

View from the Hill

Thorpe on the Hill News

Issue No 142 - October/November 23



Fosse Green Energy Solar Farm

See the important article from the Parish Council inside

The Newsletter is sponsored for you by Thorpe on the Hill Parish Council

The next edition will be at the beginning of December and any contributions are welcome. Cut off date for **submissions will be Friday 17th November**. Anyone who would like to contribute to the magazine please do so through viewfromthehillpub@gmail.com or, if you wish to place an advert, then email Chris.abrahams@btinternet.co.uk .

From the Editor

Hi Everybody

Welcome to our Autumnal issue!!

Please take time to read the information in the magazine concerning the issues about the proposed solar panel farm on pages 14 and 15. If you are able, please attend the meeting at the Oliver Roper centre on October 4th, from 3-7 pm as invited by Fosse Green Energy.

Walkers down Clay Lane may have noticed “rubble” laid to fill in the uneven pathway. Unfortunately some of the content is potentially harmful and environmentally inappropriate. For more information please see page 4 and what you can do.

On a more positive note let's enjoy the social get togethers over the next 2 months.....

Once again state pensioners have the benefit of another Upshalls Charity do!!! Please complete the form on page 7 or you can send an email to the parish clerk at tothparish@gmail.com. If you need any transport help, please add this to your completed form or email to Kerrie, the parish clerk

Regular events:

- Umbrellas. 6th October, 3rd November, 1st December starting at 9.30 - 11.30
- Church tea afternoons 18th October, 15th November, 20th December 2.30 - 4.00 pm
- Railway Inn socials, please see info on page 12.
- And as usual village walks, and book club meetings

There is an Arts and Crafts sale at Whisby Natural World Centre, on page 20 and to support Sophie's journey Charity an Indoor Christmas market, 17th November. See page 13.

And a final bit of good news, Natali and Andy Hablett's 3 peak challenge has now raised £3000 for their charities!!

Sylvia

viewfromthehillpub@gmail.com



Umbrellas Community Café

The Umbrellas Café August event was an afternoon tea hosted by Mr Ron Bradford. It was a wonderful opportunity to admire his beautiful garden whilst enjoying the delicious home made cakes. The weather was kind and the event was enjoyed by all of those that attended.



Next café is on Friday, 6th October at 9.30 a.m.



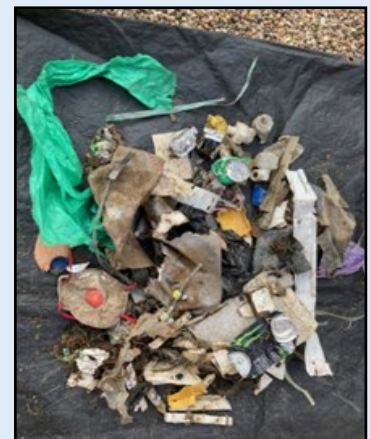
Clay Lane - Such a shame

A lament in words and pictures A request for help

Unable to walk to the village lake across the freshly ploughed field, my wife and I decided to walk down Clay Lane to the woods. We noticed that rubble had been used to fill holes in the track, notably at the bend before the downhill section. On closer inspection, we saw that this rubble contained not only broken bricks and similar (commonly used on farm tracks throughout the country) but material that is hazardous to pets, wildlife and to walkers.



We decided to return to pick up as many of the offending items as possible, particularly the broken pieces of glass and ceramic tile, plastic and metal. We quickly realised that this was a bigger job than we thought as the rubble extends sporadically from the top of Clay Lane to about half way along the track to the entrance of Stocking Wood. These photos show the result of 30 minutes of collection by 2 people.



If we are to remove all of these hazardous materials to protect ourselves, our pets and our wildlife, we need a group effort. If you are able to, please take the time to walk down Clay Lane over the next week or so wearing rubber gloves and carrying some kind of rubbish bag. Place anything which looks hazardous into your bag and put it in your black bin at home. Remember that plastic waste breaks up into microscopic pieces which end up in the food chain and sharp pieces of broken glass and ceramic tile remain sharp for years.

Tony Magri

Love your Parish - ThReds Walking Group

ThReds Walk 63

The Long and Winding Road

(The last day of meteorological summer, 2023)

A milestone, a first and perfect weather

At the suggestion of one of our walkers and with the approval of the group, we decided to walk much further than normal and to have a break about half way round. At almost 7.5 miles, this was our longest walk by a country mile and we stopped for our first ever picnic after about 4 miles.



We also had an un-scheduled break to explore the beautiful 12th/13th century St Giles' Church in Holme.

The first 2 photos show St Giles' Church from the outside and within.



This photo shows the excellent picnic location by the River Trent north of Holme.

The final photo shows the spectacular Cromwell Weir south west of Collingham.



We had 'short sleeve' weather throughout this challenging but enjoyable walk.

The next walk will be a 'Fish and Chip' Friday walk around Aubourn. The date is the morning of Friday, 27th October, with lunch at the Railway at 1.00.

The final walk of 2023 will be the annual Night Hike followed by a Christmas meal at the Railway. The date is Thursday, 21st December, with the walk starting at 5.00 pm and the meal at 7.00.

For more information contact me at tonymagri949@btinternet.com

A large red ribbon is tied in a bow at the top right of the page, with a long tail extending down the right side.

Upshalls Charity

Christmas
Lunch

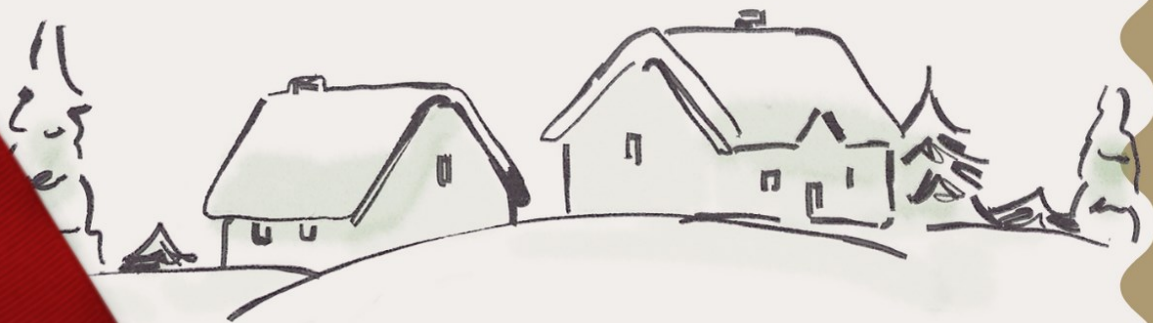
Tuesday 12th December 2023

12:30 - 16:30

The Cygnet Suite Whisby Nature Reserve

The trustee's of Upshalls Charity will be hosting a traditional Christmas lunch event. (A vegetarian option will be available).

To qualify for the event, you must be a resident of Thorpe on the Hill and receive a State Pension. Places are limited and will be allocated on a first come first served basis. Partners and carers are also welcome but will have to pay £27.50 if they do not qualify and will need to pay on confirmation of booking.





Response Slip

Please complete and return this slip to the village hall office or email Kerrie at tothparish@gmail.com by no later than 1st November 2023

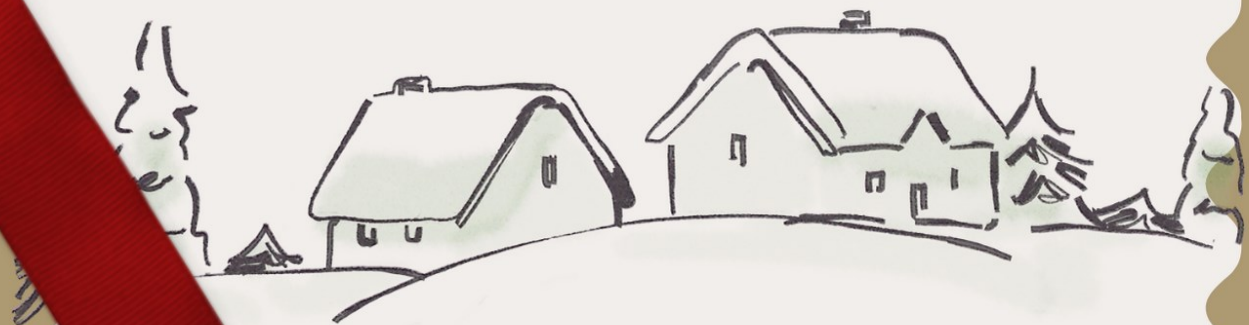
Name(s)

Address

Email

Vegetarian option required yes no

If you have any questions or queries, please contact Kerrie at tothparish@gmail.com or speak to one of the Parish Councillors.



Love your Parish – ThReds Book Club

Book 54

The Hunting Party by Lucy Foley

(3.5/10)

(4th September, 2023)



We had no book lined up for this meeting so went with this recommendation from a neighbour who read and enjoyed 'The Hunting Party' during an eventful flight from Copenhagen. The author, Lucy Foley, has sold millions of books worldwide.

Sue volunteered to host this meeting. We really enjoyed the hospitality and our afternoon refreshments. Thank you Sue and Gordon.

Waterstones says of the book *"Bringing all of the appeal of an Agatha Christie-style house-party whodunit to a thoroughly modern thriller, Lucy Foley's impressive thriller casts her readers to the lonely outreaches of the Scottish wilderness. There's a sharp cleverness to the way Foley explores the long-held grudges of a close-knit cohort, drawing out – with real menace – the poison that lies within."*

and from the Guardian website. *"Foley builds the tension cleverly and creepily, underlining the point that old friends aren't always the best. "I look around at the others. They're all grinning, but their faces, in the light thrown from the Lodge, look strange, spectral, and their smiles look like snarls," says Miranda."*

Unfortunately, our group was much less enthusiastic about 'The Hunting Party'. These are some of the comments:

"The description of 'place' was good"

"I bought and read the book a while ago and enjoyed it as it was right up my street. I do love a good murder."

"No likeable characters in a world I couldn't relate to, nor would I want to."

"I was disappointed that only one character was murdered"

"Contrived"

"Neither challenging nor thought provoking. Predictable."

"The typeface (Gabon) was good"

We did enjoy discussing the book and our neighbour who recommended it said, quite rightly, that it would be a dull world if we all had the same tastes.

Our next book is:

'All the Light We Cannot See'
by Richard Doerr.

For more information contact me at:

tonymagri949@btinternet.com

Love your Parish



Making Room for Wildlife Wildlife at the Eric East Lake

Connectivity beyond Thorpe on the Hill

This quote was in the last issue of VftH but is well worth repeating.

“As soon as tiny areas can connect with other areas of nature - through wildlife corridors, stepping stones or rewilded lands - natural processes and biodiversity rise exponentially.” From ‘The Book of Wilding - A Practical Guide to Rewilding Big and Small’ by Isabella Tree and her husband Charlie Burrell.



I am exploring the possibility of looking for green connective links from our gardens and green spaces in Thorpe to Eagle parish and Doddington parish. This would fit very well with other connecti-

ty initiatives which are happening locally and across the country, all recognising the need for wildlife to be able to move away from “tiny areas” to “other areas of nature”, particularly if conditions become hostile (eg periods of drought or excessive rain).



Hopefully, I'll be able to give more information in the next issue.

Love your Parish – Eric East Lake Working Group

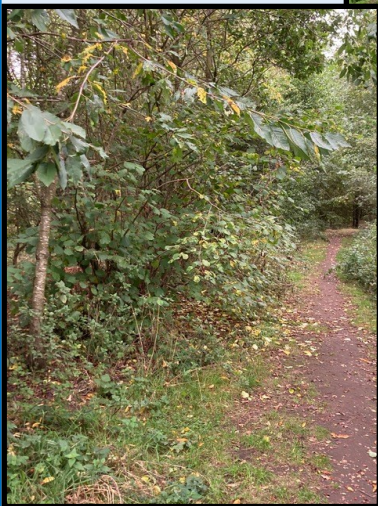
Eric East Lake

1. Bulb Planting

The Parish Council has generously provided funding for the purchase of bulbs for the northern section of the lake surrounds. We are focusing on those that have done well so far ie Tenby daffodils and aconites, which have already been ordered, and blue bells and snowdrops which will be planted in the green next year. (Not yet available to order)

This is the probable site of daffodils and aconites

....



...and for the snowdrops and bluebells.

2. Fence Removal

This will now start when all the foliage has died back and the fence becomes exposed again. We may need volunteers to help with this but, as this is potentially quite hazardous work, it is likely to be a small group of people. It will take a long time but will be worth it.

3. Volunteers needed

You may have noticed that self seeded saplings (alder) have proliferated in areas which have had less grass cutting. These can be managed by cutting them down at ground level or, if possible and better still, lifting them out with a ragwort fork. If they are not removed, they will take over the banks and spoil the views of the lake. In a wilder setting, many of these would be destroyed by browsing animals like roe deer and rabbits. After the final grass cut of the season (September/October) it will be necessary to rake up the cuttings and remove them to somewhere unobtrusive.



If you can help with these activities and you are not on my mailing list, please contact me at tonyma-gri949@btinternet.com for more information. If you are already on my list as a volunteer, I'll be in touch soon.



Sophie's
JOURNEY

Providing free holidays to
Lincolnshire children with cancer

INDOOR
CHRISTMAS MARKET

OVER 50 LOCAL FOOD AND GIFT STALLS

SUNDAY 19TH NOVEMBER
10AM - 2PM

ONE NK
MOOR LANE
NORTH HYKEHAM
LINCOLN
LN6 9AX

DONATION ENTRY
PERFORMANCE THROUGHOUT THE DAY

VISIT
WWW.SOPHIESJOURNEY.ORG.UK



CHARITY NUMBER: 1168194

The Railway Inn, Thorpe on the Hill



The last month or two has seen us make improvements to The Sidings. With a lot of help from friends and customers, we have installed patio doors to the end of the marquee, painted the floor and instead of picnic tables, we now have round tables with individual chairs. Over the next few weeks, we will lay a patio and improve the beer garden. Get in touch if you have an event in mind! Christening? Birthday? Baby Shower?

We have been holding monthly Quiz Nights to raise funds for a defibrillator, for use by the public. After several quizzes and 2 large donations from Hykeham Lions and 27th Thorpe on the Hill Scouts, we have been able to purchase a defibrillator and lockable cabinet. These were very kindly installed by a local electrician, free of charge. The unit has been registered and is now ready to go. We are very lucky to have great community support.

We are beginning to plan our Christmas events starting with a Christmas Menu that will be available 1st to 24th December. Disco and Karaoke in The Sidings on New Year's Eve and of course our Christmas Raffle will be up and running very soon!!

DIARY DATES FOR OCTOBER/NOVEMBER:

Tues 10th Oct: 5pm BanZai Street Food Truck

Wed 18th Oct: 7.30pm Ladies Night

Mon 23rd Oct: 5pm Chow Pizza

Wed 1st Nov: 7.30pm Gents Night

Mon 6th Nov: 5pm Barbell Burger Co



The Railway Inn Christmas Menu

STARTERS

Dipping Brie served with Crusty Bread (V)
Prawn Cocktail served with Brown Bread
Soup of the Day served with Warm Crusty Bread

MAINS

Roast Turkey

served with all the trimmings including
Pigs in Blankets, Creamy Mash, Roast Potatoes, Roast Parsnips,
Seasonal Vegetables, Stuffing and Gravy

Pan Fried Sea Bass

served with Sweet Potato Fries and a Tomato and Herb Cream Sauce

Vegetarian Tartlet (V)

served with New Potatoes and Seasonal Vegetables

DESSERTS

Christmas Pudding served with Brandy Sauce
Salted Caramel Cheesecake served with Cream or Ice Cream
Chocolate and Caramel Profiteroles served with Ice Cream

1 Course : £19.50

2 Courses : £26.95

3 Courses : £29.95

£10 per head Deposit Required on Booking
Available Lunchtimes and Evenings from 1st December
(excl Monday, Tuesday and Sunday)

Station Road, Thorpe on the Hill, Lincoln, LN6 9BS. Tel: 01522 681499

Fosse Green Solar Farm

Proposals include land in Thorpe on the Hill

There will be a **Public Consultation Meeting**, arranged by the developers, in the Oliver Roper Parish Meeting Room on **4th October** to review the proposed solar farm, which will cover an area of 2400 acres (5 miles across) and includes land around Thorpe on the Hill.

This short article is to inform villagers about some of the concerns that have been raised by residents and other local councils who are impacted by the scheme. TOTH Parish Council are currently in discussion with these Councils about setting up a joint action group.

There is a broad recognition of the need to move away from our dependence on fossil fuels to mitigate the effects of climate change, and therefore a need to transition to renewable sources of energy. However, there is no plan at national or county level to guide this transition, to establish the most cost-effective solutions, or define how the energy mix should be balanced to meet long term goals, or protect the local environment.

As a result, the proposals to convert large swathes of agricultural land within Lincolnshire to Solar Farms is driven primarily by the profit opportunities that these schemes present, rather than a genuine concern for environmental priorities. So, for example, the organisation behind Fosse Green Energy, is backed by foreign capital and technology, and so

the profits generated will not benefit the UK. Furthermore, there will be very limited, or no local or national accountability governing this organisation.

This article is not intended to reject plans to adopt sustainable sources of renewable energy, rather it is intended to promote discussion and to point out some of the potentially negative impacts of the proposal to counter the entirely positive arguments that the partisan developers will present.



This map, from Fosse Green Energy, shows the preliminary study area that they are looking at for the installation of solar panels and battery storage units.

Fosse Green Solar Farm

In summary the main concerns are as follows:

- **Protection of open countryside** and avoidance of industrialisation – how do we best minimise the impact?
- Fears of the real-world **impact on wildlife** and wildlife corridors
- There are currently **12 similar schemes being proposed for Lincolnshire**, and more in the pipeline. How do we avoid Lincolnshire/North Kesteven becoming a Klondike for Solar Panels ‘dumping ground’?
- Decommissioning issues – what happens at the **project’s end-of-life**?
- What happens if **new technologies** emerge which render the solar panels redundant over the life of the project?
- Concern over **battery storage safety** and real carbon cost of construction. what is the **whole life carbon cost**?
- Involvement of **overseas company** with no local or national accountability
- Impact on **neighbourhood plans** which never envisaged these proposals
- Direct influence on locals – potential **reduction in house prices** in nearby areas
- Strategic importance of **local food production** – how will the loss of productive agricultural land be offset when there is clearly limited availability?
- Manufacturing of panels is **outside the UK**
- At the project’s end-of-life, will the land will become **a brown field site**?
- Impact on designated **footpaths and views** e.g., “Stepping Out” routes in Thorpe
- Impact upon **Witham Valley Country Park** which covers the proposed solar farm
- Despite recent claims regarding adoption of buried **power lines**, fears persist that this is not a binding commitment. Reverting to overground pylons up to 50m high, could happen later because plans can change and buried cables cost approx. ten more than overhead ones.
- Scheme will **not provide cheaper electricity** – international market

Please try and attend the meeting to improve your understanding, and express your views. Also, be aware that the developers have a vested interest in the scheme, in terms of strong financial incentives, and cannot be regarded as independent.

For more information, please visit the Thorpe on the Hill Parish Council website which has a link on the front page of the site:

<https://thorpe-hill.parish.lincolnshire.gov.uk/news/article/11/fosse-green-solar-farm>

The Parish Council will be contacting residents in coming weeks to seek their views

St Michael's Church of England Primary School

Happy new school year!

The school year has started positively, and we are excited for what is to come. The photos show lots of happy and smiling children ready to meet the challenges of the new year. We have welcomed new children into Reception and other new children across Key Stage 2. It has been lovely to hear the buzz and noise of the children and the staff across school. All of our classes have new names...Mr Toucans, Hedgehogs and Ladybirds to name a few of them! We continue to have a focus on our reading, writing, outdoor learning and our curriculum this year!

We are still working hard to develop our gardening and have had an abundance of produce throughout the summer to share with the local community. We are now getting ready to harvest a few other crops and then look to planting for the new growing season.

The start of term has seen much outdoor learning and getting to know our new classrooms and spaces around school. We have been exploring the spaces with our friends as well as building fires and of course marshmallows – what a great and obvious start to term for our school!

Year 4 have even been to Whisby already to launch their water topic!



We have all been keen to get active again and PE is in full swing with lots of PE activities outdoors including hockey. We have a good offer of after school activities too which all the children are thoroughly enjoying – football, tag rugby and maths as well as music and art related offers.



St Michael's Church of England Primary School



It will be getting to that time of year again when prospective Reception parents need to begin to look for the September 2024 intake and we would love to welcome you to our school. Our Reception class have at least three fulltime adults, an enclosed large covered outside space and there is access to Breakfast Club every day from 7.30am and after-school care until 5.30pm – all of our children love Breakfast and After-School Club!

We hope that prospective parents can see what we are all about at St Michael's and we would love to welcome you to come and have a look around. Please contact school on 01522 681923 or enquiries@stmichaels.lincs.sch.uk and we will be happy to help you. We have spaces in some year groups, so why not get in touch and come and see what makes St Michael's such a special place to grow and learn!



St Michael and all Angels



Hello,

Apart from that as we move into October we celebrate one of my favourite saints, Saint Francis of Assisi. This son of a wealthy merchant, gave up everything to follow the call of his faith. I have always been influenced by Francis' bias to the poor, but only recently picked up on more of the Franciscan approach. It is based on what is termed alternative orthodoxy. Some of that call I think our world and churches could listen to for our age. Some of the themes that have come out of this approach are:-

- World focused, not churchy focus
- Right actions over right beliefs
- Relationship over domination
- Non violence over suppression.

All of this approach reminds us that we are connected, we are a part of the cosmos, not over and against it.

This gentle approach changes all of us.

So, as well as celebrating my wife's birthday on October 2nd, I will be celebrating all that St Francis of Assisi has given both the church and the world.

As ever
Andrew

St Michael and all Angels

Our Church Wardens

Felicity Jenkinson on 07949654855 and Bob Sheldon on 685810

Our Treasurer

Chris Abrahams on 698208

We are now pleased to say that all administration for Baptisms, Weddings and Funerals is being dealt with at North Hykeham.

Please contact:

Sally Long, Parish Office (Monday to Friday 9am - 12pm)

North Hykeham, Lincoln. LN69AB Tel: 883100

Tel: 883100 or email: sallylong@nhallsaints.co.uk

Bell Practice

Tues Evening Bell ringing lessons 7.30pm - 9pm

Please contact: Sandra Underwood on 07710 762458

We look forward to welcoming you to any of these services irrespective of which village you live in. Generally, the pattern of services will be:-

1st October	8th October
9.30 - North Scarle, Holy Communion	9.30 - Swinderby, Holy Communion
11.00 - Thorpe, Morning Prayer	11.00 - Eagle, Morning Prayer
18.30 - Swinderby, Evening Prayer	18.30 - Thorpe, Evening Prayer

15th October	22nd October
9.30 Thorpe, Holy Communion	9.30 Swinderby, Morning Prayer
11.00 - North Scarle, Morning Prayer	11.00 - Eagle, Holy Communion
18.30 - Eagle, Evening Prayer	18.30 - North Scarle, Evening Prayer

29th October	Please note there is a special service on 18th October at 7pm Prayers for Healing at Eagle Church - St Luke's Day
10.30 - Group Communion on rotation	

Dear Friends,

As you know we have a great team who work very hard in maintaining our churchyard as a place of beauty, and where families can go to remember loved ones who have gone before. Our aim is to make the churchyard one that honours the departed, but is also a symbol of new life and hope, hence the tremendous work on the wildflower meadow.

Part of this work also involves maintaining the churchyard within the guidelines set by the Church of England, guidelines that we are expected to follow. In reviewing these recently we realised, that, with all that has been going on over the past 2-3 years these have slipped a little and in the coming months we will need to get on top of these.

The main areas that we need to address are:-

1. Artificial flowers are only allowed between October and March, and must be cleared by the end of March. From next March any such items that are not removed, we will remove from graves.
2. A number of people are leaving ornaments, mementos on graves as a semi-permanent memorial. Sadly, unless they are ones that have appropriate permission, either via myself, or a Faculty signed by the Diocesan Chancellor, technically they are not allowed. However, we do recognise that so often it is important to express our love for a departed loved one, that we accept such outpourings are important. To facilitate those expressions of love we suggest that any mementos be removed after two months from the funeral, again if family are unable to do so we will remove those items, obviously with respect and dignity.

LINCOLNSHIRE ARTS & CRAFTS

Saturday 7th October and
Sunday 8th October 2023

9.30am - 4.30pm



Celebrating artists and makers
from around the county



Natural World Centre,
Whisby Nature Reserve.
Moor Lane, Thorpe-on-the-Hill,
LINCOLN. LN6 9BW



The
Natural World
Centre

A WARM WELCOME AWAITS

Boardwalk Bistro

with Dog Friendly tables in the shop

Lincolnshire Makers Gift Shop

Cygnets Suite

for corporate and social hire

Quote 'VFTH' to receive 20% off room hire

Little Darters & Otters Reach Adventure Play areas

Go Wild Children's Parties

Open Daily
9.30am-4.30pm

Join us on
Saturday and Sunday
7th and 8th October 2023

Exhibition of Lincolnshire Artists
9.30am - 4.30pm

WWW.NATURALWORLDCENTRE.ORG



Follow us on social media
for What's On
and exclusive offers



Thorpe on the Hill - Parish Council

Thorpe on the Hill Parish Council

Parish Councillors

Cllr Bindley (Chair)

Cllr Bramford (Vice chair)

Cllr Ives

Cllr Sheldon MBE

Cllr Williams

Cllr Owen

Cllr Lyons

Parish Clerk: Kerrie Vickers

Parish Council email: tothparish@gmail.com

Parish Council website: www.thorpe-hill.parish.lincolnshire.gov.uk

- Portfolio holders

Whisby Quarry Liaison meeting - Cllr Lyons and Vacancy

Whisby Nature Park Steering Board – Cllr Sheldon MBE

Finance - Cllr Bramford

Allotments - Cllr Lyons

Tennis Court – TBA

Staffing Committee - Cllrs Lyons, Bindley and Vacancy

Lake Management Committee—Cllrs Lyons, Sheldon MBE, Bindley and Vacancy

Parish Council Meetings

All Parish Council meetings will be held at the Oliver Roper Parish Centre commencing at 7pm. The dates are advertised on the notice board and via the Parish email circulation list. If you are not on the list please email the Parish Clerk and request to be added. You can ask for your email to be removed at any time.

Local Police and District and County Councillors are also invited to attend. The agenda and minutes of the current meeting are available on the Parish Council website and, on request, from the Parish Clerk.

The Parish Council welcomes members of the public to ask questions or make short statements to the Council during public time at the start of the meeting.

North Kesteven District Councillors and County Councillor

NKDC, Mitch Elliott email: cldr_mitch_elliott@n-kesteven.gov.uk

NKDC, Peter Overton email: cldr_peter_overton@n_kesteven.gov.uk

LCC, Alan William Briggs email: cllra.briggs@lincolnshire.gov.uk

Oliver Roper Recreation Tennis Court

If you would like to use the Tennis Court please contact the Parish Clerk,

email: tothparish@gmail.com

A £10 deposit for the key is refundable. Please note the court can only be used for tennis, not other ball games.

Thorpe on the Hill - Parish Council

PARISH COUNCIL NEWS July 2023

Full minutes and agendas are available on the Parish Council website, just search for Thorpe on the Hill Parish Council.

The Parish Council has had two meetings since the last edition of VFTH.

Lake Management Committee Meeting July 19th

- A contractor has been sourced to secure the dedication bench in place and will be providing a quote.
- Following a recent inspection, not much evidence of Ash Dieback was seen, it was decided to keep a watching brief and to include this on the monthly inspection reports as a 'catch all'.
- An initial trial to determine the best method to remove the boundary fencing has taken place which was found to be very difficult and hard work. It was agreed to look at this again in Autumn/Winter.
- The 5-year licence for the Scouts was agreed and signed.
- It was agreed that the grass cutting should be done on an ad hoc basis.
- It was agreed to cut back some of the nettles in the wildlife area.
- The Fishing Club have cut the banks and anticipated one further cut to be undertaken later in the season.
- The monthly lake inspection reports from Mr Chapple were noted.
- It was agreed to spend up to £400 on spring bulbs.
- The Scouts have recently held some successful events and have had two very enjoyable evenings on the water. The use of fireproof matting with the fire pits has proved very successful, with no signs of scorching.

Parish Council Meeting 6th September

- District Councillors Elliott and Overton discussed forthcoming Fosse Green Energy meetings and urged everyone to attend. The consultation meeting in TOTH is on Wednesday 4th October, in the ORPMR from 15.00 to 19.00.
- A Scheme of Delegation Policy was adopted, and amendments were made to Standing Orders to clarify and correct some previous omissions in PC policy. An amendment was also made to Financial Standing Order 4.
- The PC will soon be able to submit a planning application based on a revised plan for the extension and refurbishment of the ORPMR.
- The PC agreed to support the Witham Food, Farming and Nature Network.
- Mr Chapple was thanked for giving residents the opportunity to use his paddock as a playing field during the summer months. Picnic benches, a litter bin and some signage have been installed and the outlook is encouraging.
- The present relationship between the PC and the Bowls Club was discussed. Following a decision that a written agreement was required; two Councillors were nominated to establish a licence agreement. Quotes for the necessary repair work to the Bowls Club pavilion will be sought immediately. Any application to the Parish Council by the Bowls Club for additional expenditure will be dealt with under the usual grant procedure.
- It was agreed that ownership of the boundary fences to the Playpark and Bowls Club needed to be clarified.
- A small allotment working group will be established.
- A working party will be organised to deal with some low-risk maintenance issues in the Playpark.
- The Parish Clerk will contact the supplier regarding an issue identified by a member of the public regarding the new piece of equipment in the Playpark.
- During a closed session, a resident was nominated for the Free Person of Thorpe on the Hill Award. This was unanimously agreed.

Getting Down to Earth

In the cycle of the Five Phases or Elements, the Earth Phase is the energy of Late Summer; it represents support, holding, nurturing, nourishment and abundance. It gives us the ability to nurture ourselves and others. With appropriate diet and lifestyle adjustments, we can cultivate a healthy Earth element, a strong gut and optimal immunity.

Ways to tend to your inner Earth

Tending the Earth Element is a cornerstone of all physical, mental and emotional healing. If the Earth Element is imbalanced or weak, every part of our being will suffer for lack of proper nourishment.



It

- Eat a nutrient-dense, whole foods diet, that provides all the nutrients we need for physical and mental health.
- Avoid information overload by maintaining a healthy “mental diet” and limiting exposure to media and advertising.
- Find your centre – do yoga, Qi Gong, mindful breathing
- Sing like no-one is listening ! The sound of the Earth element is ‘singing’, so go for it in the shower!!
- Exercise outdoors and spend time in natural green space. Touch the Earth to support the Earth Element within.
- Shiatsu! Touch brings us in to experience of the present moment and releases ‘feel good’ hormones
-

Village Qi Gong continues on Mondays 10-11am

Self-care Saturdays 10 am to 12.00 pm on September 30th and December 2nd

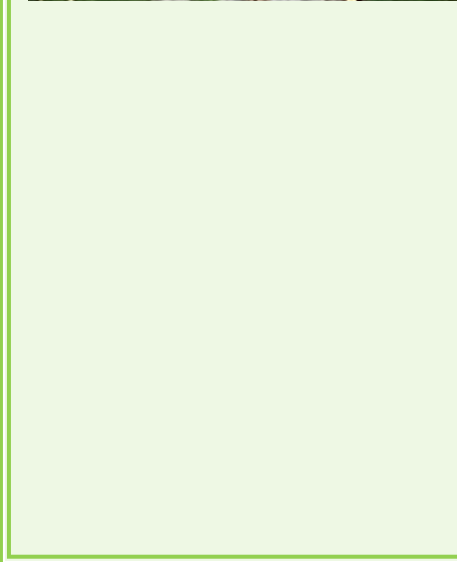
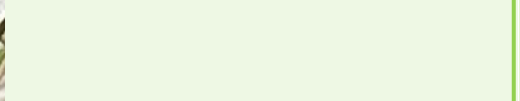
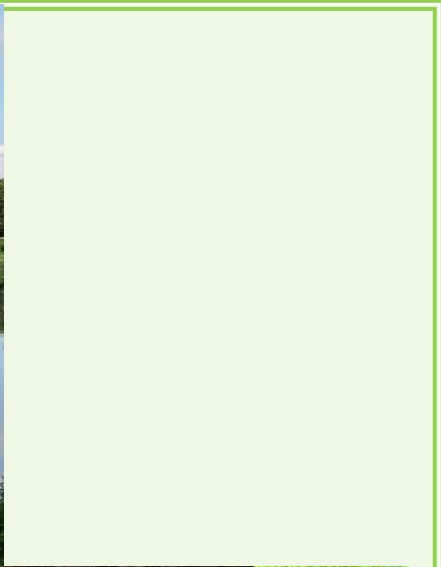
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November 27th

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N. Hyk Xroads	6.55	9.22	11.22	13.22	15.22	17.22
Pennells	6.58	9.25	11.25	13.25	15.25	17.25
Thorpe	7.02	9.30	11.30	13.30	15.30	17.30

Thorpe	7.50	10.15	12.15	14.15	16.15	18.15
Pennells	7.57	10.19	12.19	14.19	16.19	18.19
N. Hyk Xroads	8.00	10.22	12.22	14.22	16.22	18.22
Asda	8.03	10.25	12.25	14.25	16.25	18.25
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