

# The Sexton's Wheel

The magazine for the villages of Long Stratton & Wacton



*Postcard received in 1909*

## July 2019

## 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](http://www.longstrattonvillagehall.org.uk)
- Email us at [longstrattonvillagehall@outlook.com](mailto:longstrattonvillagehall@outlook.com)
- Call Kirsty Dye on 07986 942804 and leave a message
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## Wacton Village Hall - Booking information

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

## HIRING OF THE METHODIST CHURCH

Long Stratton Methodist Church has rooms for hire with kitchen and toilet facilities and parking available. The charge is £10 per hour.

*For information contact Tony Coleman on 01508 530699*

## Church Contacts

<b>St Mary's / St Michael's &amp; All Saints'</b>	Rev. Heather Wilcox <a href="mailto:rev.heather@btconnect.com">rev.heather@btconnect.com</a>	01508 530238
<b>Parish Administrator</b>	Linda Mills <a href="mailto:linda.parishadmin@btconnect.com">linda.parishadmin@btconnect.com</a>	01508 530238
<b>Congregational Church</b>	June Braddock	01508 470701

## Church Parish Office

The Parish Office is open 8.30 - 12.30 Monday to Thursday, but you can still contact us at the Rectory outside these times. Callers are always welcome.

If you know of anyone who is unwell or would benefit from a visit from a member of our ministry team please contact the Parish Office (530238).

## Long Stratton Parish Council, The Street, Long Stratton

Usual office hours are Monday, Tuesday and Thursday between 10am and 1pm and by appointment at other times.

Tel: Clerk Becky Buck 01508 530524 E-mail: [clerk@longstrattoncouncil.info](mailto: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.



No doubt all the children are now counting down the weeks left until the summer holidays so lets hope we have some good weather.

July looks as if it will be a busy month with lots happening both in the village and also the surrounding villages. Check out the centre calendar for more details.

There is an African Charity Evening in July - more details on page 4 and don't forget to sign your children up the holiday club, details on page 9.

We would like to bring to your attention the Methodist Church Public meeting on Wednesday 10th July - see page 5. Your chance to have your say on keeping the building at the Heart of the Community.

### *The Sexton's Wheel Team*

- |  |   |
|--|---|
| 2 Booking information Long Stratton & Wacton Village Halls and the Methodist Church<br>Contact details | 22/23 Wacton Village News   |
| 4 African evening  | 25 Local Walk.....  |
| 5 Methodist Church Public Meeting<br>'FISH' Holiday Club requires cook                                 | 27 Film afternoon at LS Village Hall<br>Borderhoppa - Need help with transport?           |
| 7 Camping or Glamping?<br>Long Stratton & District WI at SN on Show                                    | 29 Thursday Club<br>Long Stratton & District WI<br>Long Stratton Library opening times    |
| 8 An Evening with Stephanie Carr   | 33 Long Stratton Men's Shed<br>New price structure for events<br>Long Stratton Youth Cafe |
| 9 Guardians of Ancora Holiday Club<br>All Saints' Church Coffee Morning                                | 35 Long Stratton Childrens Centre   |
| 11 Retirement of School Caretaker<br>Lions Litter Pick   | 36 Craft 'n Chat, Wacton<br>Let's Chat Coffee Group<br>Messy Church                       |
| 13 Long Stratton Town Council<br>Long Stratton Guiding   | 37 Tharston & district WI<br>Norfolk Churches Annual Bike Ride                            |
| 15 Action for Children reaches 150<br>Thank You for donations  | 38 Church Services<br>Parish Registers<br>Methodist Church lunch &<br>coffee mornings     |
| 17 Long Stratton Medical Partnership<br>Report on St Michael's Fete                                    | 39 Contact details & information<br>on The Sexton's Wheel                                 |
| 19 Weekly events<br>Community Breakfast - Congregational Church  |   |
| 20/21 Monthly calendar of events   |   |

# CAFE SAVANNAH PRESENTS...

*A Charity Evening of African dance,  
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**Saturday 20th July**

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## **METHODIST CHURCH**

**You are invited to attend a Public Meeting  
to discuss the future of  
Long Stratton Methodist Church Building  
Wednesday 10th July - 7.30pm  
in the Methodist Church, Manor Road**

**This meeting is open to all residents of Long Stratton  
& current user groups**

The Methodist Church in its present building has for the last 25 years been a valuable community asset within the village, which alongside holding services has provided facilities for Beavers, Rainbows, Cubs, Brownies, Youth Café, Exercise classes, Toddler groups, Luncheon clubs, Coffee mornings, the Parish council and a host of other organisations and events

As there is no longer a worshipping community in the Methodist Church this meeting will seek to see how we as a community can keep the building at the Heart of the Community

## **\*Fish' Holiday Club** (Food and Fun in School Holidays)

is looking for a volunteer cook. Can you help?

10am to 2pm on Fridays during school holidays only.

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Preston (01508 471006)



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# Camping or glamping

As summer approaches our minds turn to holidays. As I write this, as a family we have still to decide where we are going and what we are doing; many I suspect are far more organised than us and will have had everything sorted for months.

For years I would have considered us a camping family, and do mean camping - not glamping. We slept in a tent, on airbeds, and dined with death with the calor gas stove. The only luxury I insisted on being a double duvet rather than a sleeping bag in which I find you get completely entangled. However, after a particularly wet and windy fortnight spent on a cliff top in Cornwall 4 years ago, we've become much softer and have spent holidays abroad in self catering apartments, with all the mod cons.

However we choose to spend our holidays whether its camping, glamping, self-catering or going full board in a hotel, holidays only last for a week or so, and so any discomfort we might have suffered whilst camping in Cornwall that fateful last camping holiday was only ever going to be short lived, we always know we will soon be able to return to our own home, and our own bed.

And it's then that I remember just how fortunate we are. Whenever we hear of a refugee crisis on the news, the image we so often see is of tent, after tent, packed together, with people crammed in with little hope of them being able to return home in the near future and I find myself reflecting on the Israelites camping in the desert for 40 years, led by Moses, as they wandered in circles seeking the Promised Land.

Perhaps we have a permanent roof over our head, perhaps we want for nothing materialistically, compared to so many others around the world. But we, just like the Israelites, can still be searching for something ... deep within our hearts.

Blaise Pascal said, *"There is a God-shaped vacuum in the heart of each man which cannot be satisfied by any created thing but only by God the Creator, made known through Jesus Christ."*

As you enjoy your Summer, under canvas or tiled roof, if you are searching for something, perhaps it's worth seeing if God has the answer.

*With every blessing*

*Heather*

*Team Rector Long Stratton and Pilgrim Team Ministry*

## **LONG STRATTON & DISTRICT WI**

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29<sup>th</sup> July ~ 1<sup>st</sup> August

10.00am ~ 12.30pm

St. Mary's Junior school, Long Stratton

Once, the hall of memory in the city of Ancora was filled with wonderful story-treasures, each a reminder of one of the great stories of the saga (the Bible). Now, many of those objects have been lost.

Each day of the club, the task of the Guardians (the children at the club) will be to find a lost story treasure, return it to the Hall of Memory and explore the story that it represents. As the Hall fills up, the

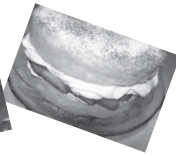
Guardians will discover how each story fits together to reveal more about who Jesus is and how they might develop their own relationship with him.

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***Next coffee morning will be on Saturday 10th August***

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## RETIREMENT OF SCHOOL CARETAKER

Our school caretaker Mike Gant has decided to retire at the end of the summer term.

He has been a valued member of our site team for 32 years.

He started at Long Stratton High School on 1st August 1987 and prior to that worked 13 years at Avenue first and middle school. His children and grandchildren have attended the school.

We really appreciate his commitment to Long Stratton High School over this time and wish to publicly acknowledge his long service to education in the county.

We have a book which is available to sign in the main school office if you wish to share any memories. Contributions towards his leaving present can also be made at the school office.



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## LION'S ANNUAL LITTER PICK

We planned an April litter pick slot this year but then became aware of another local group about to do one at almost the same time, so we postponed ours to 22nd May.

We noticed the verges had just been cut and this process also removes quite a lot of rubbish, so we did not think we would get very much. Were we wasting our time?

With members on holiday, otherwise involved that day or unwell, four Lions Club members set out to see what rubbish there was. They did not have to wait long as the first pick up was on the South Norfolk Offices' drive on the way out: a discarded drinks bottle and a crisp bag.

Despite previous litter picks by other groups and the trimming of the verges the four picked up six bags of rubbish and three bags of recyclables in and near Long Stratton in the equivalent of 10 man-hours.

Although superficially the streets looked fairly tidy, many of the drinks cans and various containers were found stuffed into hedges, particularly round the industrial estate. The haul from a Churchfields hedge included a 30 x 30 x 30cm polystyrene cube and cardboard amongst other rubbish. Also, of course, there was the usual supply of take-away containers people appear happy to throw from their cars. Why can't people put rubbish in their bin so that the Town of Long Stratton can be remembered by all for its street cleanliness?

It was rewarding that some of us got thanked by members of the public for what we were doing.

**Roy Woodhouse, Lion Secretary**





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[www.longstrattoncouncil.info](http://www.longstrattoncouncil.info)



## ***Youth tournament and Car boot sale***

Long Stratton Town Council are holding a car boot sale on **Sunday July 14th** at Long Stratton High School. The event will run in conjunction with the youth football tournament hosted by Long Stratton Football Club. Pitches will be £5 per car and £7 a van – sadly we are unable to accommodate food and drink as part of the car boot. We have 25 spaces available and it will prove to be very busy so please don't miss out. If you are interested in coming along then please either let the Clerk know or turn up on the day. Set up starts at 7am with an 8am start.

## ***Central toilets***

I am pleased to confirm that we have been successful in adopting the toilets. South Norfolk District Council will now go through the tender process to select a contractor to carry out the refurbishment to a standard that is satisfactory to South Norfolk and Long Stratton. The project is anticipated to take up to six months to complete.

## ***Christmas***

**SAVE THE DATE Friday 6th December** will see Long Stratton Town Council hold their first Christmas event for many years. It is shaping up to be an exciting event and we are looking to involve as much of the community as possible, therefore we would like to hear from you. The Council would like to give all community groups in the village the opportunity to run a stall at the event free of charge. If you represent a community group and are interested in participating, please contact the Clerk.

***Becky Buck, Clerk***

## **LONG STRATTON GUIDING**

### ***2nd Long Stratton Brownies***

We've been very busy this term completing two badges, Brownie enrolments, including my own [see picture] and taking part in our UMA activities.



It's been great to get outside to do activities, when the weather has let us, using hoops, balls and skipping ropes.

We also enjoyed a visit from Christine to talk to us about hearing awareness, and she taught us some sign language.

We end the term with a joint fun night with the 1st Long Stratton Rainbows.

Happy summer holidays.

***Rabbit***



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# ACTION FOR CHILDREN REACHES 150

HOW

ACTION FOR  
CHILDREN

WORKS

You may have seen a lot on the news recently about Children's Centres across Norfolk but may not know a lot about them. Action For Children has run many of the 53 Centres across Norfolk and we are so very pleased that we have been awarded the latest contract, to continue the work for the new provision in 15 Centres. Long Stratton will remain one of these. Action for Children commenced running the Sure Start Centre in a brand new

purpose-built building on Manor Road, in November 2011. We have gone from strength to strength, taking our Free universal play sessions and parent learning sessions, such as Save a Baby's Life first aid course, to outreach communities in Loddon, Harleston, The Pulhams and across South Norfolk, as well as adding a larger outside area at Long Stratton - it's certainly kept us busy!

The centre is open Monday-Thursday 9-5pm and Friday 9-4.30pm with lots going on. You can drop in to collect an up-to-date programme. Our building is located on the Manorfield Infant & Nursery site, on Manor Road or you can find us on Facebook <https://www.facebook.com/long-stratton-harleston-and-loddon-childrens-centre-155140568209819>. Check us out or volunteer on our website [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)

The universal groups we run are open to all (Once registered) and are FREE. Some of the parent learning groups have small charges attached, for example Baby massage (0-6mths) £5 to cover the cost of materials. All of our staff are qualified and have many years of experience and knowledge.

2019 is a huge year for all of us at Action for Children because, as an organisation, we reach a very special milestone; our 150th anniversary.

It was on 9th July 1869 that our founder Thomas Bowman Stephenson, along with two Methodist friends, Francis Horner and Alfred Mager opened the first National Children's Home (NCH as we were then) at Waterloo in London. Reverend Stephenson, in particular, had been concerned by the "ragged, shoeless, filthy, hungry children" he had encountered whilst going about his clerical duties, so set up what he hoped would be a family-like home for boys initially.

***See page 35 for our July programme.***



**Norman and Christine Kemp** would like to thank everyone for their good wishes and donations for St Mary's Church carpet fund following their Golden Wedding celebrations. A fantastic £552 was donated.

**Thank  
You!**

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## LONG STRATTON MEDICAL PARTNERSHIP

The way that GP surgeries work together is in the process of change. The NHS has decided that there will be Primary Care Networks (PCNs) to cover populations of between 30 – 50,000 patients. Practices are going to be grouped together under an umbrella called Primary Care Networks as from July 2019.

These networks are being set up:

- To improve access to GP services – including extending opening hours
- To enable us to work collaboratively
- To provide additional services to patient populations such as Wellbeing, Pharmacists, and eventually integrating Physiotherapy and other community services together
- Systems are being developed to allow us to work together
- We will be better placed to share resources

Our Practice in Long Stratton is going to be part of the 'South Norfolk, Health Improvement, Partnership' (SNhIP for short) and will be one of eight Practices working together along with Harleston, Diss (x2), Poringland (x2), Pulham and Loddon.

**Keith Burnett – Practice Manager**

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## ST MICHAEL'S CHURCH FETE

The weather held fine for the afternoon and a good time was had by all. As usual the Teddy Tombola was a big draw for the children as was the normal tombola. This year we had racing teddies down the aisle.

St Michael's PCC would like to thank everyone for their donations and those who helped on the day, especially those from St Mary's. And of course all those who came and supported the fete. A total of £451.45 was raised for church funds which is a fantastic amount. Thank you one and all.



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# WEEKLY EVENTS

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

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

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

<b>THURSDAY ACTIVITIES</b>	<b>VENUE</b>	<b>TIME</b>
Pilates	Wacton Village Hall Jo Douglas 01508 530261 greenacresfarm@tinyworld.co.uk	9.30 am mixed ability
Lunch & activities	Day Centre	10 am to 3 pm
Coffee morning	Methodist Church	10 am to 11.30 am
Short Mat Bowls	Coronation Hall, Great Moulton - Peter Grant 01508 536753	2 pm

## Sunday Community Breakfast

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

**Sunday 21st July - 9.45am - no charge!**

Things to eat - Eggy bread and bacon rolls very popular!

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

For more information contact June on 01508 470701

# The Sexton's Wheel

M	T	W	T
1 Local Walk - <i>see page 25</i>	2 Coffee Morning Wacton Village Hall 10.30am <i>see page 22</i>  E of E Co op Bereavement Support Group 10.30am LSVH Rebecca - 01473 231460  Methodist Church Lunch <i>see page 38</i>	3 Wacton Parish Council Wacton Village Hall 7.30pm	4
8 St George's Dementia Support Group 10am - Upper Stoke Holy Cross NR14 8ND - further details 01508 493661/492938.  Long Stratton Men's Shed 2pm - Tasburgh <i>see page 33</i>  Long Stratton Town Council meeting 7pm - Methodist Church	9 Sunflower Cafe, Mayfields 10am - 01508 535500  Diggers & Dibblers Gardening Club, Forncett VH 7.30pm The Plant Hunters - Kathy Gray - 01953 788544 allysonrae@btinternet.com	10 Methodist Church Public Meeting - 7.30pm Methodist Church - <i>see page 5</i>  Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue	11 Tharston V Wacton VH  Thursday LS Village Hall Craft 'n Chat AL 10.30am - s
15	16 Coffee Morning Wacton Village Hall 10.30am <i>see page 22</i>	17 Long Stratton & District WI 7.30pm Village Hall <i>see page 729</i>	18
22 St George's Dementia Support Group 10am - <i>see 8th for info</i>  Film Afternoon 'Sometimes Always Never' Long Stratton VH - <i>see page 27</i>  Long Stratton Men's Shed 2pm - Tasburgh <i>see page 33</i>	23 Newton Flotman Evening Cinema, Village Hall - First Man - 7.30pm 01508 471580 christopher.remer42@gmail.com	24 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue  Tharston Historical Society 7.15pm - Forncett Village Hall www.tharston-history-society.com	25 Craft 'n Chat AL 10.30am - s  Harleston Cine Rooms - Stan 8 7.30pm 0137 lesleyrock@
29 Guardians of Ancora Holiday Club - St Mary's Junior Sch 10am - <i>see page 9</i>	30 Guardians of Ancora Holiday Club - St Mary's Junior Sch 10am - <i>see page 9</i>	31 Guardians of Ancora Holiday Club - St Mary's Junior Sch 10am - <i>see page 9</i>	<b>1 AUGUST</b> Guardians of Club - St Ma 10am - s



# July 2019

T	F	S	S
	5 Wacton Social Club <i>see page 23</i>	6	7 Hempnall Primary Fun Day at the school 12noon to 3pm
<p>WI 7.30pm <i>see page 37</i></p> <p>Club 2pm <i>see page 29</i></p> <p>l Saints' Church <i>see pages 36</i></p>	12	13 All Saints' Church coffee morning - 10.30am <i>- see page 9</i>	14 Ten2Ten 9.50am St Mary's Church
	19 Wacton Social Club <i>see page 23</i>	20 Tharston Church Fete 2pm Wheeler Barn  African Charity Evening - Tasburgh VH <i>see page 4</i>	21 Community breakfast at the Congregational Church 9.45am <i>see page 19</i>
<p>l Saints' Church <i>see pages 36</i></p> <p>ema, Mansonic &amp; Ollie - 2pm &amp; 79 854897 or keme.co.uk</p>	26	27 Messy Church - St Mary's Junior School 9am <i>- see page 36</i>	28 Soul Shapers 7pm St Mary's Church
<p>Ancora Holiday ry's Junior Sch <i>see page 9</i></p>	2	3	4



# WACTON

## CREATIVE SINGING GROUP

Our Creative Singing Group takes place in the Village Hall every Tuesday evening from

7 pm to 8.30 pm. New members, from any of the local villages, are always welcome to join us for a fun evening singing a variety of songs. Further details from Louise Barton (Qualified Teacher) -- 07765 920390 or for an informal chat call Rita -- 01508 218407

## CHURCH NEWS

Our twice monthly Craft 'n Chat mornings for July will be on **Thursday 11th and 25th July**, from 10.30am to 12noon. Pop along for tea/coffee and a chat. Bring along your knitting, crocheting or other crafty projects. Share skills and learn new ones.

The monthly coffee morning for July is on **Saturday 13th July**. Why not pop along from 10.30am for a coffee and a chat and of course to buy some home baked cakes!

**Wacton Church Barn Dance** held in May, was a wonderful success to the point we could not have sold any more tickets and had room to dance or sit and eat our ploughman's supper. The Bacon Butty Band led us through the evening brilliantly and the two lady callers showed great patience with those of us getting to grips with do si do, chasse, go to the right, go to the left and other moves. The two children (girl and boy) who danced every dance were amazing and we look forward to seeing them again.

Thank you Heather for pitching the quantity of food just right, we do not know how you manage it but you do, and to Helen for supplying the lovely cheese from a North Norfolk dairy. Thank you to all who helped in any way before, during and after. £42 was raised for church funds.

It is not too late to complete and hand in the questionnaire delivered with the May Sexton's Wheel. If you need another one there are some in the Church or contact the Church Parish Office on 01508 530238.

## JULY CHURCH SERVICES

Sunday 7th            9.30am Holy Communion

Sunday 21st        9.30am Holy Communion

There are Church services available at St Mary's and St Michael's - please see page 38

## COFFEE MORNINGS

Coffee mornings are held in the village hall on the first and third Tuesday of each month from 10.30 am - everyone welcome. **Dates for July are the 2nd and the 16th.**

For further information contact Caroline Squires on 01508 530111.

*Caroline and Rita*

# VILLAGE NEWS

## PARISH COUNCIL

*Chairman: Calvin Goreham*

*Clerk: Alan Arber - wactonparish@yahoo.com*

*web address: <https://wactonpc.org.uk>*

Wacton Parish Council still has vacancies for councillors and asks that anyone interested in serving should contact the clerk or an existing councillor for more information; contact details via website above. It is a very rewarding role and is a good chance to give a little back to the community.

The Council has been asked for their input on the Public Rights of Way consultation for the Long Stratton Bypass: as several footpaths are being severed by the new road and there are proposals to 'reconnect' them in various different ways. The Footpath Warden and Council have met, formulated and submitted a response to Norfolk County Council.

The Woodland Project is progressing very well and the Council would like to acknowledge the invaluable support of Long Stratton High School students and their efforts in this area. A sign is now going up to display all the organisations that have helped fund the work in the woodland so far. The Parish Council would like to thank Maurice Read for creating this display item. The shelter is also now going up, along with bins and benches; making this new village asset more usable for the public at large. As a reminder, these latest efforts have been funded by a Lottery Grant.

The next meeting is Wednesday 3rd July at 7.30pm in the village hall: all are welcome to attend. There will be no meeting in August.

## WACTON FOOTCARE

The next Footcare session will take place in the village hall on **Monday 8th July**.

For further information or to cancel an appointment please contact Clare (Footcare Specialist) on 07785 295358 or Rita on 01508 218407

## WACTON SOCIAL CLUB

Wacton Social Club is on the 1st and 3rd Fridays of each month. New members very welcome. Doors open 7pm – 11pm. **Dates for July are the 5th and 19th.**

On the 5th of July it will be a normal club night. The 19th of July we will be holding our Cash Bingo Night and a BBQ. All food cooked to order by our resident Chef.

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

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

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## LOCAL WALK ..... JUNE WALK

A beautiful morning but work, knee injuries, and holidays, had taken toll of our numbers. Nothing daunted, we set off to the delightful village of Tivetshall St Margaret.



We set off down the quiet street, turning into Mill Road and then a charming wooded footpath, before striking across fields into open countryside with extensive views. We felt glad to be alive. A slight fumble for the next path but someone spotted an obscure signpost in the hedge and we turned north along a field edge path. We were looking out for the mysterious Bunnett's Moat marked on the map and as luck would have it, met a man coming the other way (the only person we encountered the whole morning) who said, "Oh yes, it's in those trees over there". A copse on the right

hid a dry moat surrounding an area maybe 60 yards by 50 but what it had been, or who Bunnett was, we are none the wiser. Another mystery at Railway Farm where we found a large pile of cut logs and plastic chairs. Unfortunately, no coffee was being served but we paused here for a drink from our water bottles and to watch a train – the first of half a dozen seen – go by.



An easterly field edge path took us to Hall Farm, where we turned north again to Station Road. All this while we were enjoying the many wild flowers on our route: white campion, mayweed, chamomile, and lots of deep pink cranesbill. The hawthorn was nearly over but wild roses climbed in the hedges and butterflies fluttered along beside us; one peacock briefly sunned himself on Liz's bag. A short section of road walking brought us to a pleasant field edge path south. A buzzard circled overhead: we couldn't decide whether a second smaller bird was harassing him or was a young one being taught to thermal. A wide plank bridge hidden in a copse took us across a deep ditch and then a well-cut path back to Hall Farm.



We were nearly home but had one more treat in store: the fascinating St Margaret's Church. It has no electricity, light being provided by candles in holders on the poppyhead pew ends. There is also a rare Elizabethan tympanum, a painted overhead panel between the nave and the chancel painted the year before the Armada set sail. We were quite glad to rest for a few minutes and enjoy the cool stillness before walking the last half mile back to car, a splendid pink chestnut still in full flower cheering us on our way.

**Bonnie**

***Our next walk is on Monday 5th August. We meet in the Long Stratton car park near the toilets at 10. Everyone is welcome. We walk about 4 miles and aim to be back in time for lunch.***

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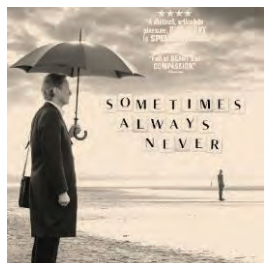
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**Next film showing**  
**Sometimes Always Never**  
Long Stratton Village Hall  
Monday 17<sup>th</sup> July - 1pm

A man searches tirelessly for his missing son whom he has not seen in years. When a body is located, the entire family's life is turned upside-down and they must all learn how to reconnect with one another.

**Tickets £5 which includes Refreshments**

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

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## **ARE YOU READY FOR THE 6TH ANNUAL LONG STRATTON BAKE OFF AND PRODUCE SHOW?**

**Saturday 21st September - Long Stratton Village Hall**  
**2pm to 3.30pm**

Included with this magazine should be a programme of categories which includes the entry form. Check out the list and see what you can grow to show or start making and practising. If you wish for more forms please e-mail [longstrattonvillagehall@outlook.com](mailto:longstrattonvillagehall@outlook.com) or ring Heather on 01508 530238.

Although it is called 'Bake off and Produce Show' there are also categories for flowers, handicraft, photography and a children's section.

It would be good to see some entries from the allotment holders!



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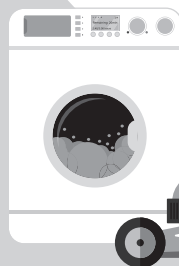
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## **LONG STRATTON THURSDAY CLUB**

Our meeting for July is on Thursday 11th at 2pm in Long Stratton Village Hall. This meeting is our AGM followed by strawberry tea.

Everyone Welcome

---

## **LONG STRATTON & DISTRICT WI**

At our May meeting our speaker gave a fascinating insight into her working life at a London Fashion House. She brought along photo albums and a tailored jacket she had made to illustrate the various techniques used.

Also joining us on the evening was our delegate to the National AGM in Bournemouth who listened to our discussions about the national resolutions. The WI are highlighting with the government the decline in rural bus services and the low attendance for a decade in cervical screening. Earlier in the year every WI in the country had several issues to consider and members voted on which to put forward. Our delegate will come back to a meeting in the summer to tell us about the voting at the annual meeting.

Members were pleased to hear that our quiz team had won the inter-WI quiz held at Old Buckenham. As winners they will organise the next annual quiz and invite teams from WIs in South Norfolk

Our members are looking forward to seeing you again at South Norfolk on Show on Sunday 30th June. We will be there all day with delicious food for you to enjoy or take away.

Our next meeting is on Wednesday 17th July at 7.30.pm in Long Stratton Village Hall when a Tourist Information Centre Manager will talk about her job delivering "Service with a Smile." Do come along and enjoy an evening out with friendly ladies.

More information from Mrs Shirley Housden on 01508 531154.

---

## **LONG STRATTON LIBRARY**

### ***Opening Hours:***

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

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

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# The Long Stratton & District Men's Shed

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

We meet once a fortnight on Mondays 2pm to 4pm  
Please come and support this exciting new project. All welcome

***Meeting dates for July are the 8th and 22nd.***

For further information and where it is please call Brian 01508 530400  
or Liza 07920285085

***Supported by South Norfolk Council, Saffron Housing Trust and Norfolk County Council***

## SEXTON'S WHEEL NEW PRICING STRUCTURE FOR ADVERTISING EVENTS

Following a recent meeting a decision was made to begin charging for advertising events both within and outside Long Stratton and Wacton.

The following discount from our advertising prices was agreed:

### ***Businesses***

Raising money for themselves	5% discount
Raising money for a charity	25% discount

### ***Organisations***

Raising money for themselves	5% discount
Raising money for a charity	25% discount

### ***Charity for a charity within the village [incl Wacton]***

No charge. but charity number needs to be provided

### ***Charity for a charity outside the village***

50% discount but charity number needs to be provided

### ***Events outside the village section***

£5 an entry for all unless it comes under one of the above categories

### ***Centre calendar***

Free entry and can include a telephone number

We hope this does deter you from advertising your events.

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## LONG STRATTON CHILDREN'S CENTRE

Below is the programme for the month of July. If you wish for any further information please call 01508 536399 or check our Facebook page for up-to-date details.

You can find us on Manor Road next door to Manor Fields.

Date	Activity	Time	Venue
<b>Monday 1st</b>	Little Movers - 0-5 years <i>Let your children explore their small movement skills - <b>booking essential</b> call 01508 536399 or 01953 713896 to book the week before</i>	10.00-11.00 am	LS Children's Centre
<b>Monday 22nd</b>	Stay and Play - 0-5 years <i>An opportunity to support families with the development of children using many different activities - <b>booking essential</b> - see above</i>	10.00-11.00 am	LS Children's Centre
<b>Monday 29th</b>	Messy Play - 0-5 years <i>Come along and enjoy some messy activities - <b>booking essential</b> - see above</i>	10.00-11.00 am	LS Children's Centre
<b>Tuesday 2nd, 9th, 23rd &amp; 30th</b>	Outdoor Explorers - 0-5 years <i>Outdoor session that enables children to explore the natural environment within their play and engage in gardening</i>	1.30-2.30 pm	LS Children's Centre
<b>Wednesday 10th &amp; 24th</b>	Feeding Group <i>UNICEF trained staff will be available to observe and support you through breast feeding, as well as providing guidance on formula feeding and introducing solids</i>	10.00-11.00 am	LS Children's Centre
<b>Wednesday 24th</b>	Introduction to solid foods <i>support around feeding and weaning</i>	10.00-11.00 am	LS Children's Centre
<b>Thursday 25th</b>	<b>Action for Children Biggest Sports Day - ring for more information &amp; booking</b>	<b>11.00am-1.00 pm</b>	<b>LS Children's Centre</b>
<b>Friday</b>	New Beginnings <i>Discovery sessions for you and your baby. We will support you to discover the secrets of your baby's communication, to learn how to connect, calm and reassure them</i>	Please ring for details - 01508 536399	LS Children's Centre

# Craft and Chat

## All Saints' Church, Wacton

Every 2nd and 4th Thursday,  
10.30 - 12.00 (April - September)

**Dates for July are the 11th and 25th**

Share skills and learn new ones.

Pop along for tea/coffee and a chat. Bring along your knitting, crocheting or other crafty projects.



## Let's Chat Coffee Group

We meet every week on **Tuesday** mornings from 10.15 am at St Mary's Church. It is a chance to catch up with friends - old and new! A warm welcome is extended to anyone who wishes to come along and join us. For more information contact Janet Roberts on 530121. Looking forward to seeing you.



*Janet*

**Come and  
join us  
for.....**



The next **Messy Church** is on  
**Saturday 27th July**  
from 9am until 10.45am and will  
be at **St Mary's Junior School**

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

All children must be accompanied  
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You can find out more by phoning  
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## THARSTON & DISTRICT WI

Most months our own WI arranges an extra social event and last month we arranged a walk round Whitlingham Country Park to raise funds for the Associated Country Women of the World. It was lovely sunny day for the group of walkers, including one dog, to walk around the broad. Others enjoyed sitting in the sunshine amid much chat and laughter whilst sampling refreshments from the café.

We attended Open Farm Sunday at Manor Farm, Fundenhall with our stall of cakes, preserves, books and other wonderful items – or just bric-a-brac! We also had a wide variety of plants, which proved popular. The weather was kind and there were lots of families enjoying an interesting and fun day out. Many people came to browse and buy at our stall, most stopping for a chat. We try to promote the WI and it is always good to meet up with old friends and members from other local WIs at these events.

This month we have two additional social activities. The first involves having a flutter at the dogs with a visit to Gt. Yarmouth Stadium for greyhound racing and the second, at the end of June, a visit to Pakenham Watermill & Gardens including afternoon tea. 'Always something good to look forward to in addition to our meetings'.

We meet at Wacton Village Hall at 7.30 on the second Thursday of the month except August when we have our annual outing.

*Heather Jeary*

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## DATE FOR YOUR DIARY

### NORFOLK CHURCHES TRUST ANNUAL BIKE RIDE

### SATURDAY 14TH SEPTEMBER 9AM TO 5PM

The annual Bike Ride is an excellent way of making money for your own church as well as the Norfolk Churches Trust. This year the trust is offering a £1,000 prize to the most improved church [the church that raises the most money compared to last year].

You can also drive round the churches if you don't feel like jumping on a bicycle. This is becoming more popular each year.

Justgiving makes it easy to raise money from family and friends. See website for details. <https://norfolkchurchestrust.org.uk/bike-ride/taking-part/>

Please pump up your tyres, or dust off your walking boots, pack a picnic and plan a route to visit as many of the most beautiful churches in Norfolk as you can on the 14 September 2019.

For more information contact Jeremy & Christine Briggs on 01508 536724

## CHURCH SERVICES - JULY

### St Mary's Church

7th	11.00 am	All Age Worship
14th	9.50 am	Ten2Ten Service
14th	11.00 am	Holy Communion
21st	11.00 am	Morning Worship
28th	11.00 am	All Age Holy Communion
28th	7.00 pm	Soul Shapers

### St Michael's Church

14th	8.30 am	Holy Communion
28th	8.30 am	Holy Communion

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

### All Saints' Church

7th	9.30 am	Holy Communion
21st	9.30 am	Holy Communion

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

### Congregational Church

7th	10.45 am	Family Service with Holy Communion	Rev Stella Wallace
14th	10.45 am	Family Service	Rev Elisabeth Spry
21st	9.45 am	Family Breakfast	
21st	10.45 am	Family Service	Joy Southam
28th	10.45 am	Family Service	Malcolm Simpkin

## From the Parish Registers

### Funeral

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

Alma Harrison                      St Mary's

### LONG STRATTON METHODIST CHURCH

July lunch will be on Tuesday 2nd at 12.30pm.

Please call 01508 530518 to book - all welcome

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



## 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](mailto:thesextonswheel@googlemail.com)**

**tel: 07518 207494**

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 all 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

**Deadline 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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thesextonswheel@googlemail.com

**DISTRIBUTION OF MAGAZINES:** Ann Lorne      01508 530987

EVENT \_\_\_\_\_

DATE \_\_\_\_\_

TIME \_\_\_\_\_

PLACE \_\_\_\_\_

BRIEF DETAILS \_\_\_\_\_

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