Roman City. And finally, Year 5&6 made the trenches come to life.

As always, busy, busy, busy

## Lincolnshire Show

This term we were lucky enough to take a trip to the Lincolnshire Show to help understand all that goes on in our County. Everyone was so engaged, having fun and we learnt so much. Thanks must go to FOES for providing us with this experience as part of enrichment experiences across the year.





## Sports Day

Another feature of this term in schools across the land is Sports Day and whilst the rain threatened, it held off and we had a lovely Sports Day with some great examples of teamwork, determination and sportsmanship on show.

## And finally

<b>Award</b>	<b>2022-2023</b>
Quiet Achiever KS1	Jacob L
Quiet Achiever KS2	Harry R
Sports Challenge KS1	Freddie T
Sport Challenge KS2	Riley W
Maths KS1	Zackary S
Maths KS2	Max H
Science KS1	Harry H
Science KS2	Daisy F
Most Considerate	Olly F
Lunch Time	Evie A
Team Player	Leo EL
English KS1	George M
English KS2	Chloé B
Spelling KS1	Bertie PB
Spelling KS2	Kimberley L
Skills in Art/Craft KS1	Beatrix F
Skills in Art/Craft KS2	George T
Most Improved Worker	Rylan W
Perseverance	James S
Big Buddy Award	Ellie S
Head Boy for 23/24	Logan L
Head Girl for 23/24	Robyn S & Faith W

Every year we finish the year with our Leavers & Achievers Assembly. This time we were beaten by the weather which made our outside stage area a soggy mess. Thanks to the 'be prepared' motto, we had our contingency plan at the ready and re-located to a dry destination on the pews of the church. A squash and squeeze, but as always, lovely way to end our school year, say farewell to our Year 6 children and recognise pupil achievement:

## Join our School?

Do you have a child over the age of two? Then Little Eagles is for you ...

Do you have a child starting school in September 2023? Why not join our Reception Class ...

Or have you moved to the area and have primary-aged children? Eagle School is here

We can't wait to hear from you – simply call school 01522 868354 or email [enquiries@eagle.lincs.sch.uk](mailto:enquiries@eagle.lincs.sch.uk) to find out more



Head Teacher: Mrs H Adams BEd (Hons) QTS, NPOH

Eagle CP School, Scarle Lane, Eagle, Lincoln LN6 9EJ  
T: 01522 868354 F: 01522 868354 E: [enquiries@eagle.lincs.sch.uk](mailto:enquiries@eagle.lincs.sch.uk)

[www.eagleprimary.org.uk](http://www.eagleprimary.org.uk)

# THE STRUGGLER

*42 High Street, Eagle*

*Your local family pub*



Regular live music, Bingo, Charity Quizzes, Karaoke, and more! Check out our Facebook for upcoming events or on the events board outside The Struggler.

MONDAY	4-9 PM
TUESDAY	4-9 PM
WEDNESDAY	4-9 PM
THURSDAY	4-10 PM
FRIDAY	4-11:30 PM
SATURDAY	2-11:30 PM
SUNDAY	12-10.30 PM

**TEL: 01522 861 873 | [WWW.FACEBOOK.COM/THESTRUGGLER](http://WWW.FACEBOOK.COM/THESTRUGGLER)**



Friends of Eagle School

# Friends of Eagle School

## Fundraising 22/23

THANK YOU

### £4985.10

THANK YOU



Mother's Day Workshop  
£105.35

Village Shop Donation Box  
£43.65



Pre Loved Uniform  
£190

Discos  
£308.28

End of Year Disco  
£TBC

Bag2School  
£129

Father's Day Workshop  
£45.50



FOES Delights  
£489.11



Pennies for Pizza  
£433.86

Chocolate Bingo  
£80.50



Ladies NIGHT  
£535

Summer Fayre  
£2532.30



Christmas Market  
£400.83



[www.facebook.com/foeseagle](https://www.facebook.com/foeseagle)



[foeseagle@gmail.com](mailto:foeseagle@gmail.com)



# Friends of Eagle School

## What we have achieved



Our pop up shops of Pre-Loved Uniform have been a hit! We welcome donations of good condition and sell to you to raise money!



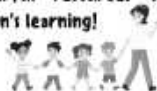
Disco are an all time favourite amongst the children. We have had 2 so far with our End of Year Disco happening this evening

### They asked and we listened!

School Counsel approached the idea of changing from bookbags to rucksacks. FOES has had the pleasure of being able arrange for the design, fund and provide the entire school with new rucksacks for the start of school next term!



Each class have all been given a budget this year to spend on resources. Class 4 bought their Show Script, music and licences. Class 2 and 3 used theirs to pay towards trips. Class 1 and Little Eagles have bought a range of wonderful resources to enrich the children's learning!



Eagle C P School certainly loves cake! We have had some wonderful and dedicated bakers this Summer term who have enabled us to provide you with wonderful treat on a Friday!



We organised and ran a community Summer Fayre. External stalls, emergency vehicles, table top games and so much more! Huge success and a great family fun filled day!

Autumn Term was a seasonal trip to Panto! Such a wonderful way for the children to get ready for Christmas watching Cinderella and enjoying interval ice cream!



Spring Term we were able to fund the whole school to Hill Holt Wood for a adventurous day in forest School!



Summer Term we funded the whole school to attend The Lincolnshire Show. Certainly a hot day but one enjoyed by all!



[www.facebook.com/foeseagle](http://www.facebook.com/foeseagle)



[foeseagle@gmail.com](mailto:foeseagle@gmail.com)

# Holistic Therapies

**Have you ever considered looking to someone different to help with health issues? Or have you ever wondered if taking medication might not be solving the entire problem?**

One of the favourite topics of conversation at present, is the challenges being faced in trying to get medical assistance. We have been fortunate until now, to come to expect medical attention, for free, and quickly, but pandemics, politics and prescription costs have denied us this in the past couple of years. Yet there are other people who can help – fully trained professionals who will look at a health problem from a different perspective.

The familiar approach to fixing health issues has evolved into addressing symptoms, most often with medication, (antibiotics, anti-depressants, anti-inflammatories....), sometimes with surgery, sometimes with rehabilitation (physiotherapy, counselling ). And there is absolutely nothing wrong with this approach – it fixes the problem.

But it doesn't necessarily find or cure the cause.

Other disciplines have evolved a different view on understanding health issues – they look around the symptoms to try and find the cause, and this may not necessarily be a physical cause. There may be underlying factors causing dis-ease in a body system, which only become evident when they manifest in a physically noticeable way: an ache, a pain, a lump, a feeling.

Cue the Holistic approach - rather than addressing individual symptoms, an holistic therapist will search for the underlying cause by considering physical, mental, emotional, social and spiritual states of health and well-being. 'Holistic' comes from the Greek word *holos*, meaning 'whole'.

With the proviso that you should always seek medical advice, consider reading up on therapists who will look upon your situation with a different approach, who won't reach for the prescription pad straightaway, but will listen, try to identify any underlying cause(s), and suggest ways of supporting your recovery with lifestyle changes.

The subject of mental health has emerged from its previously taboo mantle, and it is becoming apparent that some ailments can be brought about by non-physical causes. Some of our conditions are caused by our body damaging itself – we all recognise that stress and worry lead to upset tummies and headaches, and when that goes on for too long, can cause long term illness.

We carry stress as tension in our bodies – a frown on our face, jaws clenched, grinding teeth, shoulders hunched up, hands curled up into fists. That tension can build up through our nervous system and into the rest of our body. Back aches, neck aches, headaches, ringing in the ears – can all be created by stress. We can reach for the painkillers to fix the symptoms – but how about reaching for the phone to find an holistic therapist who can help to unravel the cause of the stress, and find the best way to resolve it. Sometimes, just talking helps.

We are fortunate in Eagle, in having a selection of locally-based holistic therapists. They all have a website where you can read about what they do, and what type of dis-ease they may help you with. You will be pleasantly surprised.

On the next page there is a list of some of our local therapists. Their websites are listed so that you can have a search online and read about them, and the kind of things that they can help with. Some will appeal, some might not.

Some are regular advertisers in the Eagle Eye, so they are featured together for this edition.

Some GP surgeries and hospital outpatients departments are beginning to prescribe holistic therapies alongside traditional medicine/treatment.

Some private health insurance policies include paying for holistic treatments as part of recovery, and some companies have paid-for treatments as optional extras to the employment package.

The recognition of the benefits of holistic treatments is increasing—maybe something could help you or someone you know.

The following is by no means a complete list of local therapists, but in searching through these, you may find others more relevant to you.

Acupuncture	<a href="https://www.bodyworks-osteopathy.co.uk">https://www.bodyworks-osteopathy.co.uk</a>
Aromatherapy	<a href="https://www.lincolnreflex.co.uk">https://www.lincolnreflex.co.uk</a>
Chiropractor	<a href="https://epochcentres.co.uk">https://epochcentres.co.uk</a>
Chiropody / Podiatry	<a href="https://wrightfoot.care">https://wrightfoot.care</a>
Herbalist	<a href="https://www.facebook.com/samanthadolling75">https://www.facebook.com/samanthadolling75</a>
Massage	<a href="https://oldrectoryspa.com">https://oldrectoryspa.com</a>
Osteopathy	<a href="https://www.bodyworks-osteopathy.co.uk">https://www.bodyworks-osteopathy.co.uk</a>
Physiotherapy	<a href="https://www.gmsportstherapyuk.com">https://www.gmsportstherapyuk.com</a>
Reflexology	<a href="https://www.balancedreflex.com">https://www.balancedreflex.com</a>
Reiki & hypnotherapy	<a href="https://www.changingstatus.co.uk">https://www.changingstatus.co.uk</a>
Yoga	<a href="http://www.yogalincoln.co.uk">http://www.yogalincoln.co.uk</a>



**Personal Change Therapist, Trainer and Facilitator of Wellbeing & Retreat Days**

Offering Support in overcoming problematic thoughts, feelings and behaviours. Including Anxiety, Trauma, Fears, Phobias and associated conditions.

Therapies offered

- Transformational Coaching
- Hypnotherapy
- IEMT
- NLP
- OldPain2Go
- Menopause Support
- Grey Area Drinking Coach
- Reiki Master Teacher
- Natural Mindfulness Guide

Wellbeing & Retreat Days

- Making Self Care, Enjoyable, Attainable and Affordable.
- Full and Half days.
- Yoga
- Mindfulness & Meditation
- Gong Bath/Sound Healing
- Stress Reduction
- Holistic Workshops
- Silent Disco

Also available bespoke days for you and a group of friends.

**Set in a rural location south of Lincoln. Offering the space, time, peace and privacy need for you to switch off, relax, recharge, refresh and evolve.**

[www.changingstatus.co.uk](http://www.changingstatus.co.uk)

## Reflexology – helping you to relax and rebalance

Reflexology is a non-intrusive complementary therapy based on the theory that different points on the feet and hands correspond with different organs and systems in the body. Reflexologists work on these reflexes to help re-balance the vital energy in the body, which in turn improves the general feeling of wellbeing, and aids deeper relaxation.

Reflexology may also provide relief from a wide range of acute and chronic conditions, complimenting allopathic medicinal approaches.

*Using gentle massaging techniques on feet and hands, I have had success in helping my clients with a range of conditions including menopausal symptoms, spinal injuries, sleeping difficulties, autoimmune diseases and arthritic pain.*



I have a Centralia Reflexology Mastership (incorporating Agored Cymru Units at Level 5) in Clinical Reflexology and belong to the Association of Reflexologists.

If you would like to find out more or come for treatments, contact me, Jane, on 01522 869094 or 07976 638822 or email [jane@balancedreflex.com](mailto:jane@balancedreflex.com). My treatment rooms are located in Eagle, Lincoln. [www.balancedreflex.com](http://www.balancedreflex.com) @BalancedReflex

**Body and Sole**

*The Country Clinic with the Calming Air*

\*\*\*\*\*

Are you feeling stressed? Do you find it hard to switch off? Are you struggling to sleep?



Either a Therapeutic **NO HANDS**® massage or a Reflexology session may be able to help.

Call Sally Smith on the number below or visit [www.sallysmith.co.uk](http://www.sallysmith.co.uk) to find out more

\*\*\*\*\*

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*Sessions start  
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**Contact me for details or to order.**  
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## Eagle Parish Council

A full copy of all Parish Council minutes is available on our website.

[Homepage – Eagle and Swinethorpe Parish Council \(lincolnshire.gov.uk\)](http://lincolnshire.gov.uk)

The parish council can be contacted via email at –

[parish.clerk@eagle-swinethorpe-pc.gov.uk](mailto:parish.clerk@eagle-swinethorpe-pc.gov.uk) or via our Facebook page

[Eagle Swinethorpe Parish Council | Facebook](#)

The dates of the next parish council meetings are –

30<sup>th</sup> August 2023 & 27<sup>th</sup> September 2023

## Elections

For the year 2023/2024 Cllr David Parkes is Chairman & Cllr Bernadette Grayston is Vice-Chairman. Cllr Michael Chennells and Cllr Jane Fulton-Sutton go again for another term.

The Parish Council also co-opted 3 parish councillors on during the meeting in May, Cllr Pat Parkes, Cllr Jane Wallis & Cllr Neil Faulkner.

The Parish Council now has 2 vacancies, if you are interested in becoming a parish councillor or would like more information, please contact the parish clerk or speak to any member of the Parish Council.

## What areas of the parish is the council responsible for?

The maintenance of the play park.

The grass and hedges at the playing field.

The maintenance of Swinderby Station Carpark

The maintenance of the street lighting in the village.

The maintenance of the lampposts in the village.

Litter picking within the 30mph signs of the village.

Maintenance of the Solar Powered Speed Signs at the entrances to the village.

The white entrance gates, on Thorpe Lane and Lincoln Road.

The Kitchen Block at the playing field

CCTV at the playing field.

Planning applications from within the Parish are reviewed and commented upon.

The areas that we are not responsible for –

Potholes – please report on ‘fixmystreet’ online uploading photos if possible.

Overhanging hedges and trees – please report on ‘fixmystreet’ online, again upload a photo if possible.

Fly tipping – please report online at North Kesteven District Council.

Overflowing bins – please report online at North Kesteven District Council

Grass cutting of the verges in and around the village—please report online at Lincolnshire County Council, Highways Dept.

Anti-Social behaviour—please report to the police on 101.

Rachel Popplewell

Parish Clerk



As we approach our 2<sup>nd</sup> Anniversary @

# *The Railway Inn*



we will look back on the last two years and say how very busy they have been, but also that we are proud of the changes that have been made. Hopefully you will agree we have made a positive difference to your "local" and thank you for your continued support.

The bar area has now been painted, reupholstered and a new carpet fitted. We are delighted with the overall results. As always, we have a new project in the pipeline, so watch this space.....



**DID YOU KNOW??!**

The marquee is available for private events! You are welcome to bring your own music/DJ and decorate to suit your occasion. We can help with buffet requirements or maybe you would like to provide your own? Pop in or give us a call if you've something in mind.

**Diary Dates for August/September include:**

- Wed 2<sup>nd</sup> August 7.30pm : Gents Night**
- Tues 8<sup>th</sup> August 5-8pm : BanZai Street Food Truck**
- Wed 16<sup>th</sup> August 7.30pm : Ladies Night**
- Thurs 14<sup>th</sup> Sept 6pm : Classic Car Show and Shine**

**SUNDAY 27<sup>TH</sup> AUGUST – 6PM** is our Annual Fundraiser for the Lincs & Notts Air Ambulance. We have "Outside In" playing again, they are fantastic and real crowd pleasers. Come on down and support a great charity!!







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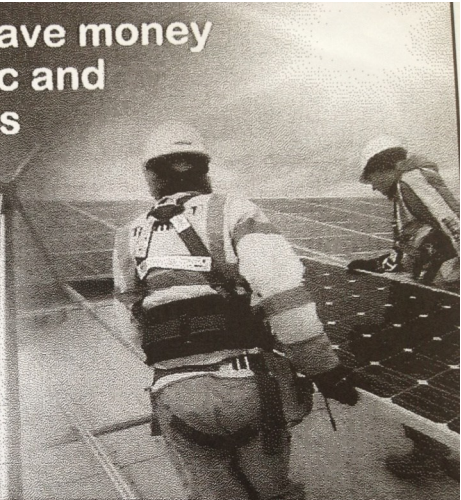
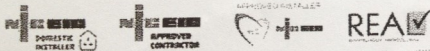
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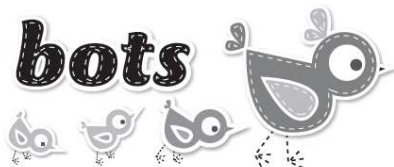
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Cubs meet on a Tuesday  
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*This includes breakfast club 8am-9am and  
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1st April 2023

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Sunday to Thursday

£8.50 per hour

### NON-RESIDENTS

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£11.00 per hour

~~~~~

### VILLAGE RESIDENTS

Fridays & Saturdays - Daytime up to 6pm

£8.50 per hour

Evenings

£13.50 per hour

### NON-RESIDENTS

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Evenings

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Please contact us for details.

**TO BOOK THE VILLAGE HALL OR TO ARRANGE A VIEWING  
PLEASE CONTACT – Jackie Jinks 01522 868418**

## Quiz Challenge—Name the Sweets and Chocolate from the clues :

|    | <b>Clue</b>                       | <b>Answer</b>   |
|----|-----------------------------------|-----------------|
| 1  | Clever Folk                       | <i>Smarties</i> |
| 2  | Dairy Carrier                     |                 |
| 3  | Wanderer                          |                 |
| 4  | Anglers Companion                 |                 |
| 5  | Edible Fasteners                  |                 |
| 6  | High Class Thoroughfare           |                 |
| 7  | Mothers Local                     |                 |
| 8  | Wobbly Infants                    |                 |
| 9  | 100% “Au”                         |                 |
| 10 | Outside Meal                      |                 |
| 11 | Little Diamonds                   |                 |
| 12 | Lots of Parties                   |                 |
| 13 | Sport for Princes                 |                 |
| 14 | Sly Giggles                       |                 |
| 15 | Big Bus                           |                 |
| 16 | Definitely not before<br>20:01hrs |                 |
| 17 | Dark Occult                       |                 |
| 18 | Feline Equipment                  |                 |
| 19 | Toothless Drink                   |                 |
| 20 | Arrange Marriage Partners         |                 |

# THE EAGLE EYE

Editor Jane Wallis 15 Church Lane Eagle LN6 9DJ  
editor@eagleeye.uk.com

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accounts@eagleeye.uk.com 01522 869996

Distribution Mike Waterton 01522 869876

## Advertising Rates (6 issues)

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**Publication date** 1st week in February, April, June, August, October, December

*The views expressed in the magazine represent those of the individual contributors and not necessarily those of the Editor. Readers are advised to take their own precautions before entering into any agreement with advertisers to obtain goods or services.*

## Village Facebook Pages

**‘Eagle Local Information and What’s On in our Village’** - for posting information re events in the village, weekly groups/clubs, useful numbers, suspicious activity etc.

**‘Eagle Sales and Wants’** For those looking to sell or gift items and others who are looking for that specific something.

**‘Eagle & Swinethorpe Parish Council’** for notices from the Parish Council

**‘Friends Of Eagle School - FOES’** for information on what FOES are up to.

**‘Eagle Village Hall’** - information regarding the village hall

Publisher accepts no responsibility for the validity of any of the advertisements.

## USEFUL TELEPHONE NUMBERS

|                           |                                          |              |
|---------------------------|------------------------------------------|--------------|
| Collingham Medical Centre | General Enquiries                        | 01636 892156 |
| Collingham Pharmacy       |                                          | 01636 893038 |
| Eagle Bowls Club          | Graham Morton                            | 07947 754651 |
| Eagle Indoor Bowls        | Sharon Priestley                         | 861842       |
| Eagle Post Office         |                                          | 868212       |
| Eagle Primary School      |                                          | 868354       |
| Eagle Churchwardens       | Sue and Chris Stiles                     | 869296       |
| OAP Party Fund            | Roy Bell                                 | 868567       |
| Parish Clerk              | Parish.clerk@eagle-swinethorpe-pc.gov.uk |              |
| District Councillor NKDC  | Cllr Richard Johnston*                   | 07847 235285 |
| District Councillor NKDC  | Cllr Chris Goldson*                      | 01522 689302 |
| LCC Councillor            | Cllr Alan Briggs                         |              |
| Playing Field Matters     | Parish.clerk@eagle-swinethorpe-pc.gov.uk |              |
| Village Hall Bookings     | Jackie Jinks                             | 868418       |
| Village Hall Committee    | Judith Waters                            | 07896 475418 |
| Rev. Andrew Vaughan       | 01522 687242 or                          | 07702 468549 |
| 200 Club                  | Judith Waters                            | 07896 475418 |
| Fellowship Lunch          | Sue Stiles                               | 869296       |

Cllr Johnston's email address is Cllr\_Richard\_Johnston@n-kesteven.gov

Cllr Goldson's email address is Cllr\_Chris\_Goldson@n-kesteven.gov

If you would like your telephone number added to this list or any of the above are incorrect please contact the Editor on 869094 or editor@eagleeye.uk.com

|                                                                                                     |
|-----------------------------------------------------------------------------------------------------|
| <b>EAGLE &amp; SWINETHORPE NEIGHBOHOOD WATCH CO-ORDINATORS</b>                                      |
| <b>Jon Faiers</b> , Fallowfields, Doddington Road, Whisby <span style="float: right;">694352</span> |
| <b>Sue Ross</b> , 7 Kestrel Rise, Eagle <span style="float: right;">868411</span>                   |