

# Heads - Up !

*The newsletter for Headon, Upton, Grove & Stakeham*

*April 2022*

## Headon cum Upton Village Hall AGM



The Annual General Meeting of the Village Hall will be held on **Tuesday, April 26th, at 7.30p.m.** in the Village Hall.

All village residents are cordially invited to attend.

Why not come along and share your views and ideas about the events and activities we hold now, and maybe what you would like to see in the future? The bar will be open for a short time after the meeting, when you could join us for a drink.

You don't have to be on the committee to tell us your ideas, but if you are interested we do have room for more members!

## ABBA Tribute Band: - *Sensation* Headon Village Hall

Following the last minute cancellation due to a band member catching covid, the concert has now been rescheduled for **Saturday, 6th August**. Obviously we will need to know numbers nearer the time, and people may have other commitments which have yet to materialise.

With that in mind, there will be a cut off point in mid-July for refunds. Returned tickets will be redistributed as and when they become available. For further information, refunds / tickets please contact:

**Paul Palmer on 07794 839742 or Pat Thorpe 01777 248368**  
[headonvillagehall@gmail.com](mailto:headonvillagehall@gmail.com)

## Headon Cum Upton Cinema Club Presents

### The Courier (12)

The true life story of an unassuming British businessman Greville Wynne (Benedict Cumberbatch) recruited to help defuse the Cuban Missile Crisis..

**Saturday 2nd April**

Headon Village Hall 7.30pm. Entrance £3.50

Contact Pat - [paddythorpe@btinternet.com](mailto:paddythorpe@btinternet.com) or on 248368

## Puzzle Corner

Susan and Lisa decided to play tennis against each other. They bet £1 on each game they played. Susan won three bets and Lisa finished £5 up. How many games did they play?

Answer at bottom of the last page.

## **Headon-cum-Upton, Grove and Stokeham Parish Council.**

Draft minutes of the meeting held on Monday 7th March 2022 will be available to view on noticeboards next week.

Our clerk has sadly resigned, after providing sterling service for two and a half years, that the parish council is very grateful for all Jim has done for the community, and we are now actively seeking a replacement, as per the advertisement. In the meantime, a temporary minute taker has been appointed, and councillors are working together to keep the council running smoothly.

The next Parish Council meeting will be held on **Monday 4th April at 19.30, in Headon Village Hall.**

### **HEADON UPTON GROVE AND STOKEHAM PARISH COUNCIL**

#### **VACANCY FOR PARISH CLERK**

Recently, our parish clerk has very reluctantly tendered his resignation, due to health and family issues. Our active, cordial, parish council is now seeking to find a replacement clerk, to work with us to operate the council on a day to day basis, and to also work on special projects which we hope will improve the experience for residents in the district.

Duties include managing the email account, finance, attending council meetings ( ten meetings per annum, usually on the first Monday of the month, except Bank Holidays and January), providing minutes, agendas, seeking to secure grant funding for projects, liaising with the chairman and communications with all councillors. This is a home-working based position.

Some administration experience would be useful, but full training is available.

Hours initially to start at 16 hours per month, with the option to increase if necessary, to facilitate the delivery of specific projects, and by arrangement with the council.

Pay to start at a minimum of £11.00 per hour, but is negotiable for the right candidate, and would be commensurate with any previous experience.

This is an interesting opportunity for anyone already working in the field, or for someone who is looking for a new challenge, and is interested in making a difference for our parish.

Please email the council at [headonpc@gmail.com](mailto:headonpc@gmail.com) in the first instance to register your interest and provide a CV. Alternatively, for an informal discussion about the role, please contact the chairman, Mrs Julia Harvey, on 07817849886.

Closing date for applications 04th April, 2022.

### **Parish of The Rivers: Secretary to the PCC**

The Ecclesiastical Parish which extends from East Markham all the way to Rampton is effectively run by the Parochial Church Council (PCC), a group of representatives from each community. Since its formation three years ago it has become clear that the smooth and proper administration of the PCC is vital.

The Council is seeking a Secretary who is able to prepare agendas, collate papers, and take minutes of meetings and generally ensure the smooth running of the PCC. There are six meetings a year which take place in the evening, plus some meetings of a small Standing Committee during the day or evening for which the Secretary's presence might be required. The role would attract a modest payment for the right person.

The qualities particularly required are good organisational skills, methodical paper-handling and computer skills and the ability to communicate. Please call Tom Freemantle on 07866 705911 for further details.

# Wim Hof Workshop in Headon Village Hall

## Have you heard the Ice Man Wim Hof?

Dutchman, Wim Hof holds 26 world records for physical endurance mainly in the extreme cold. He trained himself to maintain his body temperatures to survive where experts said he couldn't.



As a result he developed the Wim Hof 3 pillars method, which is helping thousands of people regain their health and mental well being, strengthening their immune systems and reducing inflammation. The method teaches us the power of our own minds by practising the three pillars, i.e. Breath, Cold, Mindset/ commitment.

Terry Mellors a certified WHM instructor, will be holding day workshops in Headon. You will be taught and guided in Terry's safe hands learning how to adopt this simple life changing practice into your own lives.

**Date: Saturday April 23rd**

**10:30 - 15:30 approximately**

**Price: £ 75.00 per person ( Including light lunch and refreshments)**

For further details and to book please contact Terry Mellors (07966035651) or email [terry@thebreathingeffect.co.uk](mailto:terry@thebreathingeffect.co.uk)

For more information please visit [www.thebreathingeffect.co.uk](http://www.thebreathingeffect.co.uk)

## Plants for Pollinators: April - Cherry and Grape Hyacinth

Grape hyacinths (also known as muscari) are small spring-blooming bulbs, so named because of their tight little flower clusters that resemble grapes. Bees love this early spring flowering modest perennial bulb and you will often find scores of bees foraging through the clumps of sweet smelling, nectar-rich cobalt blue flowers.

Native to Europe and Asia, grape hyacinths can spread very easily with little or no care once established and flower for around three weeks.



Both ornamental and fruiting cherry trees are good for bees, providing copious amounts of nectar and pollen. The ornamental cherry provides spring flowers in shades from rich pinks, to pastels and luminous whites. The single flowering varieties are the best for bees. With double flowering varieties the bees struggle to get at the nectar.



Commercial cherry orchards were traditionally pollinated by honeybees, where hives were moved around the country, but recently buff tailed bumblebees (Bombus terrestris) have also been used.

Artificially reared bumblebee colonies were originally used for greenhouse crops, such as tomato. In the last decade, however they are increasing being used for open field crops, such as pip fruits, stone fruits and soft fruits. Bumblebees have the advantage of being able to fly in adverse weather and so can provide better pollination rates than honeybees.

## Church News & Services

The Rev Canon Bronwen Gamble led her final service as Rector of The Parish of The Rivers, Retford on Sunday 2<sup>nd</sup> January and has now retired. The process of a new appointment is expected to take several months during which the church will continue as nearly normal as possible.

The new Church contact will be Reader Gill Rann on 07518 543868 or riversretfordgill@gmail.com. Gill will be able to help with enquiries on matters such as baptisms, weddings, funerals, or home visits by putting you in touch with the appropriate person.

### The Parish of The Rivers, Retford

serving the villages, hamlets and communities of :

Askham, Cottam, Darlton, Dunham on Trent, East Drayton, East Markham, Fleborough, Grove, Headon, Nether Headon, Laneham, Church Laneham, Ragnall, Rampton, Rockley, Stokeham, Treswell, Whimpton Moor, Woodbeck, Woodcoates, Upton.

	St Nicholas Askham	St Peter East Drayton/ Dunham on Trent	St John the Baptist East Markham	St Peter Headon	St Peter Laneham	All Saints Rampton	St Peter Stokeham	St John the Baptist Treswell
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**3rd April**, 10.30 am, Benefice Holy Communion, **St John the Baptist, East Markham**

10th Apr		10.30am Morning Worship					9.00am Morning Worship	
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**16th April**, 9.30pm Easter Vigil, **St Nicholas, Askham**

24th Apr			8.00am Holy Communion	9.00am Morning Worship			10.30am Morning Worship	
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**1st May**, 10.30 am, Benefice Holy Communion, **St John the Baptist, East Markham**

No services at Grove

### Lonely Vegetable Patch Seeks Loving Relationship

Lonely vegetable patch in Upton seeks loving relationship with enthusiastic gardener. GSOH probably required! Onsite greenhouse could lead to propagation.

If you are interested in having an allotment, then this could be just what you are looking for. For more details please phone Dave Burton on 01777 248085.

### Babysitting Services

Experienced year 11 (female) babysitter available for Headon cum Upton. Message please on 07528 670072. References available.



### Re-cycled Cycles

All in very good condition and various sizes available

Contact John Parker 07939 412542 (East Drayton)

