

The Sexton's Wheel

Issue 196

The magazine for the villages of Long Stratton & Wacton



*Wishing all our readers
a Happy Easter*



Please note all information is correct at the time of going to print but due to the Coronavirus please do check with the organisations to see if an event is still taking place

April 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 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

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.



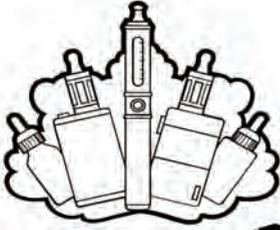
Well here we are again with a quarter of 2020 already behind us and who knows what this month will be like with the Coronavirus taking hold of our country.

Lots of events have been cancelled but as the message says on the front cover we suggest you check with the organisation to make sure the event is still taking place.

The message to everyone is to keep safe and also to make sure any elderly people are cared for.

The Sexton's Wheel Team

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MESSAGE IN A BOTTLE

One of the projects in which Lions Clubs are involved is the distribution of 'Message in a Bottle'.

From childhood we learn of a message in a bottle and on seaside trips would have loved to have found one. These days the Lions' Message in a Bottle containers are out there to be found by police, fire, ambulance crews, emergency doctors etc. who are all aware of the 'Message in a Bottle' Service and know where to look for them if the necessity arises. The small cylindrical container bearing a green cross and the Lions' emblem, can and has saved lives.



It lives in your fridge and it contains all your medical details, allergies, your doctor, emergency contact details, and any other relevant details. A small sticker on the outside of the fridge and another inside the front door at eye level are the awareness location for the responders.

Long Stratton Lions have in recent years been well supported by the local services who have distributed hundreds of them to those whom they consider the bottle service could assist.

If any readers of this article consider a bottle would help them feel more secure or know of anyone they would like one for, we would be pleased to supply it, free of charge of course. The paperwork to supply all the information required, instructions and the fridge and door stickers are in the container ready for use.

If you would like one please contact me; my telephone number is in the centre of this magazine under Wednesday meetings Long Stratton Lions.

Roy Woodhouse, Lion Secretary

CHURCHES OF ST MARY'S, ST MICHAEL'S AND ALL SAINTS' WACTON

All Church services and activities are currently suspended until further notice. This includes Housegroups, Let's Chat, All Saints' Coffee morning and Craft 'n Chat.

Updates will be placed on our FaceBook page.

ST MARY'S CHURCH FLOWER FESTIVAL

Due to the Coronavirus it has been decided to move the planned festival from June to October. It will now be a Harvest Flower Festival and will take place from Saturday 3rd October to Tuesday 6th October. More details later.

LONG STRATTON PAVILION

By the time you read this Long Stratton will have a brand new pavilion building on the playing field at Manor Road.

I thought perhaps you would like to know the history of the playing field ,starting from when it was farm land, part of Home Farm for the Manor House Estate.

On Saturday 4th June 1910 at 2pm, in the Royal Hotel, Norwich, Long Stratton Manor House with all its lands and properties was put up for sale by auction.



Mr William Formby, who lived at The Cedars, put in one bid of £3,400 for Lot 1, which was the Manor House with grounds, stables, two cottages and buildings and Lot 2 which was Home Farm, which was to the rear of the Manor and approached by Flowerpot Lane. The farm was 57 acres with buildings [barns, bullock yard, pig sties but no farm house]. Mr Formby was the only person to bid so became the owner of the land.

In 1940 Robert Formby [William's nephew] sold some of the land to Fred Fisher who lived at Netherton House.

In 1949 this land was sold to the Depwade Rural District Council [SNDC now] for £2,380. The land was then farmed by a tenant.

Then in 1959 the Parish Council, with generous donations from a number of parishioners, bought the land from the DRDC. Although the Parish Council had the land it couldn't afford to develop it into the playing field.

In 1967 2.5 acres were sold to the education department of Norfolk County Council for them to build Manor Field Infant School [opened in 1971] so there was now money to develop the site.

A playing field committee was set up and they supervised the draining, levelling and general layout of the field and pavilion.

The pavilion was erected in 1968. The pavilion cost £730, the base and ground works £1250, so a total of £1980 [and it lasted 50 years so I think the village got value for money].

1969 saw the purchase of a slide, swings, parallel bars and a baby swing at a cost of £299.18s.0d. These were sited at the top end of the field.

From 1970 the football club were charged £1.10s.0d per match for the use of the pitch and showers. In the same year the cricket club was formed and they were charged £15 per season.

On Saturday 30th May 1970 the playing field was officially opened.

June 1970 - Pavilion to be hired out at 5 shillings [25p in today's money] per hour and in July 1970 Parish Council meetings were held in the Pavilion [this continued until about 2000]

In 1971 the bowls club were allocated 44 square yards of playing field to create a new bowling green and this was done by volunteers from the bowls club members.

In 1974 The Registrar of Births, Deaths and Marriages used the Pavilion on a Friday from 1-2pm. This continued until 1980.

1981/82 - car park extended using land purchased from SNDC.

1988 - tennis court built

1989 - Pavilion extended

1988/89 - Playing field extended with land from Sunguard

Children's play area moved to where it is now. Has been fenced and lots more equipment added

2001 - skate park was opened and revamped in 2008

2009 - Muga was built

In 2018 this was how the pavilion looked

In August 1918 it was demolished courtesy of the football club.

2019 saw the beginning of the building of our brand new pavilion and at the end of March 2020 Long Stratton Town Council took over the new building.



I hope everyone enjoys and respects the new building and it will last as long or even longer than the old one.

Lots of this information was taken from Parish Council minutes.

Judith Baker

There will be more pictures and information about the playing field at the VE Day Celebration Picnic in the Park on the 8th May.

If you have any old photos of events that took place at the pavilion and playing field like It's a Knock Out or the fetes with the floats then please do let us know here at The Sexton's Wheel.



Official Secrets

Long Stratton Village Hall
Monday 20th April - 1pm

The true story of a British whistleblower who leaked

information to the press about an illegal NSA spy operation designed to push the UN Security council into sanctioning the 2003 invasion of Iraq

Tickets £5 including refreshments (available on the door)

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

LONG STRATTON DAY CENTRE

Come and join us for a cuppa and a chat either on a Tuesday or a Thursday with our elderly members. Feel free to bring your little ones too.

We also look forward to meeting any new voluntary helpers who could spare an hour or two helping us on either days. This would benefit our elderly members greatly and our registered charity.

Please give Marilyn a call on 01508 535901 to discuss further.

CHURCH ANNUAL MEETING DATES FOR ST MARY,' ST MICHAEL'S AND ALL SAINTS'

Each year the Churches have to hold an annual meeting to elect officers and report on the previous year's business. There are two sections to the meeting - the first section is open to the general public and it is where the church wardens are elected, the second section is for all those on the church electoral roll. The annual meeting dates are as follows:

St Michael's	Monday 20th April	11.00am	St Michael's Church
All Saints'	Monday 20th April	7.30 pm	Wacton Village Hall
St Mary's	Wednesday 22nd April	7.30 pm	St Mary's Church

Refreshments will be served from 7pm at All Saints' and St Mary's meetings.

If you would like any further information please contact Revd. Heather Wilcox on 01508 530238 or rev.heather@btconnect.com

Due to the Coronavirus please do check with the organisations to see if an event is still taking place

LONG STRATTON FOOTBALL CLUB

*Meet our Long Stratton Under 14 Boys, sponsored by Daregal
(Frozen Herb Company based in Long Stratton)*



The players are:

(left to right) back row, R Bell (Manager), Players - Alfie Myers, Kyden Seed Adams, Joel Thomas, Kevin Flaxman (Coach), George Adcock, Sonny King, Ethan Hockham, Logan Harvey, John Hockham (Coach).

(left to right) Front row, Sam Hunt, Joseph Arms, Perry Tooms, Sam Hancock (GK) Dominic Flaxman, Henry Bell (Captain).

Recent results:

Mulbarton	0 - 3	Long Stratton - Goal scorers K Seed-Adams x 2, S King.
Long Stratton	0 - 1	Hellesdon
Heigham Park Rangers	3 - 0	Long Stratton
Long Stratton	3 - 1	Salhouse Rovers – Goal scorers H Bell, D Flaxman, G Adcock

LONG STRATTON LIBRARY

A few changes are currently being made at the Library – most significantly, we’re creating a meeting and activity space, which can be hired and should be available from late spring. This will enable us to host some bigger and more varied events in the future – and if you are interested in using this space, please email libraries@norfolk.gov.uk.

The children’s area has been switched to the other side of the library, and in the adult section we are making some layout changes – thank you for your ongoing patience as we work to get this right.

Just a Cuppa continues to run, every Monday from 11am-1pm, so come in for a cup of tea or coffee, a biscuit and a catch-up with other people from your community.

Opening Hours:

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)	

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MOORE'S MYSTERY TOUR

Thursday 28th May - £20 pp

Come with us on a journey of discovery, meandering through the East Anglian countryside - who knows where we will go [well - hopefully the driver does!]

Trip will include stops for morning coffee and lunch

[not included in price]

Pick-ups

8.30am - Holiday Inn, Ipswich Rd

9.00am - Long Stratton [starting from Ipswich Road]

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07889 811562 or e-mail
busman685@gmail.com for more information and to book your seat/pay

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LOCAL WALK..... MARCH WALK

Finally, it had stopped raining and the sun shone on the first Monday of the month. Eight walkers met in the car park eager to get some fresh air in good company.



This time we set out on foot straight from the starting point, heading up Star Lane and through the Churchfields estate.

The cross field path from Edges Lane was not too muddy and the skylarks were soaring above us. Heading left along the lane towards Church Road we saw the ditches full of primroses and the last of the snowdrops.

A dogleg cross to the track leading towards Hempnall had a large puddle across it. Most found a way round but I waded through as I had worn my trusty wellies!



As we turned right from the track a field was full of 'Clays' most bright orange and some black. It raised much discussion as to their composition. Are they clay or made of hard plastic? Will they bio-degrade or not? (Answers please!)

As we climbed a short hill a hare streaked across, disappearing into the hedgerow. We turned right on reaching Fairstead Lane and right again at Chestnut Loke.

Heading along this pretty track we came out onto the Hempnall Road near to the recycling Centre. Across the road and heading for home. We retraced our steps through the puddle but this time turning right we went further and



turning left cut through St Michael's Churchyard. A wobbly stile was successfully negotiated and another cross field path brought us back to the northern end of the Churchfields. From here we headed through a footpath where a fence was being repaired. I assume a casualty of the recent storms.



Back down the A140 to the centre of the village bemoaning the fact that the teashop doesn't open on a Monday!

Barbara

We meet the first Monday of every month [6th April] in the Long Stratton car park near the toilets at 10am. Everyone is welcome. We always aim to be back in time for lunch.

CARRY-ALL

Mel Rogers

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Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

01508 530524 clerk@longstrattoncouncil.info www.longstrattoncouncil.info



Pavilion

I am pleased to confirm the Pavilion is finally completed; the official opening ceremony will be 8th May 2020 at 12:30pm with refreshments being served from 12pm.

If you would like to make a booking enquiry, please contact the Clerk, 01508 530524, clerk@longstrattoncouncil.info

SAVE THE DATE

Friday 8th May; Long Stratton Town Council will be hosting a VE Day event from 1pm on Manor Road playing fields. We have live music booked throughout the day, a youth football tournament, Long Stratton in 1945, food, a bar, stalls and much more. Will be great to see you there.

If you would like to have a stall please contact me, all are welcome.

Coronavirus

At the Council we are taking the guidance from the NHS website and Public Health England and are washing our hands frequently for a minimum of 20 seconds. However, if it happens that Councillors or staff are required to self-isolate and therefore meetings are cancelled or the office is closed then this will be advertised through social media. I am aware not everyone is on social media therefore I would encourage a call to the office to check that we are open 01508 530524.

Council Office

The office is moving to the pavilion, please feel free to pop in if there is something you would like to discuss. The office opening hours are Monday, Tuesday and Thursday 10am – 2pm, I would encourage booking an appointment by placing a call to the office 01508 530524. This is to ensure the Clerk is available and not at meetings or training.

Becky

Due to the Coronavirus please do check with the organisations to see if an event is still taking place

SEXTON'S WHEEL DISTRIBUTOR/DELIVERER NEEDED

We are looking for a distributor for The Sexton's Wheel who can also deliver some of the magazines.

This involves receiving around 154 magazines each month then splitting these into four batches – three will need to be taken to other people to deliver and the fourth will be for you to deliver [in the Street].

Please contact Ann Lorne on 01508 530987 if you are able to help with this.



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MY FAVOURITE CHRISTIAN FESTIVAL

I'm writing this on a glorious spring day, having been on my daily walk in an attempt to do the 10,000 steps target I've set myself as part of my, much needed, new health regime. After what has felt like a very long, wet and windy winter it has been a real tonic to walk around the local park and to see the crocuses and daffodils, the green buds and the first pink blossoms of Spring on the trees. It reminds me of how blessed and fortunate I am to live in such a beautiful city where I can enjoy God's creation. And it is hard to remember when we are struggling with the Coronavirus threat to health. How easy it is to take aspects of our lives for granted: our home, those we love, our job, our food, our safety and our health.

I popped into St. Peter Mancroft church while I was out (the one near Norwich Market that I always think looks like Thunderbird One is emerging coming from the tower). I love to visit old churches, partly to enjoy the architecture, but mainly to spend a little quiet time of prayer. The peace of a church helps me feel closer to God. I also like to browse the literature on the table usually left by the entrance. I was not disappointed as there were some embroidered crosses that had a poem with them. Two of the verses below really spoke to me:

"When I put my hand in my pocket to bring out a coin or a key the cross in there reminds me of the price He paid for me"

and

"So I carry a cross in my pocket reminding no one but me that Jesus Christ is Lord of my life if only I'll let him be".

Nature, an embroidered cross and a poem all reminded me that God loves us and sent his Son Jesus Christ to show just how much. Easter is my favourite Christian Festival because it is the root of my faith *"God so loved the world that he gave His only Son"* *John 3:16*. It is so important to remember that God loves us so much He sent His only Son to earth: to experience what we experience; to show us how to live and love; to die on a cross to take away our sin; and then to rise again to show us that we too may live again, no matter how unworthy we feel.

I read a story about a gem dealer who was at the Tucson Gem and Mineral Show. He noticed a blue-violet stone about the size and shape of a large potato. He calmly asked the vendor, "You want \$15 for this?" The seller realised the gem wasn't as pretty as the others he had and lowered the price to \$10. Later the stone was certified as a 1905-carat sapphire worth \$2.28 million. It took a lover of stones to recognise the true worth of the sapphire. Just as Jesus proves time and again throughout the Bible and in the thousands of years that have followed that he was a lover of our souls and recognises our true worth.

So I hope this Easter, as we eat our Hot Cross Buns and Easter Eggs, we are reminded of the love God has for us and the gift of new life promised Jesus has given to all who accept Him as Saviour. I wish you all a healthy and happy Easter.

Malcolm Simpkin - Long Stratton Congregational Church

Ten2Ten Service is coming back!

Returning to St Mary's Church
Sunday 10th May

This 40 minute interactive service is designed for all ages, but is particularly suitable for families with younger children

Lively worship

Bible Stories

Interactive prayers

Ten2Ten meets every 2nd Sunday of the month @ 9.50am - it's in the name

Come along and give it a go.

ALL ARE WELCOME

And enjoy the doughnuts and fresh coffee/juice at the end too...



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LONG STRATTON MEDICAL PARTNERSHIP

Relentless pressure on primary care services continues and GP recruitment remains a significant problem. Our patient population's health needs are changing with an increasingly ageing population and a shift of care out into the community.

Nationwide primary care is rising to these challenges and continuing to diversify into multidisciplinary teams who together can provide a high level of clinical care. There are moves to work more corroboratively with neighbouring practices and to recruit health care professionals tailored to our individual population needs.

At LSMP we are continuing to upskill and broaden our clinical team. Our HCAs and practice nurses regularly attend training to continue to widen their skill mix and develop specialist skills. We already run the highly successful over 75s team and many of you will know Stuart Coxon whose main focus is the care of our elderly population, including those in care homes. Tom Crawshaw is part way through his training to be an Advanced Nurse Practitioner to develop his role in the team here. He has a range of skills, with a particular focus at this stage on acute and chronic illness, and with an eventual aim of being a nurse prescriber. We would also like to welcome Carl Thomson to the team. Carl has worked as a paramedic for the last 11 years. Like Tom his role will be broad, seeing both acute and chronic illness. They will also be undertaking home visits when necessary.

We hope that in the future we will expand the team further perhaps employing clinical pharmacists, physiotherapists or mental health workers who could all offer multiple skills to the mix.

Dr Lara Douglass

Message from our Patient Participation Group

We would like to invite you to our "Heart Health" information evening at Long Stratton High School on **Thursday 23rd April** from 7pm – 9pm. This evening will be supported by Norfolk Accident Rescue Service (NARS) who will do a presentation on Bystander CPR at the beginning and end of the evening, with a talk in between from a cardiologist and rehabilitation nurse. We will also have training manikins available to anyone that would like to practice cardiopulmonary resuscitation (CPR) during the coffee break. Everyone welcome.



LONG STRATTON THURSDAY CLUB

In February for the third month our meeting was food themed. Wiltshire Farm Foods gave a very interesting and informative talk on their food preparation, delivery and service for the people who use their company. Following on members sampled several dishes and Val gave a vote of thanks.

At our March meeting we welcomed Peter and Heather Metcalf who gave a talk on some Coaching Inns of the Waveney Valley. Jean gave a vote of thanks.

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Tel:01379 871168 Email: susan@susanwhymark.co.uk

www.susanwhymark.co.uk



WEEKLY EVENTS

MONDAY ACTIVITIES	VENUE	TIME
Knitting & crochet group	Long Stratton Librray	11am - 12.30pm
Long Stratton & District Men's Shed	Call Barry [01508 532280] or Richard [07548 030482] for venue	2pm to 4pm exc Bank Holidays
Short Mat Bowls	Coronation Hall, Great Moulton - Peter Grant 01508 536753	2 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
Yoga [all abilities]	Long Stratton Village Hall Contact Neil on 07798 718492	7.30 pm to 8.30 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
Long Stratton Jogging Club	Swan Lane Medical Partnership contact 07926623741 for more info	6.30pm
Long Stratton Youth Cafe	Methodist Church term time only	7pm to 8.30pm
Stratton Community Choir	Mayfields Care Home	7.30 pm
Creative Singers in Wacton	Wacton Village Hall	7 pm to 8.30 pm
Youth Cafe [Year 5 onwards]	Methodist Church term time only	7.15 pm to 9 pm

WEDNESDAY ACTIVITIES	VENUE	TIME
123 Toddler Group	Methodist Church term time only	9.15 - 11.15 am
Line Dancing	Long Stratton Village Hall	12.30 - 1.30pm beginners 1.30 - 3.00pm main class

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 12 noon
Short Mat Bowls	Coronation Hall, Great Moulton - Peter Grant 01508 536753	2 pm
Long Stratton Jogging Club	Swan Lane Medical Partnership contact 07926623741 for more info	6.30pm

The Sexton's Wheel

M	T	W	T
		1 Wacton Parish Council Wacton VH 7.30pm	2
6 Local Walk - <i>see page 13</i> Long Stratton Town Council 7pm - Pavilion	7 Coffee Morning Wacton Village Hall 10.30am <i>see page 26</i>	8 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue	9 MAUNDY TH Tharston & 7.30pm V
13 EASTER MONDAY	14 Sunflower Cafe, Mayfields 10am - 01508 535500 Diabetes UK Wymondham 2pm - Wiltshire Farm Foods - Fairland Church NR15 0AW - 01953 607494 Diggers & Dibblers Gardening Club, Forncett VH 7.45pm 01508 489181  Forncett Diggers and Digger	15	16
20 St Michael's Church annual meeting 2pm in Church <i>see page 9</i> Film Afternoon 'Official Secrets' Long Stratton VH <i>see page 43</i> All Saints' Church annual meet- ing 7pm for 7.30pm in Wacton VH <i>see page 19</i>	21 Coffee Morning Wacton Village Hall 10.30am <i>see page 26</i> Newton Flotman Evening Cinema, Village Hall - '1917' 7.30pm 07745760382 or william.ball@outlook.com	22 St Mary's Church annual meeting 7pm for 7.30pm in Church <i>see page 9</i> Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue	23 Heart H LS High <i>see p</i>
27 St George's Dementia Support Group 10am - Upper Stoke Holy Cross NR14 8ND - 01508 493661/492938.	28 Wacton Games afternoon 2pm <i>see page 26</i>	29	30 Harlesto Mansor 2pm & 01379 8 lesleyrock@

April 2020

T	F	S	S
	3 Wacton Social Club <i>see page 26</i>	4	5 PALM SUNDAY
THURSDAY & District WI Wacton VH	10 GOOD FRIDAY	11 Easter Bingo - LS Village Hall Doors open 7pm Eyes down 7.30pm In aid of LS Football Club	12 EASTER SUNDAY
	17 Wacton Social Club <i>see page 26</i>	18 Bric-a-Brac Sale Forncett Village Hall 10am- 12noon - <i>see page 39</i>	19
Health 7pm h School <i>page 19</i>	24	25 Messy Church St Mary's Church 9am <i>see page 32</i>	26
n Cinema, ic Rooms . 7.30pm 354897 or @keme.co.uk	1 MAY	2	3

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WACTON VILLAGE NEWS

WACTON GAMES AFTERNOONS

The last scheduled games afternoon will be on Tuesday 28th April in Wacton Village Hall from 2-4pm, to play board games, card games, jigsaws etc. or simply come and have a chat over tea and biscuits. We have some games but if you have a favourite, please bring it along. We look forward to seeing you. Contact Caroline Squires on 01508 530111 for further info.

CREATIVE SINGING GROUP

The Creative Singing Group will meet in the village hall as usual every Tuesday evening from 7pm through to 8.30 p m.

For further information call Louise Tingley (Professional Voice coach) --- 07765 920390

WACTON SOCIAL CLUB

Wacton Social Club is on the 1st and 3rd Fridays of each month. New members very welcome. Doors open 7pm – 11pm.

Dates for **April** are the **3rd** and **17th** this month. Doors open at 7pm at Wacton Village Hall new members are very welcome.

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.

COFFEE MORNINGS

Coffee mornings are held in the village hall on the first and third Tuesday of each month from 10.30 a m -- everyone welcome. **Dates for April are the 7th and 21st.**

For further information contact Caroline Squires on 01508 530111. *Caroline and Rita*

WACTON FOOTCARE

The next session of Wacton Footcare will take place in the village hall as usual on **Monday 20th April.**

For further information call Clare (Footcare Specialist) --- 07785 295358

For an informal chat / further information or to cancel an appointment please call Rita Day --- 01508 218407

ALL SAINTS' CHURCH

All Church services have been suspended due to the Coronavirus.

Our monthly coffee morning on **Easter Saturday 11th April** has been cancelled and also the April Craft and Chat.

Date for your diaries is Friday 5th June when Last, Will & Testament will again be entertaining us in Church - more details next month.

LONG STRATTON SCOUT GROUP



1st Long Stratton Beavers

Our Beavers had a brilliant time on their recent Chinese New Year Sleepover. The evening started with some yummy dinner, we enjoyed sausages, mashed potato & beans but had a Chinese starter of vegetable spring rolls & prawn crackers. This was followed by fruit & cake for dessert. Then it was down to activities and our Beavers got busy trying to bake fortune cookies! They may not have turned out looking like traditional Chinese fortune cookies but they were yummy to eat all the same! Then the Beavers had some games including Chinese Dragon Fireball followed by Chinese Whispers. They also learned a few words in Mandarin & decorated their own scratch art dragons.



They had to have a little bit of sleep after some bedtime stories with hot chocolate. Everyone was tired after all the fun! In the morning, the Beavers had cereal & bacon rolls for breakfast. This was followed by busily making Chinese Lanterns and Traditional Chinese Hand Drums to take home.

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The next **Messy Church** is on
Saturday 25th April
from 9am until 10.45am and
will be at **St Mary's Church**
note new venue

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

We finished the sleepover by investing three new Beavers into our Beaver Colonies. Building resilience is an important part of the Scouts Skills for Life programme and one way to achieve this is spending a night away from home! We took 23 Beavers on our sleepover, 16 of whom achieved their First Nights Away Badge – a great achievement – and the other seven achieved their Second Nights Away badge!

We can't wait to go away again in the summer term! Sound like fun?

Why not come along and join in? Either as an adult volunteer or a young person! Beavers is for boys and girls aged 6 – 8 years old. If you are interested in finding out more please contact us through the 1st Long Stratton Scout Group Facebook page www.facebook.com/1stlongstrattonscoutgroup or contact Peter (Group Scout Leader) on pta.thurston@tiscali.co.uk or 01508 531100.

EXPLORERS⁺

'Tents around Town' Challenge

Our Explorers were challenged to go out into the community, and use their communication and teamwork skills in the 'Tents around Town' challenge. Building resilience is an important part of the Scouts Skills for Life programme and one way to support this element is by achieving something as a team. The Explorers' task on this evening was to take photos of a tent pitched in various places around the town (with permission of course) – with the added challenge to think of fun or interesting locations for the photos.



We were impressed with the results as the Explorers only had a short amount of time for their challenge. They made a good effort with their photos ranging from local businesses such as the local supermarket and takeaway, to the local Church and outside the schools. Some great creative ideas and good teamwork was shown. We are looking forward to repeating this challenge with a few extra tasks thrown in during

the summer when we can take it to the next level! Who knows where our tents might pop up next?

Explorers are the fourth section in Scouting for young people (boys & girls) aged 13 ½ to 17, and our Long Stratton Explorers meet alternate Monday evenings.

If you are interested in finding out more please contact us through the 1st Long Stratton Scout Group Facebook page www.facebook.com/1stlongstrattonscoutgroup or contact Peter (Group Scout Leader) on pta.thurston@tiscali.co.uk or 01508 531100.



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Wacton – Hyperfast full-fibre update from County Broadband

Following a fantastic uptake of our new Hyperfast full-fibre broadband service in the village, we are now formally announcing our intentions to start building the future-ready network in Wacton. This is part of a major project being funded by a private £46 million investment which will aim to offer full-fibre broadband to 20,000 homes by the end of 2020.

County Broadband engineers will shortly be in the village conducting surveys and design work, ahead of a construction project which will enable homes to receive a connection.

It is estimated that designing, planning and building the network and connecting customers will take about nine months and we will aim to provide communications updates as we progress with our project.

As we build our new network in the village, we will aim to connect all homes and businesses who have pre-ordered a connection. Because this is a community project, we will offer facilities, like village halls, a free 300mbps full-fibre broadband service and installation, free of charge, to benefit the village and its residents.

Whilst we are undertaking our planning, design and build works, we will continue to offer a free standard connection opportunity worth £225* to everyone living in the village, in case you decide you'd like to get connected to future-ready broadband. This opportunity will close once we have finished building the network. After this point, when you need to access Hyperfast fibre broadband in the future, you'll need to pay a connection fee.

If you haven't yet placed a pre-order please visit www.countybroadbandfibre.co.uk/futureready and enter your postcode, alternatively give us a call on 01376 562002 and place your order over the phone.

*Terms and conditions apply to the free connection offer, please visit www.countybroadbandfibre.co.uk/legal for more details.

SOUTH NORFOLK COMMUNITY AWARDS 2020



Do you know a special person or support group who makes a difference in their community?

Give them the recognition they deserve and nominate them for a South Norfolk Community Award by Friday 22 May 2020.

For more details and to nominate visit: south-norfolk.gov.uk/champions

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WHERRY VOLUNTEERS NEEDED



Wherry Yacht Charter Charitable Trust (WYC) is delighted to announce a summer programme of over forty days' of sailings between May and September (full details at wherryyachtcharter.org). In addition we offer wherries for charter and have one of our two pleasure wherries on view at How Hill throughout the five month summer season. None of this can be achieved however, without the essential input of our volunteers.

If you are physically active, we are always on the lookout for new crew members to help sail our fleet of five historic wherries. No previous experience is necessary, as full training is provided, and the amount of time you commit to us is entirely up to you.

If active crewing on our sailings isn't for you, then equally valuable are our team of Viewing Guides. Our pleasure wherry Hathor will be moored at How Hill from 3rd May onwards and we desperately need more people to welcome visitors on board. If you enjoy sitting beside the river on a summer's day and chatting to people, this could be just the role for you!

Without our friendly and dedicated team of volunteers, these historic wherries would be lost from our waterways. Our programme of sailings and our 'on view' days provide vital funds to keep these beautiful vessels in sailing condition. An average 'on view' day brings us over ten times more donations than a non-viewing day.

If you are interested in finding out more about any of our volunteering opportunities, please contact pam.taylor@wherryyachtcharter.org or phone 01692 670311 (daytimes only please). Training for all volunteer roles commences in early May.



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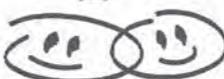
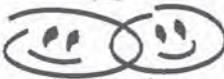


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LONG STRATTON EARLY CHILDHOOD & FAMILY SERVICE

Norfolk's Early Childhood and Family Service is for all parents and carers with children aged 0-5 years.

How and where you get support will depend on what you need.

Everyone will be able to:

- Get help online.
- Chat on the phone or online.
- Visit the local library to get information, weigh their baby or join in with Bounce and Rhyme sessions.

At Long Stratton ECFS Base NR15 2XR from April 20th we have:

Baby Days (for parents and carers with non mobile babies) Mondays 10 – 11.30 am

Outdoor Explorers for (for parents and carers with 0-5s) Tuesdays 1.30 – 2.30 pm

Easter Holiday Sessions - Outdoor Explorers Spring Time Garden Party! (for parents and carers with 0-5s) 7th and 14th April 1.30 – 2.30 pm

For more information: Tel: 0344 800 8020 Email: ECFS-Families@actionforchildren.org.uk

Web: www.norfolk.gov.uk/earlychildhood Or follow our Facebook page for our new programme <https://www.facebook.com/ECFSSouth/>

LONG STRATTON YOUTH CAFE

Come along to Youth Cafe from Year 5 upwards 7-8.30pm Tuesday nights during term time at the Methodist Church Long Stratton. £1.50 entry fee (1st time is free).

We have a PlayStation 4 with gaming chairs, Xbox 360, Pool table, Table tennis, Air hockey table etc plus a tuck shop.



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LONG STRATTON & DISTRICT WI

Our February speaker began by saying that if any of us had received blood whilst in hospital then it was very unlikely we would have been aware of how it had been on site when needed.

He was one of the Services by Emergency Response Volunteers (SERV) who transport platelets, blood samples and breast milk for new babies and blood transfusions overnight to reach the region's three main hospitals. Since 1981 this has no longer been done by the emergency services out of hours so Blood Bike Groups were set up around the country to deliver vital products to hospitals, cutting costs on taxis and couriers for the NHS. The men and women riding Norfolk Blood Bikes through the night are all volunteers.

There are lots of opportunities for W.I. members to learn new things, through talks by our monthly speakers, through our own college in Oxfordshire or courses run locally. In February Bonnie and Louise spent an enjoyable day at a watercolour workshop and on another day Helen had tutoring on getting the best from her iphone.

We also enjoy days out and have two or three outings planned for the summer as well as our monthly lunches at interesting venues.

Further information can be obtained from our secretary Mrs.Shirley Housden on 01508 531154.

The Borderhoppa 2020 outings leaflet is now available



We have many trips arranged throughout the year including pub lunches, garden centres, the coast, mystery tours, boat trips and many more.

You can pick up a leaflet at your local library, information centre, GP surgery, from one of our drivers or by calling the office and we'll post one to you.

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LONG STRATTON 2020 CALENDARS

We would like to thank everyone who sponsored a month in our calendar and also the businesses that had them on sale. And of course everyone who bought one. We made a profit of £696 for Church funds.

*Thank
you!*

As reported in the March issue we need your help in deciding whether we produce one for 2021. Basically there are three questions:

- 1 should we produce a calendar?
- 2 if so did people like the size of the 2020 calendar or should it be different?
- 3 what theme should we do for 2020?

Please contact us using the details on the inside back cover.

CHURCH SERVICES - APRIL

St Mary's Church, St Michael's Church and All Saints' Church

All church services have been suspended due to the Coronavirus.

Please check out our FaceBook page for up to date information
or contact Revd Heather Wilcox - details on page 2

Congregational Church

All church services have been suspended due to the Coronavirus.

For further information contact
June Braddock - details on page 2

The Long Stratton & District Men's Shed

The group are currently building their shed in Tasburgh and are looking for new members to help them get this space ready to use as their workshop

We meet every Monday 2pm to 4pm [excluding Bank Holidays]
Please come and support this exciting new project. All welcome.

For further information and where it is please call Barry 01508 532280
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