

Living Villages

February 2025

*Water Newton Thornhaugh
Stibbington Sutton Wansford*

Image taken by John Measures



Wansford & District Horticultural & Crafts Society



Save The Date!

78th ANNUAL SHOW
'Back to our Roots'

Saturday 23rd August 2025

The Christie Hall, Elton Road, Wansford

2.00pm - 4.30pm

Entry £1.00 per adult

Dear readers

SAVE THE DATE!! (And I don't mean Valentine's Day). I mean Saturday 23rd August, when the **Wansford Horticultural and Crafts Show** is going back to it's roots - see the poster opposite. There'll be more information in Living Villages over the coming months. Watch this space!

Speaking of Valentine's, even though February is the month of romance, please don't fall foul of fraudsters - there's a timely article on page 18 from **Safe Local Trade's Eileen Le Voi**. Also in this month's edition, Wansford Pharmacy and Surgery offer advice on the subjects of Heart and Cardio - the Pharmacy have a Cardisialography Screening Programme (page 10), whilst the Surgery give general Healthy Heart advice (page 21).

Men's Mental Health is a prevalent topic - did you know there's a **Men's Breakfast Club** that meets locally? See the advert on page 8, plus there's details of the latest talk from Peterborough Arts Council on page 21 and a reminder of **Thornhaugh's Coffee, Cake and Community** on page 25.

Come next month I think we'll all be ready for spring -just as the blackbird on the front cover - so whatever the weather that February can throw at us, remember that brighter, longer days are just around the corner - and The Wansford Show is back!

As always, thank you to all the distributors, contributors and advertisers who help shape your magazine - it wouldn't be here without you, and if you have contributions for upcoming editions, please get in touch using the contact details on page 26.

Best wishes

Craig

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WORSHIP DATES

Every Sunday 5.00pm - Zoom 'At Home' Service. Log in and phone details from Rev. Jane jdetailby@aol.com 01780 782271
Every Wednesday: 10.00 a.m. Morning Prayer – Wansford Every Thursday: 9.30 a.m. Holy Communion BCP - Nassington

St. Leonard's, Apethorpe		
2 nd	11.00 a.m.	Holy Communion
16 th	11.00 a.m.	Holy Communion

St. Mary's and All Saints, Nassington		
Every Thursday 9.30 a.m. Holy Communion BCP		
2 nd	8.15 a.m.	Holy Communion BCP
2 nd	9.30 a.m.	Morning Prayer
9 th	9.30 a.m.	Holy Communion
16 th	3.00 p.m.	Craft Service
23 rd	9.30 a.m.	Holy Communion

St. Andrew's, Thornhaugh		
2 nd	9.30 a.m.	Morning Prayer
16 th	9.30 a.m.	Holy Communion

St. Mary's, Wansford		
Every Wednesday 10.00 a.m. Morning Prayer		
9 th	9.30 a.m.	Holy Communion
23 rd	9.30 a.m.	Holy Communion

St. Mary's, Woodnewton		
2 nd	9.30 a.m.	Holy Communion
16 th	9.30 a.m.	Holy Communion
23 rd	8.30 a.m.	Holy Communion BCP

St. Mary Magdalene's, Yarwell		
9 th	11.00 a.m.	Holy Communion
16 th	3.00 p.m.	Methodist Service
23 rd	11.00 a.m.	Holy Communion

CASTOR BENEFICE

We are still maintaining the following service pattern every Sunday in each of our **Parish churches** until further notice.

Marholm 9.00am - Holy Communion (Morning Prayer on 4th Sunday)

Castor 8.00am Holy Communion (said service) 10.15am - Sung Eucharist

Sutton 9.00am on 4th Sunday of the month - Holy Communion

Every **Wednesday** morning at **10am** there is a service of Holy Communion at **Castor**.

We still continue to celebrate **Evensong via Zoom at 6pm every Sunday**, if you wish to join us please contact the Benefice office for the Zoom link and access code.

admin.castor@btconnect.com

Also please see opposite details of the next service at **St John the Baptist, Stibbington**.

David Ridgeway

ST. JOHN THE BAPTIST STIBBINGTON

OUR NEXT SERVICE
WILL TAKE PLACE ON
SUNDAY 2nd March 2025 AT 4.00 pm
PANCAKE SUNDAY



Do come and join us, you will be assured of a VERY warm welcome

This year, the first Sunday of February is the 2nd, a significant date in the Church's calendar. 2nd February is the day when we remember Mary and Joseph taking the baby Jesus being

REFLECTIONS

taken to the temple in Jerusalem which is usually called the Presentation. Following the Jewish religious laws the baby Jesus, like all first-born children, was brought to the temple to be "presented to the Lord." The temple, the centre of the nation's worship would have been full of families doing just as Mary and Joseph were doing, but we read in St, Luke's Gospel that two faithful and prayerful people, Simeon and Anna recognised this particular baby boy, held lovingly in his mother's arms, as the long-awaited Messiah. God's people had waited so long for the one that God would send as their Saviour, and it was foretold that he would come into his temple. No-one, though, expected him to come in the form of a tiny baby. Simeon and Anna, however, had spent their lives in prayerful expectation and their faithfulness enabled them to recognise God at work even in the most surprising way. For Christians, this story reminds us to be prepared for God to surprise us and to "tune our hearts" to his revelations, no matter how they appear to us.

This significant day is also called Candlemas because in medieval church life this was the day when the candles for use in the church and home over the coming year were blessed. This picks up on Simeon's words of thanksgiving when he saw the Christ-Child called him the "light to the nations and the glory of his people". Although we don't now bless the candles in our churches in this way, we do have a special part of our services that day, holding candles that are then extinguished as we turn from the Crib, which is still in our churches until then, towards the Cross, to begin to focus on our next great Church festival, Lent, Good Friday and Easter.

There are many traditions associated with Candlemas, marking the end of the Christmas season. Yes, Christmas is kept until then, and until the 19th century the decorations were taken down at Candlemas, not Twelfth Night, which is great for those of us who love the lights of Christmas! Snowdrops are also called Candlemas bells and there is the old saying:

*If Candlemas Day be fair and bright
Winter will have another fight.
If Candlemas Day brings cloud and rain,
Winter won't come again.
so pay close attention to the weather that day!*

Candlemas can represent the turning of another season, looking to the future. February can be a dreary month weather wise, but the days are getting lighter so this festival time can be a looking forward with hope. May the light of hope lead you forward through this year, into the expected and the unexpected!

*With every blessing,
Rev'd. Jane*



Men's Breakfast Meeting

An informal bi-monthly social gathering for men from local villages to meet for breakfast and hear from an invited speaker. Interested? Contact mensbreakfast@sulehay.co.uk

New members welcome




1st February 2025

5th April 2025

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The Friends of St Mary's and St Andrew's

We have had a wonderfully busy and sociable January Coffee Stop. There will be one on **Wednesday 19th February**, from 10.30 in St Mary's church.
All welcome.

Caroline Ashley

NEWS FROM WANSFORD PHARMACY

Valentine's Day is widely recognized as a celebration of love, affection, and appreciation between partners, friends, and family. While traditionally associated with romantic gestures, the heart symbol has long been linked to emotions, love, and well-being. This connection between the heart and emotions extends beyond the symbolic into the realm of cardiovascular health, which plays a crucial role in our physical and emotional lives. Matters of the heart are fundamental to our wellbeing. In the modern world, taking care of one's heart is not only about managing emotions but also about maintaining physical health. Cardiovascular diseases remain a leading cause of death globally, emphasizing the importance of heart health. As we exchange gifts like flowers, chocolates, or heartfelt messages on Valentine's Day, it's also an ideal opportunity to focus on the true value of heart health, which forms the basis of vitality and longevity.

This is where our pharmacy's new **Cardis.io heart screening service** comes into play.

Cardiography (CSG) is a fast and efficient screening procedure designed to detect heart health issues early, often before symptoms appear. Unlike traditional methods that rely on symptomatic detection, CSG identifies potential cardiovascular problems by analyzing heart rate, rhythm, and blood flow in real-time. This allows for early intervention, with the aim of helping prevent the progression of conditions like heart attacks or strokes.

The procedure is non-invasive, quick, and provides results within minutes, making it an ideal choice for routine check-ups and for individuals at risk of heart disease. By detecting irregularities at an early stage (even before they can be detected by traditional ECG), CSG enables doctors to recommend timely lifestyle changes, medications, or other preventative measures, reducing the need for more invasive treatments in the future.

In essence, **Cardiography** offers a proactive, efficient approach to heart health, providing crucial early detection that can significantly improve long-term cardiovascular well-being and overall health.

In this way, Valentine's Day becomes more than just a celebration of romance — it also serves as a reminder of the importance of heart health, underscoring the vital link between our emotional and physical well-being.

So, this Valentine's Day, consider the gift of good health, and take steps to protect your heart. Wansford pharmacy is here to support you through our range of services like Cardis.io.

STIBBINGTON & WANSFORD WI

Today's women working for tomorrow's world



Every year WI nationally supports a resolution that is seen to improve the life of women. Choosing a resolution begins during the previous year, where any member nationwide may put forward a resolution, and she pitches this to the National federation, a short list is then produced and sent out to each branch.

It was our task during our January meeting to hear the short list of resolutions, and then vote as a branch. Stibbington and Wansford voted for the elimination landfill of medication packaging. Our vote will be forwarded to national headquarters, and we will then find out if the resolution that we decided upon, will be the winner and supported by all branches, through campaigning and lobbying at local, federation and national level.

Winter is here, so our monthly meeting will take place in Wansford Community Hall, other meetings, please check each individual event. If you wish to attend one of our upcoming meetings to hear one of our visiting speakers, please get in touch. Please see below for our upcoming events:

Tuesday 11th February 2025, 7pm WI meeting, Speaker Sidney Aldrige, Chef Director for Fortnum & Mason

Tuesday 4th February 2025, 2-4pm Coffee, Cake & Craft club, at Wansford Community Hall.

Tuesday 18th February 2025, 2-4pm Coffee, Cake & Craft club, at Wansford Community Hall

Book Club meeting, at The Cross Keys Wansford, 30th January 2025

Both the Coffee & Craft club, and Book Club are open to all, (not just for WI members) and we look forward to others joining us.

Rhona Punter, email - rhonapunter@aol.com

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WANSFORD PARISH COUNCIL



The Wansford Parish Council met in January and a report will appear in a future edition of Living Villages.

THORNHAUGH PARISH COUNCIL

A meeting Thornhaugh Parish Council was held on 13th January 2025 in St Andrew's Church. It was chaired Yana Clipsham and present were Nicky Rogers, Paul Whybrow and a member of the public and Deirdre McCumiskey (Clerk).

There were apologies for absence from Lousie Molesworth and Gavin Elsey (PCC Ward Councillor)

None of the current Parish Councillors felt that they were able to take on the role of Chair at present. Therefore, they will elect a Chair at the beginning of each meeting until a Chair is appointed. Yana Clipsham was appointed Chair for this meeting. They agreed to split the work of the Chair as follows: - Planning/Police – Paul Whybrow; Highways/Finance/Christie Hall – Yana Clipsham and PCC/Local Issues/Events – Nicky Rogers.

No crimes had been formally reported. Paul Whybrow agreed to contact PS Andy Gladders following his email regarding the new parish council-led process of the Police engaging with Parish Councils. Paul will organise a poster to be put on the noticeboards asking if any residents have any police issues; they should contact him.

Parish Councillor Vacancy - Michael Kealey from Home Farm had been the only applicant for the vacancy, and he was therefore co-opted onto the Parish Council. He was welcomed to the Parish Council by the Parish Councillors. Louise Molesworth had indicated that she was considering resigning from the Parish Council. The Clerk will ask her if that is still the case and, if so, has she a date in mind.

Highway Issues - there was no update on Highway Matters.

Social Events - We had to cancel the Christmas Tree Light-Up Event at the end of Meadow Lane because of the awful weather. The Cheese and Wine Party went well though and was enjoyed by those who attended. This year, we plan to separate both Christmas Events again, inviting the Wansford Ukelele Band to play at the Christmas Tree Light-Up Event as we did in 2024 and make alternative entertainment plans for the 2025 Cheese and Wine Party. We agreed to hold a summer event and will ask Joan and Alan Bolton-Frost to see if they would like to host. If they'd rather not, we will look at holding it elsewhere, including The Green at Home Farm if the owner, Martin Witherington, agrees.

Defibrillator Training - as Louise Molesworth was not present, there was no update on this.

Home Farm Noticeboard -Yana Clipsham reported that her husband had collected the noticeboard and taken it apart. He felt it was repairable and is willing to undertake the necessary work. It was agreed to re-site it nearer to the pedestrian gate rather than in the middle of The Green.

Planning Applications - 24/01392/WCPP - Variation of condition C2 (drawings and documents) pursuant to Planning Permission 23/00852/FUL at Land Adjacent To Magnolia House, Old Oundle Road, Thornhaugh – No Objections. Awaiting Decision; 24/01125/FUL - Change of use to caravan park at Leedsgate Farm, Kings Cliffe Road, Wansford –

Withdrawn by Applicant and 24/01330/LBC - Insertion of a new external water and waste pipe to the north-east elevation and associated internal alterations to allow for the creation of two en-suite bathrooms at The Old Rectory, 3 Russell Hill, Thornhaugh – No Objections. Awaiting Decision.

CAPALC Training - it was felt that the current cost of CAPALC Training is expensive. It was agreed that the Parish Council will pay the affiliation fees to join CAPALC in the new financial year. This will mean that the cost of training will be cheaper, and the Parish Councillors will have access to the information on the CAPALC Website.

The next Thornhaugh Parish Council Meeting will take place at 7.00 pm on **10th March 2025** in St Andrew's Church, Thornhaugh.

SIBSON-CUM-STIBBINGTON PARISH COUNCIL

Sibson-cum-Stibbington PC met on the 9th January.

There were two apologies of absence from J. Wright and E. Engel.

2 Members of the public attended.

During the Public Form it was mentioned that it was good to see Barnaby House looking much smarter now that work has been carried out on the front of the building.

The minutes from the previous meeting were duly agreed and signed.

The rebuilding of the wall on the bridge next to the Haycock Hotel has now been completed and it was also noted that the Parish Council had paid for the rebuilding of the wall which had been in disrepair for some considerable time. The Parish Council paid for this work to be done as neither The Haycock Hotel, The Inspectorate of Ancient Monuments, or Peterborough City Council (who maintain the bridge) all absolved themselves from paying anything towards the repair.

Payments requested were agreed and signed off.

A resident has again contacted the PC regarding speeding vehicles along Elton Road on the outskirts of the village. Highways and CCC have been contacted regarding this and are unable to amend the speed limit as this is classified as a B Road. Mention was made regarding the increase of vehicles using the village as a "rat run" since the closure of one lane on the A1.

Plans have been discussed regarding the narrowing of the entrance to Wansford Bridge on both sides, to try and alleviate the use by HGV's which is on the increase.

The Councillors learned of Councillor Ed Engels hospitalisation and illness and we unanimously, together with residents present, wish him a speedy recovery.

The meeting closed at 19.40 and the next PC meeting will be announced shortly, this is due to the Christie Hall being heavily booked in March.

ML Beuttell
Chairman
Sibson-cum-Stibbington Parish Council.

Don't be tempted to fall in love at first swipe this Valentine's season

FEBRUARY is the season of love and romance – but it is also a key date for fraudsters aiming to steal your money as well as your heart.

Romance fraud is one of the top five most commonly reported scams to Action Fraud, and involves people being duped into sending money to criminals who go to great lengths to gain their trust and convince them that they are in a genuine relationship.

Now comes the timely reminder to people who may be looking for love to be extra vigilant, taking measures to ensure their 'perfect match' is really who they say they are.

In the first six months of 2024, Action Fraud says it received reports of 4,109 cases of dating scam fraud, up 56 per cent for the same six months in 2023.

Meanwhile, figures for last year released by the National Fraud Intelligence Bureau (NFIB), run by the City of London Police, received 8,792 reports of romance fraud.

This amounted to losses of over £94.7 million with the average loss per person estimated to be £10,774.

Reporting is now at some of the highest levels to date, with an 8.4 per cent increase on the previous 12-month figures (up from 8,110).

Romance fraud is the term relating to people who are conned into sending money to criminals who go to great lengths to gain their trust and convince them that they are in a genuine relationship.

Romance fraud remains a high-risk fraud, impacting those targeted financially, emotionally, and psychologically.

Victims of romance fraud often suffer significant financial losses but also face the psychological and emotional impact of losing a partner and support system after having been manipulated and deceived in such a callous, calculated way.

Fraudsters trick victims into sending money or gather enough personal information to steal their identities, resulting in financial and emotional misery.

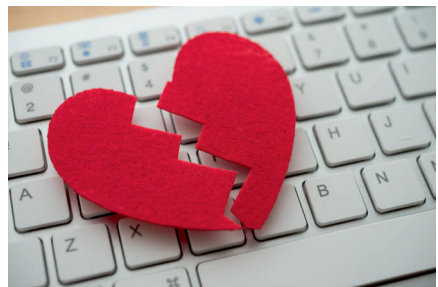
How to stay safe from romance fraudsters:

- Be suspicious of any requests for money from someone you have never met in person, particularly if you have only recently met online.
- Be cautious about how much information about yourself you are sharing online and who you are sharing information with.
- Speak to your family or friends to get advice. Fraudsters will subtly isolate you for their own purposes.
- Profile photos may not be genuine. Performing a reverse image search can find photos that have been taken from somewhere, or someone else.

However, some steps are being taken to try and protect victims before they part with their cash. In 2023, 12 of the world's biggest tech companies - including Facebook, Instagram and Match Group - signed a voluntary agreement with the Government to reduce fraud on their platforms. Measures in the Online Fraud Charter include a commitment enabling users of dating platforms to choose to interact only with people who have verified their identity.

If you think you have been a victim of a romance scam, contact your bank immediately and report it to Action Fraud on 0300 123 2040 or via www.actionfraud.police.uk

Eileen Le Voi
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SJP12026 V1 (04/20)

NEWS FROM WANSFORD AND KINGS CLIFFE PRACTICE

Look after your heart - It's the only one you've got!

1. Eat a Heart-Healthy Diet

Focus on a diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.

Limit intake of saturated fats, trans fats, and added sugars.

Choose heart-friendly foods like salmon, nuts, berries, and leafy greens.

2. Exercise Regularly

Aim for at least 150 minutes of moderate-intensity aerobic exercise per week.

Incorporate strength training exercises to improve overall cardiovascular fitness.

Simple activities like walking, cycling, and swimming can make a big difference.

3. Manage Stress

Chronic stress can contribute to high blood pressure and heart disease.

Practice relaxation techniques such as meditation, deep breathing, and yoga.

Ensure adequate sleep to support heart health and overall well-being.

4. Quit Smoking

Smoking cessation significantly reduces the risk of heart disease and stroke.

Seek support from healthcare professionals or smoking cessation programs.

5. Monitor Your Health

Regular health check-ups can help detect and manage risk factors like high blood pressure and cholesterol levels. The surgery has a DIY blood pressure machine in the foyer.

Monitor your weight, waist circumference, and body mass index (BMI) to ensure they are within healthy ranges.



THE ARTS SOCIETY PETERBOROUGH

The Arts Society is a leading arts education organisation that brings people together through a shared curiosity for the arts. Each year The Arts Society Peterborough (TASP) holds nine illustrated talks given by experts in their field on subjects ranging widely, including old Masters, modern sculpture, silver jewellery, the work of David Hockney and music in art. The talks are held at

The Fleet in Fletton Peterborough on the second Thursday of each month except June, July and August. The talks start at 10.45 am but you are welcome to come earlier and meet like-minded people for a chat over a cup of coffee, doors open at 10.15am. Non-members are always welcome, so come and join us!

In addition to the live talks, annual members also receive other benefits. If you wish to find out more about our Society or about becoming a member, please visit our website, www.the-arts-society-peterborough.org.uk. Our next two talks are:

13th February 2025

'William Banks', the Exiled Collector and man behind the creation of an English Country House, with Anna Sebba.

This talk follows the life and collection of William Banks for his ancestral home Kingston Lacey.



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Wansford Horticultural & Craft Society

Its that time of year when we update our membership (over 100) and offer a warm welcome to any who are interested in joining. Subscription now due.

We offer a friendly society, who enjoy socialising and learning about horticulture and crafting. It's not about being the best, its about having fun. Please see our events schedule below. You will see that we offer a wide range of activity and keep the costs very low.

If you wish to join our Society its great value and fun at £5pp. Please contact Rhonapunter@aol.com.

Gary Punter
Chairman

Wansford Horticultural and Craft Society: 2025 Events Schedule

Month	Event	Venue
16 th Jan	Houseplants @ Bosworths Talk by Peter Bates	£5 pp 5pm Bosworths Elton
7 th Feb	Snow Drop Walk (The Wansford Collection @ Burghley) Tour by Joe Whitehead,	£12pp, 1400hrs Burghley House
13 th March	Social Evening 'Horti-talk' Discuss solutions to our knotty Spring gardening challenges over a glass of wine	7.30pm Christie Hall
1 st April	Plant Sale "Plants on the Wall" for Charity	Goss Cottage
4 th April	Visit to Thistleton Herb Nursery A delightful plant nursery, intro, tea & cake & buy plants	£5pp, 2pm LE157RE North of Stamford
15 th May	'Gardens, History, Poetry, Religion & Botany' Ferrar House (Tour & Lunch included)	£10pp, 1030 am Little Gidding PE28 5RJ
28 & 29 June	Overnight Visit to Norfolk, Hotel, Dinner and visit to the superb East Ruston Vicarage Gardens (as seen on Gardeners World 2024) plus another garden.	£tbapp Dependant upon numbers
12 th July	Summer Extravaganza: BBQ and early evening musical entertainment	£15 pp, 4pm Mandy Garden, Stibbington House
September	Our popular Bulb sale (fundraiser for Charity)	Goss Cottage (Shop)
16th September	Tour & Afternoon Tea at The Manor House, Bedford <i>As seen on Gardeners' World 2023/24</i> www.kathybrownsgarden.com	£19pp, 2pm Church Rd., Stevington Bedford MK43 7QB
9 th October	Social Evening 'Horti-talk' Discuss solutions to our knotty Autumn gardening challenges over a glass of wine	7.30pm Christie Hall
November	Talk to be announced	7.30pm Christie Hall
6 th December	AGM & Christmas social	Christie Hall 7pm

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DIRECTORY OF CONTACTS

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Ascot accounts	accounts@ascotgraphics.co.uk	01487 801301

Parish Councils

Sutton	Deirdre McCumiskey (Clerk)	07565 499346
Wansford	clerk@wansford-pc.gov.uk	
Sibson-cum-Stibbington	Margery Beuttell (Clerk@stibbington.org.uk)	
Thornhaugh	Deirdre McCumiskey (Clerk)	07565 499346
Water Newton (Parish Meeting)	Caroline Nathan (Chairman)	07989 362514

City Councillor (Wittering Ward) - Gavin Elsey **07738930599**

Churches

Ministers: Thornhaugh & Wansford	01780 782271
Stibbington, Sutton, Castor & Water Newton	01733 380900
admin.castor@btconnect.com	

Churchwardens:

St Andrew's Thornhaugh:	Stuart Foreman	01780 783220
	Liz Kemp	01780 782333
St Mary's Wansford:	Caroline Ashley	01780 782408
St John the Baptist, Stibbington	Charlotte Bradshaw	01780 781805

Friends:

St Mary's & St Andrew's	Caroline Ashley	01780 782408
St Remigius Water Newton	Jack Ward	01733 394646

Other useful contacts

Neighbourhood Policing 101	P'boro City Council	01733 747474
Wansford Surgery	01780 782342	Royal British Legion 01780 782200
(Out of hours	111 option 4)	Stibbington & Wansford WI . 781733
Wansford Pharmacy	01780 781616	Cricket Club 07860 278800
Communicare	01780 470437	Horticultural Society 01780 592514
H'don District Council	01480 388388	Stibbington Centre 01780 782386

Website www.livingvillagesmagazine.co.uk

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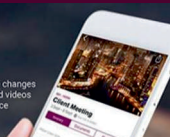
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