

The Sexton's Wheel Issue 206

The magazine for Long Stratton & Wacton



CAPTAIN SIR TOM MOORE
1920 - 2021

March 2021

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'

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.



On the front cover we honour Capt Sir Tom Moore, who is a true inspiration to us all. To raise over £33 million for NHS charities in these difficult times is nothing short of amazing, but to do it approaching your hundredth birthday is unsurpassable.

To quote Sir Tom, 'We will get through this, tomorrow will be a better day'

Please note a temporary change of phone number for the Sextons Wheel
07557990169

The Sexton's Wheel Team

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Reflections of a walker



In normal times Monday 1st of February would have seen a group of walkers meeting in the Coop car park at 10.00am, and off we would go for an interesting and social walk somewhere in our local area. We may have driven as far afield as Hempnall, Pulham, Saxlingham, or perhaps Fritton, but never too far, so that we would get back by 12.30 - 1.00, in time for lunch. But of course life has been different for some time and we no longer meet, but look forward to when we can get together again.

In fact it has been almost a year since I walked with the group because of self isolating with my husband, so I have taken my exercise very close to the village. Last March I started my routine of an hours daily walk by strolling up the then completely empty A140, to Parker's Lane, up to Wood Green and along to the Mill. Then depending on my mood, turn down Hall Lane, or continue along to Edges Lane and back through Churchfields to the village.

I've watched the fields complete their yearly cycle, listened to the birds, especially last spring when it was so quiet, singing to attract a mate, or protect their territory, watched a kestrel sitting on the wires searching the ground for a meal, or hovering above potential prey. I've seen the renovations taking place at the Mill, the house now looks fantastic, with a very grand fence around the new lawn and paths, and watched with interest as the old barns are being demolished. The wonderful weather last spring and summer kept my spirits up, and my arctic jacket has been a bonus this winter when the biting winds whipped across the open fields.

The rain that soaked the fields making walking on footpaths impossible because of the mud, and led to the dreadful flooding of the village on Christmas Eve, also caused huge puddles across the roads. I have never seen the water remain there for so long, but it has finally disappeared, and although all ditches on my route have now been scoured out, many are still full of water. Some of them are so deep I'm sure if I fell in I'd never be able to climb out.

This year there is more traffic on the roads making crossing the dreaded A140 more problematic, and I see many more people on my route, walking their dogs, taking children out for a breath of fresh air and a break from home schooling, or just on their own taking exercise. Everyone I pass is very careful to maintain distance and all give a cheerful greeting, so although my route stays the same there is always something different to watch, listen to, and keep me going until we get our vaccinations and meet once more. So until then good luck, fingers crossed it's not long now!



Penny



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Our Leaders are busy running online sessions for all sections across the Scout Group until we can meet again face to face. This is a good alternative during this time to enable us to keep connected & enjoy activities together while we are still in Lockdown.

Our Scouts enjoyed an evening about Science & Technology which included an 'alphabet workout'. This was followed by a Hot Air Balloon Experiment and finished with a 'Hack Attack' coding challenge. They also enjoyed some Kahoot Quizzes, and some of them took part in the RSPB's Great British Bird Watch weekend.

Our Cubs have been busy exploring the Five Ways to Wellbeing with their Wellbeing Champions Award. We had fun with a scavenger hunt activity – perhaps you can work out what word they spelt out, using the first letter of each of the 5 objects? Our Friday Cubs have also been working on creating their own short comics where the main character is a wolf cub - after learning how to draw a cartoon wolf as part of their Artist Badge.



Our Beavers enjoyed celebrating Burn's Night with a Scottish Themed session as part of their World Challenge Award. They listened to some Scottish Bagpipe Music & watched some Highland Dancing, before having a go at their own mini Highland Games with a mini Caber Toss (using rulers). They also learnt all about the Loch Ness Monster and had



a go at creating their own version with items found around the house. If you want to find out more about the things we do, or are interested in joining our Scout Group as either a young person or an adult volunteer, then please visit our Facebook Page -

www.facebook.com/1stlongstrattonscoutgroup or email: pta.thurston@tiscali.co.uk



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2nd Long Stratton Brownies

During February, we celebrated 'Thinking Day' - our Founders, Lord & Lady Baden-Powell's Birthday. This year we had a special zoom session where we looked at our Five World Centres, in different countries around the world. We played a World Trefoil Beetle Game, and explored the message of PEACE - which is shown on the 2021 World Thinking Day Badge. The Brownies achieved this badge by taking part in our 'Thinking Day' event...



Brown Owl

LONG STRATTON & DISTRICT WI

As we sent out our monthly Newsletter to our members this February, we were aware of a year passing since we last met in Long Stratton Village Hall. A lot has happened since then and our members have received frequent updates on local, county and national women's institute matters, as well as contact through meeting up in the village for a chat, a walk, or telephone calls and social media. Let us hope it will not be long before we can all meet together again and enjoy a proper meeting.

If you are interested in joining us when we re-start please contact our Secretary on 01508 531154. We meet at 7.30pm on the 3rd Wednesday of the month. Long Stratton Village Hall has ample parking and is on the A140 opposite the parish church.

LONG STRATTON YOUTH CAFE

Youth Cafe remains closed until further notice, we hope to open again as soon as its safe to do so.

Matt, Will, Tina and Joanna





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Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

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



The Pavilion does remain closed currently, this is constantly under review and I will keep you all updated as to when we are re-opening and available for hire. We are remaining positive that by the summer we will be allowed to open though! So, in the mean time if you are interested in a provisional booking, please do get in contact with us with so we can keep your names, interested dates, types of booking on file.

The Council are continuing their support to the Long Stratton Foodbank and the Community Food Table.

The Swan Lane toilets are due to be handed to the Town Council, the legal paperwork is just being arranged. As soon as we have more information as to when we can open them we will let you know as we understand how important they are to the community.

The Long Stratton Neighbourhood Plan has now been officially submitted to South Norfolk Council in preparation for the next stage, Regulation 16 consultation. This will be organised by South Norfolk Council and they are aiming for a March 2021 start, date to be confirmed. After this the next stage is the examination of the plan and then onto the final step of the referendum. The Neighbourhood Plan steering group have continuously worked extremely hard on the plan and are pleased to now be entering these final steps.

Please remember to trim private hedges to maintain good access on footpaths and please pick up dog fouling and dispose of litter appropriately.

Finally, I would like to ask everyone to continue to check on your neighbours, friends and family. South Norfolk support hub is still operating and is there if you require any help, physically and/or mentally.

If you need to report anything, please contact me on becky.buck@longstrattontowncouncil.gov.uk

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With the COVID-19 vaccination programme now into its 2nd month, Borderhoppa are pleased to say that through January and February we have been able to help many of our members to reach the vaccination centres which are, unfortunately, some distance away from our local area.

If you have an appointment and do not have a family member or friend who is able to transport you to your appointment, please call our office on 01379 854800 and we will do our best to help you.

SCHOOLS

Aslacton Primary and Manor Field Infants and Nursery Schools have been working hard through the latest Coronavirus Lockdown delivering learning for the pupils in school and at home. I would like to thank both staff and parents for taking on this challenge under the most exceptional circumstances. Everyone's mental and personal well-being matters more than ever at the moment, so be kind to yourself and others and just do what you can, we understand. We all look forward to welcoming the children back to school when it is safe.

The South Norfolk Federation - Aslacton Primary and Manor Field Infants and Nursery schools are looking to recruit members of the local community to join its Local Governing Board (LGB). The LGB meet 6 times a year (currently via MS Teams) and are responsible for working together with the Executive Head Teacher and subject leaders to deliver a good quality educational experience for the communities' children. If you are passionate about education and have time and experience to offer, please contact the school office for an application form and submit it for the attention of **Mrs H Haines, Executive Head Teacher (Office@aslacton.norfolk.sch.uk or Office@manorfield.norfolk.sch.uk).**



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Light at the end of a very dark tunnel!

By Keith Burnett Practice Manager – 3rd February 2021

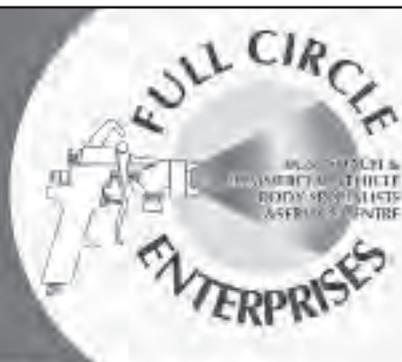
At the time of writing, I can report that in conjunction with 8 other Practices in our Primary Care Network, we have successfully set up and run our Vaccine Centre at Poringland for the last 5 weeks. During that time 1,474 of LSMP's most vulnerable patients have been vaccinated. Every care home resident and carer has received their first jab, and we are doing home visits to our housebound patients. 88% of all our 80+ year old population have received their first jab, 68% of our 75 - 79 year old population, and we are now working hard to get through the 70 - 74 year olds. Having spent time myself along with many members of my team at the Poringland site, it has been heart-warming to talk to so many patients as they come through the centre, to see the hope in their eyes that this year may see the return to some sense of normality.

This week we are about to receive a batch of AstraZeneca Oxford vaccine which will allow us to offer some appointments at our own practice to help the programme along. I do have to just sound a word of caution and reiterate the message that just because the first dose has been administered, we still need to be very careful and follow government guidelines. You can still be a carrier of COVID even though you have had your vaccination, and it is as much about keeping other people safe as it is protecting yourself. I would sincerely like to thank every member of staff, every volunteer, and yourselves for the support that has been shown to this programme. Please, if you haven't yet been contacted, bear with us as we are in this for "the long haul." We will get to you, but we are governed by supplies, and shelf life of the vaccine.

I want to pay tribute to our partner services too that are running the mass vaccination sites at Castle Quarter in Norwich, and Attleborough. If you are contacted by either of them, you can choose to go to them to receive your vaccine. We are aware that it has been confusing - but the pace of change has been enormous, and the volume of people that are being communicated to is huge so there will always be some glitches in communication. This has been one of the most challenging, but also most satisfying periods of my working life, and I know that every clinician, and support member of staff, feels the same way. Whilst delivering this programme of vaccinations, we are very mindful that COVID isn't the only thing happening so we are here for you! Although our way of working has had to change, we are very much open - we are continuing our long term condition reviews and our GP's and Nurses are working very hard to maintain an efficient and caring service for you all. Our dispensaries are both open and fully functioning again even though the pick-up is from outside the buildings. We can't wait to be able to reopen our doors and welcome you all back to a sense of normality.

Take care, stay safe, and let's look forward to a spring and summer a little better than 2020 was.

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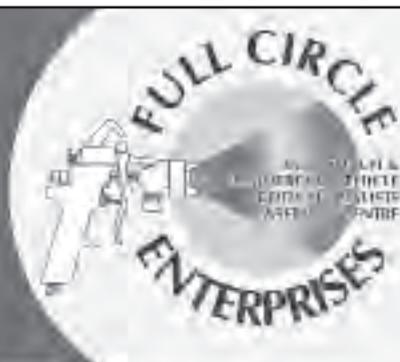
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We certainly have some talented artists in the town, this drawing of Sir Tom was sent in by Elizabeth Cameron

‘We will get through this, tomorrow will be a better day’

SOUTH NORFOLK COUNCIL

New grants available for South Norfolk and Broadland businesses

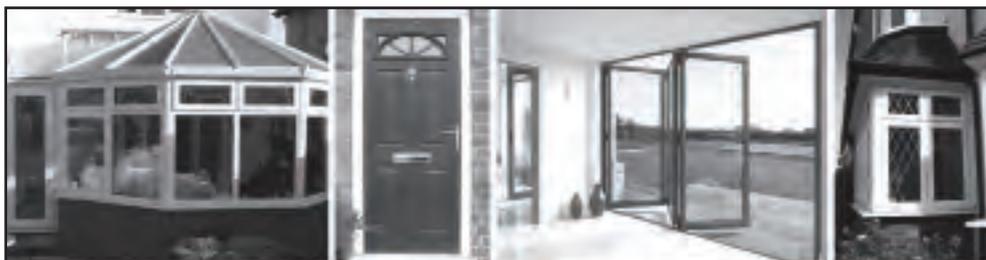
New business grants from £2,000 to £20,000 are available to support large, small and micro businesses from South Norfolk and Broadland District Councils through the second phase of its discretionary business grant.

The Councils welcome applications from South Norfolk and Broadland businesses of any size, whether home based or based in business premises, business rated or not rated, self-employed or employing staff. They are particularly keen to hear from businesses that have so far been unable to receive any COVID-19 financial support.

To qualify for the Additional Restrictions Grant, businesses must have experienced a loss of income (turnover) of at least 20% or £40,000 and fall into one of the following categories:

1. A rated business that did not qualify for Local Restrictions Support Grant payments during national lockdowns or local restrictions
 2. A business that has so far been unable to receive any COVID-19 financial support – including businesses with premises which are not business-rated, or without its own business rating
 3. A business that employs 10 or more full-time equivalent employees and wishes to request a top-up to a previous Local Restrictions Support Grant award
- Any business that needs support is encouraged to get in touch to find out what funding they may be eligible for. Please share with your business networks and fellow business owners.

To find out more and apply for an Additional Restrictions Grant or another business grant visit www.south-norfolk.gov.uk/business-support or www.broadland.gov.uk/coronavirus/businesses



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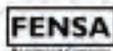
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Everybody needs a bit of extra support from time to time and the Help Hub makes sure people get that help as soon as possible, if they begin to experience difficulties.

Getting help early can stop problems from getting worse. It might be only a small problem, like a broken washing machine or feeling a little isolated, but if it's difficult to find a solution straightaway a small problem can grow and lead to more worries.

The Help Hub is a partnership between organisations that support people in South Norfolk. It can offer practical support, advice and guidance to get you back on track.

Find out more at WWW.south-norfolk.gov.uk/residents/south-norfolk-help-hub or Call 01508 533933 or text ADVICE followed by your message to 07860 017323.

WACTON VILLAGE NEWS

Wacton Footcare

As you all know, the situation with the Covid 19 virus and ensuing Pandemic still continues to impose restrictions on all our lives.

HOWEVER, THERE IS LIGHT AT THE END OF THE TUNNEL NOW !!!!

It seems the vaccine is continuing to be rolled-out to more of the vulnerable groups, helping all our lives to eventually return to some kind of "normality" again. Therefore, after Easter, Footcare is scheduled to return on Monday 12th April. Hopefully Clare's travel arrangements won't be cancelled at the last moment but she will contact everyone who has an appointment, to confirm with you all beforehand.

If you require an appointment please call Clare (Footcare Specialist) --- 07785 295358
Further information or to cancel an appointment please call Rita --- 01508 218407

WACTON COFFEE MORNINGS

Hello again everyone – Unfortunately, it is still not possible for us to plan when we can start meeting again. Hopefully, as we start to receive the vaccine we may be able to get back to some sort of normal.

in the meantime we hope you are all keeping safe and well. Please get in touch if you would like a chat on the phone.

Caroline 01508 530111, Rita 01508 218407

Men on Wacton's Roll of Honour

by Robert Maidstone

This month we look at:

ALFRED ERNEST PEACHER

Private 28069 Yorkshire Regiment

Private 39478 14th (service) Battalion Yorkshire and Lancaster Regiment (2nd Barnsley)

Alfred Ernest was born in July 1891, the fourth child of Alfred and Anna Maria Peacher, and their only son. It looks like the family were living in part of a double cottage next to the school (now 13 Church Road)

Sometime between 1901 and 1911 Alfred Ernest left home, I wonder if he had already enlisted in the Yorkshire Regiment as a regular soldier. He is recorded as enlisting at Malton, Yorkshire and from 'Whacton Norfolk' The 14th Battalion of the York and Lancaster Regiment (2nd Barnsley) was formed in November 1914 and was first posted to France, then in December 1915 went to Egypt to defend the Suez Canal, returning to France in March 1916.

By December Alfred was suffering from acute bronchitis and was transferred to the 44th Casualty Clearing Station at Puchevillers which was dealing with mainly sick rather than wounded men. Depending on the source he died on the 23rd or 25th of December 1916 and was buried in the hospital's cemetery, one of only 17 of the Yorkshire Regiment men buried there.

His grave is number 34, row F in block VI of the Puchevillers Cemetery and he is recorded on the Wacton Roll of Honour as dying in hospital.

FREDERICK CHARLES JOHN LINCOLN

Private 3/10101 3rd Batt Norfolk Regiment

Frederick was the second son of John and Mary Loveday Grint, John's second wife. He was born in Wacton in 1878 and they probably lived in one of the houses on the Common where Millers Cottage now is.

In March 1900 he joined the Norfolk Regiment and in 1901 was at their barrack at Colchester. After serving his term he returned home to Wacton and resumed his occupation working on the land.

When the First World war broke out he was recalled to service and entered the conflict in August 1915 as Private 3/10101, 9th (service) Battalion, The Norfolk Regiment.

He was killed in action on 1st May 1917 and is remembered on Loos Memorial, Pas de Calais France.

LEWIS ROBERT JACK LINCOLN

Private 42891 Essex Regiment

Despite having his birth registered in the Depwade District in 1899 I can find no record of his parents' names. In 1901 he was with the Kerrison family at Great Yarmouth as a great nephew then was back in Wacton in 1911 living with his grandmother and uncle Frederick (mentioned above).

Only a medal card survives for a L R Lincoln who was a Private in the Essex Regiment as confirmed by the entry in the Wacton Roll of Honour. He is listed on the Register of Electors for 1918 and 1919 as an absent voter (NM).

Lewis, who was known as 'Jack' returned to Wacton in 1920, married Edith Florence Manning in 1927, and lived at Tharston, Later they moved to live at 41 Hall Lane Wacton. He was a member of the Wacton Cricket team and Treasurer for the new Village Hall in 1954. He died in 1960 and is buried at Wacton

ERNEST ARTHUR LEGOOD

Private 33247, 3rd (Reserve) Batt. Border Regiment

Born in Bedingham in 1875 Ernest left school to become a farm worker and by 1901 was lodging at Hedenham. He married Esther Ann Lincoln in 1903 and they lived at Pakefield in Suffolk where they had four children.

When Ernest enlisted in 1914 Esther appears to have returned to her family home in Wacton with the children. Apparently Ernest was first in the Middlesex Regiment then transferred to Royal West Kent Regiment, probably while on active service, until finally he moved to the 3rd Batt of the Border Regiment which was based in the UK as a depot/training unit. The Wacton Roll of Honour states he was in the Labour Corps which may indicate he had been invalided out of active service.

He returned to Wacton in 1917 and died 12th November aged 42, he has a War Graves monument which is maintained by Commonwealth War Graves Commission.

[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**](mailto:robertwmaidstone@gmail.com)]

Worship continues ... even when the churches are in lockdown!

Did you know, you can still access at least one service every week from the Parish churches through our Youtube channel -

Long Stratton and Pilgrim Team

<https://www.youtube.com/channel/UCW8uWaAvXxfhOG4KEDnqZg>

The services can also be found on our website: **longstrattonandpilgrimteam.co.uk**

In addition to Youtube, we have regular events through ZOOM

Tuesdays at 7.30pm - weekly Bible Study

Wednesdays at 9.30am - weekly prayer meeting

Sundays at 6.30pm - weekly Evening Service

Every 2nd Thursday at 7.30pm Girls Night In for fun and fellowship

Fortnightly on a Sunday at 8.00pm EPIC Youth Group meets

For more information on any of this or if you would like a zoom link please contact

Heather: **01508 530238 /rev.heather@btconnect.com**

Using our Facebook group **Messy Church @ Home** continues to meet on the last Saturday of every month

Our churches are still open for individual private prayer

St. Mary's - Wednesdays: 2pm—5 pm

All Saints Wacton - Thursdays: 9am—4pm

And prayers are said in the churches regularly

If you live in Long Stratton and have a prayer request please send them to Heather, using the details above

If you live in Wacton and have a prayer request please send them to

Angie Baldwin at angiebaldwin@gmail.com/07771 438062

At the point of writing, it is not clear if our churches will be open again in February, we pray they will be, but if they are not, the church is still here for everyone who needs it, please get in touch with us.

Reverend Heather

Congregational Church

All services in our church have been suspended due to the Coronavirus. All our members & friends are keeping in touch, and we all follow the same service sheet each Sunday, which is shared by email & post to those who would like to join in. For further information, please contact: June Braddock - details on page 2.

SNOWY LONG STRATTON



Come and join us for.....

The next *Messy Church* is on **Saturday 27th March**
from 9am until 10.45am



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



Long Stratton Messy Church

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

Free virtual activity programme for 0 to 5s in Norfolk



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



Early Childhood and Family Service

Activity Programme

31 March to 31 December 2020



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



Baby Days Bitesize

Information and ideas for activities, suitable from birth, which will help encourage your baby's brain development and strengthen your bond.

Monday

1.30pm

Toddler Days

Inspiration for fun, learning activities, plus tips to get your toddler talking.

Tuesday

11.00am

Talk & Play All Through The Day

Try to use ideas for going to and play with your child, as you go about your every day lives, helping them build good language.

Wednesday

1.30pm

Outdoor Explorers

Videos and simple activities to help you encourage your child's enjoyment and understanding of their natural world.

Thursday

11.00am

Cookalong

Step by step video showing family recipes which are fun to make together and will help you money compared to ready prepared food. No experience necessary!

Friday

1.30pm



Live Online Groups



Baby Days Live Online

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

Courses running regularly.

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

Check dates and book at

www.norfolkccps.org.uk



Norfolk Libraries for Families



Friday Week	12.00pm - 2.00pm	Non-reading children's stories, with a story library (bring books) with family activities, activities for 0-5s.
Books & Songs	10.00am - 11.00am	Reading, rhymes and songs.
Let's Explore Books and Toddlers	11.00am - 12.00pm	Look, listen and learn with 'Let's Explore' books and activities.



Family Learning Online



Family Learning Online Cafe	1.00pm - 2.00pm	Relaxed in an online and fun online Family Learning sessions. Visit www.norfolkccps.org.uk for dates and times.
Family Learning Online Games	1.00pm - 2.00pm	Fun educational online and offline.

Need extra help or someone to talk to?

We are here to help with things like:

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



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

Online time: 10.00am - 12.00pm (Mon-Fri)
Event: 10.00am - 12.00pm (Mon-Fri)

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



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 e mail 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 You Tube to find out more

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.

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 & Norwich Wellbeing Service (Mental health support)	0300 123 1503
Home Start Norfolk	01603 977040
Speech & Language Advice Line (ECCIL)	01502 719830
Norfolk SEND Partnership	01603 704070
National Breastfeeding Helpline - Norfolk Police (non-emergency)	0300 100 0212
CGI (Alcohol & drug behaviour change service)	111
Citizens Advice Bureau	01603 514096
Shelter (Help with housing & homelessness)	03444 111 444
Job Centre	0808 800 4444
Men's Advice Line (for men in abusive relationships)	gov.uk/contact-jobcentre-plus 0808 801 0327

If you are worried a child is at risk please call norfolk.gov.uk/earlychildhood or 0344 800 8020 or 999 in an emergency

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.

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



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Reflection on our times

BY Reverend Heather

Since the 23rd March 2020 we have been on a rollercoaster ride of different restrictions and levels of lockdown, all of which might have caused us to become as Mad as a March Hare. Which got me thinking about the Mad Hatters' Tea party in Alice in Wonderland. Which could have been written for such times as this!

'There was a table set out under a tree in front of the house, and the March Hare and the Hatter were having tea at it: a Dormouse was sitting between them, fast asleep,. And the other two were using it as a cushion, resting their elbows on it, and talking over its head. "Very uncomfortable for the Dormouse," thought Alice, "only, as it's asleep, I suppose it doesn't mind." (Presumably they are all in the same social bubble!)

The table was a large one, but the three were all crowded together at one corner of it: "No room! No room!" they cried out when they saw Alice coming. "There's plenty of room!" Said Alice indignantly, and she sat down in a large arm-chair at one end of the table.

One year on, are we in danger of yelling 'no room, no room' as we seek to maintain our social distancing. Are we in danger of becoming wary of other people and uneasy about offering hospitality?

As Alice sits down, a conversation starts between Alice and the March Hare, before the Mad Hatter remarks rather bluntly 'Your hair wants cutting.' I know that feeling! My hair certainly needs cutting, it has been challenging timing hair appointments between changes in restrictions.

As Spring and summer approach, we long for restrictions to start to lift, so we can turn our 'No Room, No Room' into 'There is room for you'. And hopefully too, no one will need to remark 'your hair wants cutting' soon either.

As humans we are at our best when we are in community, when we are around other people, able to see family and friends. Lockdowns and social distancing have made this last year very difficult for many. We have needed to find new ways of being community, even when it has had to have been at a distance, thank the Lord for technology, zoom and such like!

But as we journey through this season of Lent, looking forward to Easter, we have hope and the promise of life in all its fullness.

So we journey on in faith and hope The future may not be clear, but as we journey God is always with us.

May God bless you

Heather

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COVID Symptom Tracker

PRINCIPLE

Platform Randomised trial of INterventions
against COVID-19 In older people

PRINCIPLE is a nationwide clinical study from the University of Oxford. It aims to find Covid-19 treatments for the over 50's that can be taken at home. It's looking for medicines that can help people with Covid-19 symptoms get better quickly and stop them needing to go into hospital. Anyone experiencing COVID-19 symptoms, which started within the last 14 days may be eligible to join the PRINCIPLE trial if they are aged over 65; or over 50 with an underlying health condition.

The trial is recruiting participants directly through its website <https://www.principletrial.org/>

Join the PRINCIPLE Trial — PRINCIPLE Trial

We are looking for medicines that can help people with COVID-19 symptoms get better quickly and stop them needing to go to hospital. PRINCIPLE is recruiting participants through this website and also through GP practices across the UK.

SNOWY LONG STRATTON



CHURCH SERVICES - March

St Mary's Church

Services are suspended currently but under review, in the event services do restart in March, we will do our best to communicate this through facebook, notice boards and other means.

St Mary's is open for individual prayer every Wednesday - 2pm to 5pm.

St Michael's Church

Services are suspended currently but under review, in the event services do restart in March, we will do our best to communicate this through facebook, notice boards and other means.

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

All Saints' Church

Services are suspended currently but under review, in the event services do restart in March, we will do our best to communicate this through facebook, notice boards and other means.

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

Congregational Church

All services in our church have been suspended due to the Coronavirus. For further information contact: **June Braddock - details on page 2**

From the Parish Registers

Funerals

We offer our deepest sympathy to the family and friends of: Iris Cutress, whose ashes were buried at St Michaels on 4th February.

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.

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