

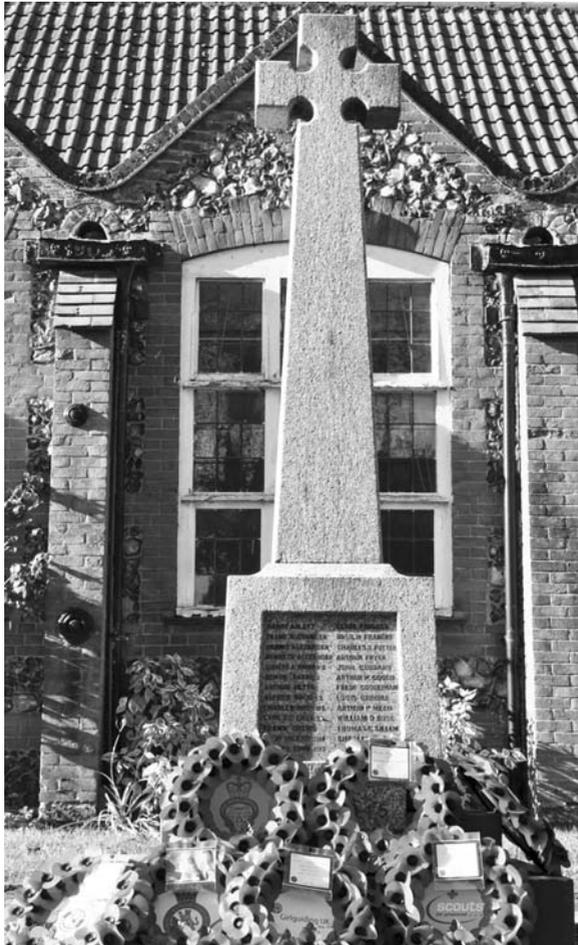
The Sexton's Wheel

Issue 202

The magazine for Long Stratton & Wacton

REMEMBRANCE DAY

WEDNESDAY 11TH NOVEMBER



Although there will not be the usual parade of all our organisations this year we will still

REMEMBER

November 2020

Long Stratton Village Hall - Booking information



The hall can be booked as follows:

- Via our Facebook page, search for 'Long Stratton Village Hall'
- Via our website www.longstrattonvillagehall.org.uk
- Email us at longstrattonvillagehall@outlook.com
- Call Kirsty Dye on 07986 942804 and leave a message
- Hire rates from as little as £7.50 per hour



Wacton Village Hall - Booking information

The meeting room has seating for 22, suitable for small functions. The main hall has a semi-sprung floor with capacity for 80 seated or 120 standing. There is a fully equipped kitchen and a full complement of tables and chairs. All areas are accessible for wheelchairs, there is a baby changing station. Hourly rates are £6 and £10 respectively or £13 for the hire of the whole hall. Christine Goreham 01508 530823 or Wacton.VH@outlook.com

Church Contacts

St Mary's / St Michael's & All Saints'	Rev. Heather Wilcox	01508 530238
	rev.heather@btconnect.com	
Parish Administrator	Linda Mills	01508 530238
	linda.parishadmin@btconnect.com	
Congregational Church	June Braddock	01508 470701

Church Parish Office

The Parish Office is open 8.30 - 12.30 Monday to Thursday, but you can still contact us at the Rectory outside these times. Callers are always welcome. If you know of anyone who is unwell or would benefit from a visit from a member of our ministry team please contact the Parish Office (530238).

Long Stratton Town Council, The Pavilion, Manor Road, Long Stratton

Usual office hours are Monday, Tuesday and Thursday between 10am and 1pm and by appointment at other times.

Tel: Clerk Becky Buck 01508 530524 E-mail: clerk@longstrattoncouncil.info

The Editors reserve the right to edit or decline any material submitted for publication. While every effort is made to ensure that the contents of the magazine are accurate, no responsibility can be taken for errors and omissions. The material printed does not necessarily represent the views of the magazine committee and no recommendation of products or services is implied. While the committee take reasonable care when accepting advertisements for publication, it cannot accept responsibility for any unsatisfactory transactions. Errors and omissions excepted.



We cannot believe that we are now into November and only one more issue left for this year and what a year it has been. One which will go down in history.

All our organisations remain positive and are meeting as best they can.

We have a special feature on the men who died in World War II who are on the war memorial - thank you to Judith for this.

With Christmas just around the corner St Mary's will not be holding their usual Christmas Tree festival, but do not fear they have a plan! Make sure you read page 6 to see what they are doing and please do take part in this to light up our Town.

Also don't forget the Community Food Table at St Mary's Church on the third Saturday of every month. Anyone can go and pick up some food - see page 12.

The Sexton's Wheel Team

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Showing appreciation

Many things could be said about this year. Many of them have probably already been said, and yet we still have two months to go and there is no clear end in sight to the pandemic.

We might have many negative thoughts about the last few months, we might choose to focus on the things we have lost ... the challenges we have faced. Alternatively, we could focus on the positive.

One of the really positive things to come out of all that has happened recently is our appreciation and gratitude for all the keyworkers, which saw us, for a season, standing on our doorsteps and giving them a round of applause.

As we enter November, we enter another season, a season of remembering and we do so with the same level of appreciation and gratitude. We remember those who have lost their lives, or been injured, for our freedom.

This is a different kind of appreciation, not marked with the banging of saucepan lids, ringing of bells and clapping of hands. It is a more sombre mark of appreciation, as we stand in silence, a chance to pause, reflect and give thanks, for the freedom we have and those who risked so much for it.

Remembrance Day may look very different this year, but wherever we are, we can still take a moment to pause, to look up and out from our own little worlds and appreciate what others have done for us.

Whatever our feelings today, this month or even this year. I believe we need to be continually seeking that which is positive, to look for the glimmers of hope, the rainbows and trusting in God to bring us through.

There are some words in Philippians chapter 4, which give us guidance on how to live, they are words of encouragement, but perhaps also challenge, as we may find it difficult to rejoice in all situations.

‘Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.’

May these words encourage us as we journey through the rest of 2020 and beyond.

May God bless you

Rev Heather x



Time to remember?

You are invited to join us for a time of remembering those we love but see no longer at our online Memorial service

Sunday 1st November at 3pm

The service will be available on the
'Long Stratton and Pilgrim Team' youtube channel Time to remember?
or through the website
longstrattonandpilgrimteam.co.uk

During the service there will be an opportunity to light a candle
If you would like to light an online candle in memory of a loved one visit:
Churchofenglandfunerals.org/lightacandle

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Gourmet Burgers on Wednesday's, Friday's and
Saturday's from 5pm - 10pm.

See our Facebook page for full details

LONG STRATTON & DISTRICT WI

Shortly after taking the decision to suspend our meetings until 2021, all Women's Institutes in the country were instructed to do so by our national body.

Under the current advice and following the rule of six, our committee is able to meet, preferably outdoors, in a member's garden. So we are busy planning for the next few months, a possible programme for 2021 (all the time not knowing if it can happen) and keeping in contact with our members.

We had planned to take part in St. Mary's Church harvest themed flower festival but unfortunately the event had to be cancelled. So this month we are sharing some harvest pictures from our own archives which we hope will be of interest and give a broad snapshot of our activities.



Harvest bread made by our current President, Jane, for our harvest supper in 2015



Our Apple Fest stall at an autumn fair in 2017



Past President Diane's flower display for the W.I.'s contribution to the church bell festival 2012



Scarves knitted for the St. Martin's charity Homelessness Project in 2019

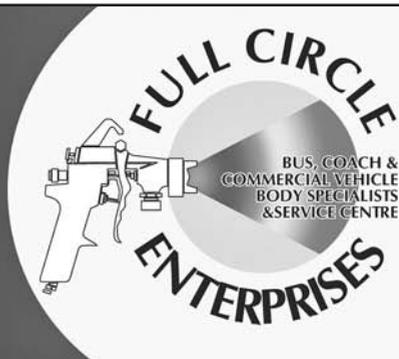


Farming display on our visit to Wymondham Museum in 2018



Lots of jam, chutney and pickles for sale at a craft fair in 2015

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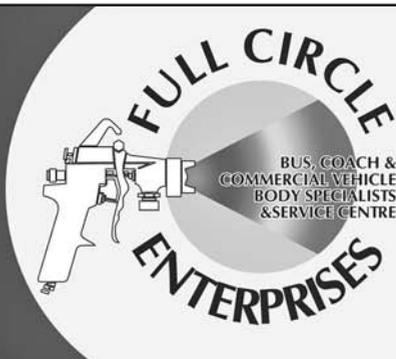
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Remembering those who died in World War II

This piece was supposed to go into the Sexton's Wheel in May this year to mark the Victory in Europe Day. Owing to the Covid-19 pandemic there was no magazine in May so I thought it could go in the November edition as an act of remembrance to the men on the war memorial who served and died in the Second World War 1939-1945.

There are only four names:

Cyril J Goodswen

Richard M Owtram

Robert A Phillippo

Henry G Watson

I'm afraid I don't know too much about the men but here is what I know:

Cyril J Goodswen

Private Cyril J Goodswen was born in Long Stratton on 9th August 1919. He had a twin sister Sybil Isabel.

His father was Daniel Blake Goodswen and he was a blacksmith, his mother was Edith. Cyril and Sybil were Baptised in St Mary's Church on 21st July 1921 by the Reverend John Hawthorne.

Cyril was in the 1st Battalion Northampton regiment and served in Burma.

He was killed in action on 20th March 1944 and is commemorated on the Rangoon Memorial, Myanmar, Burma.

Robert A Phillippo

Robert Arthur Phillippo was born in Long Stratton on 28th November 1912.

His father was Arthur Edward and he was a blacksmith, his mother was Annie Louise. He attended school in Long Stratton.

Later his parents had a shop in the village halfway up the hill. The photo shows Robert and his mother outside the shop. The left hand side of the shop sold bicycles and the right hand side sold wool, knitting needles and patterns.



Robert was a Lance Corporal in the Corps of Military Police with the 8th Army. He went through Africa with them, then the regiment went into the foot of Italy. Whilst directing traffic at the Sangro River Crossing on 10th November 1943 he was hit and killed by a German shell. He was 30 years old.

He was buried beside the road where he died and the officer in charge took a photo of the grave and sent it to his mother. After the war the body was removed to the Sangro River War Cemetery in Italy.

Robert left a wife, Ellen, who was living in Brackley, Northamptonshire and a four year old son whom he hadn't seen in two years.

Robert's parents are buried in St Mary's Churchyard.

This information about Robert was given to me by his brother the late Norman Phillippo.



Richard M Owtram

Richard Michael Owtram was born in 1922 and I know very little about him. He was in the 3rd Battalion Irish Guards. He died on 15th February 1945 and is buried in the Jonkerbos War Cemetery in Gelderland, Netherlands.

The inscription on the memorial says elder son of the late Rev Cyril Owtram and his wife Olive of Beaufort West, South Africa.

I understand that before the war he was living at Long Stratton Parsonage with the Reverend Robert James Welch Glass and the Rev Glass was administrator of Richard's will in Norwich 28th August 1945.

So why and how he came to be in Long Stratton I'm sad to say I do not know.

Henry G Watson

Henry George Watson was born in Long Stratton 25th March 1915.

His father George was a miller and his mother was Susannah [nee Grimmer]. He was Baptised in St Mary's Church on 30th May 1915.

On the 1939 electoral roll Henry was married to Daisy. Henry was a lorry driver and they were living on Mill Corner, Long Stratton. Henry and Daisy had three children - Daphne, Ivan and Margaret. Henry was despatch rider and lorry driver in the Royal Army Service Corps. On 25th March 1941 whilst riding his motor bike in Saffron Walden, where he was living, Henry skidded and fell off his motor bike and was sadly killed.

He is buried in St Mary's Churchyard in a Commonwealth War Grave.

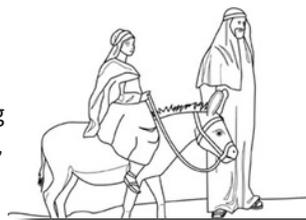


If anyone has more information on any of the men please let me know, you can contact me through the Sexton's Wheel e-mail address - the sextonswheel@googlemail.com

Judith Baker

POSADA 2020 – COVID STYLE

For the last few years, throughout Advent we have been looking for individuals, families, schools and organisations to host Mary, Joseph and a donkey for the night, in knitted form I hasten to add.



2020 sees us having to rethink how this can be done in a Covid secure way, whilst still giving us an opportunity in the busyness of Advent, to take time, to slow down and reflect on the journey the Holy Family made to Bethlehem in the days leading up to Jesus' birth and what it is like for travellers today, seeking a place of refuge from war, violence or natural disaster.

This year, as people sign up to host Mary and Joseph, there will of course be no physical hand over of the knitted figures, instead we will encourage hosts to phone up the next host and hand the family over virtually.

Every person or organisation who signs up, will be sent some materials to help them to reflect on Mary and Joseph's journey and what it means to us today and be given some paper figures to 'host'.

... and another first for 2020 – Posada will now also form part of an Advent calendar trail.

Every host, on the day they host Mary and Joseph, will be asked to create an advent calendar window, which people will be encouraged to find. Templates will be provided, but in decorating the templates, people can be as creative as they like and extravagant as they wish in decorating their window.

If you, your family, or your organisation, would like to get involved, please contact Chrissy Briggs on 01508 536724 to book your day or for more information.

Community Food Table

10:45am – 12:30pm

Saturday 21st November

St Mary's Church, Long Stratton

Everyone welcome

All food is free. No vouchers required.

All food has been donated by major supermarkets.

Bring bags and an egg box.

Held every third Saturday of each month

Christmas Tree Trail

4th December – 2nd January 2021

This year, we can't have our usual Christmas Tree Festival in St. Mary's church, so why don't we move it from inside the church building, to outside in the community and have a Christmas tree trail instead?

Last year we had nearly 50 trees decorating St. Mary's church, from local organisations, businesses and schools.

Wouldn't it be fantastic to have a trail of trees around Long Stratton, decorated by organisations, businesses, schools and individuals, lifting everyone's spirits as we approach what looks like it will be a very different Christmas this year.

If you would like to get involved, please contact Heather – 01508 530238 or rev.heather@btconnect.com for more information or to let me know where you will be placing your tree, so a map can be drawn up enabling everyone to find all the trees.

Please make sure the trees you put up are on your own land or land you have permission to put trees up on and not on someone else's private property.



Let's light up Long Stratton for Christmas.



Hexachordia perform in St. Mary's Church

For an hour, on Saturday 3rd October, a sense of normality descended on St. Mary's church, as we held our first concert since lockdown.

This was also the first concert Hexachordia had played for since the lockdown began, and only one of two concerts they will now be performing at until the end of this year, so we were very fortunate to have them come and it was very special to them, they were very grateful to have had the opportunity to perform.

Covid restrictions meant we were limited in what we could do, we could only have a limited number of people in the church, all wearing facemasks, and not enjoy the usual level of hospitality and chat, but even so, to have live music was a real blessing as we journeyed through the history of English gardens in song and poetic verse.

We look forward to Hexachordia performing again another time and perhaps hopefully under more different conditions.



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2nd Long Stratton Brownies

Good news, we have now been able to start Face-to-Face indoor meetings in small groups. We have two groups working on the same programme – at the moment Lead stage 2 skill builder and UMA activities from the Skills for my Future theme.

Over the last few months whilst the Brownies were at home many worked on and gained Interest Badges. As we started the new term this meant we were very pleased to award eight Bronze Awards to Jessica, Eve, Sophie H, Sophie R, Lydia, Cassie, Madison and Amy and four Silver Awards to Jessica, Eve, Sophie H and Sophie R.

I was also very pleased to present Rabbit (Karen) with her Adult Leadership Certificate and Badge in front of the Brownies at the end of September. She has worked very hard on her Brownie qualification training and brings lots of new ideas and enthusiasm.

We do have a few places in our group for 7-10 year old girls. We have full risk assessments in place taking account of Covid-19 guidelines and would be pleased to welcome new girls. Girl Guiding procedures follow National Youth Agency (NYA) guidance for Covid and current social distancing guidelines. Some of our activities may have changed at the moment but Brownies continues to introduce girls to a world of new opportunities, challenges and fun! See <https://www.girlguiding.org.uk/> or telephone 01508 531100.



Brown Owl, Josie Thurston

Remembrance Service/Poppy Appeal

Due to the current restrictions due to Coronavirus, the Royal British Legion has no plans to hold the annual Poppy Appeal. Similarly, Remembrance Day services will be greatly restricted in numbers attending.

John Alexander



Although there is a Remembrance Day service at 10.50am on the 8th November there will be no parade. However, wreaths will still be laid.

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LONG STRATTON MEDICAL PARTNERSHIP

This month, I write about a topic that is very close to my heart, a topic I am very passionate about and brings immense satisfaction when I do it well. Teaching. This is an integral part of everyone's life, whatever career we embark on. We see it in our parents when they teach us those golden words of 'please' and 'thank you.' I come from a rich background of teaching as my parents were teachers in West Africa. Their immense love of their work was instilled into me at a very young age. Through my small contribution to teaching, I hope I am carrying their legacy forward.

The pandemic continues. Universities, colleges and schools are open and in full swing. We hear of universities across the country including the UEA being affected by the Covid-19 virus. Yet it is important for students to continue learning. They are our future.

Our practice has been heavily involved with teaching in different ways. Dr Malcolm Willis and Dr Kathy Kestin set the ball rolling in 2007 by bringing in the first batch of 2nd year medical students from the UEA. A year after I joined the practice, I brought in the 4th year medical students teaching them the Paediatric module in primary care. We also have Cambridge students who spend around six weeks with us and we welcome GP trainees and foundation training doctors into the practice as part of their training. We are actively training future General Practitioners. This process of teaching is successful only because you as our patients allow medical students and trainee doctors to consult with you by telephone, video or face to face consultation. Every year as a new batch of medical students step into our practice, one of the most important messages I give them is 'Every patient is your teacher. No book, no journal and no search engine can give you the experience that a patient gives you.'

In this 2020 year, our students started back with us in late September, in a very different teaching method. Half of them come to the practice and half join us online. It has been extremely challenging trying to master our way through this style of teaching. The driving force has been the thought that we need doctors to complete their education and graduate in a timely manner. The success of the NHS depends heavily on our young doctors and we saw this happen during this pandemic. As some of you know, we ring you for help in this process of teaching and I take this opportunity to thank each one of you who has willingly volunteered to speak and see our medical students over the past many years. Please continue to support us. We would be happy to hear from you if you felt there was something that would help enrich our medical students learning in the current module of Paediatrics – Children's Growth and Development, the spring module of Mental Health and the summer module of Gynaecology. Stay safe.

Dr Mini Nelson

Free virtual activity programme for 0 to 5s in Norfolk



The Early Childhood & Family Service (ECFS) is still running, offering extra help to families who need it. Right now, due to Covid-19, we're providing a programme of virtual activities and groups that are available to families with children aged 0 to 5 years.



Early Childhood and Family Service

Activity Programme

October to December 2020



New videos every week at [facebook.com/EarlyChildhoodFamilyService](https://www.facebook.com/EarlyChildhoodFamilyService) and on our [YouTube channel](#). First view on the day/time shown or watch anytime later



Baby Days Bitesize Information and ideas for activities, suitable from birth, which will help encourage your baby's brain development and strengthen your bond	Monday	1.30pm
Toddler Days Inspiration for fun, learning activities, plus tips to get your toddler talking	Tuesday	11.00am
Talk & Play All Through The Day Easy to use ideas for you to talk and play with your child, as you go about your every day lives, helping them build good language.	Wednesday	1.30pm
Outdoor Explorers Videos and simple activities to help you encourage your child's enjoyment and understanding of their natural world	Thursday	11.00am
Cookalong Step-by-step videos for easy family recipes which are fun to make together and will save you money compared to ready prepared food. No experience necessary!	Friday	1.30pm



Live Online Groups



Baby Days Live Online

Six weeks of free online sessions for babies with their parents/carers. Each session will have a new learning activity to try out with your baby, plus an opportunity to meet other parents and talk to knowledgeable staff.

Sessions take place online via Microsoft Teams. You only need an internet connection and a smartphone, tablet or computer to join.

Courses running regularly

Check dates and book at tinycloud.com/ECFSEvents



Norfolk Libraries for Families



Story Week	Monday to Friday 12.00pm	New storytime video every Monday, with activity ideas to bring the story to life Tuesday to Friday. Available on Facebook.
Bounce & Rhyme	Tuesday 10.00am	Available on Facebook and YouTube.
Just a Cuppa: Babies and Toddlers	Tuesday 11.00am	Social session over Zoom Video Call. Email libraries.icconnect@norfolk.gov.uk for info.



Family Learning Online



Family Learning Online Cafe	Tuesday 7.00pm Friday 11.00am	Take part in an activity and find out about Family Learning courses. Visit www.facebook.com/norfolkadultlearning for dates and Zoom access codes.
Family Learning Online Courses	Various Days and times	For details and to book visit norfolk.gov.uk/familylearning

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- Bonding with your child
- Speech and language development
- Parenting challenges
- Mental wellbeing
- Healthy relationships



Please contact us and one of our team will be in touch.

Online form: www.tinycloud.com/ECFSEHelp
Email: ecfs-families@actionforchildren.org.uk

0344 800 8020 | www.norfolk.gov.uk/earlychildhood | ecfs-families@actionforchildren.org.uk

EARLY CHILDHOOD AND FAMILY SERVICE

Below are examples of stories of two families who contacted us for support - names have been changed to maintain anonymity.

Jane is a single mum with a new baby called Ben. They live in a small village in South Norfolk and have no transport. Jane was told about the Early Childhood and Family Service by her Health Visitor and took a look at the website.

She felt very isolated and exhausted with feeding and wasn't sure if Ben was developing as he should. Jane requested some support via the website and received a call within a couple of days from one of our practitioners.

She was offered some infant massage sessions with Ben at home and found this helped her confidence to recognise how he was feeling and made her feel less anxious too. Following the massage, as Covid 19 arrived, Jane was able to access activities via the Early Childhood and Family Service Facebook page which had links to information on weaning and ideas for activities at home.

Mark is a dad to two boys aged 2 and 4 years. Mark finds both boys challenging at home and often loses his temper and raises his voice to them. This has created strain on his relationship with his partner Mandy and he has begun to avoid being around the children. Mandy telephoned the Early Childhood and Family Service number and asked for help.

She was contacted within a few days and both Mark and Mandy were invited to an outside play session with the boys. Both parents were able to play and observe the boys in an environment where they could let off steam and were able to talk openly to a practitioner about what the boys' behaviour was telling them. After six sessions of outdoor play Mark signed up to the Solihull Parenting course and was able to better understand the boys' behaviour and increase his confidence as a parent.

- Families can contact the ECFS via 0344 800 8020 or by emailing ecfs-families@actionforchildren.org.uk or by using the green button on the www.norfolk.gov/earlychildhood website.
- The ECFS can be accessed from across Norfolk and here in the South District, our staff work from two bases, Long Stratton and Diss, out in the community and we also provide support to families by telephone and other digital tools.
- All ECFS bases have been closed during the Covid lockdown but we can now offer self-weigh appointments-booked through your health visitor on the Just One Norfolk number 0344 300 123 and outdoor sessions-booked with your allocated Family Support Practitioner through the ECFS.
- The ECFS is sharing activity ideas via our Facebook pages including photos of home learning activities, The Summer Cook-a-long and The Giant Wiggle video clips at www.facebook.com/ECFSSouth

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Unfortunately I feel very strongly that I have to report that last Thursday morning 24th September my 19 year old cat was viciously attacked on my property by a dog that ran into my back garden from the field behind St. Michael's Road.



It was a horrific attack as once I retrieved her and placed her on the floor she dragged herself along the floor and just flopped down on her side with blood coming from her mouth. I rushed her to the vets where she was put onto sedation and oxygen, she came round and then just after 4 pm the vets phoned to say she passed away.

I have been in touch with the Police but they can't do anything without the name and address of the owner. Couldn't see the owner. Why did they not come and retrieve their dog, after all there was enough noise and commotion. The dog was a terrier type white and orange/brown colour. So if the owner reads this I hope you are pleased with yourself causing this horrible attack on a poor innocent elderly cat.

*Alasdair Cook
address supplied*

SEXTON'S WHEEL DELIVERER NEEDED

We are looking for a deliverer for The Sexton's Wheel to cover St Mary's Road and all other closes off this road - around 138 magazines.

This could be shared between two people if necessary.

Please contact Linda Mills on 07518 207494 if you are able to help with this.

If you are unable to do your round anymore please could we ask that you give us sufficient notice to enable us to advertise for someone else. Thank you

ST MARY'S GIFT DAY

We would like to thank everyone who gave so generously for our Gift Day in September - £417 was raised for Church funds.

Also thank you to the Co op for letting us have a collection and to all the volunteers who manned it for the two days.

It is not too late to donate to the Church, donations can be sent to The Rectory, 8 Flowerpot Lane.

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LOCAL WALK Six take a stroll round Tharston



Six of us (handily) met up on a dreary, drizzly morning, well togged out in waterproofs and wellies and set off up St Michael's Road. A left at the top took us onto the busy A140, but very soon a footpath led us down past the allotments, through fields and a wooded path to the sewage works where the stream ran fast and full.

The works road took us to Picton Road where we turned right and then left onto Church Road. By this time the rain had stopped and the sky looked brighter, even showing tiny patches of blue here and there. A footpath on the left took us into fields where the grass verges made easy walking, but although there was a sign it was not clear where the footpath went. By guesswork we launched out across a fallow field to find a small wood and behind a wire fence, undergrowth, bits of plastic and a broken footpath sign, a muddy pond with geese, ducks and a plaintive goat, heard but not seen.



Turning right onto a lane, where a model farm looked very neat, we headed down towards Lower Tharston, just to have a look. It was pretty but mostly modern houses although one had a pig pen, minus pig ('perhaps he is asleep in his Nissen hut' we speculated) and a chicken run with no chickens. Turning round we retraced our steps and headed on past the Tharston village sign admiring 'fairy rings' of mushrooms on the verges

By Tharston church the weather had definitely improved so we lingered to inspect old gravestones belonging to ancestors of one of our group and then wandered down the hill to the impressive Tharston Hall, built in the Jacobean style, dating from the 1590's with an interesting chimney pot. A right took us back down Picton Road, then onto another well mown path past the stables when, wonder of wonders, the sun came out. We all unzipped our macs and sauntered back down Swan Lane good naturedly grumbling about the litter on the road.

Everyone said they enjoyed the walk and thanked Louise for leading us. We look forward to discovering more very local footpaths next month.

Jill Callaghan

Why not join us on Monday 2nd November. We meet in the Long Stratton car park at 10am ready for a 4 mile (approx) walk. Everyone welcome.



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Many thanks to all of you who have donated to Waveney Food Bank during the pandemic, either at the collection point in the Co-op or through one of the Harvest Festival Services in our churches. Your donations are very much appreciated.

The Distribution Centre in Stratton St Mary Church has remained open throughout the last few months on a Friday between 12.30pm and 2.30pm. Deliveries have also been made to those who were not able to get to the church.

We urgently need the following items

Pkts of Mash	Past'n Sauce packets	Rice pudding	Sugar
Honey	Microwave puddings	Tinned Meat	

We currently don't need

Pasta	Soup	Cereal	Baked beans	Pasta Sauce
-------	------	--------	-------------	-------------

Please can you check each item for its 'best before' date. The Warehouse pays for its rubbish collection by weight and would prefer not to pay to have out of date tins taken away.

CHRISTMAS LUNCH

Unfortunately due to Coronavirus there will be no Christmas Lunch this year. Hopefully we will be back in 2021.

Come and join us for.....

The next *Messy Church* is on **Saturday 28th November**
from 9am until 10.45am



Messy Church continues to meet through Facebook, with crafts uploaded in the week before Messy Church and then on the day, the story and worship are delivered through livestreaming and everyone is encouraged to upload pictures of their crafts



Long Stratton Messy Church

You can find out more by phoning Heather Wilcox at The Rectory 530238

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Our young people and adult volunteers have been enjoying the chance to meet up recently with some face to face sessions outdoors, in line with the National Youth Agency Guidance. We have also supplemented these with some online sessions to create a blended programme for our young people to take part in.

Some of our Cubs & Scouts had an online session with a guest from 313th Sahibzada Sikh Scouts Group in Birmingham. They were given a virtual tour of a Sikh Gurdwara, exploring the similarities between our Scout Values & the Sikh Faith as part of their World Faiths badges. It was a very interesting and insightful session.

At our face to face sessions, our Cubs have begun learning how to build & light campfires safely & effectively. This of course provided the perfect opportunity to try some outdoor cooking over the fires too! Some of our Beavers had a campfire as well and of course enjoyed the chance to toast marshmallows!



Some of our Beavers and Cubs also took part in an orienteering challenge which meant they could practise their map reading and teamwork skills.



If you would like to find out more about getting involved, either as an adult volunteer or for a young person, then please email pta.thurston@tiscali.co.uk or message us via our Facebook Page - www.facebook.com/1stlongstrattonscoutgroup

Have you hiked to the moon?

Our Beaver Scouts have!

Rocket launching, mini beast hunts and Superheroes, the only limit is our imagination as we plan our activities. This is where you come in!

We need an extra pair of hands, eyes and even feet! We'd like you to help with craft activities, help judge games and encourage our Beavers to reach their full potential.

If you can invest a few hours a month to help out at Beavers it would make a big difference.

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Long Stratton Town Council

The Street, Long Stratton, Norwich NR15 2AH

Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

01508 530524 clerk@longstrattoncouncil.info www.longstrattoncouncil.



Hedges

With all the wet weather recently it has become noticeable that hedges have become overgrown and are trespassing on to pathways causing obstructions.

Under the Highways Act 1980; it is the responsibility of the owner of the hedge to cut branches back on both sides of the hedge.

The Council would ask you to be vigilant in maintaining your hedges creating and maintaining accessible footpaths for all to use which is extremely important in this Climate where physical activity during Covid-19 is vital.

Christmas

Long Stratton Town Council has had a conversation with Santa and his elves to ask Santa to visit the children in Long Stratton this year. On December 18th, early evening Santa with his helpers will be passing through all the streets in Long Stratton visiting all the boys and girls and giving them early presents. Long Stratton Town Council will be hosting Santa and his elves and are pleased to confirm that this will be completely free, details of this will follow imminently on the website and social media as a minimum.

Wildflowers

The Council have resolved to plant wildflowers in the strip of grass behind South Norfolk Precinct car-park. This is a new venture designed to assist with climate change and help natural wildlife such as bees that we all know are quickly becoming an endangered species. This will be trialled for one year so I would be keen to hear your thoughts when it starts to take shape which is likely to be in the Spring.

Remembrance Day

We were disappointed to cancel the parade this year however, the Council are really keen to mark the occasion and have purchased 5 6ft 'Unknown Tommy's' which will be positioned around Long Stratton. This will allow individuals and groups to maintain social distancing but still lay poppy wreaths and show their respect for those that lost their lives serving our Country.

Next meeting is November 9th at 7pm on Zoom.

Becky



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Tharston & District WI

October has not really gone to plan! Once again we had to cancel activities but our committee is mindful of looking after our members as well as keeping to the government regulations.

The proposed walk around Old Buckenham Country Park will take place later, as will other events. Looking forward to festivities at the end of the year; it may mean that small groups can meet up or perhaps it will be more zoom!

Someone recently compared zoom to holding a séance: ‘are you there?’. ‘what’s happening?’.. ‘can you hear me?’ I am sure many of us can relate to that!

A meeting in a bag was delivered to all members last month. The bag held puzzles, necessities and treats. It was good to see members and to have a chat, even though distanced on garden paths and doorsteps.

Heather Jeary

LONG STRATTON LIBRARY

Long Stratton Library is back open!

We have the following temporary opening hours:

Monday 10am-1pm

Thursday 2-6pm

Saturday 10am-1pm

We have made changes in the branch to ensure everyone’s safety, and you can browse and borrow books, audiobooks and DVDs from the adult and children’s areas, use our public PCs, pick up Select and Collect books and pick up Grab and Go bags for children. All items are quarantined for 72 hours upon their return. Reservations are now available again – search ‘Norfolk Libraries Catalogue’ online to browse our countywide stock.

For further information, and to access our Telephone Support Service, call (01603) 774777.

WACTON COFFEE MORNINGS

Hello everyone,

Unfortunately it is still not possible for us all to get together for our normal Coffee Mornings. It has been lovely to see a few of you in my garden over the past few weeks for a drink and a chat.

The weather is so unpredictable that it is not always easy to make firm plans to meet outside in the garden but I am happy to invite everyone - in small groups – to meet inside if the weather is not suitable at the arranged time. Please give me a ring on 01508 530111 if you would like to come round.

Keep safe and well.

Caroline



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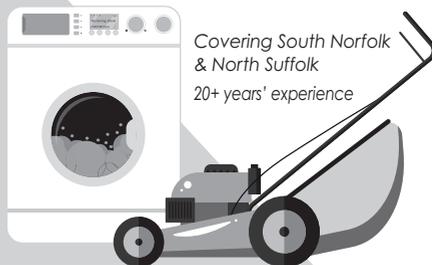
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Norfolk Churches Trust Bike Ride and Walk 2020

The Norfolk Churches Trust Bike Ride and Walk 2020 Saturday 12th September seems a long time ago now but that was the day I cycled around the beautiful lanes and byways of Norfolk and Suffolk again.

Like so many things this year it wasn't the same as usual. Some of the churches were manned - with members of the congregation taking advantage of the bright weather to clear Church yards or give the inside of the Church a thorough clean (at a safe social distance) or to just sit quietly, away from the demands of daily life. Others had left the sign-in sheet for me to complete, others had left nothing to acknowledge my visit.

Refreshments were in place at a few Churches and a special thank you to the Churches of Long Stratton and Wacton where there was a very welcome choice of sustenance!

Two Churches on my list have closed since last year so I visited 44, cycling 62 miles on my route. Thanks to your generous donations I raised £180 for Pulham Market Methodist Church which will be boosted once gift aid has been added.

Another very enjoyable day. Hopefully next year things will be more like the way they were before Covid 19 took hold of all our lives bringing so many activities to a halt. Thank you again.

Judith Naunton

NEW BOOKS FOR FORNCETT

NEW!

A History of Forncett St Mary Church, by Roy Tricker, available now as a 32-page A4 publication in full colour. Minimum donation £3, or £4 if you would like a copy posted to you. Contact Graham Prior, graham_prior@yahoo.co.uk 01508 481856

Forncett History Group has recently published 'Muriel's Story', a fascinating compendium of memories of growing up in Forncett End and Long Stratton, South Norfolk. It was her son, Pierre Rowe, who encouraged her to set down her treasured reminiscences from birth to marriage.

Her perceptive and sensitive account recalls life for her in the first half of the twentieth century as a child and a maturing young woman, increasingly undertaking tasks in service.

Readers will appreciate how she willingly accepts responsibilities of varying kinds against the backdrop of a strong family life and the world at large.

It has many references to Long Stratton including her grandfather's Pymer's Bakery. A good read and profusely illustrated.

To order your copy contact Forncett History Group Chairman, John Webster, on 01953 788114 or johnspeedwell2@gmail.com

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LONG STRATTON YOUTH CAFE

Youth Cafe is now closed until further notice, as soon as we have any updates on when we can safely open up again we will let you know.

Stay safe.

Mat, Wil, Tina, Doug and Joanna.



LONG STRATTON VILLAGE HALL FILM AFTERNOONS

Unfortunately we will not be running the film afternoons until the new year.

Wacton Footcare

Due to the ongoing uncertainty regarding the covid 19 virus, for the foreseeable future, Clare is unable to continue footcare in the village as before. Therefore, as an interim measure, she can continue to provide regular treatment in the safety of your own home.

The next Footcare Session is planned for **MONDAY 2ND NOVEMBER** so anyone still requiring an appointment is advised to contact Clare --- 07785 295358

For further information / informal chat please call Rita --- 01508 218407

CHURCH SERVICES - NOVEMBER

St Mary's Church

1st	11.00 am	All Age Worship
8th	10.50 am	Remembrance Day Service
15th	11.00 am	Morning Worship
22nd	11.00 am	All Age Holy Communion
29th	6.30 pm	Advent Carols by Candlelight

St Mary's is open for individual prayer every Wednesday - 2pm to 4pm and 7pm to 8.30pm. Morning Prayer is also said every Monday morning at 8.30am. Everyone welcome whilst observing social distancing.

St Michael's Church

8th	6.30 pm	Evening Prayer
22nd	8.30 am	Holy Communion

There are Church services available at St Mary's and All Saints' on Sundays when there are no services at St Michael's. Everyone is welcome.

St Michael's will be open for private prayer every Tuesday - 8.30am to 4pm

All Saints' Church

1st	9.30 am	Holy Communion
8th	11.00 am	Remembrance Service
15th	6.30 pm	Taize Style worship

There are Church services available at St Mary's and St Michael's on Sundays when there are no services at All Saints'. Everyone is welcome.

All Saints' will be open for private prayer every Thursday - 8.30am to 4pm

Congregational Church

We are holding shortened weekly Sunday services.

1st	10.45 am	Family Service	Rev Ian Jones
8th		Remembrance Day	
15th	10.45 am	Family Service	Rev Pat Atkinson
22nd	10.45 am	Family Service	Colin Basham
29th	10.45 am	Family Service	Malcolm Simpkin

From the Parish Registers

Funerals

We offer our deepest sympathy to the family and friends of:

Leonard Crane St Mary's Church

Wedding

We offer our congratulations to James Bailey and Kelly Humphrys who were married at St Mary's Church

THE SEXTON'S WHEEL

If you have something to tell us, an event coming up, an article of interest please contact us **email: thesextonswheel@googlemail.com**

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Images: Any pictures you may have to accompany editorial would be welcome. Please send these as jpgs not embedded in a word document.

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Market Place: Advertise items for sale or wanted for £5 per item per issue. maximum 30 words. This is not for commercial items but private adverts only. There is a maximum selling price of £500 for goods and the editorial team reserve the right to refuse any advert they feel unsuitable. The Sexton's Wheel will not be held responsible or enter into correspondence for any transactions between the buyer and seller. No logos or pictures

Deadline for adverts is the 5th of the month

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