

NOTICE BOARD Part 2

No Sweat!

No Strain, No Rush, No Competition!

T'AI CHI

Goxhill Memorial Hall Mondays 2.00pm- 3.00pm
For those with the patience and focus to discover fitness from the inside out. Learn the graceful flowing movements of this ancient art, providing a soft and gentle, yet subtly powerful exercise which, once learned, may be continued safely into old age.

Lee Family Arts T'ai Chi exercises the brain as well as every part of the body, improving concentration and co-ordination. Regular practise can lower blood pressure; improve flexibility, balance and breathing. This form of exercise can also help lift depression and lead to better sleep. Students learn how to let go of stress and tension, build vitality and increase energy levels.

Exercises can be adapted to suit most physical limitations, making it an ideal route to recovery from illness or injury.

£14 for four weeks

For more information or to book a place
tel: **Janet: 01482 492513**

Lincolnshire Integrated Voluntary Emergency Service

LIVES.

LIVES contact details - **Damian Connolly**, branch co-ordinator, email connolly.dam@gmail.com or telephone **530656** or **07802710065**

NORTH LINCOLNSHIRE BEEKEEPERS

Our next three months meetings & events are:

- Mon March 26 Simon Croson, Master Beekeeper
- Subject to be announced.
- Mon April 30 Roger Patterson - BIBBA - A talk entitled
"A Look at Native and Near Native Honey Bees"
- Mon May 28 Specialist Allergy Nurse Lisa Clarke - A
talk on "How to Identify and Manage the
Different Allergic Reactions to Bee Stings"

Unless stated otherwise our meetings commence
at 7.30pm on the last Monday of the month at
Broughton Village Hall, 59, High Street, Broughton
DN20 0JX £1 Members - £2 Non members which
includes refreshments.

**Kevin Seddon - Secretary North Lincolnshire
Beekeepers District. Tel 07888 828187**

email - kevinbeeseddon@gmail.com

website - www.northlincsbeekeepers.org.uk

Facebook Group -

www.facebook.com/groups/northlincsbeekeepers/

CRAFT CLUB

Craft Club is held every **Tuesday evening from 6pm**. It's held at Keepers Lodge on Churchside, Goxhill DN19 7HY We are a friendly bunch, it doesn't matter if you're a complete novice or advanced crafter, we welcome everyone!

We do mainly card and paper crafts, gift boxes etc but are willing to try most things! The cost of each session is £7 on the door BUT if you prebook/ and pay for your place in advance it's ONLY £5 ! This includes all supplies needed, cake and a cuppa or two! Contact **June Fulton** on **07713 289779** to reserve your place.

BARTON CARERS GROUP

**Are you caring for a loved one
and need a break?**

Do you know about our Group to support YOU,
as you need care as well?

**We meet every Tuesday 1-3pm
at BAYSGARTH MUSEUM.**

We can find a sitter and transport where needed,
for you to come and have a couple of hours with
people in the same situation as yourself.

We offer support and friendship, have different
activities to help you have a little respite from
your demanding role of carer.

Also to let you know you are not on your own.
To find out more please ring the **Local Group
Office** at Brigg on **01652 650585**.
Charity No 1070028

CAMPAIGN TO PROTECT RURAL ENGLAND

Join CPRE in the 'Great British Spring Clean'
Sunday March 4, 2.00pm, meet outside the Co-op,
Barton. Litter picking equipment will be provided.

New for 2018 - **CPRE Photographic Competition**
'A Sense of Place - North and North East
Lincolnshire'. **Closing date 31 July 2018**, first prize
£50 plus runner's up prizes, two categories Under
16 yrs and Over 16 yrs.

Please contact **Cath Farrell**
cathfarrell@btconnect.com 01652 633924
or website cprenorthernlincs.org.uk for details.

DEADLINE FOR THE SUMMER EDITION OF THE GANDER

Please have submissions in by **Tues 1st May** for distribution first week of June (for all date sensitive information)

email: editor@goxhillgander.com or contact **Jeff Teasdale** on **07774 671175**