

# Heads - Up!

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

*May 2022*



## Tour of Britain 2022



A wet day back in September 2018, as the race passed through Upton

The Tour of Britain cycle race will return to Nottinghamshire for the third time on Thursday 8th September with a 119 mile stage between West Bridgford and Mansfield. As per the previous two times the race has been staged in the county, the route will pass through Upton, this time from the direction of East Drayton before heading off towards Retford via Gamston Woods.

Timings of the race will be available nearer the date and no doubt notices will be put out nearer the time asking residents not to park on the road on the day of the race.

## Headon Cum Upton Cinema Club Presents

### King Richard (PG)

A look at how tennis superstars Venus and Serena Williams became who they are after the coaching from their father Richard Williams. Starring Will Smith

**Saturday 7th May**

Headon Village Hall 7.30pm. Entrance £3.50

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

## 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, Grove and Stokeham Parish Council.**

The Parish Council still has vacancies for co-opted Parish Councillors. For further information please contact; Cllr Julia Harvey, Chair to the Parish Council – 07817849886 or email [headonpc@gmail.com](mailto:headonpc@gmail.com)

The next Parish Council meeting will be held on **Monday 9th May at 19.30, in Headon Village Hall.**

### **POLITE REQUEST BY THE PARISH COUNCIL**

Concerns have been raised by residents about the number of occasions where dog owners are not clearing up after their dogs. Just recently a councillor picked up three mishaps, two on Yew Tree Road in Headon/Upton, and one on Main Street, Upton, appearing to be from three different dogs.

Also, further concerns have been expressed about users of the public footpaths which cross private land around Headon and Upton, who walk their dogs off lead, and allow them to run across the land alongside the footpath. Please remember that the path itself is the right of way, not the area around it.

The parish council would ask all dog owners to have respect for their neighbours and their property. Please clear up after your dog, and keep it on a lead when on public footpaths which cross private land.

The council would be grateful to everyone who follows this guidance, and keeps the villages clean, tidy and safe.

HUGS PARISH COUNCIL

### **Puzzle Corner**

You are at an unmarked road junction... one way is the City of Lies and another way is the City of Truth.

Citizens of the City of Lies always lie. Citizens of the City of Truth always tell the truth.

A citizen of one of those cities (you don't know which) is at the junction. What question could you ask to them to find the way to the City of Truth?

Answer at bottom of the last page.

### **Bus Services Through Headon and Upton**

Following the withdrawal of Travel Wright, Gem Mini Travel has taken over as operator of the 136 bus which links Upton and Headon with Retford, The timetable remains unchanged.

# Wim Hof Workshop in Headon Village Hall

## Have you heard the Ice Man Wim Hof?

Due to the overwhelming success of the April 23rd event at Headon many local residents have.

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 two further 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: Sunday 8th May & Saturday 28th May**

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

**Price: £ 76.00 per person (Including light lunch and refreshments)**

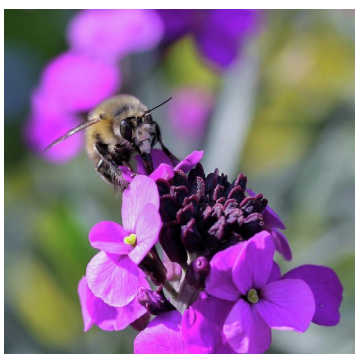
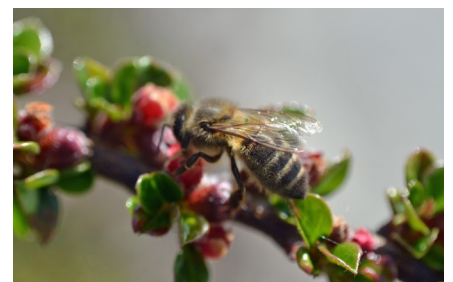
For further details and to book please contact Terry Mellors (07966035651) or email [terry@thebreathingeffect.co.uk](mailto:terry@thebreathingeffect.co.uk)



## Plants for Pollinators:

### May- Cotoneaster and Wallflower

Cotoneasters are used ornamentally in shrub borders or as hedges and come in a range of forms and varieties, from deciduous to evergreen and from large shrubs / trees to dwarf plants. Its small non-descript looking flowers are an absolute magnet for bees, providing a rich source of nectar. Also later when they turn into berries they provide food for birds such as blackbirds and thrushes. Cotoneasters are native to the mountains of SW China and the Himalayas and as such are hardy in the UK climate.



The old fashioned wallflower stands out in the spring with its colourful flowers and heady perfume. Members of this family are important food plants for many insects. Some insects feed from the stems and leaves and include grasshopper beetles, bugs and butterflies. Honey bees, bumblebees and solitary bees are among those which visit and pollinate their flowers.

In folklore it is said that planting wallflowers near apple trees encourage more fruit. Various references also note the use of wallflower buds for treatment of apoplexy and palsy, for fevers and for pain killers.

## 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](mailto: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, Fledborough, 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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**1st May, 10.30 am, Benefice Holy Communion, St John the Baptist, East Markham**

<b>8th May</b>		9.00am Holy Communion	10.30am Morning Worship					
<b>15th May</b>						9.00am Holy Communion		9.00am Morning Worship
<b>22nd May</b>			8.00am Holy Communion		10.30am Morning Worship		9.00am Morning Worship	

**29th May, 10.30 am, Benefice Holy Communion, St John the Baptist, East Markham**

**5th June, 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)

