

The Sexton's Wheel

Issue 195

The magazine for the villages of Long Stratton & Wacton



TWO IMPORTANT DATES THIS MONTH

***MOTHERING SUNDAY - 22ND MARCH
AND***

***SATURDAY 28TH MARCH BRITISH SUMMER TIME
BEGINS***

***- SO DON'T FORGET TO PUT YOUR CLOCKS FORWARD
BEFORE GOING TO BED***



March 2020

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'	Rev. Heather Wilcox	01508 530238
	rev.heather@btconnect.com	
Parish Administrator	Linda Mills	01508 530238
	linda.parishadmin@btconnect.com	
Congregational Church	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 Town 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

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.



This is the month we look forward to spring, especially with the clocks going forward bringing longer day light.

Also we mustn't forget Mothering Sunday on the 22nd March - make sure you spoil your mum!

Let's Chat is back this month after it's winter break on Tuesday 17th March - see page 5.

Apologies for mentioning 2021 already but the Churches need your thoughts on whether to do a calendar next year - see page 25 for more information.

The Sexton's Wheel Team

DON'T FORGET THE CLOCKS GO FORWARD ON SATURDAY 28TH MARCH

- | | |
|---|---|
| 2 Booking information Long Stratton & Wacton Village Halls
Contact details | 23 Thursday Club |
| 5 Mum's the word | 24 VE Picnic in the Park
Girls Night Out |
| 7 Your Voice in South Norfolk
Grow you own vegetables | 25 Greater Norwich Local Plan
Long Stratton Calendar 2021!
Long Stratton Youth Cafe |
| 9 Long Stratton & District WI
Let's Chat is back | 27 Long Stratton Town Council |
| 11 Long Stratton Under 13 Girls | 29 Congregational Community Breakfast
Congregational Federation
All Saints' Church coffee mornings & Craft and Chat |
| 13 Local Walk..... | 31 Long Stratton Children's Centre
Messy Church |
| 14 Easter Services | 35 CVP 200 mile Charity Challenge
Long Stratton Guiding
Long Stratton & District Men's Shed |
| 15 World Day of Prayer service
Borderhoppa Outings | 37 Church Services
Long Stratton Day Centre |
| 17 Long Stratton Medical Partnership
Long Stratton Cinema | 39 Contact details & information
on The Sexton's Wheel |
| 19 Weekly events | |
| 20/21 Monthly calendar of events | |
| 22/23 Wacton Village News | |

THE LONG STRATTON AND PILGRIM TEAM MINISTRY, COMPRISING EIGHT CHURCHES, HAS A VACANCY FOR A TEAM ADMINISTRATOR

we are looking for someone who, working alongside the Team Rector, Ministry team and others, will assist in ensuring the day-to-day administrative functions of the church are run effectively.

You will need to be good with people and confident, working mainly alone at the parish office in Flowerpot Lane, Long Stratton.

The ideal person will be organised, able to work to deadlines, have good written and spoken communication skills, and be familiar and competent with Microsoft Office applications (Word, Excel, PowerPoint, Publisher etc) and social media (Facebook).

Salary: £9.31 per hour

Hours: 12 hours per week (times negotiable)

Further details from Rev. Heather Wilcox [01508 530238]

Application process: CV and covering letter returned by e-mail to: rev.heather@btconnect.com or direct to the Parish Office, 8 Flowerpot Lane, Long Stratton.

Closing date: **9am Monday 16th March 2020**



At The Mayfields Care Home, we believe in a healthy, active lifestyle – one in which our residents can feel like winners. That's why we personalise each day to meet the individual activity needs of our residents and their families.

And hearing their laughter is music to our ears.

www.castlemeadowcare.co.uk

The Mayfields

SWAN LANE, LONG STRATTON, NORFOLK, NR15 2UY
CALL 01508 535 500 TO ARRANGE YOUR VISIT



castlemeadow
CARE

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE | SHORT BREAKS

Mums the word!

Sometimes we wonder how they do it. You know, that person who always has time for you, always has the right words to say, always can offer the exact thing you're after.

You know that person I'm talking about. Every family has one. In my family she is called **MUM**. What does a mum offer?

Well, if we've got the sniffles or some other ailment she has the right medicine. It's always mum who knows when the birthdays are or where the kids have to be on any given night of the week. It's mum who has the tea on the table and organises the supermarket to deliver in time. It is mum who taught us to use a knife and fork even if now it's us who now teaches her to use a computer! If you needed something for school it was mum who knew where to get it. So this person is **Medic, Organiser, Taxi, Homemaker, Educator, Resourceful**. Simply put it spells out **MOTHER**. Having looked at all the practical things a mum offers probably the thing they offer most is unconditional love. We all know there are times when we have not treated our mum's in the best way but they still love us.

In life a mum can do much but we need someone else who can take care of our soul. God is our Spiritual mother. God is one person but is multi- functional. God gives us life through His Son Jesus Christ. Jesus says in John's gospel that he came that we might have life and life to the full. God directs us through his Holy Spirit. We all have that little voice inside us telling when we are doing good or bad.

But there are two big things I want to think about that God offers and they are love and forgiveness. Just like a mother, God's love is unconditional. It says in Romans 5 that God directed his love towards us in that even though we had sinned (done wrong) Christ died for us. Jesus death and resurrection means that we can be forgiven. Again in Romans it says the wages of sin is death but the gift of God is eternal life through Jesus Christ.

When we celebrate Mother's Day on the 22nd and remember her love please remember the love that God offers too.

Steve Adcock
Reader, St Mary's Church.

C J SERVICES

- PROPERTY CLEARANCE
- LANDSCAPING
- TREE & HEDGE FELLING
- ALL JOBS CONSIDERED

**T: 07711 184 196 or
07709 644 207**

KLB
ELECTRICAL

**ELECTRICIAN FULLY QUALIFIED
TO 18TH EDITION
WIRING REGULATIONS**

24 hour call out service available

OUR SERVICES INCLUDE:

- Fuse board changes/upgrades
- Electrical installation condition report [EICR]
- Additional sockets and lighting
- Outdoor sockets and lighting
- Security lighting
- Fault finding

***No job too small -
call or e-mail
for a quote***

**Contact: 07802827529 / 01508 530312
enquiries@klbelectrical.co.uk
www.klbelectrical.co.uk**



Your Voice in South Norfolk

For anyone wishing to find out more about avenues to go down with all sorts of problems, be it health, practical housekeeping, maintenance, transport, financial or general well being this is the organisation that can help.

We are holding our next Open Meeting at Poringland Community Centre when Wiltshire Foods will be talking about their products and will have tasters too. Also on the agenda we have Rachel Hillier speaking on the role of The First Responders and also about keeping safe in your own home, particularly relevant to those vulnerable elderly living on their own.

Our meeting is on **Wednesday 25th March** from 1.30pm-4.30pm with light refreshments.

We would welcome anyone interested in the welfare of the vulnerable to attend our meetings and get the up to date information available.

For more information you can contact Pearl on 01379 740753 or email pearljoy@mypostoffice.co.uk

WOULD YOU LIKE TO GROW YOUR OWN VEGETABLES AND FRUIT?

IF SO ARE YOU INTERESTED IN HAVING AN ALLOTMENT?



St Michael's Church run the allotments situated on the left hand side of the A140 as you leave the village heading towards Norwich.

We may soon be extending the number of plots we have and after accommodating all those on our waiting list there will be some to let.

If you would like more details please contact Linda at the Church Parish Office, The Rectory, Flowerpot Lane, 01508 530238 or e-mail linda.parishadmin@btconnect.com



NW
NORFOLK
WOODBURNERS

**SUPPLY & INSTALLATION
OF WOODBURNERS**

Norfolk's agent for Aga, Hunter & Parkray Stoves

AGA
CAST IRON STOVES

Hunter
PARKRAY

01508 498393

www.norfolkwoodburners.co.uk

MOORE'S MYSTERY TOUR

Thursday 28th May - £20 pp

Come with us on a journey of discovery, meandering through the East Anglian countryside - who knows where we will go [well - hopefully the driver does!]

Trip will include stops for morning coffee and lunch
[not included in price]

Pick-ups

8.30am - Holiday Inn, Ipswich Rd

9.00am - Long Stratton [starting from Ipswich Road]

Contact Jon Moore on
07889 811562 or e-mail
busman685@gmail.com for more
information and to book your
seat/pay

Chapel Doors LIMITED

**AUTOMATIC GARAGE DOOR AND
GATE SPECIALIST**

INSTALLERS OF ALL TYPE OF
GARAGE DOORS,

UP AND OVER, SECTIONAL, ROLLER AND
SIDE HUNG. AWNINGS.

SLIDING & SWING GATES, UNDERGROUND
OR OVERGROUND UNITS.

FAST SERVICE ON REPAIRS

25 YEARS EXPERIENCE

Tel: 01379 651959
www.chapeldoors.co.uk

HOMEFRONT

*Handyman Maintenance
Services*

- Bathroom & Kitchen refurbishment
- Painting & Decorating
- Plaster Repairs
- Carpentry
- Plumbing
- Disabled Access work
- Garden Services

John Johnson

01508 531021 • 07958 606637

homefronthandyman01@gmail.com

LONG STRATTON & DISTRICT WI

"A Room with a View" was the title our January speaker gave his talk and we were right to expect travel rather than the romantic story by E.M. Forster set in Italy. Our evening was spent in the Swiss Alps where Mr Goode enjoyed walking and collecting alpine plants. He told us he holds the national collection of some crocuses and showed many interesting photographs of plants in their natural surroundings. At intervals there would be a spectacular photograph of the view from the window of wherever he had been staying, mainly mountain cabins rather than hotels. A very good start to our year.



At the beginning of February some of our members met up in Norwich for lunch and some visited the Norfolk Makers' Festival at the Forum. They enjoyed seeing the working model of a traditional Norfolk fairground made entirely from glass and a knitted Sandringham from the Norfolk crafter who made the view of Yarmouth, seen there last year. There was also the opportunity to try some crafts or make purchases.

If you missed the above talk and would like to join us in March, we are welcoming back Helen, who was fortunate to be invited to a royal wedding. We meet on the third Wednesday of the month in Long Stratton Village Hall at 7.30 pm. Do come and join us on the 18th March, you will be made very welcome.

For further information contact our Secretary Mrs Shirley Housden on 01508 531154.

Let's Chat Coffee Group is back!

We will begin meeting again every **Tuesday beginning 17th March** 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

Susan Whymark
Funeral Service Ltd



Office & Chapel of Rest
Ley House,
11a London Road,
Harleston, IP20 9BH

Harleston's **ONLY** independent funeral service.
Our branch ably supervised by

Kelly Williams



Providing a professional and caring service

Telephone personally answered 24 hours a day on

Tel: 01379 851253



email: kelly@susanwhymark.co.uk

www.susanwhymark.co.uk

Electrician



Local, Friendly, Reliable
N.A.P.I.T. Registered that
works on all aspects
of Domestic and
Commercial Electrics
including storage heaters

Contact Ian or Caroline
@ ICD Electrics on

0779 0273 689
or **01508 813802**

E-mail: icdelectrics@hotmail.co.uk
or www.icdelectrics.co.uk

R.F. CHIMNEY SWEEP SERVICES

- All Types Of Domestic Flues & Chimneys Swept
- Bird Nest Removal
- Certificate Issued
- Smoke Checks Conducted
- Power Sweeping Available
- Fully Certified & Insured

Call Rob Foreman on:

07584 433527 • 01508 535934

www.rfcss.co.uk • email: info@rfcss.co.uk



LONG STRATTON FOOTBALL CLUB

Meet our Long Stratton FC Under 13 Girls

Back row left to right:

Paul Simmons [manager], Gracie S, Rose G, Niamh N, Tamzin G, Kate S, Esme G, Emily R.

Front row left to right:

Shannon B, Maisie P, Lucy T, Amelia O. Maddie K not available for team photo.



Long Stratton U13 girls is a newly formed team this season, and we play in the Norfolk Women's & Girls' Football league. We would like to thank East of England Co op for kindly sponsoring the team kit.

We were able to form this new team off the back of our very successful SSEWildcats girls only football centre which runs every Wednesday 6-7pm at Long Stratton Leisure Centre. We are always looking for new girls to join in and enjoy the experience of playing fun football games. It is primarily for 5-11 year olds but we have quite a few girls over age who love to be involved.

The U13 girls have found it hard since they started as they are playing teams that are established and been playing together for many seasons. These girls have an amazing team spirit and love playing football together no matter what the result. Through their hard work and determination to improve they are getting better and better every time they play and we hope to have a few points on the board at the end of the season.

We are always looking for players to expand our youth teams and add to our coaching team. If you are interested in joining our fantastic community club please make contact through our social media pages or contact Paul Simmons on 07788 717254 or paulsimmons7@gmail.com

Recent results:

LSFC U13 G	0 - 11 North Walsham U13G
Tasburgh U11 Dev Boys	6 - 3 LSFC U13G
Dereham Saints U13G	1 - 1 LSFC U13G

CHRIS CLARKE OIL BOILER SERVICES

- Servicing
- Commissioning
- Oil Tanks
- Breakdown Repairs

01508 536573
07912 146619



Jimmy Burt Plastering Services

Over 30 years experience
Accredited by Norfolk County
Council Homecall

All plastering work undertaken

Internal & external
plastering, rendering,
reskimming over Artex,
dot & dab plastering,
patch up work
Insurance work
undertaken



Free quote
Friendly service

01953 713855
07833 965606

jimmyburtplasteringservices@gmail.com



Specialists in the supply and install of new and replacement Pvc-u and Aluminium windows, doors, conservatories, secondary double glazing and roofline.

All available in a wide range of colours and styles.

Free surveys and estimates. Trade and DIY enquiries welcome.

For friendly advice and a competitive price.

E: info@moultonwindows.co.uk

W: www.moultonwindows.co.uk

01379 677730

Orchard Farm, Great Moulton, Norwich, NR15 2HA



Big enough to cope, small enough to care

mw
**MOULTON
WINDOWS**

LOCAL WALK FEBRUARY WALK

Six walkers gathered on the carpark at 10am with the most important person missing. Our leader, who had devised this lovely walk, couldn't be with us! However, she had sent instructions and so it was with that

we set off into the unknown with these, a map, and boundless optimism.

We parked at Forncett Village Hall and began a steady climb up Cheney's Lane. Who says Norfolk is flat? We admired a wonderful garden with swathes of snowdrops, before turning off right into High Road with extensive views down to the valley in the winter sunshine.

Some hazel trees with pretty catkins provoked an interesting discussion on the difference between pollarding and coppicing, Penny proving very knowledgeable here. Daffodils in bud were all along the hedgerow and we heard the first lark of spring before seeing three of them fluttering together. Were they vying for territory?

A long line of manure heaps came into view: "Some sizeable moles around here", quipped Colin. We passed Dun Trosh Un cottage and turned right towards the Tas valley. The Chequers pub used to be on this road but all that remains is the faded name painted on the side of an out-building. Just before reaching the river, we came to a house with a paddock of white peacocks and some deer and on the opposite side, two horses - one enormous and one tiny. Here we had a choice: take the easy route back along Low Road or brave the possibly boggy water meadows of the Tas Valley Way. Of course, we chose the latter and were so glad we did.

Although there were several awkward stiles, one very wobbly indeed, and several almost-but-not-quite impassable quagmires - above one of which someone got precariously hooked up by his woolly glove - the sense of peace and of being deep in the countryside was magical.

The way was not that easy to find. Although it looked simple on the map, it was a little zig-zagged and you had to get it right or you missed a vital stile or bridge. At last the square tower of St Mary's church came in sight across the water meadow and we headed downhill for the bridge across the Tas. We finished the walk by strolling through the charming churchyard, through the little lych gate, and down the path to our start point.

Bonnie

We meet the first Monday of every month [2nd March] in the Long Stratton car park near the toilets at 10am. Everyone is welcome. We always aim to be back in time for lunch.



Holy Week and Easter

In the Parish Churches of Long Stratton and Wacton



PALM SUNDAY - 5th April

9.30am - Holy Communion in All Saints', Wacton

11.00am - Palm Sunday All Age Worship



MONDAY - 6th April

9.00pm - Compline and Reflection - St. Mary's Church

TUESDAY - 7th April

9.00pm - Compline and Reflection - St. Mary's Church

WEDNESDAY - 8th April

9.00pm - Compline and Reflection - St. Mary's Church

MAUNDY THURSDAY - 9th April

7.00pm - Agape Meal - St. Mary's Church

'Remembering the last supper with foot washing and a bread and cheese supper'

9.00pm - Compline and Reflection - St. Mary's Church



GOOD FRIDAY - 10th April

9.00am - Reflection at St. Michael's Church

10.30am - All Age Good Friday Meditation at St. Mary's

Followed by Hot Cross Buns

3.00pm - Hour at the foot of the Cross - All Saints', Wacton



He is Risen - Alleluia!

EASTER SUNDAY - 12th April

8.30am - Holy Communion at St. Michael's Church

9.30am - Holy Communion at All Saints' Church, Wacton

11.00am - All Age Holy Communion at St. Mary's Church

Followed by an EASTER EGG HUNT in the churchyard for the young at heart

WORLD DAY OF PRAYER
A WOMEN LED, GLOBAL, ECUMENICAL MOVEMENT
FRIDAY 6TH MARCH - 2PM



TASBURGH CHURCH

Rise, take your mat and walk

Prepared by Christian women of Zimbabwe

Women, men and children of all ages are called to 'Rise, take your mat and walk' to join this day of prayer. Women of Zimbabwe have prepared this year's service and they encourage us all to reflect on the difficulties and unrest that have plagued their country over many years. They share the challenges they have met and the hopes they have for the future.

They encourage us to '***Rise, take your mat and walk***' with them as they continue their often turbulent journey towards full reconciliation

Everyone welcome

Refreshments will be served following the service

Speaker will be the Rector of Tasburgh the Revd Austin Uzoigwe

Members' Outings for March/April

March:

Mon 2nd – Lunch at The White Horse, Stoke Ash
– return fare - £7.00

Mon 9th – Thetford Town & Garden Centre – return fare - £15.00

Mon 16th – Halesworth & Lunch at The Angel Inn – return fare - £15.00

Mon 23rd – Bury St Edmunds – return fare - £15.00

Mon 30th – Highways Nursery & Shopping Centre – return fare - £10.00

April:

Mon 6th – Afternoon Tea at Gissing Community Centre – return fare & tea - £15.00

Thurs 9th – Waitrose (Wymondham) – return fare - £10.00

Thurs 16th – Bungay & Lunch at The Buck Inn, Flixton – return fare - £10.00

Mon 20th – Waveney Stardust Boat Trip – return fare & boat trip - £20.00

Thurs 30th – Alder Carr Farm Shops & Café – return fare - £10.00

Borderhoppa membership is £6 for 6 months or £10 for 12 months.

For more information please call: 01379 854800





Garden Landscape Services Ltd

(Wacton)

The **complete** landscaping service!

- Fencing • Mowing • Paving • Clearances
- Decking • Turfing • Hedge cutting • Pathways
- Grounds maintenance • Tree work • Planting *and more!*

Contact us for free quotations and advice...

(01508) 807567 • 07749 130872

enquiries@glsonline.co.uk

f @GardenLandscapeServicesLtd

www.GLSOnline.co.uk

JUMBO BAG DELIVERIES

SAND

BALLAST

TOPSOIL

SLATE

MULCH



PLAY BARK

STONE 6/10/20MM

MUSHROOM COMPOST

**CALL 01508 470674
FOR A PRICE TODAY
Simons Landscaping Ltd**

Happy Feet



Qualified Foot
Health Professional

Treatment of corns, calluses,
nail infections and much more.

To arrange a home visit please call
Wendy Latoy MCFHP, MAFHP on

01379 676872
or **079 2345 4646**

LONG STRATTON MEDICAL PARTNERSHIP

Our hearts start beating just a few weeks after conception and will beat about 2 billion times over a 70-year lifetime. This fist sized muscle pumps over 7000 litres blood around our body every day.

CVD (Cardiovascular Disease) affects approximately 7 million people in the UK and is the cause of one quarter of early deaths. So, what can we do to protect this vital organ? There are some things we cannot change, such as our individual genetic risk or increased risk in some ethnic groups, however there are many things like lifestyle measures that have a positive impact on our heart health.

A healthy diet and regular exercise contribute to avoiding obesity, controlling our blood pressure and cholesterol levels, and reducing the risk of diabetes, all of which are risk factors for heart disease.

Not smoking and drinking alcohol within safe limits are also vital for heart health. Another factor is trying to limit the levels of stress in our day-to-day lives.

For more information about “Heart Health” we would like to welcome you to our educational evening at Long Stratton High School, kindly organised by our Patient Participation Group on **Thursday 23rd April** from 7pm – 9pm. This evening will be supported by Norfolk Accident Rescue Service (NARS) who will hold a training session on CPR at the beginning and end of the evening, with a talk in between from heart specialists.

Dr Lara Douglass

THE GOOD LIAR



The Good Liar

Long Stratton Village Hall
Monday 16th March - 1pm

Consummate con man Roy

Courtney has set his sights on his latest mark: the recently widowed Betty McLeish, worth millions. But this time, what should have been a simple swindle escalates into a cat-and-mouse game with the ultimate stakes.

Tickets £5 including refreshments (available on the door)

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

Coming soon to Long Stratton Cinema:
20th April – Official Secrets

BARKER FAMILY FUNERAL SERVICES

We're all inclusive



A independent funeral service in Long Stratton

The Simplistic Funeral - We offer a simplistic service funeral at a crematorium. This service would be held at a time and date as offered by the crematorium, outside of their public hours, meaning no mourners would be present.

Total £1,590

Cremation Funeral - Provision of all professional services, including appropriate advice, support and guidance, a motorised hearse and Mercedes limousine (seats six passengers), 3ft coffin flower display, caring for the deceased - bringing the deceased into our care, preparation and presentation of the deceased, all personnel necessary to make the funeral arrangements, including completion of all documentation with all necessary third parties. This price also includes cremation fees and Minister / Civil Celebrant fees as well as any fees charged by GPs in relation to the registering of death.

Total £2,900 (Include Choice of Coffin)

Please contact us on 01508 536117

info@barkerfunerals.co.uk

www.barkerfunerals.co.uk

The Street

Long Stratton

NR15 2XJ

WEEKLY EVENTS


MONDAY ACTIVITIES	VENUE	TIME
Knitting & crochet group	Long Stratton Librray	11am - 12.30pm
Long Stratton & District Men's Shed - see page 35	Call Barry [01508 532280] or Richard [07548 030482] for venue and information	2pm to 4pm excluding Bank Holidays
Short Mat Bowls	Coronation Hall, Great Moulton - Peter Grant 01508 536753	2 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
Yoga [all abilities]	Long Stratton Village Hall Contact Neil on 07798 718492	7.30 pm to 8.30 pm

TUESDAY ACTIVITIES	VENUE	TIME
Lloyds Mobile Bank	The Swan	9.45am - 11.15am
Let's Chat begins 17th March	St Mary's Church	10.15 am
Lunch & activities	Day Centre	10 am to 3 pm
Long Stratton Jogging Club	Swan Lane Medical Partnership contact 07926623741 for more info	6.30pm
Long Stratton Youth Cafe	Methodist Church term time only	7pm to 8.30pm
Stratton Community Choir	Mayfields Care Home	7.30 pm
Creative Singers in Wacton	Wacton Village Hall	7 pm to 8.30 pm

WEDNESDAY ACTIVITIES	VENUE	TIME
123 Toddler Group	Methodist Church term time only	9.15 - 11.15 am

THURSDAY ACTIVITIES	VENUE	TIME
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 12 noon
Short Mat Bowls	Coronation Hall, Great Moulton - Peter Grant 01508 536753	2 pm
Long Stratton Jogging Club	Swan Lane Medical Partnership contact 07926623741 for more info	6.30pm

The Sexton's Wheel

M	T	W	T
2 Local Walk - <i>see page 13</i>	3 Coffee Morning Wacton Village Hall 10.30am <i>see page 22</i>	4 Wacton Parish Council Wacton VH 7.30pm	5
9 St George's Dementia Support Group 10am - Upper Stoke Holy Cross NR14 8ND - 01508 493661/492938. Long Stratton Town Council 7pm - Methodist Church	10 Sunflower Cafe, Mayfields 10am - 01508 535500 Diggers & Dibblers Gardening Club, Forncett VH 7.45pm  01508 489181 Forncett Diggers and Digger	11 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue	12 Thursday Club <i>see page 13</i> Tharston & District 7.30pm V Girls Night <i>see page 13</i>
16 Film Afternoon 'The Good Liar' Long Stratton VH <i>see page 9</i>	17 Let's Chat begins again today <i>see page 5</i> Wacton Village Hall 10.30am <i>see page 22</i> Newton Flotman Evening Cinema, Village Hall - 'Official Secrets' 7.30pm 07745760382 or william. ball@outlook.com	18 Long Stratton & District WI 7.30pm Long Stratton VH <i>see page 9</i>	19
23 St George's Dementia Support Group 10am - <i>see 19h for info</i>	24 Wacton Games afternoon 2pm <i>see page 202</i> Pancake Party 6.30pm The Rectory <i>see page 9</i>	25 Your Voice in South Norfolk <i>see page 7</i> Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue	26 Harleston Mansonic Rock Liar' 2pm 01379 8 lesleyrock@
30	31	1 APRIL	2

March 2020

T	F	S	S
			1
	6 World Day of Prayer Service Tasburgh Church 2pm <i>see page 15</i> Wacton Social Club <i>see page 22</i>	7	8
Club 2pm LSVH <i>page 17</i> & District WI Wacton VH Out 7.30pm <i>page 24</i>	13	14	15 Community breakfast at the Congregational Church 9.45am <i>see page 29</i>
	20 Wacton Social Club <i>see page 22</i>	21	22 MOTHERING SUNDAY Soul Shapers 7pm St Mary's Church
n Cinema, oms - 'The Good & 7.30pm 854897 or @keme.co.uk	27	28 Messy Church St Mary's Junior School 9am <i>see page 31</i> Congregational Federation <i>see page 29</i> CLOCKS GO FORWARD TONIGHT	29
	3	4	5 PALM SUNDAY



WACTON

WACTON GAMES AFTERNOONS

During the long winter months we thought it would be a good idea to get together one afternoon a month in Wacton Village Hall to play board games, card games, jigsaws etc. or simply come and have a chat over tea and biscuits. The next planned dates are 24th March and 28th April, from 2-4pm. Cost £1.50 per person.

We have some games to get us started, but if you have a favourite, please bring it along. We look forward to seeing you.

Contact Caroline Squires on 01508 530111 for further details.

CREATIVE SINGING GROUP

The Creative Singing Group will meet in the village hall as usual every Tuesday evening from 7pm through to 8.30 p m.

For further information call Louise Tingley (Professional Voice coach) --- 07765 920390

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 March are the 6th and 20th

Interested in playing Cribb? please contact us for more information.

Many thanks to Flash Fx for the kind donations to our Children's Christmas Party.

Many thanks to Wacton Village Hall for their kind donation also to our Children's Christmas Party.

After the success of our Quiz and Chips night I would like to say a big thanks to Oh My Cod for supplying the food as well as our Quiz Question organisers Andy and Pippa.

For any information about becoming a member or upcoming events please contact Katie Anderson on 07577446589 / wacton.social.club00@gmail.com Please check out our Facebook page and website for more coming events.

VILLAGE NEWS

ALL SAINTS' CHURCH

Our monthly coffee mornings will begin again on Easter Saturday 12th April. If you have any books or bric-a-brac you no longer need please ring 01508 530238.

Also our monthly Craft and Chat will be happening again from Thursday 9th April.

MARCH CHURCH SERVICES

Sunday 1st 10.30 am United Service at Bunwell Church

Sunday 15th 6.30 pm Songs of Praise

Sunday 22nd 9.30 am Holy Communion

There are Church services available at St Mary's and St Michael's - please see page 37

COFFEE MORNINGS

Coffee mornings are held in the village hall on the first and third Tuesday of each month from 10.30 a m -- everyone welcome. **Dates for March are the 3rd and 17th.**

For further information contact Caroline Squires on 01508 530111.

Caroline and Rita

WACTON FOOTCARE

The next session of Wacton Footcare will take place in the village hall as usual on **Monday 9th March.**

For further information call Clare (Footcare Specialist) --- 07785 295358

For an informal chat / further information or to cancel an appointment please call Rita Day --- 01508 218407

LONG STRATTON THURSDAY CLUB

Our meeting will be held on Thursday March 12th in Long Stratton village hall at 2pm.

The speaker is Peter Metcalf on Coaching Inns of the Waveney Valley.

New members and visitors are always welcome, please come and join us.



VE Day Picnic in the Park

Date: Friday 8th May 2020 from 1.00pm until 8.00pm

Venue: Manor Road Playing Fields, Long Stratton

Live music, football tournament, tombola, food and a bar and loads more.

We still have space for more stalls!

***Please contact Becky Buck the Town Clerk on 01508 530524
or e-mail clerk@longstrattoncouncil.info***

GIRLS NIGHT OUT

Is a group for ladies, which meets once a month (2nd Thursday of the month) for anyone looking for fun and fellowship.

Our next meeting will take place on:

**Thursday 12th March – 7.30pm
at The Rectory, 8 Flowerpot Lane**

‘Interesting objects’

Bring along an interesting object you would like to talk about and share with us

To find out more please contact Heather (rev.heather@btconnect.com
01508 530238) or just turn up.

The Greater Norwich Local Plan

Growing Stronger Communities Together

In 2018 you helped us identify sites for development. We now need your help to finalise our strategy and choice of sites. Through your support we aim to produce a plan to meet local housing and economic growth needs, whilst protecting and enhancing the environment.

Find out about roadshows in your area and have your say at www.GNLP.org.uk. Consultation is open from 29 January to 16 March 2020.

LONG STRATTON CALENDAR 2021!

We appreciate that it is only March but we will soon need to make a decision as to whether we produce a calendar for 2021 and we need your help.

There are three questions we can think of:

- 1 should we produce a calendar?
- 2 if so did people like the size of the 2020 calendar or should it be different?
- 3 what theme should we do for 2021?

We would very much appreciate your feed-back on this. Please either e-mail to thesextonswheel@googlemail.com or bring them to The Parish Office, The Rectory, 8 Flowerpot Lane.

LONG STRATTON YOUTH CAFE

Come along to Youth Cafe from Year 5 upwards 7-8.30pm Tuesday nights during term time at the Methodist Church Long Stratton.
£1.50 entry fee (1st time is free).

We have a PlayStation 4 with gaming chairs, Xbox 360, Pool table, Table tennis, Air hockey table etc plus a tuck shop.



Matt, Wil, Tina, Doug and Joanna

CARRY-ALL

Mel Rogers

Mob: 07850 402845

Tel: 01508 536182

e-m carry_all@btinternet.com

Suppliers of:

- Mixed hard and soft wood
- Shingle [Natural]
- Sand
- Hoggins
- Ballast
- Crushed Concrete
- Ornamental Granite Chippings
- Top Soil
- Cultivated rolled turf
- Bark Chippings
- Compost & Peat
- Plumb Slate

No VAT - Free delivery



Aspire Homecare offers home based support to enable people to continue living independently in their own home. Our services include:

- Shopping
- Local transportation
- Meal preparation
- Housework
- Gardening
- Professional carpet cleaning
- Accessing the internet
- Days out of your choice

Or just need a friendly face for a cup of tea and a chat

Please give **Nicky** a call today. We can create an individual support package that will suit your needs.

M: 07917 735 415

E-M: info@aspirehomecare.co.uk

www.aspirehomecare.co.uk



PAUL STACEY

**CHIMNEY SWEEP &
OIL BOILER SERVICING**

**FULLY INSURED AND CERTIFIED
MEMBER OF THE INSTITUTE OF
CHIMNEY SWEEPS**

**FREE QUOTATIONS
NO OBLIGATIONS**



Tel: 07762 334899

**E-m: info@paulchimneysweep.co.uk
www.paulchimneysweep.co.uk**

**This space could be
yours next month to
advertise your business.**

**See inside back page
for rates or for further
information call**

Linda on 07518 207494

or e-mail

**thesextonswheel@
googlemail.com**

Long Stratton Town Council

The Street, Long Stratton, Norwich NR15 2AH

Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

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



Methodist Church

It is with regret that the Long Stratton Town Council are no longer able to purchase the Methodist Church on Manor Road for the local community. Unbeknown to the Council at the time of making an offer, the building has a Covenant attached to it which meant that the building can only be used as a single private dwelling and retail shop. Although this covenant has been breached for many years it was professional legal advice provided to Long Stratton Town Council that advised against purchasing the building.

Defective title indemnity cover against any risk of a breach of covenant was considered but our solicitor advised that this would not be a great deal of use because if a claim is made that the community user is in breach of the covenant then we would have to cease using the building for the community and we would likely have to sell the building to mitigate our loss. This is a risk Long Stratton Town Council were not prepared to make, this would see not only a rise in Precept for purchasing the building but a potential rise in Precept to cover any losses; something the Council does not deem an acceptable use of public money.

Sadly, Long Stratton Town Council is not in a position to have the covenant removed as it is an expensive and time-consuming process, we have met with the Methodist Circuit to ask if they could undertake the removal of the Covenant, however they have advised me that they are unable to.

As Long Stratton Town Council are no longer in a position to take this further, we will be registering the building as an Asset of Community Value.

Vacancies

Can you help? We have a vacancy on our Town Council that needs filling. It is a volunteer role which is very rewarding. It allows you to represent your community and make decisions regarding what is best for Long Stratton, it is your chance to make a difference. For more information please contact the Clerk.

Long Stratton Pavilion

I am pleased to confirm the long-awaited Pavilion will be ready to hire from 1st April 2020. If you have a group or a children's birthday party that you need a venue for then look no further. Please contact the Clerk for more information.

Becky

AJN
DESIGN

effective design
& photography

Long Stratton

- + logo design/branding
- + design for print
- + exhibition and displays
- + photography/photo editing



- + www.ajndesign.com
- + design@ajndesign.com

**Richard
Walpole
Roofing**



- New Roofs
 - Re Roofs
 - Roof Repairs
 - Leadwork
 - Chimneys Repointed
 - Fascia, Soffit and Guttering
- FULLY INSURED**

Contact Richard on
07747 784742

ACE PLUMBING DAVID MILLWARD

Established 1980

NEW TO THE AREA

Reliable, honest, quality
workmanship.

Specialising in heating system
problem solving and all other
plumbing.

Walnut Tree Cottage - Silver Green
Hempnall - NR15 2NL

plumber1.dm@gmail.com

01508 498005/07763 359313

www.aceplumbingnorfolk.co.uk

ASSET Investment Management Ltd

wealth management specialists

- Income in retirement specialists
- Tax efficient Financial Planning
- Help with pre-retirement pension options
- Free initial meeting with experienced local adviser
- Quality investment advice you can understand

Drayton Old Lodge - Drayton - Norwich - NR8 6AN
e-mail enquiries@asset-im.co.uk

www.asset-im.co.uk

Call Kevin Reynolds on 01508 536795

Authorised and Regulated by the Financial Conduct Authority

Sunday Community Breakfast

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

Sunday 15th March - 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

Congregational Federation - Eastern Area Assembly

Saturday 28th March - 10am - 4pm

Congregational Church



Monthly coffee mornings at All Saints' Church Wacton will begin again on

**Easter Saturday - 11th April
10.30am to 12 noon**

**also Craft and Chat begin again on
Thursday 9th April 10.30am at the
Church**

**SPRING FAYRE
SATURDAY 14th APRIL
11am to 1.30pm**

**LONG STRATTON VILLAGE HALL
IN AID OF DEMENTIA UK**

Tombola - Raffle - Cake Stall - Bric-a-Brac - Refreshments





ANTHONY JAMES BRICE

CHARTERED CERTIFIED ACCOUNTANT

♦Tax ♦Accounts
♦Audit

Small and Medium Sized Businesses, Self
Employed Individuals, Clubs and Charities

*No-obligation free initial consultations, fixed competitive fees
and personal service*

T: 01379 308832 M: 07592 146144

E: anthony@ajbraceaccountancy.com

W: www.ajbraceaccountancy.co.uk

Home Farm Barn, Burston, Diss, Norfolk IP22 5TJ



*"Thank you Rosedale, your
support and guidance made
this difficult time a little
more bearable."*

– from a family we have cared for at Rosedale



Rosedale
FUNERAL HOME

Victoria Rd, Diss **01379 640810**

www.rosedalefuneralhome.co.uk

We are a family
business and
promise to
provide exceptional
care and a truly
personal 24 hour
service, when you
need it most.



**Pulhams
Pre-School**
Registered Charity No 7041577

★ **PASSIONATE ABOUT LEARNING** ★ **FUN-FILLED DAYS** ★
★ **OFSTED REGISTERED** ★ **HEALTHY EATING** ★
★ **EARLY YEARS FOUNDATION STAGE** ★
★ **OUTSIDE PLAY** ★ **FRIENDLY, QUALIFIED TEAM** ★

Mondays to Fridays
For children aged 2 - 5 years
At Pulham Market Memorial Hall
www.pulhamspreschool.com

Contact Sarah Weller:
M. 07379 499070
E. pulhamspreschool@gmail.com

LONG STRATTON CHILDREN'S CENTRE

Please find below the list of events for March, if you have any questions do not hesitate to contact us.

Date	Activity	Time	Venue
Monday 9th	Toddler Days - 0-5 years <i>Drop in play sessions for children, parents and carers. Including understanding your toddler, home play ideas, sleep, feeding, storytime and safety</i>	10.00-11.00 am	LS Children's Centre, Manor Road
Tuesday 10th	Outside Explorers <i>An outside play session where children can explore and grow - no matter what the weather!</i>	1.30-2.30 pm	LS Children's Centre, Manor Road
Friday 13th	Baby Days <i>A drop-in play session for pre walkers and their parents/carers. Sessions will include baby bonding, how babies learn, sleep, feeding, stories, rhymes and safety</i>	10.00-11.30 am	LS Village Hall

**For further information please call 01508 536399 or
e-mail ECFS-Families@actionforchildren.org.uk - www.norfolk.gov.uk/earlychildhood**

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

Come and join us for.....



The next **Messy Church** is on **Saturday 28th March**

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 by an adult.

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

STRATTON MOTOR COMPANY



We service, repair and MOT **ALL** makes of car...

Professional and experienced mechanics, family run garage, friendly car care at prices you may not expect, please call us today for a quotation for your car.

Prices start from:
£99 for an interim service
£199 for a full service

Prices are dependent on your car, fuel type and your car's needs. Regular servicing reduces unnecessary repair costs and gives you peace of mind!



STRATTON MOTOR COMPANY



Comfortable waiting area

TV and refreshments



Friendly & experienced staff to look after you

We are also able to offer:

- Air conditioning servicing and recharging
- Laser 4 wheel alignment
- Complimentary vehicle health checks
- Monthly service plan available
- MOT's from £44.00

Please call our service department

01508 530491

or email service@strattonmotorcompany.com
for a quote today!

Open Monday - Friday 08.00 - 18.00

Saturday 08.00 - 13.00

All prices inclusive of VAT

Stratton Motor Company, Ipswich Road, Long Stratton, Norfolk, NR15 2XJ

www.strattonmotorcompany.com

Richmond Builders

Household Maintenance

All building work

Extensions

Conversions

Kitchen / Bathroom fitting

Decorating / Tiling

Patios / Fencing

Please contact

Bradley

01508 536769

07732 321423

PHILIPPA GREEN WEB DESIGN

**Bespoke & Affordable Web Sites
Built For You**

**Mobile Device Friendly Screen
Width Responsive**

**Domains, Hosting, Email,
Shop, Self-Updating &
Standard Web Sites**

**Over 13 Years Experience
Promoting Small Businesses**

01508 532670

admin@philippagreenwebdesign.co.uk

www.philippagreenwebdesign.co.uk

NO VAT - Fully Insured & Qualified



K AND J CARS

FRIENDLY, RELIABLE

TAXI SERVICE BASED IN

LONG STRATTON

SHORT AND LONG DISTANCES

AIRPORTS AND STATIONS

PERSONAL COURIER SERVICE

6-SEATER AVAILABLE

PRE BOOKING RECOMMENDED

PLEASE CONTACT KARL OR JOSH

07464736667

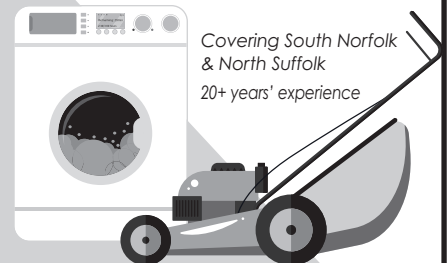
PAUL LOVETT REPAIRS & SERVICING

**Home Appliances and
Garden Machinery**

07999 355267

01379 676918

E: lovett.repair@gmail.com



**Covering South Norfolk
& North Suffolk**

20+ years' experience

CVP 200 mile Charity Challenge!



A group of about 30 staff from three of the Chapelfield Vets surgeries will be gathering together on the 25th April to attempt to cover 200miles on horses, bikes, legs and by swimming!

We are hoping to raise £500 for StreetVet and £500 for Brooke Action for Working Horses and Donkeys.

In the morning of the 25th April we will gather at our Brooke surgery complete with horses and dogs, for a photo shoot. We will all be wearing high vis 'Charity Challenge' vests and following this, the different groups will split off for their part of the challenge.

Please donate any amount you can via our JustGiving page for Brooke Action and GoldenGiving page for Streetvet.

LONG STRATTON GUIDING

At the beginning of the month we had a parents evening to show the slides from last year's Brownie holiday.

During February the Brownies planned and then one evening we celebrated 'Thinking Day', the birthday of our founders 'Lord and Lady Baden-Powell. Their special evening included food, games and songs from other countries. Finishing with us all renewing our Brownie Promise by Candlelight.

Brown Owl

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 every Monday 2pm to 4pm [excluding Bank Holidays]

Please come and support this exciting new project. All welcome.

For further information and where it is please call Barry 01508 532280

or Richard 07548 030462

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



- All makes and models
- Insurance approved
- Small dents to major repairs
- Tyres at competitive prices
- Vehicle sales
- Courtesy cars available

Where quality counts!

01508 535888

Unit 2 | Robert Harvey Way
Tharston | NORWICH | NR15 2FD
www.ymark.com | info@ymark.com

B.B.H LTD

PVC-U Windows & Doors

*"Enhance your home
and enrich your life
with home improvement
products from BBH"...*

Installers of PVC-U

- Windows • Composite Doors
- Vertical Sliding Sash • Bays
- Bi-folding Doors • Bays Porches
- Patio Doors • Conservatories
- French Doors • Garage Doors
- Fascia, Soffit & Guttering
- Equinox Warm Roof

CALL NOW:

01603 897350

www.bbhltd.co.uk

Units 9-10 • 251 Holt Road
Horsford • Norwich NR10 3EB



Now fitting 'A' Rated
energy-efficient
windows



FREE QUOTATION



10 YEAR GUARANTEE



NO SALESMAN



ALL CUSTOM
MADE



**BASED
LOCALLY
FOR YOUR
CONVENIENCE!**

- All makes and models of cars, vans and trucks serviced.
- MOT Preparation.
- Brakes, clutches, exhausts.
- Tyre supply and fitting service at competitive prices.
- Cam belts.
- Welding.
- 24hr Recovery.
- Courtesy car available.
- Friendly professional service.

Tel: 01508 489066
24hr Recovery: 0779 664 1881

Mark's Vehicle Services, Unit 1, Red House Farm,
High Road, Forncett St Mary, Norwich, NR16 1JR.
Open Monday-Friday 8.00-5.30 Saturday 8.00-1.00
All major credit cards accepted

KENT SKIPS

WE COVER SOUTH NORFOLK & NORTH SUFFOLK

- * PROMPT & RELIABLE SERVICE
- * NEXT DAY DELIVERY
- * LARGE OR SMALL LOADS



Yew Tree Farm, Pulham Market, Diss, Norfolk, IP21 4XN

info@kentskips.com
www.kentskips.com



CHURCH SERVICES - MARCH

St Mary's Church

1st	10.30 am	United Service at Bunwell Church
8th	11.00 am	Holy Communion
15th	11.00 am	Morning Worship
22nd	11.00 am	All Age Holy Communion
29th	11.00 am	Holy Communion
29th	7.00 pm	Soul Shapers

St Michael's Church

1st	10.30 am	United Service at Bunwell Church
8th	8.30 am	Holy Communion
22nd	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

1st	10.30 am	United Service at Bunwell Church
15th	6.30 pm	Songs of Praise
29th	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

1st	10.45 am	Family Service with Holy Communion	Malcolm Simpkin
8th	10.45 am	Family Service	Bruce Thorn
15th	9.45 am	Family Breakfast	
15th	10.45 am	Family Service	Rev Ian Jones
22nd	10.45 am	Mother's Day Family Service	Malcolm Simpkin
		[Youth organisations invited to attend]	
28th	10am-4pm	Congregational Federation - Eastern Area Assembly	
29th	10.45am	Family Service	David Freeman

LONG STRATTON DAY CENTRE

Come and join us for a cuppa and a chat either on a Tuesday or a Thursday with our elderly members. Feel free to bring your little ones too.

We also look forward to meeting any new voluntary helper who could spare an hour or two helping us on either days. This would benefit our elderly members greatly and our registered charity.

Please give Marilyn a call on 01508 535901 to discuss further.

YOUR WILL £79

PROPERTY PROTECTION from **£99**
TRUSTS FOR HOMEOWNERS
INC. SEVERANCE OF TENANCY

LASTING POWER from **£99**
OF ATTORNEY

Other services we offer

- Asset Preservation Trusts
- Probate and Executor Services
- Funeral Plans
- Deputyship

A TRUSTED MEMBER OF THE SOCIETY OF WILL WRITERS

For Office and Home visits call
01508 494315

email sales@aspwills.co.uk - www.aspwills.co.uk

ASP Wills, Pentland, Marlbottom,
Tasburgh, Norwich, NR15 1NP



ASP Wills has Professional
Indemnity Insurance (PPI)
which covers each will
to 2.5 million



Sole to do
business with
Code Compliant

Funeral
Services

East of
England
CCOP

Here for you
every hour
of every day

8 The Precinct,
Ipswich Road, Long Stratton
01508 448138

www.eastofengland.coop/funerals



STRATTON QUICK FIT LTD

SALAMANCA ROAD, THARSTON INDUSTRIAL ESTATE,
LONG STRATTON, NR15 2PF

STILL OPEN FOR.....

TYRES . EXHAUSTS . BATTERIES

4 WHEEL LASER TRACKING

FULL SERVICING

MOT'S and CAR DIAGNOSTICS
OPEN

8am to 3.30pm Monday to Friday
8am to 12 noon Saturday

Telephone for a quote

01508 535133 - 07765 864249

or e-mail somotorsport@rocketmail.com

www.strattonquick-fit.co.uk

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: 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 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.

ADVERTS: Linda Mills 07518 207494 [Mon to Thurs 8.30am to 12.30pm]
thesextonswheel@googlemail.com

DISTRIBUTION OF MAGAZINES: Ann Lorne 01508 530987

EVENT _____

DATE _____

TIME _____

PLACE _____

BRIEF DETAILS _____

CONTACT _____



Moving this Spring?

Call now on

01508 531331

Whittley Parish

helping you find your perfect nest

**Your local, independent Estate Agent
since 1994**

long.stratton@whittleyparish.com
www.whittleyparish.com
Beatrix Potter Cottage, The Street, Long Stratton NR15 2XJ

**Whittley
Parish**