

Heads - Up!

The newsletter for Headdon, Upton, Grove & Stokeham

October 2026

**St Helen's Church
Grove**

Candlelit Harvest Supper

**Saturday 10th October
6.30pm for 7.00pm start**

Join us with your family and friends to celebrate this year's Harvest festivities in the beautiful church of St Helen in the quaint village of Grove.

*Good Food
Good Company
A Stronger
Community*

THIS IS A FREE EVENT

There will be a raffle however in aid of church funds.

Choose from a freshly home-cooked menu;

Main Courses	Desserts & Refreshments
BEEF STEW & DUMPLINGS	APPLE CRUMBLE & CUSTARD/CREAM/ELMLEA
CHILLI CON CARNE & RICE (V)	INDULGENT CHOCOLATE CHEESECAKE & STRAWBERRIES
BEEF LASAGNE & SALAD	CHEESE & CRACKERS WITH CHUTNEY
JACKET POTATO (cheese or chilli) & SALAD (V)	TEA / COFFEE

(V) = Vegetarian options available

Bring your own wine/beer etc. Bottled water will be available.

Please select your choice from the menu, then reserve your place by contacting David

07388 872082 message or text | dmjспен@gmail.com | Or find the event on the Grove Village Facebook

FAITH • COMMUNITY • HARVEST • TOGETHER

Christmas Wreath Making



**Headdon Village Hall
Monday 30th
November
6.30pm
£30 per person**

All funds raised go to St Peters Church, Headdon

Join us for a night of joy, laughter and holiday cheer.

Tea, coffee and biscuits included.

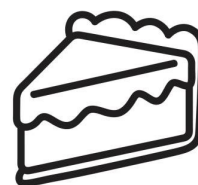
Booking essential with £15 deposit required.
Contact Sarah on 07989 671123 to book your place.

All materials supplied. Gloves and secateurs required.

A lovely way to get into the Christmas spirit and make something beautiful to take home



Coffee Morning



**Headdon Church
Saturday 3rd October
10.00am—12 noon**

Good Company, Great Cake, Warm Welcome

Sheriff's Visit



The 'Sheriff of Nottingham' paid a visit to Headon Church's garden party and during his visit presented a lectern describing the life of Sir Simon de Headon, a former Sherrif of Nottingham back in the 13th century.

Here he can be seen standing in the church next to the medieval tomb slab depicting a knight in armour. The day also consisted of a wood turning exhibition in the church with a BBQ and activities at the village hall.

Harvest Service

**St Peter's Church,
Headon
Sunday 11th October
10.30am**

Food donations gratefully received



Please come along and give thanks for our harvest, whether it be from field or garden.

Help to decorate the church would be appreciated between 10am and midday on Friday and Saturday between 10-11am.

Flowers and greenery would also be welcomed and can be left at the church at those times or can be left with Jill Walker in Upton on Thursday.

Donations of fresh produce or dry goods can be brought to the church during the above times or to the service on Sunday.

After the service all donations of fresh produce food will go to Bassetlaw hospice and dry goods to the food bank.

Puzzle Corner

Archie lied on Mondays, Tuesdays, and Wednesdays, but told the truth every other day of the week.
George lied on Thursdays, Fridays, and Saturdays, but told the truth every other day of the week.

Archie: I lied yesterday.

George: I lied yesterday, too.

What day of the week was yesterday?

Answer at bottom of the last page.

Bird Wise

Welcome to this month's issue of Bird wise. Autumn is already here and the last of our summer visitors are preparing to leave the UK for their winter quarters. For some this means flying a relatively short distances in migration terms and they will spend their winter months in Southern Europe or North Africa. Typically, this would include species such as wheatears, ring ouzels, meadow pipits, blackcaps and chiffchaffs. By contrast, a good proportion of our summer visitors spend their winter months south of the Sahara and in some instances as far afield as South Africa; a distance of around six thousand miles. These longer distance migrants include species such as swallows, swifts, house martins, spotted flycatchers, and several of the warbler family, e.g. willow warblers, garden warbler, whitethroats to name but a few.



Juvenile Spotted Flycatcher

In undertaking their migration birds employ a variety of strategies. A number of our summer visitors winter in relatively close proximity to the UK. i.e. southern Spain, Italy and north Africa. Irrespective of distance any migrating bird leaving the UK. faces their first major challenge in crossing the English Channel. Migration studies from Spurn and Sandwich Bay bird observatories show that some species move down the coastline during the day before attempting to cross the Channel at its narrowest point. In contrast, nighttime "Radar studies" show that some species make a non-stop direct flight from the UK. to Southern Europe; involving an overseas flight of close to a thousand miles.

For any bird undertaking such long flights they need to put on substantial fat reserves to enable them to fly such distances and survive. Some birds will put on weight in their breeding areas before starting their migration. There are however many that nest locally to us that move to invertebrate rich environments in southern England. These stopover areas can be extensive wetland reedbeds or similar habitats close to the coast e.g. Radipole lake, Lodmoor near Weymouth, Salisbury plain and Poole Harbour to name a few. Such sites allow birds to feed up intensively whilst using a minimal amount of energy. Similar areas are also used in Southern Europe, i.e. the Camargue in France and the Cote Donyana in Spain. Certain warblers and hirundines (swallows, martins and swifts) typically use this approach.



First year male Redstart

Secondly, some birds change their diet prior to migrating. Whilst they continue to eat invertebrates where available they also make use of soft fruits such as elder berries, blackberries or wild cherries which are rich in sugars and can be rapidly converted to body fats. The resultant weight gain is important as the fat deposits laid down enable birds to fly none stop over long distances. Some birds, sedge warbler being a typical example can and do double their weight and they will typically fly from Europe to south of the Sahara in one go. Not all summer migrants will however undertake this route. Ringing has shown that some migrants will move down the west coast of Africa in a series of shorter flights. For those going as far as South Africa it may well be December before they get to their chosen destination.

Glen Thomas glenthomas8075@btinternet.com



East Markham Apple Day Sunday 4th October 10.00am—4.00pm



In and around East Markham Village Hall and adjacent Hemsall Heritage Orchard.

Day includes new apple recipes including free tasting tables, pick-your-own apples at bargain prices, an Apple Advice Centre and numerous stalls selling produce, gardening items and arts and crafts. Refreshments (including cider) and entertainment will run all day, with live music, Morris dancers and steam engines. Monies raised will go to local charities.

Church News & Services

Following the retirement of Rev Canon Bronwen Gamble in January 2022, there is still no news on the process of appointing a new Rector. The Church will continue as near normal as possible during this time.

The Church contact is 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, 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 Helen Grove	St Peter Headon	St Peter Laneham	All Saints Rampton	St Peter Stokeham	St John the Baptist Treswell
4th Oct	5.00pm Harvest Songs of Praise		10.30am Holy Communion						
11th Oct		10.30am Harvest & Holy Communion			10.30am Harvest Festival				
18th Oct				10.30am Harvest & Holy Communion		10.30am Morning Worship			
25th Oct			8.00am Holy Communion				10.30am Morning Worship		

4th November, Benefice Holy Communion. 10.30am, St John the Baptist, East Markham

Headon Village Hall Social Club

The bar is open every Friday night between 8pm - 11pm. Why not come along and have a chat with neighbours and a relaxing drink at the end of the week?



Re-cycled Cycles

All in very good condition and various sizes available
Contact John Parker 07939 412542 (East Drayton)

