

The Sexton's Wheel

Issue 224

The magazine for Long Stratton & Wacton



September 2022

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
Hire rates from as little as £7.50 per hour.



Wacton Village Hall - Booking Information

Attractive and welcoming community space available for hire: hall or meeting room
Hire rates start at £6.00 per hour. To book go to wactonvillagehall.co.uk
Email: bookings@wactonvillagehall.co.uk, or Tel: **Angie Baldwin 01508 536639**

Church Contacts

St Mary's Chrissy Briggs - (01508) 536724

St Michael's Rosemary Bennett - (01508) 530296

All Saints' Angie Baldwin (01508) 536639

Congregational Church June Braddock (01508) 470701

Church Parish Office

Due to current restrictions the Parish Office is not open. The Parish Administrator, Marianne, can be contacted on LSTpilgrimteam@outlook.com

If you know of anyone who is unwell or would benefit from a visit from a member of our ministry team, please contact the team vicar: Revd. John Madinda on 01953 789240.

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

Usual office hours are Monday, Tuesday, Thursday and Friday between 10am and 2pm and by appointment on Wednesday.

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

For general enquiries Email: office@longstrattontowncouncil.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.



Once again the sun is shining, the sky is blue, but this time the temperature is again 31 degrees C. Although it's nice to see the sun, last month may have been a bit of an overkill with no rain for weeks. The lawns are looking distinctly off colour. Hopefully, as we move into September we can look for rain to feed the gardens and replenish water levels in streams, lakes and ponds.

The Sexton's Wheel Team

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Words of wisdom

What a summer! What a year!

I'm sure that many people will be familiar with the words of 'Desiderata', but I would urge you to read them again below.

Having struggled through Covid and lockdown we are now tackling huge price rises in food and fuel. Climate change is becoming an ever more pressing problem. Stress levels are soaring and the NHS is becoming more and more difficult to access. The message of 'Desiderata' is as appropriate now as it was when it was written (arguably in 1692 and translated in the 1920s).

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant, they too have their story. Avoid loud and aggressive persons, they are vexations to the spirit. If you compare yourself with others, you may become vain or bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let not this blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism. Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore, be at peace with God, whatever you conceive Him to be. And whatever your labours and aspirations in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams; it is still a beautiful world. Be cheerful. Strive to be happy.

And all I would add to that is, despite our ministry team being small and busy, please remember we are here for you if you are feeling overwhelmed or need help or know of anyone else who is struggling. Just give us a call.

Angie Baldwin.

Waterways Chaplain.



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2nd Long Stratton Brownies



The Brownies took part in the Platinum Jubilee Norfolk Challenge Award with activities based on the various sections of the award over a number of weeks.

Protecting our environment – they planted a patch of land at our local Congregational Church as a wildflower garden after part of the hedgerow around the field had to be removed for safety reasons.

Being active in Norfolk – one evening they tried a new sport, soft archery. Another night we had a games evening including skipping, relays, hoops, ball throwing and catching, running, games and cheerleading routines.

Learning legacy – they found out more about the Queen and the Royal family and the Royal family tree. We also looked at British coins and played a 'royal' version of bingo.

Celebrating the Jubilee – we had a Joint Girlguiding Fun Party night to celebrate the Jubilee with Rainbows, Brownies, Guides and Rangers. They made a number of crafts including badges, keyrings, bag dangles and edible crowns. They also took part in a corgi hunt, Royal quiz and some were dressed up in newspaper as a Queen. We finished the evening with food and songs.



On completion of the award we were very pleased to be visited by Lt Col Ian Lonsdale, TD, Deputy Lieutenant for the County of Norfolk, who presented the Brownies with their Norfolk Platinum Jubilee certificates and badges. He came in full uniform including his sword which initiated lots of questions and made it extra special for everyone and an occasion we are sure they will remember.



We have a few spaces available for girls aged 7-10 who would like to join us. Brownies learn new skills, take on challenges working through our new programme and have fun together with friends. (Rainbows also have spaces for girls aged 5-7.)

Please contact Brown Owl (Josie) on **Tel 01508 531100** for more information or register your interest at **www.girlguiding.org.uk**.

We wish everyone a wonderful summer holiday and look forward to meeting again when returning in early September.



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***Details of how to contact us and deadline can be found
on page 43***

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Christmas Tree Festival



St Mary's Church

Saturday December 10th - Tuesday December 13th.

*Why not put a tree in for your School, Organisation or Business.
For more information phone Janet on 01508 530121*



Janette: a key part of the Howards team.

Janette, is well known in the town having worked for Howards for 25 years. Throughout lockdown Janette has continued to support her local clients and seen first-hand the benefits of being able to work flexibly from home.

“Now is exactly the time to be responding to our customer’s needs,” explains Janette. “For me this means not being tied to an office, but being out in the area meeting my clients when it suits them.

“I’ve been selling houses in this area for a quarter of a century and now I’m selling houses for my clients’ children as well. I’m not going anywhere, so my reputation depends on me delivering an outstanding service at all times and that’s exactly what I’m going to do!”

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G ★★★★★

I have found Janette and Hayley to be both very professional, polite and kept me informed every step of the way. I have only dealt with Janette in person and she couldn’t be more helpful, ten out of ten in my opinion. Keep up the good work. M. L., August 2021

G ★★★★★

I’ve rarely had such a kind, professional, caring and timely service from an estate agent’s. I have felt treated as a valued client, not a potential fee. The difference that makes is huge, as looking for and selling your home is very emotional and kindness goes a very long way. They’re stars and I want to publicly thank them for everything. C. C., August 2021

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St. Mary's Churchyard

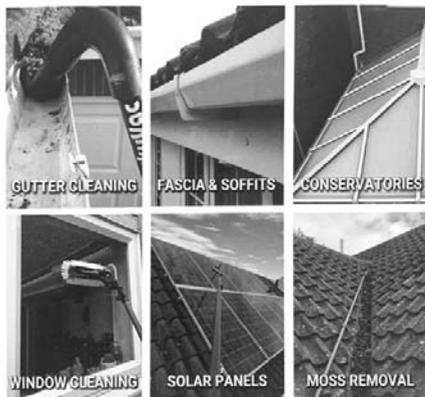
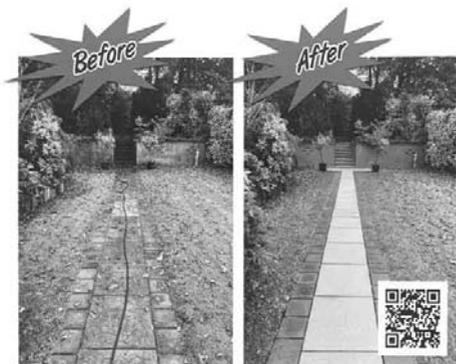
We have had problems maintaining the churchyard to the required standard this year. We apologise to all members of the community, but especially to those who have loved ones buried in the churchyard and have had difficulty accessing some grave sites.

From 1st September 2022 we no longer have a groundsman and will be looking to make new arrangements for 2023. In the meantime, we need at least one "end of season" tidy-up. The Parochial Church Council have joined the Eco-Church scheme this year and have recently approved a mowing regime that will encourage wildflowers and wildlife, whilst maintaining access to all tended graves and balancing the need for a tidy appearance with the benefits to nature. This was devised with assistance from the Norfolk Wildlife Trust.

We desperately need volunteers from the local community to assist us with this. The more people that help, the quicker and easier the job will get done. If you can spare an hour or two on that day, please join us in the churchyard on Saturday 17th September at 10am. If you have a strimmer and/or a rake, please bring it along. Refreshments will be provided, and toilets are available in the church.

Thank you in anticipation of your help.

Steve Dugdale (churchwarden)



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Long Stratton Town Council

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Clerk: Mrs B Buck

Tel: 01508 530524 clerk@longstrattoncouncil.info

Community Emergency Response Volunteers

Would you like to help your community during time of need?

Long Stratton Town Council are creating a Community Emergency Volunteer Team that can be called upon during times where volunteers are needed to support the community. This could include times of flooding, power outages, heavy snowfall etc. Volunteer roles may include checking on neighbours, distributing food, water, blankets, shovelling snow or delivering sandbags.

No experience is needed, just a willingness to help.

If you are over 18 and would like to join the volunteer list or would simply like some more information, please email office@longstrattontowncouncil.gov.uk or call 01508 530524.

Community room for hire

The community room at the Pavilion is available to hire during the day, evenings, and weekends. It has kitchen facilities and free parking available. If you would like to make a booking or would like to come and view the facilities, please call the office on 01508 530524.

Vandalism and Graffiti

There have been several incidents of vandalism and graffiti at both Manor Road playing fields and the Swan Lane public toilets. These have been reported to the police and are being investigated. Our team have worked tirelessly to keep our play areas and toilets open and available for use, safe and clean.

Please report any damage you see to us on office@longstrattontowncouncil.gov.uk or report any incidents of vandalism in progress to the police.

Long Stratton Medical Partnership

Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY.

Patient Survey

Please see a summary infographic (on page 18) giving details of a recent patient survey which has been undertaken by the NHS which shows details of our performance Vs the National Average and the local ICS (Integrated Care System, formerly known as the CCG Clinical Commissioning Group for Norfolk & Waveney)

We are very pleased with the feedback received. We know we have areas to improve and are doing our absolute best to work hard and provide a robust and reliable service to our patients in and around the Long Stratton and Newton Flotman area.

We are working hard to improve the accessibility to the Practice as the first slide clearly shows that this is the area requiring focus.

We have appointed another Nurse Practitioner who starts with us this week (04.08.22), and are actively seeking to recruit another GP to our team. We are also working with system providers to give a multi-channel option for booking appointments and interacting with the surgery other than by telephone.

Healthwatch recently conducted a much more localised survey, and we await the findings of that with anticipation when they report back to our Patient Participation Group. However, picking out some of the highlights we would like to recognise the fact that the "Helpfulness of Receptionists" score came out as 90% Vs the National Average of 82% and the ICS average of 84%.

The second of the 2 charts is probably where we gained most satisfaction because EVERY category measured scored higher than the NHS National average and the local ICS average, and these figures represent the experience that patients have during their appointment. ***For more information visit <https://www.gp-patient.co.uk/>.***

We know that our staff sickness has had a significant impact on our service over recent months. We too have been affected by COVID and the rise in infection and, because of the work we do with vulnerable people, we have to isolate away from work for longer periods which creates pressure on appointment availability, which is critical at the moment. Please remember, we catch infections the same way as anyone else, and the risk of spreading infection to others is far higher in a GP surgery so please help us by wearing a face covering at all times when you come into the surgery, use the sanitiser provided and help us keep you all safe and well.

GP PATIENT SURVEY

Results from the 2022 survey

Practice details

Long Stratton Medical Partnership

Swan Lane Surgery, Long Stratton, Norwich NR15 2UY

D82037 Practice code

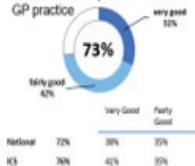
266 surveys sent out

120 surveys sent back

45% completion rate

Overall experience

Good overall experience of this GP practice



① Comparisons with National results or those of the 43 Integrated Care Systems are indicative only, and may not be statistically significant.

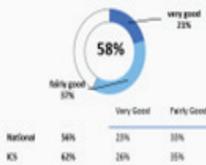
Data by topic

Long Stratton Medical Partnership

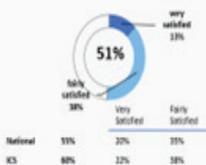


Accessing the practice

Good overall experience of making an appointment



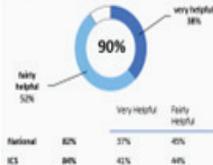
Satisfied with the general practice appointment times available



Easy to get through to this GP practice by phone



Helpfulness of receptionists at this GP practice



Offered a choice of appointment when last tried to make a general practice appointment



Satisfied with the appointment offered



For more information about this practice, please go to: <https://do-patient.co.uk/TargetAccessMain?practicecode=D82037>



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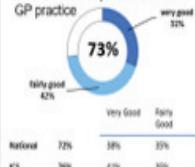
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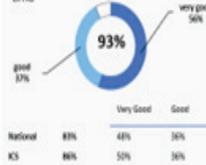


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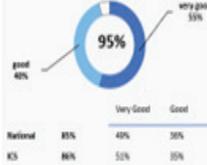
Data by topic

Appointment experience

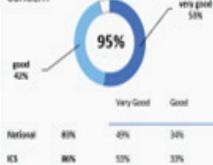
The healthcare professional was good at giving the patient enough time



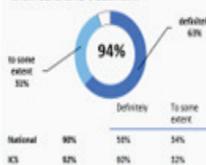
The healthcare professional was good at listening to the patient



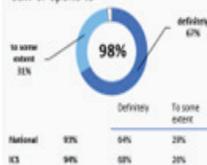
The healthcare professional was good at treating the patient with care and concern



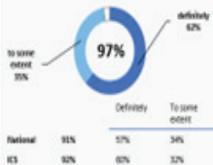
The patient was involved as much as they wanted to be in decisions about their care and treatment



The patient had confidence and trust in the healthcare professional they saw or spoke to



The patient's needs were met



For more information about this practice, please go to: <https://do-patient.co.uk/TargetAccessMain?practicecode=D82037>



LONG STRATTON & DISTRICT WI

We were pleased to welcome guests to our July meeting when our speaker told us about Bowen therapy. This is a practice which can be used on humans or animals. It works by gently stretching the fascia, that is the soft tissue which covers all muscles and organs, to give pain relief. After our talk one member volunteered to receive a short treatment as a demonstration.

Seven of our members were joined by friends for an excellent lunch at Huggers in the village and all enjoyed the opportunity to try various vegan dishes. Another opportunity to meet came earlier in the month at a Knit and Natter session. Despite the name members who enjoy the hospitality aren't obliged to knit but those who did knit were making for charity, family presents or our latest project. (see below)

The Federation Office in Norwich will have a number of events on Friday 9th September during Norfolk's Heritage Days. There will be exhibitions from the W.I. archives, tours of the house, a walking treasure hunt of Norwich, pre-bookable afternoon teas, craft and gifts on sale and refreshments. This is open to members and non-members from 11am to 4pm at Evelyn Suffield House, 42 All Saints Green, Norwich. It's a bit further along from John Lewis as you walk towards Sainsburys and always has interesting window displays.

The project some of our members have engaged with is to knit, or craft in any medium, flowers to decorate the garden. Several members will also be enjoying the other events on that open day.

Our next meeting will be a talk on Recycling by South Norfolk Recycling team on Wednesday 21st September at 7.30.pm in Long Stratton Village Hall. Visitors are very welcome to come along for a small fee.

If you would like to contact someone from Long Stratton & District W.I. please phone 01508 531154. Or just turn up on the third Wednesday of the month at 7.30.pm

HARLESTON & DISTRICT U3A

Harleston & District u3a's next talk, on 21 September at 2.00 pm in St John's Church Harleston, presented by Janette Robinson, is entitled Flora Sandes. Flora, who came from Suffolk, was just about the only Western woman to join a WW1 army, as a woman who wasn't disguised as a man. She was enrolled in the Serbian Army, became a Sergeant and later a Captain, and fought on the front line. ***Further information from Kim Poulton on 01986 788149 and on our website u3asites.org.uk/harleston***

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The next Messy Church is on **Saturday 24th September, 9 - 10.45am at St Mary's Church.** Starting with Breakfast at 9am, followed by a story, crafts, and activities for everyone, and finishing with a short time of worship.

For more information contact Megan on **07956 715383.**

Just come along and join the fun!

Children must be accompanied by an adult.



LET'S CHAT

Why not come along for a good old chat at St Mary's Church every Tuesday, 10.00am - 12.00pm.

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Shotford Bowling Club, Harleston

OPEN DAY

Saturday September 3rd
10 am to 2:00pm



Shotford Bowling Club are holding their annual **indoor Open Day** on September 3rd, followed by six consecutive Saturday mornings of **free indoor bowls coaching** for prospective new members.

Our team of **NCBCA accredited coaches** will welcome you to the club, show you the facilities we have to offer and, if you are interested, sign you up to our **free coaching sessions**. Light refreshments will be provided.

No previous experience is necessary and bowls will be provided for the 2hr coaching sessions.

The club is situated in Spirketts Lane, Harleston, South Norfolk, IP20 9JL

From the town exit towards Needham, turn left into Shotford Road and left again into Spirketts Lane. The club is on the right just past the water tower.

From the A143, exit at the sign to the Industrial estate and turn immediately left into Spirketts Lane. The club is on the left.

Website : shotfordbowlingclub.co.uk

Early Childhood and Family Service

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.



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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, so get in touch!



Early Childhood and Family Service

- ✔ Group activities
- ✔ Courses for parents
- ✔ One to one support

Plus helpful tips for parents and home learning activity ideas across our social media pages.

For more information about help and support in your area, visit norfolk.gov.uk/earlychildhood

@ECFSNorfolk



Early Childhood and Family Service

Sometimes families need a little extra support.

ECFS offer a range of services for families in Norfolk with children aged 0 to 5.

If you need support now, scan the QR code to ask for help, or you can get in touch via email or phone:
ecfs-families@actionforchildren.org.uk
0344 800 8020



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](mailto:ecfs-families@actionforchildren.org.uk) 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](https://www.facebook.com/norfolk.gov.uk/libraries) 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.

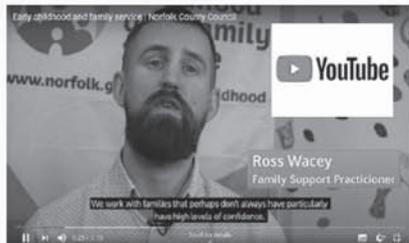
How to contact us

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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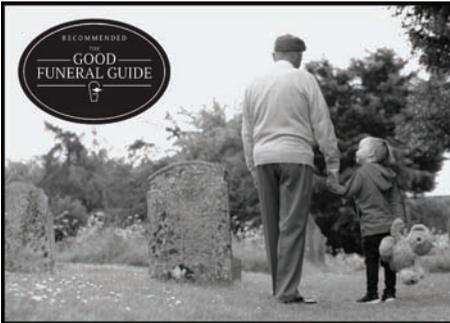
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WACTON FOOTCARE

The next session of Footcare will take place on Tuesday 11th October. If anyone is considering a 1st appointment for Footcare please call either of the numbers below for further information or to book an appointment. ***Please note there is no session planned for September.***

The contact numbers are ---

Clare --- (Footcare Specialist) --- 07785 295358

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

WACTON COFFEE MORNINGS

The dates for our next Coffee Mornings are Tuesday 6th and Tuesday 20th September. We meet in the Village Hall on the first and the third Tuesday of every month from 10.30 through to 12 noon.

Caroline and Rita look forward to welcoming you for coffee, tea and cake as usual and of course lots of chats We are also pleased to invite anyone living locally from any of the local villages and can assure you of a warm welcome. So, if you are passing and see our "Kettles On" board displayed outside Wacton Village Hall do pop in we'd love to meet you.

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THARSTON & DISTRICT WI

A group visited Peter Beales Gardens in late June to admire the roses: something we missed at RHS Bridgewater – few roses. Our members enjoyed the visit and also a lovely lunch.

At our meeting in July, we again welcomed Mary Newton to hear more about her work as a forensic scientist. This talk was not for the faint hearted as it was about collecting evidence to use in rape cases. A great speaker, she kept us quiet for over an hour!

Our August meeting is generally a day trip and this year we will have a tour of Heacham Lavender and then visit Hunstanton for the afternoon. May it be sunny – we all remember the trip to Southwold which necessitated buying a raincoat!

We have also planned a picnic in August in the grounds of Forncett Village Hall. I love a picnic, as long as it is sunny and the insects keep away. I expect there will be lots of chatting and laughter as usual.

We meet at Wacton Village Hall at 7.30 on the second Thursday each month.

Heather Jeary

The Pulham Market Society

The Pulham Market Society has a full programme of talks for the 2022/2023 season. All talks start at 7.45 in the Memorial Hall, Pulham Market. Membership is £12 for the year and you can join or renew your membership on the evening. Guest are always welcome - £3 payable on the night.

- September 21st Phyllida Scrivens “The Great Thorpe Railway Disaster of 1874”
October 19th Chris Pratt “The British Resistance Organisation” The Auxiliary Units of WW11.
November 16th Neil Story “Norwich in the Second World War”
January 18th Social Evening & Supper “20 Things you may or may not know about canals”
February 15th Charlie Haylock “Charlie & The Dig”
March 15th Hannah Jackson “Norwich Castle: Royal Palace Reborn – A story 900 years in the making”
April 19th Elizabeth Talbot “Auctioneer & Valuer from TV’s Flog It & Bargain Hunt”

WACTON CHURCH COFFEE MORNINGS

Wacton Church holds a coffee morning every month (the second Saturday of each month) at 10.30 am,

The next coffee morning will be on Saturday 10th September 2022!!

All are welcome





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A TASTE OF HOPE

A service for all ages.

Sunday September 4th at 3.30pm

Long Stratton Methodist Church, Manor Road, NR15 2XS
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Organised by Hope Community Church, Wymondham
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Weston family of Park and Grange Farms

In 1786 William Weston married Mary Reeve at Kenninghall and from 1788 they rented Wacton Hall and farm, then in 1795 when Mary's father died she inherited one seventh of his estate. Presumably she used some of that inheritance to buy Park Farm in 1809.

They had 11 children, two of whom died in infancy. Of the others who all married, Mary married Samuel Gardiner in 1826, who subsequently bought Grange Farm, and William jnr who married Mary Neave in 1829, the same year as his father William died

On his marriage William rents Grange Farm from his brother-in-law, Samuel Gardiner, leaving his mother Mary and younger brother, John Reeve occupying Park Farm.

In 1836 it was reported in the Norwich Chronicle of 27th August that some miscreant had entered the stables (now converted to a dwelling) of William Weston and after cutting several harness barbarously wounded two valuable horses. This was at the time a period of civil unrest due to the imposition of new Poor Laws in 1834, resulting in the building of the workhouse at Pulham and the transfer to there of Wacton's poor. William Weston was one of the Overseers of the Poor for Wacton who sold Wacton's poor cottages in 1837.

Despite this set back William managed to buy Grange Farm on mortgage in 1842. William and Mary live at Grange Farm throughout their married life but had no children.

Meanwhile only John Reeve remains unmarried at his mother's death in 1840, and he took over Park farm from her and employed a housekeeper. Then in March 1855 he marries Harriet Chapple, daughter of a Tharston farmer, by licence at Wacton. In August of that year Martha, their daughter is baptised but the Rector records her as Martha Weston Chapple, mother a single woman, as her birth was registered in June the previous year.

When William dies intestate in 1859, the farm passed to his brother John Reeve Weston, heir at law and who remortgages for £2000. John Reeve Weston who lived in Park Farm house then lets Grange Farm to Robert Fisher.

John Reeve Weston and Martha have five children, viz. Martha Chapple, William John, John Reeve, Mary and Frances Elizabeth. In his will John Reeve instructs his executors to sell Grange Farm, which they did, and that his wife Harriet had Park Farm for life or widowhood, then William John was to be offered first refusal to purchase Park Farm, if not the property was to be sold and the monies from both sales to be divided between his children. John Reeve died in 1869.

Now things get interesting, in 1872 Martha elopes to London with George Talbot and married there (more about that in a future story). Frances died at home in 1896 at the age of 30. John Reeve fails to return from a drinking session at the Safety Valve pub next to Forncett Station in December 1902. He is found drowned in a pond the next day, an inquest returned a verdict of accidental death. William John, as far as I can find, disappears after the 1881 Census where he is described as a 25 year old farmer's son. Mary never marries and lives at home with her mother running Park Farm.

Harriet died in 1918 when she left £300 to her daughter Mary and £300 to her grandson John Clement Talbot, son of her sister Martha. Thus it appears Park Farm was never sold but held by the executors on trust for the benefit of the surviving children of John Reeve Weston, now apparently only Mary left.

Mary continued to run the farm, with the help of John Clement until the summer of 1936 when he married Maria Gladys Smith in London but John Clement died in October 1936. Mary continued to run the farm until 1949 when she died intestate. The farm then passed to the children of Martha Talbot, the only child of John Reeve who has children.

Robert Maidstone

contact at robertwmaidstone@gmail.com or phone 01379677106

WACTON NOTES FOR YOUR DIARY

Outdoor Harvest Festival followed by Afternoon High Tea at All Saints' Church, Wacton, on Sunday 4th September at 3pm. Live accordion music to help us celebrate our harvest.

Suggested donation for High Tea £5.

All welcome.



Mulbarton area

It was a warm day with welcome cloud cover as we began our walk from Mulbarton parish church. We passed through the churchyard and turned left down a wide, tree-lined track. What a nice view of the fields the new barn conversion must have there. The only green amongst the parched grass was the bird's foot trefoil with its yellow pea-flower and we wondered if it had deep roots to reach moisture. Bleached fields of barley were waiting to be cut as we turned left down a footpath leading us to Wood Lane in Swardeston. Four alpacas came to greet us at a field gate where the damsons were fruiting but we didn't feed them.

We turned right at the sharp corner on Wood Lane and along a field edge away from Swardeston. We could just see the big new houses being built where Bobbin Brothers Farm shop had been. The path zig-zagged through leafy sugar beet and over a lane.



Pylons loomed overhead and reminded us that the Norwich electric substation was close by before we turned down a cool wooded path and savoured the plentiful blackberries. Large white butterflies were dancing among the thistles.

Coming back to Gowthorpe Lane we wandered along a bit before the tower of The Vale in Swainsthorpe, a former workhouse, became visible above the treetops. We passed a sign for the new Donkeybox Café due to open soon at Vale Farm before turning right back onto the lovely tree-lined track we'd started on. This led us back to the church in Mulbarton.

The church had a lovely homely, welcoming feel inside. Beautiful stained glass windows, embroidered kneelers and modern musical instruments showed the mix of old and new. Thanks to Bonnie and her map for leading us on this 4 mile walk showing us the beauty of the Norfolk farmlands.

If anyone would like to join us on the next walk, meet us at 10am on the first Monday of the month outside the public toilets in Long Stratton.

Liz



LONG STRATTON LIBRARY

We continue to restore services at Long Stratton Library. We currently have:

1. Tables and chairs, so you can sit comfortably again
2. PCs and public wi-fi, including printing and copying services
3. Just a Cuppa on Mondays from 11am
4. Bounce & Rhyme on Tuesdays at 2pm
5. Lego Club (age 8+) on Tuesdays at 3.45pm
6. Stitches & Knitters on Thursdays at 4.45pm
7. Coming soon we have a Lego Club for ages 2-7 - ask staff in-branch for further details

Look out for the Summer Reading Challenge, coming up in July! Search online for further details. You can keep in touch with us on Facebook by searching for 'Diss, Harleston and Long Stratton Libraries'. You can also call us on 01508 530797 with any questions. Our opening hours are as follows - please note that Open Libraries is unavailable for the time being.

1. Monday 11am-7pm
2. Tuesday 1-7pm
3. Wednesday CLOSED
4. Thursday 1-7pm
5. Friday CLOSED
6. Saturday 11am-4pm
7. Sunday CLOSED

Ryan Watts, Library Manager - Diss, Harleston & Long Stratton Libraries
Norfolk County Council Library & Information Service



Norfolk County Council

LONG STRATTON LIONS QUIZ

VILLAGE HALL, 7.00 SATURDAY 15 OCTOBER

TEAMS OF up to 6

£8.00 per person INCLUDES PLOUGHMAN'S SUPPER
(PLEASE BRING YOUR OWN DRINKS)

Book with Bonnie: bonnie.wade@tiscali.co.uk

CHURCH SERVICES - August

7th September - 11:00am - All Age Worship - St Mary's.
15:00pm - Harvest Service - Wacton.

11th September - 11:00am - Holy Communion - St Mary's.

18th September - 09:00am - Holy Communion - St Michael's.
09:30am - Holy Communion - Wacton.
11:00am - Morning Worship - St Mary's.

25th September - 09:00am - Harvest Service - St Michael's.
11:00am - All Age Holy Communion - St Mary's.

CONGREGATIONAL CHURCH

4th September - 10:45am – Family Service incl. Holy Communion – Rev Ian Jones

11th September - 10:45am – Family Service - David Moore

18th September - 9:45am - Community Family Breakfast
10:45am – Harvest Festival Service - Pastor Malcolm Simpkin

25th September - 9:45am – Monthly Prayer Meeting
10:45am – Family Service - Keith Scarff

From the Parish Registers

Weddings

We offer our congratulations to:

William Tooms and Tina Sealy - St Michael's Church - 26th August.

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 **Parish Office** 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

EVENT _____

DATE _____

TIME _____

PLACE _____

BRIEF DETAILS _____

CONTACT _____

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