

Barrowby News



Community news and information

Issue 164, October 2026

'It feels like a little community of our own'

A building once home to a long-standing butchers has been transformed into a space for wellness and beauty.

For almost 70 years G. Skinner & Sons butchers served customers in its Main Street shop.

Now called The Therapy Room, it is home to six businesswomen offering beauty treatments, therapy and counselling services.

Beyond the foyer at the front of the building is a collection of rooms, each rented by the businesses based there and decorated to their taste. Among them is Dr Sarah Williams, a counselling psychologist with over 15 years' experience working with young people and adults.

Sarah said: "My approach focuses on creating lasting change by helping people better understand themselves, manage difficult emotions, and navigate life's challenges with greater self-belief and hope.

"I have lived and worked in the Middle East and the USA and last year I returned to Lincolnshire where I grew up, to start this local private practice."

Also working in mental wellness is Evie Llewellyn-Smith, founder of Cadence Mindset.

Evie launched Cadence in July 2025 following her own experiences of performing under pressure as an international event rider.

Her clients include riders and athletes from around the world, but her work as a clinical hypnotherapist – as well as being a practitioner in neuro-linguistic programming, cognitive behavioural therapy and eye movement desensitisation and reprocessing – is not limited to sport.

She said: "I work with people to help them build confidence, manage nerves and pressure, overcome limiting beliefs and work through difficult experiences. I'm passionate about making mindset support accessible and practical, and helping people develop tools that they can use not just in a particular moment, but throughout everyday life."

A sense of community makes The Therapy Room special, says beauty therapist of 14 years Taylor Bock.

A Barrowby resident and mother, Taylor is proud to have taken the leap into setting up Taylor Made Beauty, focusing on nails, waxing, facials, massage, pedicures and brows.

She said: "Being able to start my own business right here in the community felt like such a lovely opportunity. I'd always wanted to take the leap into self-employment, so when the opportunity came along, I decided to take a chance on myself and go for it.

"The Therapy Room has been such a lovely place to begin that journey. The rooms are beautiful, the rates are really reasonable and the support has been amazing. But one of the nicest parts has been the sense of community. Although we're all independent businesses, there's such a lovely atmosphere between us girls - we support each other, celebrate each other's successes and it genuinely feels like a



Pictured outside The Therapy Room are, from left - Dr Sarah Williams, Kayleigh Scothern, Holly McCarthy, Taylor Bock and Evie Llewellyn-Smith

little community of our own."

Also in beauty is Holly McCarthy, who set up BeautyfirstbyHolly. Her most popular treatment is spray tanning, and she also offers contour tanning, brows and lash lifts.

Holly said: "Since moving to The Therapy Room in July my business has really taken off and I've gone full-time.

"I used to live in Barrowby with my dad from 1999, I grew up in the village and I've always loved Barrowby. My children play for the football team and we have many friends and family in the village too, so getting a room here was absolutely the best place for me."

Eyelash extensions, tooth gems, microneedling and dermaplaning are on offer with Kayleigh Scothern at Lash Out Loud Beauty Lounge. After offering beauty treatments from her home for several years, she missed being around people.

She said: "I'd worked in a salon before and wanted that environment again, working with other people. It's been really nice running my business from here and everyone's really friendly and professional."

Meanwhile, opening the doors to her room

this month is Oksana Kontaraite, with Oksana Kon Studio.

A qualified skin therapist, she has worked in Boston for the past six years.

Oksana offers facial treatments for acne, pigmentation, rosacea, aging, tired and dull skin, dehydration and overall skin health.

She said: "I chose The Therapy Room because I really loved the professional, welcoming environment and the opportunity to become part of the local community."

■ To contact a therapist, search by business name on Facebook. For Dr Sarah, visit [drsarahpsychcoach.com](https://www.facebook.com/drsarahpsychcoach)

The Therapy Room is owned by Paul Hastings, who is "delighted that the former butchers shop enters a new chapter providing workspace and opportunities for local businesses to offer a wide range of health, wealth and beauty services for local residents".

■ Two rooms remain available to rent. For details email hayley@teamkingsley.co.uk

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INSIDE YOUR BARROWBY NEWS



Views shape village's future



Festive market to return

Fancy joining the Barrowby News team?

Welcome to your new-look Barrowby News, filled with news and information about events of interest to our community.

We're back after a two-month break with a new design and new faces on the committee. But we could do with a few more.

This is your newsletter - and we'd love you to be part of it. The editorial group needs people to join our fund-raising team. Key will be thinking up fresh ideas that not only raise funds towards printing costs, but also benefit the community of Barrowby - such as the popular annual scarecrow festival. We hope to work with other parties across the village to bring it back next year.

If you're interested in getting involved, or wish to share your news or feedback, please send an email to: editor.barrowbynews@gmail.com

Villager needs a friend

A charity is calling for a volunteer to befriend a lonely elderly woman in Barrowby.

Age UK Lincolnshire's befriending service is looking for a friendly volunteer who can spare around one hour a week to visit her and build a friendship.

Volunteers don't need any special skills or experience. They simply need to be friendly, a good listener and have a little time to give.

Visits take place Monday to Friday, between 9am and 4pm, and while the commitment is small, the difference volunteers can make can be enormous. A weekly visit could become something to look forward to - a chance to chat, share stories, enjoy a cuppa or simply have some company.

Age UK Lincolnshire provides full training, ongoing support and regular check-ins to help them feel confident in their role. A DBS check is also required, which is arranged as part of the volunteering process, at no cost.

That one hour might seem small - but to someone who spends much of their time alone, it could be the highlight of their week.

Anyone interested in finding out more can call 01522 696000 or email volunteering@ageuklincolnshire.org.uk

Action group reflects one year on

Barrowby Action Group (BAG) is celebrating its first anniversary.

As members of the group reflected over the past year, they gave thanks to all those who have shown their support and urged villagers to display posters which are soon to be delivered.

BAG members said: "Whether you have donated, submitted an objection, shared our updates, attended meetings or simply encouraged us to keep going, your support has made a real difference. We have shown what can be achieved when a community stands together. We are not giving up.

"Please display our new posters in your windows, which will be delivered shortly, so that members of the planning committee visiting the village can see just how strongly Barrowby feels about the proposed development. Together, we will continue to make sure that our village's voice is heard."

What began 12 months ago as a group of residents determined to protect Barrowby from over-development has grown into a sustained community campaign.

Nine months into the Grange Paddock planning application, the process can feel like a marathon. There have been countless hours of research, reviewing technical reports, raising concerns and working to ensure that the impact of the proposed 195-home development is properly understood.

Over the summer, BAG has scrutinised the hydrology, drainage and flood-risk implications

of the proposed development, taking in concerns for the capacity of local drainage infrastructure, surface water management and the potential impact on existing homes. BAG has been working to ensure that the developer's proposals are properly examined against the available evidence and that the potential consequences for Barrowby are not overlooked.

Meanwhile, the Government has revised the National Planning Policy Framework (NPPF), which sets out national planning policies that are relevant to the determination of planning applications. This means that objections must be reviewed and updated to ensure they address the current planning policy framework.

BAG has therefore commissioned its planning consultant to prepare a detailed defence of objections - such as the loss of high-quality agricultural land, landscape and heritage impacts, infrastructure capacity, flooding and the wider consequences of further development. This is an important next step as the application progresses towards the planning committee.

The group said its aim is to ensure "the concerns raised by residents are presented clearly, supported by evidence and considered against the correct national and local planning policies". BAG said it continues to work alongside the parish council on the Neighbourhood Plan, ensuring that the village's planning needs and priorities are properly represented.

Film will deliver facts on climate change

Climate change is the key focus of a film and discussion in the Memorial Hall on Tuesday 20th October.

Entitled People's Emergency Briefing, the film is made by expert academics to give clear, honest facts about how climate change and nature breakdown threaten the UK's food supply, health and national security.

It centres around the National Emergency Briefing, which in November 2025 brought together leading experts to present the latest evidence on the climate and nature crisis to politicians and other influential people in Westminster.

Understand the risks: Independent experts explain how extreme weather harms crops, raises living costs, and causes water shortages.

Cut through misinformation: It replaces confusing or false news with clear, evidence-

based science.

Learn solutions: The film outlines practical steps communities and the government can take to build a safer future.

Join the conversation: Local screenings in village halls and community spaces let you talk with neighbours and leaders about local action.

The film is being screened by Barrowby Open Door in a joint venture with Bex Elston and David Parker of the Parish Council Recreation and Green Spaces Group.

The People's Emergency Briefing screening begins at 7pm.

It is recommended that the minimum age to attend the screening is 16.

To book a place search for the event on Eventbrite at www.eventbrite.co.uk or call Charlie on 01476 594803.

Refreshments will be available.

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In the Garden with Dave Lightfoot



Each month Dave Lightfoot, from the Barrowby Gardeners' Association, will share his green-fingered tips on how to keep your garden or allotment in tip-top shape.

- Begin planting herbaceous perennials.
- Cut down top growth of dahlias as soon as they are blackened by frosts.
- Lift gladioli corms.
- Complete bulb planting.
- October is the best month for laying new turf.
- In the veg plot cut any remaining marrows, lift and store beetroot, generally tidy up the beds and treat vacant ground to some green or farmyard manure.
- In the greenhouse sow winter lettuce seed.

Barrowby Allotments are run by the Barrowby Gardeners' Association, which welcomes new associate members. There is a waiting list for allotments, anyone interested is invited along to the allotments, on The Drift, Saturdays mornings between 10am and noon for a chat.

Votes secure funds for village flower group

The Barrowby Flower Group is now one of the Lincolnshire Co-op Community Champions, thanks to votes from the local community.

The scheme began raising money for the group at the start of September and it will continue until Saturday 6th March next year.

Money is raised based on a number of factors, including colleague fund-raising, store collections, a percentage of carrier bag proceeds and, most importantly, every time a member shops and uses their dividend card a donation goes to their local Community Champion.

Festive market returns

Once again, the Barrowby Events team are joining forces with the village Christmas Craft Fair team to host another Christmas Market across the village on Saturday 21st November, from 10am to 3pm.

The Memorial Hall, Reading Room and All Saints' Church will be bursting with a wonderful selection of talented local and independent sellers, offering lovingly handmade gifts, festive treats and beautifully sourced finds for everyone on your Christmas list.

Outside, visitors will find delicious hot food and drinks to keep them warm while they browse. Inside the church, they can also support the Christmas charity raffle and tombola, which this year will be raising funds for the church.

With plenty to see, browse and enjoy, it's a great opportunity to get some of your Christmas shopping started, while supporting local independent sellers and a much-loved local charity.

Organisers said: "We hope you'll come along, enjoy the festive atmosphere and help us make this another wonderful community event for our lovely village."

Stay one step ahead of scammers

The Reading Room will host a free scam prevention workshop on Monday 12th October, from 11am to 12.30pm. Barrowby Open Door, supported by Barrowby Parish Council, is organising a free talk to help residents protect themselves against fraud and stay safer online.

The session will combine Fraud Protect and Cyber Protect, offering practical advice on recognising scams and protecting yourself from fraud and online threats.

Whether you use the internet regularly or simply want to feel more confident about suspicious calls, messages and emails, this is an opportunity to learn more and ask questions. It is free to attend and is led by a Lincolnshire Police fraud prevention officer.

The talk will last approximately one hour, with additional time for questions. Refreshments will be provided.

Everyone is welcome – please help spread the word to friends, relatives and neighbours who may find the session useful.

Your views help shape future of Barrowby

Villagers have shared what matters most to them about life in Barrowby and put forward ideas to shape its future in a consultation carried out by Barrowby Parish Council.

The parish council is giving thanks to everyone who shared their ideas through its community consultation this summer.

Your feedback is helping to plan for the village's future.

Keeping our community safe came through strongly. Among those answering each question, 93% supported replacing ageing defibrillators and 86% supported more measures to reduce speeding.

There was also plenty of enthusiasm for opening up the Pavilion to more community activities and improving its facilities.

Village events and the Barrowby News were valued too, with support for bringing people together and exploring financial help for our village newsletter. Funding will play a part, but so

will the time and enthusiasm of volunteers. If you would like to get involved, the team would love to hear from you.

Views on securing access to the Pony Paddock were more mixed. Many people wanted more information about costs and possible uses before making up their minds—useful feedback as the council considers what might be possible.

What happens next? The parish council will use your responses to help prioritise projects, explore grants and look carefully at costs, practicalities and future upkeep. Some ideas will take longer to develop than others, and residents will be updated as work progresses.

The consultation gives a helpful picture of participants' views, although it does not represent everyone in the village and not everyone answered every question.

The parish council thanked those who shared their thoughts and helped care for Barrowby's future.

Cubs make a splash!



Barrowby cubs explored the great outdoors last term and learned how to keep themselves safe. They have recently explored water safety and what they can do if they find themselves in danger in water.

To round up their personal safety badge, the Cubs visited Rutland Water. They had a

fantastic morning canoeing across the water to get ice cream. They explored how wind and current affects where they go, before looking at how they can use this to their advantage when paddling.

All the Cubs were fantastic on their paddle and worked as a team.

Dates for your diary

October 6th, 13th, 20th - Toddlers' music, rhymes, song and dance. Every Tuesday in term-time, 9.30-10.30am, Barrowby Memorial Hall. Contact Charlie on 01476 594803 or email housecorner@icloud.com for more information, or simply go along and join in.

October 13th - Barrowby Open Door's monthly film, Memorial Hall, 7pm.

Films are on the second Tuesday of the month. Due to new licensing rules, Open Door asks people interested in watching its films to email housecorner@icloud.com or call 01476 594803 for further details.

Sunday 25th October - Barrowby Open Door presents National Theatre Live, The Misanthrope, 6.30pm. To book a place search for the event on Eventbrite at www.eventbrite.co.uk or call 01476 594803.

■ Send your diary entries to: editor.
barrowbynews@gmail.com

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A summer of successful events



Looking back over the summer, the village held events to bring the community together.

A summer fayre and table top sale were held and both were hailed a success.

The woman behind the table top sale, on August 23rd, was Stacey Sharpe, with help from fellow villager Karen Muxlow. They organised a trail of households selling their preloved goods from their front gardens.

Stacey said: "After finding out there wasn't going to be a scarecrow competition this year and also attending multiple garden sales around Grantham, I decided to put a post out to see if I had any interest. I had an amazing response and with the help of Karen we set about it. An amazing 28 stalls joined us and made the community come together. I met some lovely people while doing this and it was great to see everyone with their maps and competition entries walking around the village.

"All in all it was a great success. I would like to thank all sellers and buyers, I look forward to more joining me next year."

Meanwhile, Barrowby Events held a summer fayre on August 1st on the village green. It was a huge success, despite the challenging heatwave. With the weather forecast looking particularly warm, last minute changes were made by the events team to adapt to a fully outdoor event, making the most of the glorious sunshine.

The stars of the show were, once again, the alpacas. They had the longest queue of visitors eager to meet them and enjoy this much-loved feature of the fayre.

There was a wonderful atmosphere throughout the day, with lots of local people coming along.

The Barrowby Events team gave a huge thank you to everyone who came along, supported the fayre and helped over the weekend.

Events like this wouldn't be possible without the support of our community, volunteers and everyone who gives their time to help make them happen.

Get in touch

Email your news items and details of events to editor.barrowbynews@gmail.com
The deadline for the next issue is Monday 12th October.

We're always delighted to receive editorial items for consideration but please be aware that the editorial team reserves the right to edit due to space available and copywriting considerations. While every care is taken to ensure that the information in this publication is accurate, neither the Barrowby News editorial group nor any contributors can accept, and hereby disclaim, any liability to any party for any loss or damage caused by errors or omissions resulting from negligence, accident or any other cause. The Barrowby News does not officially endorse any advertising material included within this publication, and does not endorse any of the views expressed in any articles published. All rights reserved.

■ Past issues of the Barrowby News are available to view on the Barrowby Parish Council website, at: tinyurl.com/BarrowbyNews

■ Find us on Facebook: @BarrowbyNews

All Saints' Church Services

Sunday 4th October

8.30am Matins & Morning Prayer - BCP
10am Sunday Praise

Sunday 11th October

10am Holy Communion

Sunday 18th October

8.30am BCP Holy Communion
10am All Age Service

Sunday 25th October

10am Morning Prayer

Children's and young people's groups (term-time only)

Every Sunday apart from the third Sunday - creche and Sunday club for school-aged youngsters. More information on All Saints' Facebook page or email allsaintsbarrowby@gmail.com

Support the church

Could you spare £1 a week to support Barrowby's church? To donate, scan the QR code.



Barrowby Baptist Fellowship

Memorial Hall

Sundays, 10.15am

Worship service and Sunday school.
Information: contact Paul on 07936 504556.

Saturday 17th October

Harvest supper, doors open at 6pm for 6.30pm start. Fish and chips (vegetarian option available on request). If interested call 07753 507924.

Friday 27th November

Quiz, 6pm. Teams are a maximum of six. Entry is free and there will be prizes. Refreshments available in the interval but please take your own drinks and snacks. If interested call 07753 507924.

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