

A Goldfinch is perched on a large, vibrant green leaf. The leaf is covered in numerous small water droplets, suggesting it has recently rained. The bird has a distinctive red face, black and white head markings, and a brown body with yellow and black wings. The background is a soft-focus view of more green foliage.

LV

LIVING VILLAGES MAGAZINE

August 2026

*Water Newton Thornhaugh
Stibbington Sutton Wansford*

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Image taken by John Measures

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NEWS FROM WANSFORD PHARMACY

As the days grow longer and temperatures rise, summer is the perfect time to enjoy the outdoors, spend time with family and friends, and make the most of village life. At Wansford Pharmacy, we also know that warmer weather brings its own health challenges, so here are a few simple tips to help everyone stay safe and well this summer.

One of the most important things during hot weather is staying hydrated. Even mild dehydration can cause headaches, dizziness, tiredness, and poor concentration. Try to drink plenty of water throughout the day, especially if you are gardening, walking, or spending time outdoors. Older adults and young children are particularly vulnerable during heatwaves, so keep an eye on friends, neighbours, and relatives who may need extra support.

Sun protection is equally important. While sunshine can boost mood and vitamin D levels, too much exposure increases the risk of sunburn and skin damage. Apply a high-factor sunscreen regularly, wear a hat and sunglasses, and seek shade during the hottest part of the day between 11am and 3pm.

Summer is also a time when hay fever can become troublesome. Pollen counts are often highest in the early morning and evening, so keeping windows closed during these times may help reduce symptoms. Antihistamines, eye drops, and nasal sprays can all provide relief, and our pharmacy team is always happy to advise on the best options.

For those travelling abroad or enjoying UK staycations, it is wise to carry a small first aid kit with essentials such as plasters, pain relief, insect bite cream, and rehydration sachets. Don't forget to check that you have enough regular medication before you travel.

Finally, remember that community health is about looking after one another. A friendly check-in with a neighbour during particularly hot days can make a real difference.

From all of us at Wansford Pharmacy, we wish you a happy, healthy, and enjoyable summer. If you need advice, support, or healthcare essentials, please feel free to pop in and speak to our team.



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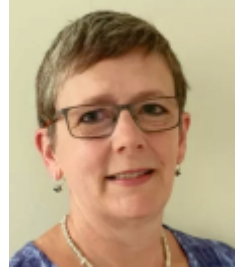
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Editorial

Dear readers

The Wansford Show is almost upon us! This annual event to celebrate our villages will have been and gone by next month's edition, but there's still time to enter any of the show classes. The full programme, including entry forms, should be in your letterbox, plus there are details on pages 22 and 23.

For those of you who are not regular readers of The London Gazette (and who is!), you will have missed the Kings Birthday Honours List published in mid June. An entry there announces an MBE for our former **LV editor Tracy Sortwell**. This has been awarded for outstanding service to the Justice Department where Tracy has held various committee posts in the Family Division. She has been a JP for more than 30 years and is currently Bench Chair for Cambridgeshire. I am sure you will join me in congratulating Tracy on this prodigious award. We hope for a picture when the award ceremony takes place in a few months time.



Also this month, Paddington comes to **Nene Valley Railway**, see page 28, also where you'll find details of a special **Talk and Social in Thornhaugh** - if you are intrigued by local Roman history, it's not to be missed! Plus, Peterborough Masonic Hall has an Open Day at the beginning of September - see page 10 for more information.

Our thanks as always to all the contributors, distributors and advertisers involved in this issue, and if you have something to include in a future edition, contact details are on page 30.

Best wishes

Craig

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and Minutes
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WORSHIP DATES

Every Sunday: 5.00 p.m. Zoom service Log-in details from Rev Jane jdtailby@aol.com

BENEFICE SERVICE at St. Mary's and All Saints, Nassington

30 th	10.00 a.m.	Holy Communion – A Celebration of Creation
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St. Leonard's, Apethorpe

2 nd	11.00 a.m.	Holy Communion
16 th	11.00 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 and All Saints, Nassington

2 nd	8.15 a.m.	Holy Communion BCP
2 nd	9.30 a.m.	Songs of Praise
9 th	9.30 a.m.	Holy Communion
16 th	9.30 a.m.	Holy Communion
23 rd	9.30 a.m.	Morning Praise and Craft Church
30 th	10.00 a.m.	Benefice Holy Communion

St. Mary's, Woodnewton

2 nd	9.30 a.m.	Holy Communion
16 th	9.30 a.m.	Holy Communion
26 th	8.30 a.m.	Holy Communion BCP

St. Andrew's, Thornhaugh

2 nd	9.30 a.m.	Holy Communion
16 th	9.30 a.m.	Morning Praise

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. As we are currently in a vacancy please note that changes could occasionally occur, do check our website for all relevant information.

www.castorchurch.co.uk

Marholm 9.00am - Holy Communion (Morning Prayer on the 4th Sunday of each month)

Castor the 8.00am Holy Communion (said service) will only take place on the first Sunday of each month until further notice

10.15am - Sung Eucharist

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

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

Watch this space for details of future services in Stibbington

Carol Lindsay

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

There will be one Coffee Stop in August - **Wednesday August 12th** from 10.30 in St Mary's church. All welcome !

Caroline Ashley

At the Church of England's General Synod in July, a new festival date was approved. It is a rare thing indeed for new festivals to be added to the calendar of the Church, which

REFLECTIONS

perhaps reflects the importance of this new celebration. The new festival is to be called "Creation in Christ" and offers an opportunity for Christians to give thanks for God's creation and redemption of the world, reflect on humanity's responsibility to care for the natural world and pray for its renewal. The feast day will be kept on the first Sunday of September, but in anticipation of this, the new festival will be the theme of our benefice service at Nassington on the last Sunday of August, a fifth Sunday, so a group service for all our churches together. It is indeed a wonderful opportunity to think about how much the natural world means to us, and to give thanks for the beauty we find around us, particularly in our lovely part of the world. However, I know it is often a theme of what I suggest in these reflections, and that got me thinking not about our natural world, but about the wonder of our human creative talents. For some of us, we may think of these as God-given, but for others, they are just amazing in themselves. From the construction of the buildings around us, old and new, to music, art, scientific discoveries and technological developments, in so many fields and so much else, human creativity is truly marvellous. Of course, such creativity can be used for harm as well as good, and as with all gifts, we seek to ensure that they are used well. As we rejoice in the natural world around us, let us also give thanks for the creativity of the human heart and mind and hand. The Bible marks these gifts too, and in addition to the praise of God in his creation, the talents he gives to humankind are also noted. We are indeed, "marvellously and wonderfully made" (Psalm 139) and can do amazing things! Maybe we need a new festival to celebrate that as well!

With every blessing,

Rev'd. Jane

Sunday, 23rd August - 9.30 a.m.

BENEFICE Morning Praise

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A new time for our Craft Service, but always a warm welcome! This is a short, informal service with crafts to encourage fellowship and a calm moment.

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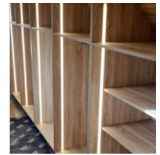
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STIBBINGTON & WANSFORD WI

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Today's women working for tomorrow's world.

This month we welcomed Hannah Pike, the founder of Simple life spaces. As a life coach, she focuses on both stress management and decluttering, assuring us that to declutter was more than decanted food stuffs and a labelling machine.

While working with her clients she came to realise that clutter in the home, or workspace can add stress for some individuals. Historically, our grandparents had expected things to last, and would mend objects that their lives were extended. Now, retail and supply chains mean that purchases are quick, some are with us in less than 24 hours. In addition, advertising is 24/7, with targeted adverts via social media. How many of us have tapped on those cute puppies, to then be inundated with numerous pet products on our social media feeds.

For a few this can lead to conditions such as hoarding, which is now a recognised and diagnosed disorder, where professional help would be needed to help improve the not only the physical environment, but the outcomes for the person involved. For most, the benefits of decluttering are many, less environmental stress can lead to improved mood and boost productivity.

Tips for successful decluttering:

1. Pick one small area at a time
2. Decide on an achievable goal
3. Use heavy duty bags, labelled – donate/ recycle/ rubbish
4. Have a focus – I need to keep... or I need to let go of ...
5. Consider taking before & after photos to show you how much has been achieved
6. Limit the number of maybes, so that very few items are not in the bags above.
7. Take breaks.

Once decluttering has taken place, maintain the space by carrying out daily or weekly 'put away'. A very interesting talk which gave us all much food for thought.



This year SWWI has a stall at the Wansford Show on 29th August 2026, working with St Mary's Church. We will be selling homemade cakes, produce and preserves. Monies made will be donated to Sue Ryder Thorpe Hall.

Summer is here, our monthly meeting will take place in Wansford Community Hall, for 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 August 2026, WI meeting, 7pm. WI social (Private event)

Tuesday 8th September 2026, WI meeting, 7pm. Wansford Community Hall. Introducing British sign language. Speaker – Cambridgeshire Deaf Association.

Tuesday 4th August 2026, 2-4pm Coffee, cake & craft club, at Wansford Community hall.

Tuesday 18th Au 2026, 2-4pm Coffee, cake & craft club, at Wansford Community hall.

Book Club meeting, at The Cross Keys Wansford, Thursday 30th July 2026.

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. Visitors are always welcome to hear our wide range of speakers.

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WANSFORD PARISH COUNCIL



Wansford Parish Council met on 13 July 2026; 5 councillors were present at commencement, and Paul Lacey and Nick Green unanimously welcomed as coopted members of the Parish council.

Minutes of the previous meeting approved

A presentation was given by David Stuart Mogg to The parish Council

David presented a proposal to display 6 signs in the village in locations to be agreed listing notable historical items and people from the Roman times to the present day, in a similar idea to those in Kings Cliffe.

WPC believe it to be an excellent idea and agreed to investigate further.

Wansford Grade 1 Stone Bridge PCC and Cambridgeshire County Council are still in discussion as to the design of the proposed design of the narrowing restrictions at each end of the bridge. WPC are concerned that the revised proposal will not stop the HGV's from crossing.

Also repairs needed to the North East parapet are yet to be planned until agreement with the adjoining owner.

Planning

An application by the Stables , Old Leicester Road to remove a dead willow tree and trim others was considered . WPC had no objection.

Neighbourhood Plan

The draft outline of the Wansford village design statement is to be submitted to Peterborough Council for approval in principle.

A47 Noise barrier

WPC are continuing to work on a scheme to gain approval from National Highways.

Local Government reorganisation

The government's proposal to reorganise the council authorities combining adjoining areas is understood to be imminent.

Cllr Martyn Handley

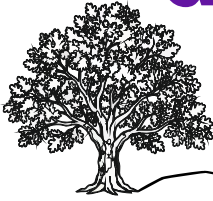
SIBSON-CUM-STIBBINGTON PARISH COUNCIL

The next meeting of the Parish Council is scheduled for the **9th July, in the Christie Hall at 7pm**. A report will appear in a future edition of Living Villages.

THORNTAUGH PARISH COUNCIL

The July Full Council Meeting for Thornthorough takes place on **Monday 20th July** - a report for this will appear in a future edition of Living Villages and can be viewed on the website - www.thornthoroughparishcouncil.co.uk

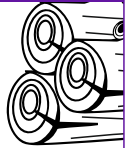
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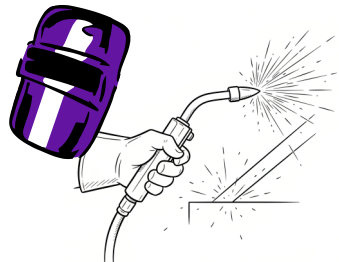
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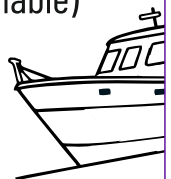
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NEWS FROM WANSFORD AND KINGS CLIFFE PRACTICE

Featured staff member - Michelle Medson



My name is Michelle Medson and I have been a cardiac specialist nurse at the surgery for 2 years. I worked at Peterborough City hospital for over 20 years on the cardiology ward, including looking after those with acute heart attacks and heart failure. My last role in the hospital was as a Heart Failure Specialist Nurse.

My role at the surgery is to look after patients with known or suspected cardiovascular disease (angina, heart attack, heart failure), heart rhythm disturbances, cholesterol and blood pressure management.

I provide expert advice, information and support to empower patients to manage their condition as best as they can and to make informed decisions about their health. I also take a keen interest in preventative medicine, taking proactive steps to prevent long term damage to the heart and kidneys including discussing healthy lifestyles (weight, diet, exercise and smoking).

I would like to start including a section in this magazine and in our newsletter on aspects around these areas. Please get in touch with the surgery if there are any areas that you would like to know more about and I will be happy to include them in subsequent articles.

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HLC Business Centre, 5 The Quay, St Ives,
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Wansford & District Horticultural & Craft Society

79th Annual Show

Saturday 29th August 2026

The Christie Hall, Elton Road, Wansford

12.00pm - 5.00pm Entry: £1 per adult

Free Car Parking in Bradshaw's Field

Extensive Horticulture, Art, Craft, Cookery & Photography Exhibits

Affordable Art Gallery & Exhibition

Bottle Tombola Cake Stall Plant Stall Raffle

'Tea Tent Cafe' serving hot and cold snacks Ice Cream

Wide Variety of Quality Artisan Craft Stalls + so much more!



**For further information, please contact the Show Secretary
Sue Arnold 07740 865685 or suearnold474@gmail.com**

This year, the 79th Annual Show will be held on Saturday 29th August 2026 at the Christie Hall, Wansford. We have built on last year's Show, taken on board all your comments and suggestions to bring what will undoubtedly be a fantastic day out for all the family.

Your Show Committee has worked hard in partnership with our Sponsors, advertisers, stall holders, and artists to create this Show. Without their generosity and support we would not have been able to bring the Show to its current place. I am sure you will join me in giving them a great big "Thank you".

The Show Schedule which accompanies this copy of Living Villages tells you everything you need to know to prepare for the Show, meaning you can get the very best out of the day. **Keep hold of your copy** as it contains:

- The full list of 66 classes for you to enter
- Your Entry Forms
- Dates, times and places for submitting your entries

We have given careful thought to the Schedule and are confident that the 66 classes give a good cross section for both adults and children – definitely something for everyone. Don't forget that children can enter the adult classes too.

Please enter as many classes as you possibly can. I know it has not been an easy growing year (is it ever!?) Showcasing our garden produce. Cookery, photography and arts is an important and valuable part and fabric of village life. It is well known that people with creative hobbies live longer and enjoy better health. Please spend some time perusing the Schedule to see what you can contribute – Thank you in advance

This year, we have included a list of all the stalls and attractions. Whatever you love, we have got it! There will plenty to see and do – listening to the band, resting and refuelling in the Tea Tent Café, trying your luck on the Bottle Tombola, bagging well priced plants and produce, even getting ahead with your Christmas Shopping by purchasing items from our wide range of stalls.

Look out for our posts on social media:



Wansford Horticultural Society



wansford_annual_show_2026

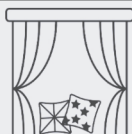
We look forward to welcoming you on the day

Sue Arnold

Show Secretary

WANSFORD ANNUAL SHOW SPONSORS

Whole Show – Living Villages * Prize Money – Cross Keys Pub
Tea Tent Café – InStep Foot Clinic * Christie Hall Hire – Rob & Helen Facer
Y&NBB Band – Haycock Manor Hotel



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TALK AND SOCIAL 7thth August 2026

A Roman Mystery Right on Your Doorstep

St Andrew's Church Thornhaugh 7pm

You're standing on one of Roman Britain's great roads. But what did the people who built it leave behind? Jim Irvine knows the answer better than most. In 2020, on a lockdown walk across his father's Rutland farm, Jim Irvine noticed something in the soil; pottery fragments that would lead to the discovery of the most significant Roman mosaic found in Britain for over a century. Depicting scenes from the Trojan War, the mosaic has since rewritten what we know about how connected Roman Britain really was to the wider classical world. Jim brings the story to life in person, with the photos, the archaeology, and all the unexpected twists along the way. He has been on numerous Tv programs and done 50 talks already.



Tickets £15 in advance. All money to charity supporting Thornhaugh Church and CAP Christians against poverty.

Use this link to get onto the guest list
<https://pay.sumup.com/b2c/QAE2AX6U>

Licensed bar, free soft drinks, usual format of socialising and talk.



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01780 782200

wansfordinstep@gmail.com

Sue Arnold BSc(Hons) MRCPod & Associates

19 Elton Road, Wansford PE8 6JD



DIRECTORY OF CONTACTS

For all enquiries, contributions and adverts

Craig Bunday	craig@ascotgraphics.co.uk	07771 538661
Ascot accounts	accounts@ascotgraphics.co.uk	01487 801301

Parish Councils

Sutton	Tony Henthorn (Clerk)	07590 750128
Wansford	clerk@wansford-pc.gov.uk	
Sibson-cum-Stibbington	Margery Beuttell (Clerk@stibbington.org.uk)	
Thornhaugh	Sam Green (clerk@thornhaugh-pc.gov.uk)	
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	07715 708034
St John the Baptist, Stibbington	Charlotte Bradshaw	01780 781805

Friends:

St Mary's & St Andrew's	Caroline Ashley	07715 708034
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.businessfinders.co.uk**

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Just ask

Making the right decisions can be stressful at the best of times, but we are here to help. Whatever's on your mind, just ask.

TOBIAS COLTON BA(Hons) DipPFS

Principal

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Associate Partner Practice of St. James's Place Wealth Management

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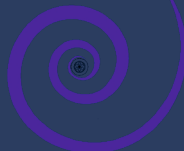
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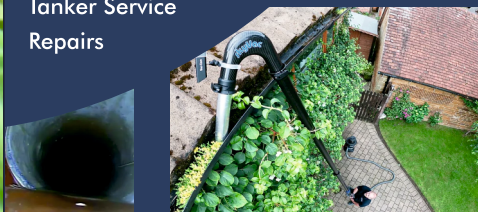
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