

Safari Supper

Coming soon to Lound



**Saturday
October 22nd**

For those who have never experienced this remarkable event, it takes the form of a three course meal with each course in a different house - yours being one of them!

You will be entertaining 6 - 8 people (including yourselves) for one course (starter, main or dessert) including wine or whatever beverage you decide to offer.

It's all very secret and you will be told only what course you are doing but not who's coming to eat it with you.

You will also be told where to go to start the evening (if you're not doing a starter) and will find out where to go next, when everyone has finished eating that course.....and so on.

Timing has to be strict and we hope we will all arrive at the pub, where we will end the evening, at about the same time.

If you don't have anyone to do the evening with, you can pair with someone else or join another couple.

More details and who to contact to join in, details in the September Crier.

Yoga Classes

Come along to Yoga classes every Thursday evening, at 6.00pm, in the Village Hall.



Unwind with an hour of relaxing, restorative yoga, suitable for all levels. All are welcome and classes will be £5 per person. Bring your yoga mats and if you have any questions please contact Bryony on Tel: 07736016378. We would love you to join us!

Yoga is a physical, mental and spiritual practice that originated in ancient India. First codified by the sage Patanjali in his Yoga Sutras around 400 C.E, the practice was in fact handed down from teacher to student long before this text arose. Traditionally, this was a one-to-one transmission, but since yoga became popular in the West in the 20th century, group classes have become the norm.

The word yoga is derived from the Sanskrit root *yuj*, meaning "to yoke," or "to unite". The practice aims to create union between body, mind and spirit, as well as between the individual self and universal consciousness. Such a union tends to neutralize ego-driven thoughts and behaviors, creating a sense of spiritual awakening.

www.loundvillage.co.uk



CRIER

August 2022

Issue No. 563

Cost of Living Support—P3

Unwind with Yoga —P4

Hedgehog Highway

With Hedgehog numbers in decline and Hedgehog awareness on the rise, there has never been a better time to get involved in Hedgehog conservation.

A Hedgehog Highway is a 5 inch gap in a fence and is essential in the battle to prevent the extinction of our endangered spiky friends. This gap allows them access to forage for food and meet mates. A Highway surround raises awareness to their plight and encourages others to take part.

Should you wish to help this worthy cause, why not purchase a Hedgehog Highway fence surround or other hedgehog related items please visit: <https://hedgehogsrus.co.uk>



Bluebell Inn



**August Bank
Holiday Monday—Open for
drinks from 2pm.**

Quiz Night

Our wonderful quiz masters Simon and Richard are taking a well deserved summer break. And, the great news is they will be back from **September 20th** on **Tuesday nights**, with an earlier start time. Look out for details in The Crier next month.

Many thanks to Simon, Richard and Chris for their dedication and challenging enjoyable quizzes throughout the year and to George for his special guest appearance.

And did you know?

We are open for lunch from 12pm every Friday during the summer.

St. Bartholomew's Church



August Church Services

7th Family Service 9.30 am
14th Family Service 9.30 am
21st Worship for All 9.30 am
28th Songs of Praise 9.30 am

Four Score Draw

July Lucky £20 winners:

39 Xiaoying Honey
91 Lisa Dungworth
72 Felicity Schuller
14 Colin Beaumont
£50 premium prize rolled over to next month.

LFOG

Meeting Reminder:
LFOG - *Lound Fun Organisation Group*.

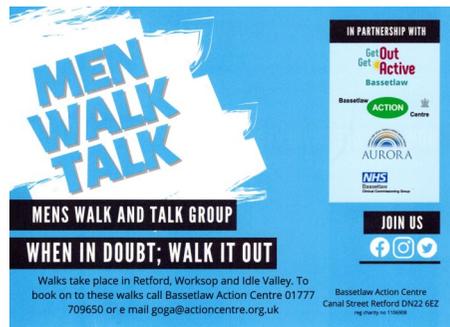
The first meeting of this group will take place on **Tuesday 6th September** at Tessa's and Carol's house.

Come along and have your say on what events you would like to have in Lound. More details in next months Crier.

Men Walk Talk

MENWALKTALK is a registered charity which aims to support men who may be struggling with their mental health.

***See enclosed leaflet for details and how to get involved.**



Lound Lingerers

Our next Lingerers walk is on **Friday August 12th** and will be in the cool, cathedral-like beech wood of Boughton Brake.



It takes around an hour and we will set off from Willow Cottage at 10.45am.

Please let Gee know on Tel: 01777 818792 if you would like to come by Wednesday 10th so that transport can be organised and a table booked for a pub lunch.

Cost of Living Support

Detailed below are government funding schemes to support rising costs of living:

• *Council Tax rebate of £150 for households in bands A-D. Administered by Bassetlaw District Council (BDC Tel: 01909 533533).*

• *Household Energy Grant of £400 to be deducted from energy bills.*

• *Pensioner households receiving winter fuel payments will receive a "pensioner cost of living payment" of £300*

• *Household Support Fund (April to Sept 2022 and October 2022-March 2023) to support vulnerable households, including pensioners and families with and without children. Administered by referrals to Nottinghamshire County Council (NCC Tel: 0300 500 8080).*

Residents are encouraged to contact customer services at NCC or BDC with any queries about the schemes, especially if you have significant concerns about a personal situation or vulnerability.

Parish Council

Planning Matters:

22/00944/HSE—Two Storey Side Extension, Rear Single Storey Extension and Double Extension to Front with Erection of Detached Garage with Alterations to Vehicle Access Driveway—'Mistral' Little Top Lane, Lound.

Summer Holidays:

Reminder:

Vehicle drivers **Please Slow Down** and be aware children may be playing in the street or on pavements.



Reading Room

Work continues with the repairs to the reading room to bring it in good order.



Unfortunately, due to the recent hot weather work has slowed down. However, scaffolding is now up to allow repair to the leaking roof.

Once repairs are complete, the building will be painted with special breathable paint.