

The Sexton's Wheel

The magazine for the villages of Long Stratton & Wacton



Elections for Long Stratton Council will be held on May 2nd 2019 and we have 13 seats available as Long Stratton officially becomes a Town.

Do you want to do something positive for your Community?

Are you passionate about how your Community will grow and evolve?

Then why not become a Councillor?

More information can be found by contacting the Clerk on 01508 530524 or email Clerk@longstrattoncouncil.info - alternatively you can contact the elections team on 01508 533633.

March 2019

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Church Contacts

St Mary's / St Michael's & All Saints'	Rev. Heather Wilcox rev.heather@btconnect.com	01508 530238
Parish Administrator	Linda Mills linda.parishadmin@btconnect.com	01508 530238
Methodist Church	Tony Coleman	01508 530699
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 Parish Council, The Street, 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



Hopefully winter is now behind us as we put the clocks forward at the end of the month and think of warmer days to come!

It is an end of an era for one of our shop owners - Peter at Bekays will be leaving us very shortly. His shop has always been like an Aladdin's Cave and he always knew where things were. He will be greatly missed but we do welcome the new owner to our village. See page 5.

Lots of information this month on the forthcoming elections in May including information on what it involves to be a councillor. Do have a read and see if this could be by you - see pages 24 & 25.

Also don't forget that this month is Shrove Tuesday [5th March] so make sure you have things ready for your pancakes or better still why not have them made for you at the pancake party at The Rectory - see page 7.

The Sexton's Wheel Team

**DON'T FORGET TO PUT YOUR CLOCKS
FORWARD BEFORE GOING TO BED ON
SATURDAY 30TH MARCH WHEN BRITISH
SUMMER TIME BEGINS**



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THE END OF AN ERA AT ICE HOUSE SHOPPING PRECINCT

A big thank you from Peter at Bekays DIY - Hardware

I sincerely thank the loyal support and kindness of customers over the last 23 years - many who have become friends.

It has been a difficult decision to retire but as I will be almost 70[!] at the end of next year I think the time has come. I hope you will support my successor and that the shop continues to flourish.

Prior to being in the shop I was, as many of you know, in catering for 30 years. I began at the Rembrandt Restaurant in Easton when it first opened in 1966 then the old Norwood Rooms in Norwich. This was followed by the George Hotel in East Dereham the the Crown Hotel at Framlingham. And finally the Bradwell Hotel in Aldeburgh where I spent over 20 happy years mostly as head chef, ending up as catering manager.



I hope to see many of you when I am out and about. After a short break and some DIY jobs at home I am hoping to do some voluntary work.

It has also been a privilege helping the Royal British Legion with their Poppy Day collection. I have also supported various other local fund raising; selling Church calendars and the Lets Walk magazine, Big C, EACH, Break and the Priscilla Bacon Hospice. I have also looked after the tub of flowers on the Precinct. I will miss all these things.

A very big thank you to the group of villagers who turned out on a cold winters afternoon



in January to present me with a thank you gift collection. It was an unexpected surprise. Thank you to whoever organised the collection, I was very touched and will purchase something with which I will always remember the kindness of my customers. Thank you also for the large amount of retirement cards etc which I have received, it is very thoughtful of everyone.

And finally a very big thank you again to all who have helped make the shop a success for me it has been a pleasure to serve you all.

Peter

Editors note: At the time of going to print Peter is still at the shop but the sale is imminent. We wish him well in his well deserved retirement. We just wonder how many times in the 23 years he has not been able to provide what the customer wants!!



MAN & VAN

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LONG STRATTON & DISTRICT WI

2019 is the centenary year for the Norfolk Federation of Women's Institutes and on the 1st February a Centenary Ball was held at the Holiday Inn, Norwich to celebrate this special birthday. A few of our members were among the 300 women who attended the red carpet, champagne reception, dancing the night away to music from a local group. There will be more exciting events throughout the year.



Some of our ladies have been to see Calendar Girls, The Musical. You may remember how a group of Yorkshire WI members made a nude calendar to raise money for research after a member's husband died from leukaemia. This was back in 1999 and it has since been made into a film, toured as a stage play and is now touring as a successful musical by Gary Barlow and Tim Firth.

Back to our own WI and in January we enjoyed our first talk this year. Jackie Noy and friends came with film and lots of information about the East Coast Truckers. They describe themselves as "delivering lots of fun to special children." It all started off more informally with a group of truck drivers taking children on a day out, but in 2000 they became a charity and have been able to widen their scope.

At our March meeting we are having a talk about Oxford University in the 1940s. Do come along and join us and you will be made very welcome. We meet on the third Wednesday of the month - 20th March - at 7.30pm in Long Stratton Village Hall. For any further information contact the Secretary Mrs. Shirley Housden on 01508 531154.

FUND DAY

A **FREE** funding workshop takes place at Hempnall Village Hall, 9.30am to 1pm on **Saturday 9th March**, hosted by South Norfolk Council. Come along to find out what funding is available for your community group or project and tips on how to make a successful bid. There will be plenty of guest speakers, networking and tea and coffee available. For more details and to book your place please visit www.south-norfolk.gov.uk/bitesize

Pancake Party
Tuesday 5th March
6.30 - 8.00pm
The Rectory
8 Flowerpot Lane

Everyone welcome

£4 for as many pancakes as you can eat!!





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It will be back for 2020!

After not producing a calendar for this year and hearing that lots of people were asking about them St Mary's and St Michael's Churches have decided to go ahead with a calendar for 2020.

The theme is 'Long Stratton through the Seasons' but we need your help to make this happen.

We need your photographs of Long Stratton through the changing seasons, either recent ones or ones from several years ago. They don't necessarily have to be of a building, it could be a scenic view, sunrises or sunsets – but recognisable as Long Stratton!

Our plan is to have an exhibition in the village hall with all the photos you send in and have a vote to decide on which thirteen we use – one for each month plus the winning shot on the front cover.

The exhibition will take place Saturday 4th May, 10am to 2pm, in the Village Hall, we will have more details in the April edition.

For now do start sending in your pictures either by e-mail [thesextonswheel@googlemail.com] or bring the print to the Church Parish Office. Make sure your name and contact details are on the back.

If you are chosen as a winner we will place your name below the photograph on the calendar.

We will also be looking for sponsors for each month so if you are interested please contact Linda at the Church Parish Office by using the above e-mail address or ringing 01508 530238.

WORLD DAY OF PRAYER

A women led, global, ecumenical movement

FRIDAY 1ST MARCH - 2PM

CONGREGATIONAL CHURCH, LONG STRATTON

SPEAKER IS LOUISE WRIGHT

Come - Everything is Ready!

Prepared by Christian women of Slovenia

Everyone welcome, including men!
Refreshments will be served following the service





YOUR VILLAGE, YOUR FUTURE, YOUR PLAN,

The Long Stratton Neighbourhood Plan will be a document created by local people that sets out planning policy for where you live. It helps you protect the things you care about in your community, as well as make improvements to the local area.

For example, it can set out how buildings should look, and for what they can be used. It can also help to encourage the kind of development of which you would like to see more.

A neighbourhood plan carries the same legal weight as plans drawn up by your local council. South Norfolk Council must follow what's in your neighbourhood plan when making decisions about planning applications in your area.

Why Long Stratton needs a Neighbourhood Plan?

The two parish councils of Long Stratton and Tharston and Hapton have listened to parishioners through several public consultations and resolved to start work on a neighbourhood plan which will cover the entirety of the parish of Long Stratton and parts of the parish of Tharston and Hapton. Only the parts of Tharston that are closest to Long Stratton are included in the neighbourhood plan area.

What is happening next?

There is continuing work in gathering evidence to support the Neighbourhood Plan, there will be a public consultation on March 16th & 17th, 10am – 4pm, at the Methodist Church on Manor Road, where you will be asked for your thoughts and comments on several key matters including the provision of open space, a design code and a potential community centre. There are online surveys available at www.lsnp.info.

All of the comments, thoughts and opinions gathered will help form the evidence which will support the Neighbourhood Plan, Your Plan. There will be a draft plan available for thoughts and comments soon. There will be an update monthly in The Sexton's Wheel, but all information can be found on the website www.lsnp.info or pop into the Council office and have a chat with the Clerk.

Let's Chat Coffee Group

We are back after our winter break on **Tuesday 19th March**. We meet every week on a Tuesday mornings from 10.15 am at St Mary's Church. It is a chance to catch up with friends - old and new! A warm welcome

is extended to anyone who wishes to come along and join us. For more information contact Janet Roberts on 530121. Looking forward to seeing you.

Janet



How do you maintain the Heritage of a Grade 1 listed building, dating back to the 13th Century, whilst making it accessible to the whole community?

This is the dilemma faced by St. Mary's Church at the moment. A leaky roof, in urgent need of repair, has led us to thinking about how we can transform the building to be more accessible to everyone in Long Stratton as the village grows to become a town.



We already use the building in many ways, not just for worship on a Sunday morning, Baptisms, Weddings and Funerals.

Over recent years, Christmas Tree Festivals have become an annual event, alongside Flower Festivals, Concerts, a weekly 'Let's Chat' coffee morning, school visits and a weekly Foodbank Distribution centre.

But the building could be used for so much more, if only it were water tight and fit for the needs of the 21st Century.

In order to repair the roof, we need to apply for a Heritage Lottery Grant. We need to show how we will both celebrate the heritage of the church, especially those rarer features, such as the Sexton's Wheel, bells and medieval poppy heads. Whilst making the space more accessible to the whole community.

We have some ideas!

But we would love your thoughts, comments and suggestions!

We are having two consultation events, for feedback and comment.

Please pop along and help us to make the right decisions for St. Mary's church and for Long Stratton as the village moves into the future.

Thursday 7th March, 7pm - 9pm
Saturday 9th March, 10am – 2pm
St. Mary's Church, Long Stratton

We look forward to seeing you there!

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The Street, Long Stratton, Norwich NR15 2AH

Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

Tel: 01508 530524 Email: clerk@longstrattoncouncil.info

www.longstrattoncouncil.info



Central Toilets

Long Stratton Council have resolved to complain not only to South Norfolk District Council but also MP Richard Bacon. Detailed information was requested surrounding the decisions and time line of events leading up to South Norfolk passing the planning application to convert the toilets to 2 business units and 1 unisex disabled toilet. You will also find the Council's letter to MP Richard Bacon on the website.

Dog Fouling

Please pick up after your dog! There are plenty of dog bins situated around the village where dogs are allowed to be walked, if you would like an extra bin placed to assist in dealing with the problem please contact the Clerk.

Playing Fields

Dogs are not allowed on the grass! Dogs are allowed on the lead on the pathway only. This is because this is a byelaw of the land and therefore must be adhered to.

Drones are also not allowed on the playing field, the law states that drones are not to be flown within 400ft of residential development, if you wish to fly drones please go to neighbouring woods and fields where this law is not contravened

Hedges

Please cut back your hedges, if you have difficulty doing so please contact the Clerk to see if the Council can assist.

Pavilion

We have a start date of March 19th! During the construction, the car park will be out of action. Construction traffic will be avoiding school run times. If you have any questions please contact the Clerk who will answer your query.

LONG STRATTON GUIDING

2nd Long Stratton Brownies

During February the Brownies tried some traditional games and activities like Pass on the Smile, an exercise circuit, edible reef knots, putting a sling on another Brownie, how to fly the Union Jack correctly, shining 2p coins with vinegar, lemon or Brasso.

We celebrated 'Thinking Day' by tasting food and doing games from other countries as we remembered our founders, Lord & Lady Baden-Powells' birthday on the 22nd February.

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LONG STRATTON MEDICAL PARTNERSHIP

Following on from the success of our Wellbeing & Mental Health Day, we are pleased to announce that our PPG are organising another community education event on Tuesday 2nd April starting at 7pm at Long Stratton High School.

The theme is Gastrointestinal Health. This encompasses a range of disorders including Crohn's disease and ulcerative colitis where inflammation of the bowel can cause significant impact on health.

At the time of writing this article our PPG were still in the planning stages for this event but two of the confirmed guest speakers are from the Norfolk and Norwich University Hospital; Dr Mark Tremelling, a Consultant in Gastroenterology and General Medicine who has worked at NNUH since February 2010, also Nickie Fisher who is Lead IBD (Inflammatory Bowel Disease) Nurse. More information will be released during March so watch out for posters, Facebook posts or check our practice website. If you or someone you know is impacted by IBD or you just want to be more informed then please come along.

In March we say goodbye to Dr Rachel Mayne who has been our foundation doctor for the past 4 months. She is moving onto her next rotation in A+E. We sincerely wish her well and hope that her time at LSMP has encouraged her into a career as a GP.

Dr Lara Douglass

*Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY
01508 530781 www.longstrattonsurgery.nhs.uk*



Great News!

The Long Stratton Men's Shed have kindly been offered space for their Shed at Tasburgh.

We now need more members to help get the project started and the space ready to use as a workshop.

The group meets once a fortnight on Mondays at 2pm.

Dates for March are the 4th and 18th

at Depwade Court, Long Stratton, NR15 2XY

Please come and support this exciting new project.

We need you!

For further information please call Brian 01508 530400 or Liza 07920285085



WACTON

COFFEE MORNINGS

We would love to see new people come and join us for a drink and a chat, and hope that old friends we haven't seen for a while will be back again soon.

Coffee mornings are held in the village hall on the first and third Tuesday of each month from 10.30 am - everyone welcome. Dates for March are the 5th and the 19th. For further information contact Caroline Squires on 01508 530111.

Caroline and Rita

SINGING IN WACTON

The group meet every Tuesday evening in the village hall at 7 p m until 8.30 p m. Would you like to join us ?

We are a friendly group of ladies and gents and you are assured of a very warm welcome.

Further information please contact teacher Louise Barton (07765 920390) or Rita Day (01508 218407

WACTON FOOTCARE

The next Wacton Footcare session will take place in the Village Hall on **Monday 8th April**. For further information or to cancel an appointment please contact either Clare (Footcare Specialist) on 07785 295358 or Rita on 01508 218407.

CHURCH NEWS

Our monthly coffee mornings will begin again on Saturday 13th April.

We will be holding a Barn Dance in the Village Hall on Saturday 18th May with the Bacon Butty Band. More details to follow.

There will also be a concert in Church on Friday 13th September with Liquorice Allsorts - a clarinet quartet.

MARCH CHURCH SERVICES

Sunday 3rd 9.30am Holy Communion Sunday 17th 9.30am Holy Communion

There are Church services available at St Mary's and St Michael's - please see page 36

VILLAGE NEWS

WACTON SOCIAL CLUB

Wacton Social Club is on the 1st and 3rd Fridays of each month. New members very welcome. Doors open 7pm – 11pm. Food served on the 3rd Friday of each month. Dates for March 1st and 15th.

On the 1st of March there will be a Cash Bingo Night. Doors open at 7pm for a 7.30pm start.

On the 15th we will be holding a Curry Night cooked by our local chef. A vegetarian option is available. This is a pre booking event so please contact Katie Anderson on 07577446589 for tickets.

For any information about becoming a member or upcoming events please contact Katie Anderson on 07577446589 / wacton.social.club00@gmail.com

Please check out our Facebook page and website for more coming events.

WACTON VILLAGE HALL

Wacton Village Hall Trustees are organizing training for those interested in knowing how to use the defibrillator or who would like to do a refresher.

This is to be held on **Saturday 16th March** at 10 - 11am and is free.

Everyone who is interested is welcome, but it would be very helpful if you could let us know if you plan to come.

Please phone either Caroline on 01508 530111 or Christine on 01508 530823.



OUR LENT APPEAL

As we approach a time of joyful celebration in the Church calendar we ask if you might consider doing something for international relations...making a small but significant

contribution towards greater understanding worldwide.

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WEEKLY EVENTS

MONDAY ACTIVITIES	VENUE	TIME
Craft Group <i>see page 21</i>	Library	11.00 am to 12.30 pm
Tai-Chi	Wacton Village Hall	6.00 pm to 7.30 pm
Bell Ringing Practice	St Mary's Church	7.30 pm to 9 pm

TUESDAY ACTIVITIES	VENUE	TIME
Lloyds Mobile Bank	The Swan	9.45am - 11.15am
Let's Chat	St Mary's Church	10.15 am
Lunch & activities	Day Centre -	10 am to 3 pm
Stratton Community Choir	Mayfields Care Home	7.30 pm
Singing in Wacton	Wacton Village Hall	7 pm to 8.30 pm

WEDNESDAY ACTIVITIES	VENUE	TIME
123 Toddler Group	Methodist Church term time only	9.15 - 11.15 am
Short Mat Bowls	Coronation Hall, Great Moulton - Peter Grant 01508 536753	2 pm

THURSDAY ACTIVITIES	VENUE	TIME
Pilates	Wacton Village Hall Jo Douglas 01508 530261 greenacresfarm@tinyworld.co.uk	9.30 am Mixed ability
Lunch & activities	Day Centre	10 am to 3 pm
Coffee morning	Methodist Church	10 am to 11.30 am
Short Mat Bowls	Coronation Hall, Great Moulton -	2 pm - see above

Community Breakfast

at Long Stratton Congregational Church Hall [behind the Chapel, Ipswich Rd]

Sunday 17th March things to eat.

Eggy bread and bacon rolls very popular!

Please join us before Church. Followed by Family Church Service [optional].

For more information contact June on 01508 470701

The Sexton's Wheel

M	T	W	T
<p>4 Local Walk - <i>see page 27</i></p> <p>Long Stratton Men's Shed 2pm - <i>see page 15</i></p>	<p>5 SHROVE TUESDAY Coffee Morning Wacton Village Hall 10.30am <i>see page 16</i></p> <p>Pancake Party at The Rectory 6.30pm - <i>see page 7</i></p> <p>East of England Co op Bereavement Support Group Rebecca - 01473 231460 10.30am LS Village Hall</p> <p>Methodist Church Lunch <i>see page 37</i></p>	<p>6 ASH WEDNESDAY</p> <p>Ash Wednesday Holy Communion at St Mary's Church - 10.30 am</p> <p>Wacton Parish Council 7.30pm Wacton Village Hall</p>	<p>7 St Mary's Church in Church 7pm to <i>see page</i></p>
<p>11 Long Stratton Parish Council 7pm Methodist Church</p> <p>St George's Dementia Support Group 10am - <i>see page 38</i></p>	<p>12 Sunflower Cafe, Mayfields 10am - 01508 535500</p> <p>Diggers & Dibblers Gardening Club - Forncett <i>see page 33</i></p>	<p>13 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue</p>	<p>14 Tharston W Wacton Thursday C LS Villag <i>see page</i></p>
<p>18 Film Afternoon 'Mamma Mia Here we go again' Long Stratton VH <i>see page 23</i></p> <p>Long Stratton Men's Shed 2pm - <i>see page 6</i></p>	<p>19 Let's Chat St Mary's Church begins again - <i>see page 10</i></p> <p>Coffee Morning Wacton Village Hall 10.30am <i>see page 16</i></p> <p>Newton Flotman Evening Cinema - <i>see page 38</i></p>	<p>20 Long Stratton & District WI 7.30pm Village Hall <i>see page 7</i></p>	<p>21</p>
<p>25 St George's Dementia Support Group 10am - <i>see page 38</i></p>	<p>26</p>	<p>27 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue</p> <p>Tharston Historical Society 7.15pm - <i>see page 33</i></p>	<p>28 Harleston <i>see page</i></p>

March 2019

	F	S	S
	<p>1 World Day of Prayer Congregational Church 2pm <i>see page 9</i></p> <p>Wacton Social Club Cash Bingo <i>see page 17</i></p>	2	3
<p>h consultation urch 9pm ge 11</p>	8	<p>9 St Mary's Church consultation in Church 10am to 2pm <i>see page 11</i></p> <p>SNC Fund Day Workshops Hempnall Village Hall <i>see page 7</i></p>	10 TenToTen 9.50am St Mary's Church
<p>VI 7.30pm n VH</p> <p>Club 2pm ge Hall ge 29</p>	15 Wacton Social Club Curry Night - pre-booking is required <i>see page 17</i>	16 Neighbourhood Plan Consultation Methodist Church 10am - 4pm <i>see page 11</i>	17 Community breakfast at the Congregational Church 9.45am <i>see page 19</i>
	22	23	24 Soul Shapers 7pm St Mary's Church
<p>Cinema ge 38</p>	29 Pamper and Wellbeing Event 7-9pm Long Stratton Village Hall <i>see page 23</i>	30 Messy Church - St Mary's Junior School 9am - <i>see page 33</i> DON'T FORGET TO PUT YOUR CLOCKS FORWARD ONE HOUR TONIGHT	31 

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Next film showing
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Long Stratton Village Hall
Monday 18th March - 1pm

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To pre-book ring Heather (01508) 530238 or rev.heather@btconnect.com

Next Film

15th April – Bohemian Rhapsody

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LONG STRATTON VILLAGE HALL

Pamper and Wellbeing Event **29th March 7-9pm Long Stratton Village Hall** **Entrance is free!**

Come along for a fun evening where you can find out more about local groups to help you to stay healthy and beautiful in 2019 and you'll also have the chance to purchase some lovely products to pamper yourself with as well!

Refreshments will be available to buy and we'll be holding a raffle as well.

Town Council Elections

Town Councillors are elected every four years. The next full elections will be held on 2nd May 2019

You should consider becoming a Town Councillor if:

- You Want To Do Something Positive for Your Community
- You Want To Spend Your Time Productively
- You Can Think, Listen and Act Locally

The Role

Town councillors have overall responsibility for the local community.

The work falls into 3 main categories:

- Delivering services and facilities to meet local needs
- Striving to improve quality of life within the town
- Representing your neighbourhood

Being a councillor is an unpaid position.

What is a Parish/Town Council?

It is made up of a number of elected and co-opted Councillors who meet regularly to make decisions on the work and direction of the council.

Councillors are elected by the public at an ordinary election, normally held on the first Thursday in May every four years. For Long Stratton Council, the next election is 2nd May 2019.

Long Stratton Council provides, maintains or contributes to the following services:

- bus shelters
- dog and litter bins
- parks and open spaces
- village noticeboards
- leisure facilities
- play grounds
- neighbourhood plan
- street lighting
- planning (as a consultee)

it also works with larger councils in the area called 'principal authorities' and cooperates to ensure the effective delivery of services to the local community.

Effort Required

TIME – It is possible to spend a lot of time on council work – but most people have jobs, families and hobbies that also demand a lot of time. However, as with most things, the more you put in, the more you (and your community) will get out.

The council meets every second Monday of the month, the Planning Committee meetings are every third Monday of the month in the evening. There are 6 Committees in total, you can be a member of as many, or as few committees as you see fit however you will be expected to be on a minimum of 1 Committee. Committees usually meet quarterly.

COST – Being a councillor should cost you little. There is usually cover for subsistence and travel allowances if your duties take you out of your local council's area. These allowances will be determined by the council, and will be within a maximum laid down by the Government.

Why should I become a councillor?

As a councillor you can become a voice for your community and affect real change. Councillors are community leaders and represent the aspirations of the public that they serve. Parish and Town Councillors are the most local part of our democratic system and are closest to the public. By standing for your parish council you could make a real difference to your local neighbourhood.

What do councillors do?

Councillors have three main areas of work:

- Decision-making: through attending meetings and committees with other elected members, councillors decide which activities to support, where money should be spent, what services should be delivered and what policies should be implemented
- Monitoring: councillors make sure that their decisions lead to efficient and effective services by keeping an eye on how well things are working
- Getting involved locally: as local representatives, councillors have responsibilities towards their constituents and local organisations. This often depends on what the councillor wants to achieve and how much time is available

The day-to-day work of a town councillor may include:

- attending meetings of local organisations and groups
- attending meetings of bodies that affect the wider community, such as the police, the Highways Authority, schools and colleges
- taking up issues on behalf of members of the public that effect your local area
- running a surgery for residents to bring up issues
- communicating with individual residents

Who would you represent?

Town councillors are elected to represent the parish of Long Stratton.

Nomination process

A prospective candidate must obtain and return a completed nomination paper to the Returning Officer of South Norfolk Council for the election. The candidate's surname, forenames and residence must be entered with the number and prefix letter from the current register of electors. A copy of this register can be obtained from the Returning Officer. The nomination paper must also be signed by and contain similar particulars of a proposer and a seconder. These must be electors for the area for which the candidate seeks election.

Election Timetable

Ordinary elections usually coincide with the election year of the District Council and must be held on the same day. The interval between elections is 4 years and therefore your term of office would normally be 4 years. The next local council election will take place on 2 May 2019.

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LOCAL WALK.. FEBRUARY

Avoiding Precipitation Around The Pulhams

Waking on the morning of the walk my heart sank. It was raining hard and Google predicted 95% chance of precipitation (rain) at 10 o'clock when the walk began, but I was leading it, so had to go. Luckily, though black clouds lowered, the rain had stopped by the time four hardy walkers set off in a car for Pulham Market where we parked and met up with another rain-coated foo... hero.

Starting off down Station Road we stopped to admire the pargetting on an eco-house before branching left onto a footpath which took us to a sturdy bridge across the Beck. The path followed the stream and short grass made for firm easy walking.



Two fields later we came upon a stile which led to a tree lined track where we stopped often to admire ancient gnarled trees and catkins adorning the boughs. Two gates then took us out onto Station Road Pulham St Mary

where we turned left and after crossing the Harleston road, headed up Poppy's Lane which, once we passed the houses, afforded excellent views across the valley to Pulham Market and its church (still no rain!).

After a while a left turn onto Barnes Lane took us steeply down to the valley bottom where we took a muddier path through coppiced woodland, over a plank bridge and out into fields again (was that a spot of rain?).



On the last leg along a field edge the rain started in earnest but we hurried over another little bridge, up a narrow path past the bowls club, through pretty Church Lane and arrived back at the car just in time to avoid a proper drenching.

A lovely walk: better in summer though (precipitation 0%) when you can idle along by the babbling Beck and, if you are lucky, spot a kingfisher.

Jill Callaghan



We walk every first Monday of the month, so why not come and join us on Monday 4th March. We meet at 10am at the Co op car park [next to the toilets].

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LONG STRATTON LIBRARY

From Bounce & Rhyme sessions, to Coding Club, to reading groups, coffee mornings and knitting groups, there's plenty going on for all ages at Long Stratton Library, and we're aiming to introduce more over the next few months, including stronger connections with a number of services from the South Norfolk Help Hub.

We've also recently had five brand new public PCs installed – our customers tell us they're finding them faster and simpler to use – and with the branch open until 7pm every week night, they're also proving really convenient.

To keep yourself fully up-to-date with our events, and to learn about what else is on offer, you can pop in and speak to us, or you can search online for Long Stratton Library. You'll find all the information you need on our website, and you can also keep yourself in the loop by adding us on Facebook. Search on there for 'Diss, Harleston and Long Stratton Libraries'.

Opening Hours:

Register for our Open Libraries service for easy extended access to the unstaffed library outside normal opening hours using your library card and PIN. Call us on 01603 774777 or pop in to the branch during staffed hours to sign up for the service.

Monday 8am-7pm (staffed 11am-7pm)	Tuesday 8am-7pm (staffed 1pm-7pm)
Wednesday 8am-7pm (Open Library access only)	Thursday 8am-7pm (staffed 1pm-7pm)
Friday 8am-7pm (Open Library access only)	Saturday 8am-4pm (staffed 11am-4pm)
Sunday 10am-4pm (Open Library access only)	

LONG STRATTON THURSDAY CLUB

Long Stratton Thursday Club is a social group for anyone over the age of 55yrs. We meet on the second Thursday of most months at 2 pm in Long Stratton Village Hall. Our meetings usually begin with a speaker or some entertainment followed by a raffle, tea and cake and ending with a quiz.

In January, instead of our usual meeting, we went on a short Mystery Tour around the countryside of South Norfolk and North Suffolk ending at The White Horse in Stoke Ash, where we were served a delicious hot, two course lunch followed by coffee or tea before making our way back to Long Stratton. The weather could have been better but it was January!

We hope everyone enjoyed themselves and there was plenty of lively chatter on the coach journey home.

Our March meeting will be on **14th March** when we will have a talk from Barbara Miller about the life of Edith Cavell. Hope to see you then

For further information please contact our secretary Marianne Miller on 01508 536987

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I am writing as I sit in the doctors surgery to express bewilderment that parents picking up children from St Mary's Junior School think that it is acceptable to park in the Surgery Car park.

I was unable to park for my appointment, this is completely unacceptable and they should be ashamed of themselves. There could be an elderly patient , a pregnant lady or a parent with a small child unable to park here and attend their appointment on time .

Something needs to be done to sort out this inappropriate behaviour. I even had a parent shout abuse and gesticulate at me because I was not happy that they were using a surgery car park space to pick up their child from school. Ignorant is the word that springs to mind .

I am writing to you in the hope that you will publish something in The Sexton' s Wheel.

*Kind regards, A disgruntled patient
[e-mail address provided]*

CALLING ALL QUILTERS

St Mary's Church is holding a Quilt & Flowers Festival from the 22nd June to the 25th June. If you have made a quilt and are happy for us to use it our display please contact Heather on 01508 530238 or e mail rev.heather@btconnect.com



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LONG STRATTON YOUTH CAFE

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Look forward to seeing old and new members.

Matt, Wil, Tina, Doug and Joanna.

Come and join us for.....



The next *Messy Church* is on **Saturday 30th March** from 9am until 10.45am and will be at **St Mary's Junior School**

The morning begins with bacon butties and muffins before craft activities, finishing with a time of worship.

All children must be accompanied by an adult.

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

DIGGERS & DIBBLERS GARDENING CLUB

Tuesday 12th March Forncett Village Hall 7.30pm

How Hill Gardens. Simon Partridge.

Simon is going to give us an illustrated talk on this well loved Broadland Garden at Ludham, Great Yarmouth. Once a piece of rough grazing marsh these beautiful gardens were established by the original owner of How Hill House, Edward Thomas Boardman in 1904. A series of inter-connected ponds and channels are surrounded by raised beds which are home to a spectacular range of azaleas, rhododendrons, specimen trees, exotic plants and shrubs.

Non-members are very welcome

For further information contact Ally Rae -01953 788544 or allylysonrae@btinternet.com

THARSTON HISTORY SOCIETY

Our next meeting will be held at Picton Farm Meeting Room in Tharston on **Wednesday 27th March**, 7:15pm with refreshments for a 7:30pm start. This is our A.G.M. and after this we will be looking at projects currently underway and some interesting local documents. There are some important issues to attend to so please attend if possible. Anyone interested in the local history of Tharston or nearby will be most welcome at the meeting.

We have a website, <http://www.tharston-history-society.com/>, which has details about us and our activities and will have the main theme for our next meeting when finalised. Please make contact (<http://www.tharston-history-society.com/feedback/>) if you would like to join us on 27th as we would like to have some idea of numbers.

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CHURCH SERVICES - MARCH

St Mary's Church

3rd	11.00 am	All Age Worship
6th	10.30 am	Ash Wednesday Holy Communion
10th	9.50 am	Ten2Ten Service
10th	11.00 am	Holy Communion
17th	11.00 am	Morning Worship
24th	11.00 am	All Age Holy Communion
24th	7.00 pm	Soul Shapers
31st	11.00 am	Mothering Sunday Service with Holy Communion

St Michael's Church

10th	8.30 am	Holy Communion
24th	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

All Saints' Church

3rd	9.30 am	Holy Communion
17th	6.30 pm	Songs of Praise

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

Congregational Church

3rd	10.45 am	Family Service with Holy Communion	Keith Scarff
10th	10.45 am	Family Service	David Freeman
17th	9.45 am	Family Breakfast	
17th	10.45 am	Family Service	Rev Gill Osborne
24th	10.45 am	Family Service	Joe Hart
31st	10.45 am	Mothering Sunday Family Service	Joy Southam

Methodist Church

3rd	3.00 pm	Final service at the Church	Revd. Matthew Olanrewaju
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From the Parish Registers

Funeral

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

Roy Moore	St Mary's
Robert Clawson	St Mary's

LONG STRATTON CHILDREN'S CENTRE

Please find below the list of events for February, if you have any questions do not hesitate to contact us.

Date	Activity	Time	Venue
Monday 4th, 11th, 18th & 25th	Little Explorers - 0-5 years <i>Enhance your child's overall development which will include sensory, messy play, story time and singing</i>	10.00-11.00 am	LS Children's Centre
Monday 25th	Save a Baby's life <i>First Aid course - £5 per adult please ring to book a place</i>	6.00-8.00pm	LS Children's Centre
Tuesday 5th, 12th, 19th & 26th	Story Garden - 0-5 years <i>Outdoor gardening and story group</i>	1.30-2.30 pm	LS Children's Centre
Wednesday 6th, 13th, 20th & 27th	Feeding Group <i>UNICEF trained staff will be available to observe and support you through breast feeding, as well as providing guidance on formula feeding and introducing solids</i>	10.00-11.30 am	LS Children's Centre
Wednesday 27th	Introduction to solid foods <i>support around feeding and weaning</i>	10.00-11.00 am	LS Children's Centre
Thursday 14th & 28th	Bounce and Rhyme - 0-5 years	1.30-2.30 pm	LS Library
Friday	Nurture Group <i>Babies under 6 months & their parents who have spent time on the Neonatal Intensive care unit</i>	Please ring for details - 01508 536399/01953 713896/451196	LS Children's Centre

***For further information please call 01508 536399
Sometimes we have to make changes to our programme. Please check our Facebook page for up-to-date details.***

LONG STRATTON METHODIST CHURCH

March lunch will be on Tuesday 5th at 12.30pm.

Please call 01508 530518 to book - all welcome

Coffee mornings every Thursday - 10am to 11.30am - everyone welcome

EVENTS OUTSIDE LONG STRATTON & WACTON

St George's Dementia Support Group - 11th & 25th March - 10am to 12noon - St George's Hall, Long Lane, Upper Stoke Holy Cross NR14 8ND - further details 01508 493661/492938.

Harleston Cinema - Thursday 28th March at 2pm and 7.30pm (doors open half an hour before) - Bohemian Rhapsody (12A) - at the Masonic Rooms, Harleston. There will be ice creams at the interval, plus a bar in the evening. Seats cost £4, please book at Harleston Information Plus, 01379 851917, or email hip@harleston-norfolk.org.uk (please give the names of those booking and whether matinee or evening).

Newton Flotman Cinema Evening - Tuesday 19th March - King of Thieves (cert.15)
Newton Flotman Village Centre, Grove Way, Newton Flotman – Bar opens at 6:30pm, film starts at 7:30pm – Adult ticket £4.50, Concessionary ticket £3.50, Family ticket (2 adults & 2 children) £15.00, On the door £5.00 – Contact Christopher Remer on 01508 471580 or christopher.remer42@gmail.com to book.

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 hall offers a meeting room seating 22, which is also suitable for small functions and a hall with semi-sprung wood floor with a capacity of 80 seated and 120 standing. There is a fully equipped kitchen and a full complement of tables and chairs. All areas are fully accessible for wheelchair users. The basic hourly rates are £6 and £10 respectively with daily rates negotiable. To hire phone Christine Goreham on **01508 530823** or email **Wacton.VH@outlook.com**

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