

The Sexton's Wheel Issue 211

The magazine for Long Stratton & Wacton



August 2021

Long Stratton Village Hall - Booking Information



The hall can be booked as follows:

Via our facebook page, search Long Stratton Village Hall
Via our website www.longstrattonvillagehall.org.uk
Email us at longstrattonvillagehall@outlook.com
Call Kirsty Dye on 07986942804 and leave a message
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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 wact

Church Contacts

St Mary's, St Michael's & All Saints'

Revd. Heather Wilcox 01508 530238
rev.heather@btconnect.com

Congregational Church

June Braddock 01508 470701

Church Parish Office

The Parish Office is situated at the Rectory, 8 Flowerpot Lane is currently not staffed, but we are available for enquiries at anytime. Please ring the doorbell (by the front door) or ring 01508 530238 for all enquiries.

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 (01508 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.



Some new articles to look out for in this edition like the British Legion on page 11, community awards on page 19, Broadband at Wacton on page 23 and a history of ECFS on page 27.

The Sexton's Wheel Team

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THE HOLIDAY DILEMMA

We could see their dilemma through our motorhome window. Pitched at the campsite on the shores of Derwent Water in the Lake District, we had a ring-side view of 2 parent swans with their 6 cygnets, 25 metres away on the beach.

Many campers had tossed supper of wild bird seed (never feed wildfowl with bread), and the family were going back down to the water to swim home to their warm, cosy nest for the night. But the problem was that one of the cygnets couldn't move! We could see it trying to get to its feet in vain with an expression on its face which was shouting, "Help! Wait for me! I can't move!"

For nearly an hour and a half, the parents came back and forth, circling round to cajole and protect it from the cool wind. One other cygnet even came up beak to beak trying to encourage the injured cygnet to move. One parent with 5 offspring travelled to the water's edge, but the other parent would not follow and stayed with the suffering one. To leave would mean its certain death, not surviving the cold night wind and no doubt the predators which would be around. And yet to remain and protect the one would mean the remaining 5 would be at risk themselves, away from the safely positioned nest.

Eventually the inevitably sad decision was made around 9.30pm and the 2 adults entered the water with their 5 healthy offspring setting off for safety leaving the injured cygnet to its natural fate ...

As soon as they were gone, 3 humans swooped with warm towel, fresh water, bird seed and a telephone call to the local wildlife sanctuary, who came the next morning with transport to where it could receive medical help (the bird had broken its upper leg).

The Swans' no doubt, heavy hearted decision, was not the one made by the Shepherd in Jesus' story. He had 100 sheep to protect, but left the 99 to search for and rescue just one of his lost lambs. Jesus' parable gives the world a picture of His Love and the lengths that God will go to rescue just one human being who has lost touch with Him. Are you that one? One who needs to call out "Help! I need You to rescue me from the mess I've got into! God has promised to hear and come for anyone who calls on Him for Rescue. You might be in a dilemma whether to Trust God or not. Is He real, capable, willing? Am I worth His Care? ...

My answer to all those is a resounding YES!

If you don't believe me, try Him; honestly and humbly put God's Promise to the test. I've written this piece before the decision about Freedom Day is made. The government has a dilemma on when our holiday dilemmas would end concerning vacation or staycation. But those are nothing compared to the Dilemma Sorted, when one lost soul like you, decides to seek God for the Rescue so desperately needed. Have you sorted this dilemma yet?

Rev Ian Jones – Congregational Church



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Our Beavers have been busy with some nature themed activities which took them off to the woods to explore! They began by looking for different types of animals & insects that might live in the woodland habitat. Then, some of our Beavers had a go at some Nature Art, while our other group of Beavers were set off to follow a trail in the woods. The following week, our Beavers made some fantastic Bug Hotels for their gardens at home re-using plastic bottles & some natural materials collected at the woods.



Our Cub Packs have been working on their Outdoor Challenge theme. One of our Cub Packs has been on a hike round the village, which the Cubs had route planned themselves. They have then been learning how to pitch tents, how to tie reef knots & clove hitches and completed some nature sketching. Our other Cub Pack have learnt some basic tracking skills before taking to the woods to try out their knowledge by following a tracking trail through the woods. They also had a wide game in the woods and made their own bug hotels too.

We've had the pleasure of presenting lots of Top Awards in the summer to our young people & recognising their effort in all the challenges they are set. Well Done to Brandon, Zak, Aiden, Oscar, Leon, Howard, Felix, Josh, Jenson, and Jacob for achieving their Bronze Chief Scouts Award from their time at Beavers. And Well Done to Rafe, Noah, Edward, Dylan, Marcus, Ethan, and Nathan for achieving their Silver Chief Scouts Award from their time at Cubs.

Congratulations also to David – one of our Assistant Scout Leaders – on receiving his 5 Year Service Award recognising all his volunteering with us during that time. And Congratulations to Lisa – our Explorer Scout Leader – for receiving a Chief Scouts Commendation Award for Good Service recognising all the fantastic work she does with our Explorer Scout Unit.

Lisa says "Volunteering with Norfolk Scouts has been good for me because it's allowed me to find myself by losing myself in the service of others. Watching young people grow, taking skills you've taught with them, is the most satisfying experience ever! It could be #GoodForYou too!"

www.norfolkscouts.org.uk/join

If you are interested in finding out more about volunteering with the Scout Group, or know a young person who wants to get involved from September, then please either message us via our Facebook Page - www.facebook.com/1stlongstrattonscoutgroup or email pta.thurston@tiscali.co.uk

Peter, Group Scout Leader





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2nd Long Stratton Brownies

In July, most of our Brownies and a couple of the older Rainbows joined together for a Brownie Fun Afternoon, starting with a picnic lunch at the Congregational Church field. We then spent the afternoon on various crafts; decorating a sea themed wooden keyring, making a dolphin or seahorse mobile, a seahorse weaving kit, making an edible 'owl' cake to eat, and decorating an owl suncatcher.

In between all the crafts, the Brownies played games like 'Fishes', 'Tadpole' and an Owl Themed Beetle Drive Game. They finished the event with a few Brownie songs. At the end of the afternoon, all the girls received a Seahorse and an Owl Camp Blanket Badge. At the end of the summer term, we were pleased to enrol 4 new Brownies – Isla, Mollie, Ellie & Hannah into our Brownie Pack. We hope they will enjoy their time with us at Brownies.

Well Done to Amy who has gained her Charities Interest Badge and completed her Brownie Take Action Theme Award. Congratulations to all the Brownies who gained their Explore – Stage 2 Badge over the Summer Term.

... Brown Owl





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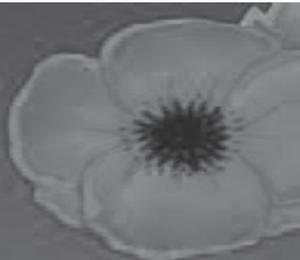
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THE ROYAL BRITISH LEGION



Hello to all you readers of The Sexton's Wheel, our excellent local magazine.

My name is John Roberts and I am chairman of the Dickleburgh and District branch of The Royal British Legion. The Dickleburgh branch also covers Long Stratton and its surrounding villages which until a few years ago had its own branch and for many years a thriving women's section. Long Stratton had to close due to dwindling membership and remaining members were invited by the RBL membership committee to join the Dickleburgh branch, which several of us did, including myself, and later my wife. The Long Stratton Army Cadets are affiliated to our branch and prior to lockdown had been involved in our activities, we look forward to welcoming them back soon. We also have service veterans (or their widows/widowers) here in the town who are members of our Bun, Cuppa and Chat group which meets once a month and which we hope to resume as soon as possible - it has been sadly missed since lockdown.

My reason for this piece is to see if any of you would like to join the RBL and in so doing help our armed forces family – that is anyone who has served in our armed forces, whether regular, territorial or national service, or their dependants. Our main fundraiser is the Poppy Appeal which is done through the holding of various events and using collecting boxes in schools and business outlets. We are currently looking for voluntary Poppy Appeal Organisers (PAOs) for Dickleburgh and Long Stratton, these posts do not have to be Legion members although they frequently are. You do not have to have been ex-military to join the RBL.

If you interested in joining us, or know of any local veterans who need help or would like to be involved in our Bun, Cuppa and Chat get togethers, please contact **myself on 01508 531492 or our secretary, Rosemary Steer on 01379 854245**
Thank you for taking the time to read this.

John Roberts
Chairman
Dickleburgh and District Branch, Royal British Legion



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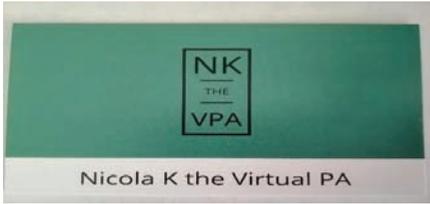
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Neighbourhood Plan

I am pleased to announce that the independent examiner from IPE has passed the Neighbourhood Plan. At the time of writing this article Long Stratton Town Council are awaiting cabinet at South Norfolk District Council to approve the plan to go to referendum. This is very exciting and indicates the end of a long process and a lot of hard work by all involved. More information will be placed on the website as and when it becomes available and watch this space in the next edition of the Sextons Wheel for further updates.

Swan Lane toilets & Pavilion external toilets

Thank you for all your patience with the opening of the external toilets. At the time of writing the staff at Long Stratton Council with the help of Councillors are undertaking locking, unlocking and cleaning of the toilets. We are looking to find an independent contractor for cleaning, sadly the original contractor we had in place had to rescind their offer. I would ask for your help in keeping them nice. Since they have been open, staff have been subjected to some unpleasant findings, which is not acceptable, and in future the toilets will be locked until a professional deep clean has taken place, which will come at a cost. We have also found toilet rolls shoved down the toilets which is mindless vandalism.

New member of staff

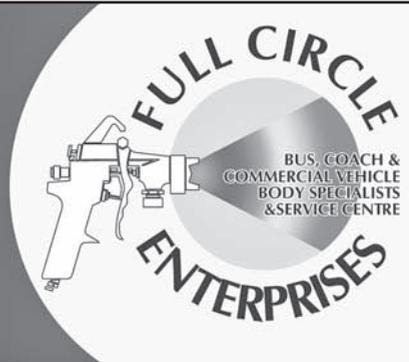
I am pleased to announce we have a new member of staff, Shirley, who is a local resident and was appointed as caretaker of the pavilion, and Long Stratton Town Council welcome her onto the team.

Pavilion

We are open, hooray! If you would like to check out the community room for a little one's birthday party, or a regular group or a special event, then please come along and have a chat with myself or a member of the team and we will be happy to help you.

Next meeting is September 13th at 7pm in the club room.

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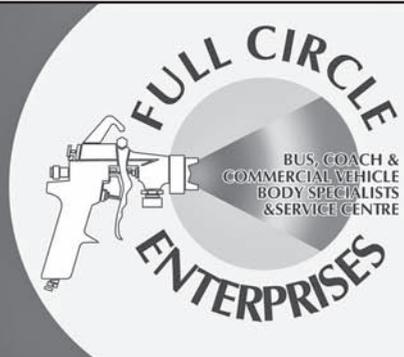
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WACTON VILLAGE NEWS

Broadband for Wacton

Properties at the top end of Wacton Common and the edge of Great Moulton are now live with B4RN not for profit community fibre broadband and are experiencing the fastest rural broadband speeds in the world!

The community got together and looked at the various aspects of technical, financial and long-term exposure to select a rural broadband supplier, considering it was important to do the best for every member of the community.

First consideration was reliability, a major problem with the present broadband over the telephone network. The conclusion, if possible, considering the rural nature, was that the new glass fibre network must be underground with no part of the network running along any telephone poles.

B4RN met the criteria of a full underground fibre network to the property and were actively working to connect businesses along Frith Way under the Government Single Business Voucher Scheme. B4RN, being a community broadband supplier, use volunteers to assist in the establishment of the network and this has been the extremely interesting and fun part of the project, all working together for the common goal. It's been amazing to discover the skills, knowledge and camaraderie that is in our small rural area, with people from many local villages helping each other. B4RN have been community financed along with the Government voucher scheme and have built a considerable, robust broadband network to rural communities. Being financed this way and a not for profit Community Benefit society, means a lower end price for a top end service.

Most broadband suppliers have locked in contracts, throttle the speed and have a tiered charging structure - 30Mbps cost £X amount, 50Mbps costs £X plus £Y amount etc. even though the connection can run faster. B4RN simply supply the full speed of their connection transceiver, 1000Mbps for just £30 per month. Another plus is no long term multiyear locked in contracts, with B4RN the connection can be terminated with a months notice.

The B4RN network as installed could easily be expanded into Wacton and surrounding rural locations, all it takes is a little bit of willingness and work within the communities.

Sallow Lane Broadband Community.

Wacton Footcare The next session of will take place on monday 6th September.

As before, anyone who already has an appointment will be contacted and their appointment confirmed beforehand to avoid any confusion on times etc.

Should anyone be considering a 1st appointment for Footcare please feel free to contact either of the contact numbers below for further advice, and/or an appointment.

The contact numbers are

Clare (Footcare Specialist) --- 07785 295358

Rita (to cancel an appt. or for further information) --- 01508 218407

Men on Wacton's Roll of Honour

by Robert Maidstone

This month we look at:

EDWARD WILLIAM FREDERICK BROOKS

Private 41914 The York and Lancaster Regiment

Private G/52448 2nd Battalion Middlesex Regiment

Edward Brooks was the fourth child of Thomas and Jane Brooks of Wacton and born in 1892. Thomas may have been an employee of Denis Alexander and may have been living at what's now known as Brett's Manor on Wacton Common, then owned by AR Alexander of Hardwick Hall. The Brooks family subsequently moved to Grange Farm house by 1901, another of AR Alexander's properties, and farmed by Denis Alexander. In the register of electors for 1910 Thomas is successive Common Road to the Common, so it suggests he moved back to the Common, this time the last house on the left behind the big pond.

Edward was working as a yard man on a local farm before he signed up with the York and Lancaster Regiment and was soon sent to the front.

He was then transferred to the 2nd Battalion of the Middlesex Regiment that formed part of the 8th Division, and took part in the Third Battle of Ypres which began at 3.50 on 31st July 1917, and it would appear Edward was one of the first casualties.

He is buried at the Tyne Cot Cemetery which was established in Oct 1917, and after the war it was enlarged with 11,500 burials from smaller scattered burial sites and it looks as if Edward was one of these. His memorial gives only his initials E W F Brooks.

CALEB COLEMAN

Private 23559

2nd Norfolk Regiment

Caleb was born in 1893 and was the first son of William and Ellen Eliza Coleman of Aslacton and moved with the family to Bunwell in 1911 for at the at time, aged 17, he was a clerk with the railway company. Their family then moved to the Croft at Wacton as from there he is shown as an absent voter NM in 1918 and 1919.

The only record of his service appears to be the medal card which does not show him receiving the 1915 Star so one must assume he entered the war at a later date.

It looks as if his parents had moved back to Aslacton by 1920 at which time Caleb married Catherine Wilson. I cannot find further information about Caleb.

CLARENCE COLEMAN
Ordinary Seaman Z7078
Royal Naval Volunteer Reserves

Clarence was the youngest son of William and Ellen Eliza Coleman, he was born in 1900 at Steeple Road, Aslacton. By 1911 the family had moved to Bunwell but soon moved back to Aslacton from where in 1913 they moved to the Croft at the corner of Wash Lane, Wacton.

He enlisted on 2nd November 1917 into the Royal Naval Volunteer Reserves no Z 7078. After basic training he was posted to VictoryVI as an Ordinary Seaman on 7th January 1918. He was then moved to Halcyon as an 'O Tel' which I assume means he was in a telegraph or telecommunications post which he held through his service on Pembroke I, and Pekin, before returning to Pembroke I in April 1919. These postings were on shore based establishments from where he was demobilised on 15th May 1919.

He does not appear to have returned to Wacton but married Nettie D Stimpson in the Depwade District in 1924. Clarence died in 1968.

[If anyone has further information about any of these men, or would like details of the family I can be contacted at robertwmaidstone@gmail.com]

Come and join us for.....

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



The above Messy Church will be held in St Mary's church



Long Stratton Messy Church

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

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SAT 09.00-13.30



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2. PPE IS WORN
3. STAFF ARE COVID TESTED 2x WEEKLY AND CHANGE INTO SCRUBS ON ARRIVAL TO AVOID CROSS CONTAMINATION
4. PATIENT TEMPERATURES ARE CHECKED ON ARRIVAL
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6. HAND SANITISER & SCREENS WITHIN THE PRACTICE



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Early Childhood & Family Service

152 years of helping families and children and still going Strong

It was just after 10am on a bright sunny day in Central London on Friday 9 July 1869 when a tall man wearing a black frock coat and carrying a top hat turned the handle and opened the door of 8 Church Street, Lambeth and entered.

His name was Thomas Bowman Stephenson and he was 29 years old. He was taking possession of the first of many Children's Homes. Earlier in the year two friends of Thomas Stephenson, Francis Horner and Alfred Mager, had shown Stephenson the plight of homeless children around Lambeth who were neglected, shoeless, ragged and miserable. Together they recognised that street children needed a safe home and within only a few months were successful in raising the funds to rent the Church Street property. Thus began this great children's charity, subsequently named the National Children's Home (NCH) which became Action for Children in 2008.

Thomas Stephenson was the son of a Methodist Preacher and was born in Newcastle in 1839. His childhood was a very loving but austere one as the family struggled financially. Thomas, unsurprisingly, followed his father into the Methodist Church and started his life as a Preacher at St Peter's Chapel in Lady Lane, Norwich.

Our founder is often seen as a middle-aged philanthropist and a typical Victorian gentleman however nothing could be further from the truth. Thomas was a charismatic personality - young, energetic and a real 'trendsetter'. He left Norwich and went north to Lancashire and it was here that his attention was first drawn to the welfare of children who were working in the cotton mills. He championed their cause, drawing attention to the poor and dangerous working conditions in the Mills. His preaching and new modern ideas attracted the attention of a chapel in London who 'head-hunted' him to help their struggling congregation. He developed an open-air service and with his fine baritone voice, his singing drew in large crowds. He was a young, dynamic man who had a clear vision of what needed to be done.

150 years later problems/hardships still exist for families and children in a similar way to Stephenson's pioneering project. We at Action For Children continue to support houses which accommodate and support homeless young people across the country. In Norfolk, AFC runs The Early Childhood & Family Service on behalf of Norfolk County Council, where we can provide professional 1-2-1 family support in the home or at our bases in Long Stratton and Diss. We also offer parenting classes, family learning, groups & sessions, information & signposting. Since COVID we have delivered a great online offer with Cook-a-longs and family activities and learning videos on our YouTube channel, App and social media sites.

We're here for your family.

To get in touch see pages 28 and 29.

Activity Programme

April to September 2021

Free online 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 online activities and groups that are available to families with children aged 0 to 5 years.



Early Childhood and Family Service

e 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. Best suited to babies who are not yet walking.

Toddler Days Live Online

Six weeks of free online sessions for under 5s with their parents/carers. A chance to meet other parents, talk to knowledgeable staff and take part in fun, learning activities.

Baby Massage Live Online

A free five week course introducing massage strokes that can help with colic and support you and your baby to feel more relaxed, whilst strengthening your bond.



Register at

tinurl.com/ECFSevents

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

If you would like to join but need help with technology, or you don't have a suitable device, please [contact us](#) on 0344 800 8020 to see how we can help.

Need extra help or someone to talk to?

We are here to help with things like:

- Becoming a first time parent
- Bonding with your child
- Parenting challenges
- Mental wellbeing
- Healthy relationships
- Learning through play
- Communication & language development

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



Online form:

www.tinurl.com/ECFSHelp

Email:

ecfs-families@actionforchildren.org.uk



New videos or themed activity posts every day at [facebook.com/EarlyChildhoodFamilyService](https://www.facebook.com/EarlyChildhoodFamilyService)

Videos also on our [You Tube channel](#). First view on the day/time shown or catch up later

Musical Monday with Magic Acorns

A fun mini music session for you and your little one to join in with at home. Designed to help build little brains and bodies, while encouraging communication and confidence.



Monday

1.30pm

Let's Get Talking!

Ideas and activities to get your toddler talking, plus information on how the things you do with your baby, from birth, can help their future language and development.

Tuesday

11.00am

Children's Wellbeing

Tips to help you understand and nurture your child's emotional development, including how to deal with difficult situations.

Wednesday

1.30pm

Fun and Learning

A variety of indoor and outdoor activities for you to enjoy with your baby or toddler.



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

Other activities for 0 to 5s and their families

Norfolk Libraries for Families

Weekly Online Bounce & Rhyme sessions, Story Week activities and Social groups via Zoom. Find out what's on from [Facebook](#) or www.norfolk.gov.uk/libraries



Norfolk Family Learning

Interactive 'Come and Try' taster sessions and online courses for families to enjoy together. For details and to book visit www.norfolk.gov.uk/familylearning



Norfolk Community Directory

Search for activities and services run by volunteers or other organisations in your local community. Visit communitydirectory.norfolk.gov.uk



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

Keep up to date with the free Action for Children Services App



Courses offered by the Early Childhood and Family Service



Our courses are running online via Microsoft Teams, or in small face-to-face groups at our risk assessed bases. Extra hygiene measures are in place and we will ask you to wear a face covering, unless you are exempt.

Solihull Parenting Course

A 10 week course to help you learn more about your child's development and behaviour. What is their behaviour telling you?

Baby Massage

A 5 week course for introducing massage strokes. This can help with colic and support you and your baby to feel more relaxed, whilst strengthening your bond.

Freedom Course

A 10 week course for women who would like to look at healthy relationships and to have a safe environment to be able to discuss and understand previous and current relationships.

Triple P

An 8 week course that offers support, information and practical answers to everyday parenting concerns.

Circle of Security

An 8 week course based on supporting and strengthening the attachment between you and your child.

Our partners



Home-Start Norfolk and the community offer in your local area are also part of the Early Childhood and Family Service, and are available to support you and your family.

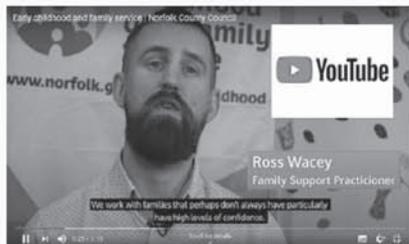
How to contact us

You can get more information on the service by visiting www.norfolk.gov.uk/earlychildhood

If you would like further information, help or support then please call us on 0344 800 8020 or email us at ECFS-Families@actionforchildren.org.uk



Any updates on services or groups can be found by visiting our Facebook pages. Search for Early Childhood and Family Service

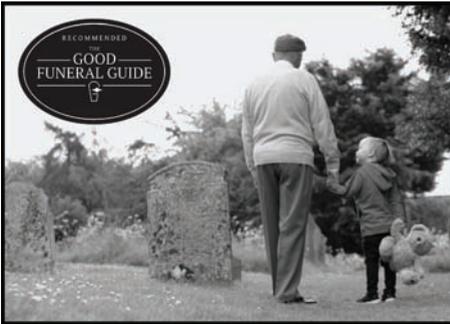


See our video on YouTube to find out more

Useful contacts

Coronavirus Information	norfolk.gov.uk/coronavirus
Just One Norfolk (Health Visiting Team)	0300 300 0123
Leeway (Domestic Abuse Support)	0300 561 0077
Norfolk & Waveney Wellbeing Service (Mental health support)	0300 123 1503
Home Start Norfolk	01603 977040
Speech & Language Advice Line (ECCH)	01502 719830
Norfolk SEND Partnership	01603 704070
National Breastfeeding Helpline	0300 100 0212
Norfolk Police (non-emergency)	111
CGL (Alcohol & drug behaviour change service)	01603 514096
Citizens Advice Bureau	03444 111 444
Shetler (Help with housing & homelessness)	0808 800 4444
Job Centre	gov.uk/contact-jobcentre-plus
Mens Advice Line (for men in abusive relationships)	0808 801 0327

If you are worried a child is at risk please call Norfolk County Council Children's Services on 0344 800 8020 or 999 in an emergency



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LONG STRATTON MEDICAL PARTNERSHIP

Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY
Tel: 01508 530781

We are in summer 2021 and enjoying the warmth and colours in our gardens and all around us. Summer brings with it excitement as there is so much to do and see. Remember to look after your bodies with adequate hydration. Importantly look after your skin with adequate use of sun factor creams.

The Covid pandemic continues and as I write this article, over four million people have died in the world over the past eighteen months. Our numbers of new cases are going up and it is predicted that it will keep rising. However, the vaccination appears to reduce severity at this point in time. A booster dose has been discussed in detail and latest reports indicate that this will take place in the autumn in preparation for the winter months, in conjunction with our flu programme. It is important that we try to look after our health in every way possible.

It has been a trying 18 months for the practice having to work in a way that we really had not envisaged. Yet I applaud every member of this brilliant team as they have risen to the occasion and put in that extra mile whenever possible. We continue to do building work to improve our Newton Flotman Surgery and will update you when normal services can be resumed there. The practice continues to expand in every department as we look at more efficient and safe ways of looking after our patients. At present the clinical team comprises 6 partner GPs, 2 salaried GPs, 1 Emergency Practitioner, 1 Advanced Nurse Practitioner trainee due to complete his training shortly, 3 Nurses and 3 Health Care Assistants. We have just had a new entrant into the Nursing corridor, Elysa Varvel. Elysa worked at the Norfolk and Norwich University hospital as a Nurse in the Acute Medical Unit. She completed her Nursing degree at King's College Hospital London. She is very excited to join primary care in her next phase of her career.

Similarly, recruitment has occurred in our non-clinical departments. Our latest recruitment is into the reception team. They are at the forefront of our surgery, playing a pivotal role in the smooth running of the practice. Stephanie Gallimore joins the receptionists as of the first of August.

We welcome Elysa and Stephanie and request you to join us in wishing them well in their new roles here at Long Stratton Medical Partnership.

Stay safe and look after yourselves well

Mini Nelson.

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LONG STRATTON AND DISTRICT W.I.

We worried that our plans would fall through at the last minute but, luckily, after a very dull and showery week the evening of our June meeting was dry and warm. Those members who felt able met for an outdoor meeting, sharing their news, enjoying light refreshments and a short quiz. Everything had been risk assessed and it was good to have an official meeting after so many lockdown months.

The Committee has accepted a member's kind offer to meet in her garden in August for our annual garden party.

From September we hope to be back to meeting in Long Stratton village hall. We will meet on the third Wednesday evening at 7.30pm. More details will be available next month.

For further information please contact the **Secretary on 01508 531154**.

USE THIS SPACE

Why not use this space to tell us about your organisation or to advertise any events you are organising. Write it up and send it in to **thesextonswheel@googlemail.com**

No access to a Email? Then post it to: **The Rectory, 8 Flowerpot Lane, Long Stratton, Norwich NR15 2TS.**

All editorials/ads need to be with us by the 11th of the month for inclusion in the following months edition.

Still need help? then call **07557990169**.

It could'nt be simpler

Outline of our Village Past

William the Conqueror

Although our understanding of Saxon times is shadowy and purely conjectural, the picture suddenly springs to life with feudal society, barons and serfs, and all the evidence of vigorous, competent administration, when we come to the period after the Norman conquest. This is due to the Domesday Book.

In 1086 William the Conqueror sent out officers to conduct a scrupulous survey of land and population throughout England. The returns from all parts were considerably condensed in the final Domesday Book - except for the returns of East Anglia. These remain at their fullest length and therefore provide an unexpected windfall for the local historian of this area.

Earl of Richmond

All land in Stratton (the 'Long' had not yet become part of the name in the Domesday Book), was held from the King by five major tenants, Alan, Earl of Richmond, who held the major part, Isaac, William the Bishop, the Abbot of St Edmund and the manor of St Etheldreda of Pulham.

These major tenants in their turn let the land out to various lesser tenants in the stratification of feudal society - thirty freemen, 15.5 borders, nine sokemen and three villeins. Bordars and villeins alike held cottages and small parcels of land from their landlords, and in return were required to perform tasks for them from time to time on the land. Sokemen held a status left over from the Saxon feudalism of pre-conquest England, including the right to grind at certain mills.

Land Tax

Domesday Book records 549 acres of arable land and 14 acres of meadow in Stratton, 6.5 ploughs and seven tenths of a mill. The records also tell that the numbers of ploughs and mills were greater in the times of Edward the Confessor.

The area of Stratton is two leagues and three furlongs by one league and four furlongs (a league was about two miles), and it was assessed at an annual charge of 2/1d towards the kings land tax, or 'geld'. The first inhabitant of Stratton known by name occurs in the Domesday Book. His name is Walter the Deacon.

Comparison with Depwade

Wacton had an area of 161 acres and 22.5 freemen, sokemen and boarders. The Village was assessed at 9d geld. Comparison with the other villages in the Depwade hundred shows that Stratton had the largest acreage of Depwade and is assessed the highest land tax. Our Norman ancestors demonstrate unmistakeably as we demonstrate, our common Roman inheritance. For it is round the site of the first human settlement, on the road from Colchester to Caister, that the highest concentration of population in Depwade was to be found in Norman times, and continues still to cluster today.

LONG STRATTON LIBRARY

Long Stratton Library is open

We look forward to welcoming you back! You can:

- follow our one-way system to browse the shelves
- pre-order a selection of up to 10 books for adults for free through Select and Collect. Use the online form at norfolk.spydus.co.uk or call **01603 774777**
- collect reservations
- borrow our Grab and Go selection book bags
- book one 60-minute session per day on a computer. To book a session or if you need any help using our computers, call 01603 774777
- collect Tricky Period products and Toiletries To Go
- return items through the drop box or self-service kiosks
- download the FREE Spydus app to check out books on your smartphone
- download eBooks, audio books, newspapers and magazines by visiting **www.norfolk.gov.uk/libraries**

We've made some changes to keep you safe, so

- there is no 'Open Library' access
- please bring your library card with you or join in the library or online
- we may ask for details from you to help with Test and Trace
- you will need to wear a face covering in the library
- we have a one-way system for social distancing
- hand sanitiser is available for use on the way in and out of the library
- surfaces and computers will be regularly wiped down
- returned books will be quarantined for 72 hours
- sorry, there are no newspapers, magazines or seats in the library and the toilet is not available.

We've made some changes to our opening hours:

- Monday: 10-1
- Tuesday: CLOSED
- Wednesday: CLOSED
- Thursday: 2-6
- Friday: CLOSED
- Saturday: 10-1
- Sunday: CLOSED

Ryan Watts, Library Manager - Diss, Harleston and Long Stratton Libraries
Norfolk Library and Information Service

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JULY WALK



It's not that easy organising a group walk. It mustn't be so long that members are on their hands and knees at the end or so short that it didn't feel worth turning out. Then there are the hazards: burgeoning growth everywhere, nettles, perhaps lots of mud from that last heavy shower. Fortunately, we mostly get it right and today's stimulating expedition from the handsome Great Moulton Church was no exception. The church is a waypoint for the Via Beata and has a resting booth with a charming depiction of the parable of the houses, one built on sand, the other on rock. This was not our way today, however, and eight of us set off along the quiet road, the verges bright with the

deep purple of tufted vetch and the golden spikes of agrimony and yellow vetchling; a red admiral fluttered past. We soon reached a corner where we joined a well-cut field path through ripening corn, then a field edge. Here the leading couple disappeared round a corner, but fortunately noticed they were miles ahead and waited for the rest of us! Eventually, we joined a track heading south, staying on the grassy side of the hedge. Halfway down this track we came across some old brick farm buildings and a highly individual seat made from a huge tractor tyre and a long piece of slate - surprisingly comfortable. We carried on to the end of the track which emerged onto Frith Way; we thought we'd found an orchid, but it turned out to be the less appealing broomrape, a parasitic plant. We passed Willow Farm and Lost Lands Farm – surely a story here? – to enter a delightful woodland path full of dappled sunlight between the arching trees. I remembered an American visitor who'd said, "What I love about your country is your green tunnels". I always think of that in the summer when driving down a little road with trees either side with branches meeting in the middle. Do we always appreciate the quiet beauty of our own countryside as we dash around to see the wonders of the world? Halfway down this path, we turned off right along Narrowgate Way, a track through fields which took us back to Great Moulton. A final stroll down Hallowing Lane and we were back at the church. Many thanks to Ann for organising a lovely walk, roughly a large square with one (the first) very wiggly side. As ever, the wonderful mixture of healthy exercise, fresh air, and pleasant companionship made for a most enjoyable morning, and if there is not as much detail here as you would have liked, it is because I'm afraid I was talking too much.

Bonnie

Do join us for our next walk on August 2nd. We meet on the car park near the toilets at 10.00.



CHURCH SERVICES - August

1st August

1100am All age worship with baptisms - St Mary's
0930am - Holy Communion - Wacton

8th August

0950am - Ten2Ten - St Mary's
1100am - Holy communion with baptism - St Mary's
1830pm - Evening Prayer - St Michael's

15th August

1100am - Morning Worship - St Mary's
1830pm - Taize style worship - Wacton

22nd August

1100am - All age Holy Communion - St Mary's
0830am - Holy Communion - St Michael's
1900pm - Soul shapers - St Mary's - TBC

Congregational Church Services

Sunday 1st August at 10:45am – Family Service incl. Holy Communion – Pastor Malcolm Simpkin

Sunday 8th August at 10:45am – Family Service – Colin Basham

Sunday 15th August at 10:45am – Family Service – Joy Southam

Sunday 22nd August at 10:45am – Family Service – David Freeman

Sunday 29th August at 10:45am - Family Service – Pastor Malcom Simpkin

From the Parish Registers

Funerals

Marriages

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**

tel: 07557 990169

or send to the Rectory, 8 Flowerpot Lane, Long Stratton, Norwich NR15 2TS
using the form below.

If you would like to advertise any Community Events this is free and we can tell over 2200 households

Editorial: If possible all editorial to be sent by e-mail. This saves time putting the magazine together and more importantly this would ensure names of people etc are spelt correctly. **Deadline for editorial is the 11th of the month**

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

Adverts: Advertising rates per issue: -
Quarter page(6cm x 9cm) £19.20 Half page (13cm x 9cm) £33.60
Full page (13cm x 18cm) £60

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

Fixed charge of £10 for designing and re sizing any advert supplied - we will inform you when the advert is submitted if there is to be a cost incurred. No charge for change of wording if supplied as word document.

ADVERTS and DISTRIBUTION OF MAGAZINES - Ian Hetherington
07557 990169 thesextonswheel@googlemail.com

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TIME _____

PLACE _____

BRIEF DETAILS _____

CONTACT _____

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