

The Sexton's Wheel

Issue 260

The magazine for Long Stratton & Wacton



September 2025

Long Stratton Village Hall - Booking Information



The hall can be booked as follows:

Via our facebook page, search Long Stratton Village Hall

Via our website www.longstrattonvillagehall.org.uk

Email us at longstrattonvillagehall@outlook.com

Call Kirsty Dye on 07986942804 and leave a message

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Licenced bar available through Wacton Social Club. Contact stevemaz51@outlook.com

Church Contacts

Stratton St Mary's Rev Becki Bensusan - (01508) 813900

St Michael's Rev Becki Bensusan (01508) 813900

Tharston St Mary's Rev Becki Bensusan (01508) 813900

All Saints' Rev John Madinda (01953) 789240

Congregational Church June Braddock (01508) 470701

Church Parish Office

Due to a change in circumstances the Parish Office will no longer open.

If you know of anyone who is unwell or would benefit from a visit from a member of our ministry team, please contact Rev Becki Bensusan. (01508) 813900.

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.



Now the bypass is finally open, it's amazing the difference it's made to traffic coming through the centre of town. It has been a long time coming.

The Sexton's Wheel Team

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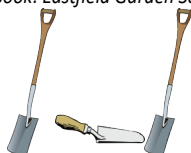
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Mobile: 07359331303

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Hangry

Have you heard of the word hangry. It a combination of hungry and angry. It's something I need to guard against as I continue my attempts to lose weight. I'm surprised there is not a word that combines tired and angry - perhaps the word grumpy already covers that. Or perhaps there should be a word for disappointed and angry too.

As we struggle with the challenges of life we experience various emotions which can lead to anger, grumpiness or disappointment resulting in us giving up. On those occasions we may blame ourselves, others, bad luck or God.

I'm reminded of the story of a man who found a butterfly that was starting to hatch from its cocoon. He sat down and watched the butterfly for hours as it struggled to force itself through a tiny hole. Then, it suddenly stopped making progress and looked like it was stuck. The man decided to help the butterfly out. He took a pair of scissors and cut off the remaining bit of the cocoon. The butterfly then emerged easily, although it had a swollen body and small, shrivelled wings. The man thought nothing of it, and he sat there waiting for the wings to enlarge to support the butterfly. However, that never happened. The butterfly spent the rest of its life unable to fly, crawling around with small wings and a swollen body. Despite the man's kind heart, he didn't understand that the restricting cocoon and the struggle needed by the butterfly to get itself through the small hole were God's way of forcing fluid from the body of the butterfly into its wings to prepare itself for flying once it was free.

When we feel life is a challenge we might remember that 'all sunshine makes a desert'. If you are a gardener or farmer you'll understand the importance of working in all weathers and the need for both sunshine and showers.

Our trials are not a punishment but a way to strengthen our souls.

Galatians 6:9 says 'Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.'

I'm determined to remain focused on my weight loss goal. May we all remain focused on doing good too knowing we will reap a harvest at the proper time.

Rev Malcolm Simpkin
Long Stratton Congregational Church

2nd Long Stratton Brownies



Many of the Brownies enjoyed a day visit to the International Jamboree at the Norwich Showground and took part in the 'Carnival of Fun'.

We visited the Rio de Janeiro, Trinidad and Tobago and Notting Hill sub-camps where we made parrots, necklaces and snap bracelets and a Paddington Bear. There was a football and beanbag challenge, a 'cave' to negotiate and we fished for ducks in a toilet pedestal. It was so hot we ate our picnic in a shady spot under some trees. We also learnt some dance moves and raced a donkey derby while we were fired on by water pistols. At the closing ceremony we all danced the song we had practised before going to visit the Guides and Rangers in their Venice sub-camp. And we were all given a goodie bag with a whistle, torch, notebook and a few other things in a bright light-weight orange rucksack.

We have a few places for any girls aged 7-10, please register on <https://www.girlguiding.org.uk/information-for-parents/register-a-child>



QUIZ

13th September, Long Stratton Village Hall

18:30 for 19:00 start

Teams of 6 maximum, £7.50PP

Ploughmans in the interval included in price.

Bring your own glasses and drinks of choice.

For more information phone **Janet on 01508 530121**

LONG STRATTON & DISTRICT WI

Our speaker in July was an expert from Norfolk Museum Services who now curate the antique clothing collection once stored at Carrow House. She brought along a table display full of Norwich shawls. After her talk members were allowed to try them on and feel the elegance of a bygone age. The picture shows just one example. The patterns and colours were amazing.

There will not be a meeting of our institute at the Village Hall in August. The Committee have organised a cruise and day out on the Norfolk Broads, subsidised for members.

Our next meeting in Long Stratton Village Hall will be at 7.30pm on Wednesday 17th September. The talk will be on Papercraft. No doubt most members will want to have a go and will take home their efforts.

We have a good variety of topics and an interesting programme of speakers. Things slow down a bit in August as members are on holiday, meeting up with grandchildren or just enjoying days out. Usually some meet up for lunch and we are looking forward to Knit and Natter starting again in the Autumn.

Do come along on 17th September if you would like to meet friendly ladies and enjoy a pleasant evening together.

For more information please ring 01508 531154.



Long Stratton Village Hall
21st November

18:30 for 19:00 eyes down

Proceeds in aid of St Mary's Church



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HARLESTON CHORAL SOCIETY

Harleston Choral Society's summer comes to an end on 1st September with the start of our Autumn Term (and nearing the end of our wonderful 25th Anniversary Year), 7.00 pm for a 7.30 pm start, in The London Road Church IP20 9BH. We'll begin rehearsing for our Christmas Concert on Saturday 6th December in St John's Church, Harleston. Our programme will include a selection of Christmas music and carols (some with audience participation) and Part 1 of Handel's Messiah, plus – by choir and public demand ! - the Hallelujah Chorus, all under the baton of our Music Director Justin Bindley.



Pic courtesy of Getty images, universal history archives

Practices are on a Monday night from 7.30 – 9.30 pm, in The London Road Church, and parking is available in The Original Factory Shop (TOFS) car park opposite. So, please come and join us, you have three weeks to decide whether or not HCS is for you before fees are due - current fees are £45.00 per term (there are some concessions).

We're a friendly community choir and we welcome everyone, and although it's an advantage to be able to read music, it's not essential. There are no auditions and music is provided free. Further information about HCS can be found on our website www.harlestonchoralsoc.org.uk and from our Joint Chairs - caroline@rodbourne.org.uk and Jo Curry jo.curry@sky.com

THARSTON & DISTRICT WI

Maria Pennington, who had been in the jewellery trade for 44 years, having worked in London as a window dresser, jewellery designer and formerly at Winsor Bishop in Norwich joined us at our July meeting. She illustrated with photographs different types of jewellery and how the fashions of the day had influenced styles of jewellery. She explained how the Victorian and Edwardian style celebrated nature and the female form whereas the Art Deco period had influences from Egypt and the Far East. In the 1930's jewellery was often split apart to use separately as earrings, bracelets and tiaras. By the 1940's jewellery was getting bigger and bolder and during the 1950's and 1960's jewellery started to incorporate other materials than gemstones. After her talk members were invited to view a table display of jewellery.

In August we will be visiting Bury St. Edmunds on our annual outing but you are welcome to join us on the second Thursday of the month at Wacton Village Hall at 7.30pm when our speaker for September will talk about being a teacher in local prisons.



MacMillan Nurses Coffee Morning

26th September

10:30am to 12:30pm

Depwade Court Common Room

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Chritina Clarke on: 01508 536100 or 07598311531

BikeActive Norfolk

By the time you get to read this BikeActive Norfolk Junior's sessions on the multi-use games area at Long Stratton, Manor Rd playing field, will have ended for the summer. Having run the first two I can say they have been a great success, and the two forty-minute sessions have been largely full.

The addition of a forty-minute session with Anastasia and the Youth Café has also proven popular with the young people from that group.

We continue to run our adult group on alternate Fridays at Topcroft Sports and Social Club and alternate Mondays from Earsham village hall. If you suffer an illness, injury or disability and would like to cycle but need a bit of help, take a look at our website, BikeActiveNorfolk.org and get in contact if you like what you see.

Jez Briggs, Email BikeActiveNorfolk@gmail.com

Website, BikeActiveNorfolk.org

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Borderhoppa Outings for September 2025

- Mon 1st – Southwold - £20.00
- Thurs 4th – Lowestoft Town / Seafront - £20.00
- Mon 8th – Lunch at The Four Horseshoes, Thornham Magna - £8.00
- Mon 15th – Cherry Lane Garden Centre, Pulham - £8.00
- Thurs 18th – Lunch at Earsham Hall Tea Rooms - £8.00
- Mon 22nd – Harleston Factory Shop and town centre - £8.00
- Thurs 25th – Bungay Town (Market Day) - £10.00
- Mon 29th – Hillcrest Nurseries, Stanton - £10.00

To book or for more information please call 01379 854800 or visit our website www.borderhoppa.org



Messy Church News

Well, hello Messy Church friends, it's a been a little wait for our next news update for you. We hope you're all doing well and had a lovely summer. All the way back in June we had a lovely celebration end of the academic year Messy Church session that was all about the games. There were loads of different things to try from Twister to a mini puzzle; Dobble and large Connect 4. There were prizes and lots of celebrations for great scores. It was fun to do something a little different before our summer break. We had a lovely picnic together as we heard the story of the big picnic Jesus had where at least 5000 people were fed from the generosity of one child and the power of God. It was good to hear what God can do with something we may feel is quite small. We were encouraged to hear that God works through us to bring blessings to many.

Since we last wrote our news we've also been able to enjoy our Space Invaders Holiday Club but more about that next time.

Our next Messy Church session for this month is Saturday 27th September at our usual time of 4pm. The theme will be Harvest. If you wanted to add anything to our Harvest donations for the local foodbank, then please feel free to bring it along on the day. We are looking forward to being back with you and meeting together again in our usual format with crafts, a story, a song and of course a picnic tea. If you want to be in touch with the team, then please feel free to email us on strattonmessychurch@gmail.com



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S. Holford, Jan 2025

G ★ ★ ★ ★ ★

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R. Miller, Jan 2025

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HOWARDS

LETT-UCE TALK

The next meetings of Lett-uce Talk gardening conversation will be on 6th of September and the 4th of October. In Huggers cafe, between 10am and 11am.

Anything related to gardening. I recommend attending 9.30 onwards. Enjoy a coffee and cake and meet other gardeners.

All welcome, no membership or fee required.

Any queries, please email me

notenoughkeiths@gmail.com.

We look forward to meeting you

Keith..

DIGGERS & DIBBLERS

Tuesday 9th Sept at 7.30pm in Fornsett Village Hall

Jane Steward will be speaking to us about 'The medlar - a forgotten fruit.'

There will also be a very quick AGM.

All welcome!

£1 members/£3 non-members includes a soft drink, nibbles and a raffle ticket. Wine £1 per glass.

Stronger Breaths, Brighter Voices!

The Norfolk 'Playing for Cake' charity runs singing sessions for health, wellbeing and fun, and runs a 'Singing for Breathing' group in Long Stratton. This friendly, supportive group would love to grow, come and join us! Singing for Breathing sessions are suitable for people with diagnosed lung conditions, or for anyone who wants to learn about their breathing and how to breathe better for improved health and wellbeing. Songs are tailored around breathing exercises used for pulmonary rehabilitation, and sessions are run by a trained leader.

The Long Stratton group is running a series of 8 sessions from Wednesday 10th September to Wednesday 29th October 2025 (further sessions are subject to funding). These are held in Long Stratton Village Hall, from 2.30-4.00pm. The sessions start with a cuppa and a chat, followed by some relaxation, breathing exercises, voice warm-ups and of course some fun singing! Participation is free (donations are encouraged to help with running costs, £5 suggested).

For more information contact Nicky Childerhouse at nicky@playingforcake.uk, 07792 757474. <https://playingforcake.uk/singing-for-breathing-2/>

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We realise that social media is important for the positive promotion of the PPG and in supporting the practice, so if you are a **social media specialist** then we'd love to hear from you.

The committee is keen to hear from younger members of the community who may be interested in joining the committee.

To find out more contact us at
Longstrattonppg@gmail.com



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M	T	W	T
1 Local Walk - see page 36	2 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Coffee Morning Wacton Village Hall 10.30am Lets Chat St Mary's Church 1000-1200	3 Chatter& Natter Long Stratton Leisure Centre 1200-1400 Wacton Parish Council Meeting 18:00pm	4 Pilates - Wacton see p24
8 LSTC Meeting Pavillion Community Room Manor Road 19:00	9 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Diggers& Dibblers see p18 Lets Chat St Mary's Church 1000-1200	10 Chatter& Natter Long Stratton Leisure Centre 1200-1400 Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406 Cup of Hope Pavillion community Room 08:50am - 11:30am	11 Pilates - Wacton see p24 Tharston& Wacton 7:30pm Lunch Club 2 Long Stratton Congregation Call 079687
15	16 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Coffee Morning Wacton Village Hall 10.30am Lets Chat St Mary's Church 1000-1200	17 Chatter& Natter Long Stratton Leisure Centre 1200-1400 Long Stratton & District W.I LS Village Hall 1930	18 Pilates - Wacton see p24
22	23 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Coffee Morning Wacton Village Hall 10.30am Lets Chat St Mary's Church 1000-1200	24 Chatter& Natter Long Stratton Leisure Centre 1200-1400 Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406 Cup of Hope Pavillion community Room 08:50am - 11:30am	25 Pilates - Wacton see p24
29	30 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Lets Chat St Mary's Church 1000-1200	31 Chatter& Natter Long Stratton Leisure Centre 1200-1400	Pilates - Wacton see p24

T	F	S	S
Wacton Village Hall see p24	5 Wacton Social Club open 7.00pm - 11.00pm with Bingo	6 Lett-uce Talk Huggers 1000-1100	7 Hope church Service St Mary's Academy 10:30am. See p19
Wacton village Hall see p24 District W.I. Village Hall 8.30pm 12:00 - 2:00pm Stratton Congregational Church Hall 016698 to book	12	13 Wacton Church Coffee Morning 1030am. Quiz Long Stratton Village Hall 18:30 for 19:00 start. see p6	14
Wacton Village Hall see p24	19 Wacton Social Club open 7.00pm - 11.00pm pool,darts etc	20 Wacton Social Club Fun Day See p31	21 Community Family Breakfast 9:45am at Long Stratton Congregational Church Hall Hope church St Mary's Junior Academy 10:30am see p19
Wacton Village Hall see p24	26	27 Messy church	28
Wacton Village Hall see p24			

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Upcoming events at Long Stratton Library September onwards.

Mon 8th Sept then every Monday 5pm -6:45pm Mindful Connections Group – This friendly group is a chance to get together sit, talk, relax and have some YOU time each week. Open to adults who just want to have some chill time. You are welcome to bring an activity such as colouring, games if you wish. Refreshments included.

Every Tuesday at 2pm – Bounce and Rhyme – Join Cathy our friendly Volunteer as she gets everyone together for a sing along. Open to up to 5-year-olds and a great chance to mix with other carers and their little ones.

Every Tuesday 3:45-4:45 Lego Club- open to children who want to let their building imaginations go wild!

Mon 8th Sept – Police drop in session

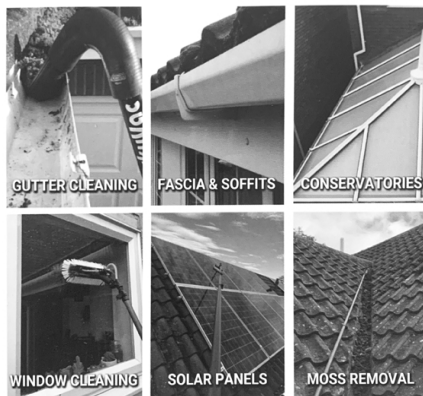
Mon 15th Sept – A evening with Tom Lucking. Join us as we host archaeologist Tom as he gives a talk on his work and his amazing archaeological finds. Tickets are £5 and includes refreshments.

Tues 23rd Sept 4pm– Medal Ceremony for those children who completed this years summer reading challenge.

Tues 23rd Sept 2pm - Teddy Bears Picnic for all mini summer reading challenge completers with Cathy in Bounce and Rhyme.

Tues 30th Sept 2:30pm Join us as we host author Dennis A. Roberts as he gives an author talk on his novel “A Norfolk Boy” Tickets £2.50 and includes refreshments.

Kelly Bearton, Library Manager, Diss, Harleston & Long Stratton
Norfolk Library and Information Service
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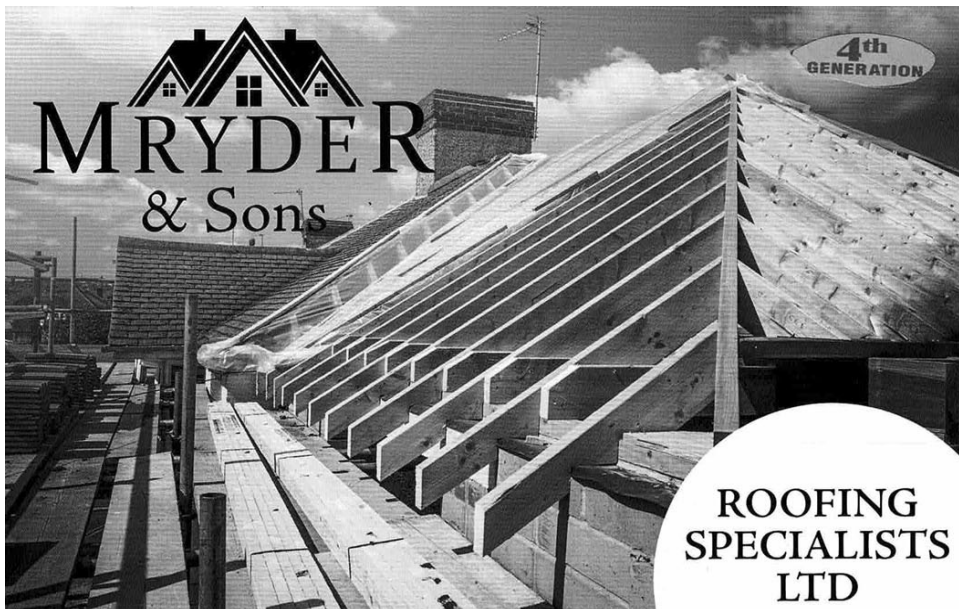


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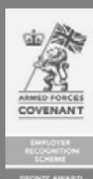
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- Religious dissenters in South Norfolk with reference to the Pulhams.
- The pop music culture of the 1960s and the artists and groups who appeared at Great Yarmouth's summer shows.

Membership for the year continues at £12 per person and visitors are welcome to attend for £3 per talk.

For further details contact:

Sue Smee – membership secretary: sue.smee@hotmail.co.uk

Steve Hewitt – talks programme: sandsj.hewitt@gmail.com

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Red Wings – Tasburgh

Eleven of us met at Long Stratton co-op car park, 3 cars were used to journey along A140 to Tasburgh., just beyond this village we parked at the lay-by (almost opposite Foundry nursery).

We commenced the walk just a few yards beside the busy A140 road, then we turned left onto Boudicca Way footpath. In a field we saw several horses grazing on grass. Almost the entire walk was on the Red Wings horse sanctuary.

We passed beside a wood plantation of fairly immature deciduous trees. It was noted that protective plastic wrap around their trunks had never been removed and consequently the plastic had grown into the trunks and some plastic was poking out of the bark – a misfortune for these trees.



Our walk took a circular incline passing fields, all housing Red Wings rescued /retired horses. It was pleasing to see to that they were in good care – most horses were quite interested in us and came to say hello. A gentle stroke down the nose was acceptable – only a few took it as an invitation to attempt a chomp at fingers.

We passed Woodhouse Farm and then continued on along bridleways and went through several kissing gates. Then we entered a wooded area and found ourselves in an opening revealing a treasure: St Mary's Church of Saxlingham Thorpe. The church, very ruinous, had a square tower and was built of flint stone – a notice provided information that it was built in the late 11th century and apparently it is still used for worship on occasions! Being the month of August the season was turning autumnal and berries in the hedge; sloes, blackberries and guelder rose were ripening, there were also hazel nuts – all fairly abundant.

Several types of fungi abounded in the grass – parasol mushrooms, toadstools and a fairy ring seen in an open field – the grass mown short - the brilliance of the green was vivid because of the recent rains.

Thistle down seeds adorned the edge of bridle ways and yellow flowers brightened the palette: tansy, St John's wort and perennial sow-thistle and rag wort (which is known to be poisonous to horses).

In a field of tall dry grasses 2 roe deer looked out at us. 14 pied wag tails in another field foraging and above; 4 buzzards high up over a green wood canopy. There was also seen a kestrel on the wing.

The walk had come full-circle and we found ourselves on Boudicca Way and then onto A140, Ipswich road, back to our cars. Thank you Louise for leading such an enjoyable walk. We meet 1st Monday of the month at 10am near the co-op car park, Long Stratton. New walkers are very welcome

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7th September:	9am	Holy Communion (BCP) at Stratton, St Michael
	9.30am	Harvest service ,Wacton
	11am	Morning Worship at Stratton, St Mary
14th September:	9:45am	Family Worship at Tharston, St Mary
	11am	All-Age Holy Communion at Stratton, St Mary
21st September:	9am	Holy Communion (BCP) at Stratton, St Michael
	11am	Baptism at Stratton, St Mary
27th September:	4pm	Messy Church at Stratton, St Mary
28th September:	9.30am	Holy Communion, Wacton
	11am	Holy Communion at Stratton, St Mary

Congregational Church

Sunday 7th September at 10:45am – Family Service incl. Holy Communion - Rev Malcolm Simpkin

Sunday 14th September at 10:45am – Family Service - Pat Mottram

Sunday 21st September at 9:45am – Community Family Breakfast

Sunday 21st September at 10:45am – Harvest Family Service - Rev Malcolm Simpkin

Sunday 28th September at 9:45am - Prayer Meeting

Sunday 28th September at 10:45am - Family Service - Rev Michael Womack

Hope Church

7th September - 10:30am - Service for all ages -St Mary's Junior Academy NR15 2UY

21st September- 10:30am - Service for all ages -St Mary's Junior Academy NR15 2UY

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