

The Sexton's Wheel

The magazine for the villages of Long Stratton & Wacton



22nd - 25th June

St. Mary's Church, Long Stratton

Church open 10-4

(12.30-4 on the Sunday)

FREE ENTRY

Refreshments available all day

June 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
- 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 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**

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 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

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.



Another month of the year gone, not long before we will be half way through the year and to the longest day of the year!

An interesting article on page 8 this month on the refurbishment of Wacton Hall.

Several events taking place this month apart from the usual monthly events.

Look out for Open Farm Sunday at Shotford Hall Farm, Cupcake Day for Alzheimer's at Harker House, St Michael's Church Fete with Teddies!, St Mary's Church Quilts & Flowers and finally South Norfolk on Show. Something for everyone this month.

Don't forget to keep sending in your events and we would also love to hear how they went, along with any photos.

The Sexton's Wheel Team

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St. Michael's Church Fete & Open Garden

Saturday 15th June

2-4pm

Cakes, plants
Bric-a-brac
Refreshments

Tombolas
& Games

Teddy Bear
Racing



Don't forget your Teddy!
Church Lane, Long Stratton

LOCAL WALK MAY DAY WALK

Have you noticed all the new footpath signs lately? The signs, combined with conscientious maintenance of stiles and bridges, have made planning a new walk very enjoyable.



A walk in May must include bluebells (and cowslips, cow parsley and May blossom) so we started at Great Moulton church where the wild flowers in the churchyard brightened a rather gloomy day. From there a delightful footpath led us across a wooden bridge and then under the railway. How many bricks the Victorian railway builders must have devoted to make sure everyone had access to their fields! As we emerged someone noticed two buzzards hovering above and told us how to recognise them by their dark wing patches.



A stile led us into a lush pasture where we noticed that there had been cows recently. This led to Wash Lane where we passed the dairy farm as we continued to look out for the friendly cows which our leaders had encountered while planning the walk. We turned left into the Tas Valley Walk where we followed the clear stream before turning a corner and meeting the cows. We enjoyed a peaceful time stroking their noses and appreciating their beauty before crossing Muir Lane into Pottergate. The Tas Valley Walk led us uphill past some attractive cottages until another sign took us off the road. Now we had extensive views over the peaceful green valley of the River Tas, eventually joining

Steeple Lane which led us to Aslacton church.

There was a lot to admire here: an ecological toilet, repairs to the tower, beautiful flower arrangements in the church and a gravestone of a happy immigrant among the bluebells in the churchyard.

The map showed a footpath at the end of the Aslacton houses and sure enough there was the sign giving us confidence to squeeze between a garage and a hedge out into another field. We emerged into Woodrow Lane passing some magnificent horses. Another hidden footpath took us to "Griffin Park, the home of Great Moulton and Aslacton football club," very impressive!

All that remained was to get back across the railway. Of course there was a road and a bridge but we were using footpaths. This one led us to a stile before crossing the railway. This stile, and the one on the other side, was uncomfortably high for some of us but it would certainly discourage anyone tempted to run onto the line.

A short walk across another field brought us to Hallowing Lane where our leaders, who live in Great Moulton, turned right. The rest of us thanked them for a delightful walk and headed back to the beautifully secluded Great Moulton churchyard.

Our next walk is on Monday 1st July. 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.

FREE
ENTRY



Lots of activities
whatever the
weather!

OPEN FARM SUNDAY

9TH JUNE 2019

AT

SHOTFORD HALL FARM, HARLESTON, IP20 9QT

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(SIGNPOSTED OFF B1116)

11.00AM – 5.00PM

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OR CONTACT TIM LEWIS ON 07767 708106 OR timlewis@lewispartners.co.uk



Open Farm Sunday is a national farm open day co-ordinated by LEAF
www.farmsunday.org

LONG STRATTON & DISTRICT WI

We have a very interesting programme of talks this year. In March John Browning told us about his experiences as an undergraduate at Oxford University in the 1940s. We were amazed at his recall of detail in the many stories he recounted. He was a wonder himself for someone of such advanced years.

In April Rev Heather Wilcox, known to many as our local Rector, talked about how music had shaped her life. She illustrated her talk with songs and hymns and played relevant music. We had a number of visitors who also enjoyed the evening.

The competition for a musical instrument brought a varied selection of key boards, recorders, a trombone, xylophone, harmonicas etc.

Our next talk [May] is about a London fashion house.

Those members who wish to, get together for a lunch out each month. We try to have it on different days so everyone gets a chance to go if they want to. In March we visited the Assembly House in Norwich, April the Pennoyer Centre at Pulham and in May we went to the Countryman at Tasburgh. All pleasant social occasions.



We belong to the South Norfolk Group of WI's and in April many of our members went to the spring meeting at Hempnall. The speaker was Keith Skipper, well known local broadcaster and writer, who entertained us with plenty of Norfolk 'squit'. The competition for the evening was won by Denton WI with a display depicting Ted Ellis, a Norfolk conservationist and wildlife expert from the 1960s & 70's. Long Stratton submitted a display about Alan Gray of East Ruston Old Vicarage gardens who has local connections (Forncett) and is a prominent garden designer, horticulturist and public speaker. Some other entries depicting Norfolk men were of James Dyson who was born in Cromer and Richard Hearne, better known as Mr Pastry, who was born in Norwich.

There is so much more going on in the county, especially as this is our Centenary year, and members aren't always able to get to everything because of other local events, time and distance, but they are kept well informed though the WI Norfolk News magazine and access to the WI's national website. Some members are happy just to enjoy our monthly meetings but know other opportunities are there if they want to take them.

We meet on the third Wednesday of the month in Long Stratton Village Hall and enquiries can be made to Mrs Shirley Housden on 01508 531154. If you would like to come to our next meeting on Wednesday 19th June at 7.30pm to hear a talk about the history of the Flower Seller, you will be made very welcome.

WACTON HALL: AN UPDATE

When we bought Wacton Hall in July 2015 we had no idea that our 'refurbishment' was going to take the best part of four years. Since we moved in at the end of March this year (still accompanied by electricians, plasterers and plumbers) we have been struck by the interest the project has attracted - from people we have met whilst out on our exploratory walks and from past inhabitants of the house who have called in. Thanks to 'The Sexton's Wheel' we now have an opportunity to explain why it has all taken so long! We knew that buying a house, which in its present incarnation dates back to around 1524, was not going to be straightforward but we really couldn't have imagined what was going to ensue.

Almost as soon as our planning application was approved by the conservation department at South Norfolk Council and Historic England, the house being Grade 2* listed, our contractors SA Architectural Services swung into action. The work was originally scheduled to take a year but within days of moving onto site at the start of May 2016 the problems began to emerge. The day our project manager rang to say that it was not safe to remove any more render or the house would fall down is one that lives in the memory. There were

many more: The Tudor chimneys had to be removed immediately as they were in danger of crashing through the roof in a high wind. There was woodworm, wet rot and death-watch beetle throughout the timber frame and within weeks we discovered two wells inside what our architect intended to be the new footprint. Each discovery required a 'work around' that had to go through the Council, Historic England and a structural engineer and often required bespoke engineering work and incredible design and practical skill from our building team. Fortunately, they proved to be equal to every challenge and we continue

to marvel at their ingenuity and the quality of their work.

It rapidly became clear that a year to completion was hopelessly optimistic. At the beginning of 2016 I had been in touch with 'Grand Designs' to see whether they were interested. They were but couldn't get their filming schedule sorted out by the time we were ready to start work. It would have made a cracking episode! In July 2017 when the house was without a roof and most of its front wall and resembled nothing so much as a pile of scaffolding we discovered there were Great Crested Newts on the site. We lost three further months to applying for a licence, building a newt fence and counting the newts trapped overnight in strategically placed buckets. The



carefully organised time line of contractors was wrecked and we incurred more unforeseen expense as we needed an ecologist to carry out the various surveys and show us how to build the hibernacula demanded by the wildlife legislation.

As the project ground on more issues emerged but also some unexpected benefits. We uncovered a window on the landing almost certainly bricked up sometime during the C18th as a result of the window tax, we found



a door on the rear wall of the building also bricked up. Both have been reinstated as windows and have hugely enhanced the building. Rotten joists at first floor level enabled us to remove a staircase and to re configure the new bathroom upstairs with enough headroom to facilitate a beautiful new oak and glass staircase. The drawing room at the north end of the building has had its panelling restored and we have uncovered workmen's signatures dating from 1735. We also uncovered a workman's mark under the hall floor dating from 1876. Fortunately, it was not, as we first feared, a grave! Perhaps the greatest benefit in buying a house whose structure was so badly threatened and which



has demanded an almost total rebuild is that we have ended up with a house fit for C21st living. In fact, alongside the new timber and lime render we have more technology than any other house we have lived in. We have also tried to make this big, old building as ecological as possible. We have Air Source Heat Pumps in lieu of the previous oil run system and a reed bed digester as part of our drainage system. The render, whilst still made with lime in the traditional manner, incorporates plastic fibres which lend insulating properties and which means it dries in three day rather than three weeks. We have been able to use double glazing in our two extensions and have been able to use super thin materials under the roof tiles.



We are fortunate in having both social and architectural histories of the house completed in the late 1980's which show the rich heritage of the building and have, we hope, enabled us to augment rather than to undermine its quirks and idiosyncrasies. Would we do it again? If we had known how much it would cost emotionally and financially, probably not. But on the other hand, to see the house come back to life after effectively being empty for 10 years, to know that we have literally saved a piece of history from being lost, is immensely satisfying. It would be nice to think that in a hundred years our contribution as we pass through is still around to be appreciated.

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THIRD BEST CHRISTIAN FESTIVAL

I don't know about you but I feel like I'm hurtling through another year wondering where the time has gone. Here we are in June, only seems like last week it was Christmas, yesterday it was Easter, and now this month we celebrate Pentecost. We are often presented in the media with the top 100 this, or top 10 that. If we were doing the same for Christian festivals then Pentecost would probably make number three, behind Christmas and Easter. It comes seven weeks after Easter, or 50 days after the Jewish Passover - hence the name Pentecost from the Greek for 50 days.

What does it celebrate? In many ways the birth of the Christian Church. The disciples had been called by Jesus; had witnessed His teaching, death and resurrection; had heard and knew what they were to do in His name; but lacked something. At the first Pentecost that missing essential ingredient was provided - the Holy Spirit. It came as a rushing wind and tongues of fire, which transformed them as they spoke in many languages to the multitude gathered. It says in Acts 2:41 that about 3000 were added to their number that day, and so the New Testament Church was properly launched.

I'm reminded of one of my favourite poems - The Touch of the Master's Hand written in 1921 by Myra Brooks Welch. The poem tells of a battered old violin that is about to be sold for a pittance as the last item at an auction, until a violinist steps out of the audience and plays the instrument, demonstrating its beauty and true value. Instead of a pittance it sells for a fortune. The poem compares this instrument touched by the hand of the master musician, with a life touched by the hand of our God and Saviour.

At Pentecost we celebrate the birth of the Church, and the Holy Spirit that touched the disciples transforming them. We ask too that we may also be transformed by the same Holy Spirit that we might be complete and reveal our true value as followers of Christ.

Malcolm Simpkin
Long Stratton Congregational Church

NEW 'SETTLE IN SERVICE' AT THE NNUH!

The NNUH voluntary services team is looking to recruit more volunteers for the 'settle in' service which supports patients on their first day after being discharged from hospital.

This includes meeting the patient at their home and helping them with small tasks to make them feel more confident in being home after their stay. This is then followed up the next day with a phone call or a visit to check how the first night was for the patient.

If this sounds right for you and you'd like to volunteer then call Lucy Smith ('Settle in' service volunteer co-ordinator) on 01603 286072 or email lucinda.smith@nnuh.nhs.uk.

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SPLIT SECOND THINKING

It was 10 years ago today that I married her. I remember it as if it was yesterday. Her dark brown hair floated lazily along with the evening breeze drawing softly over the silver tipped mountains. The scent of the late spring bloom filled the air giving it a sweet taste. As I looked at her, I reckon my soul could've been lost in her eyes that day; they were beautiful royal blue. I remember the white dress that shone brighter than the Japanese sun rising behind her and the golden halo that I swear floated above her head that day. Far down the valley, the sounds of early morning trains, gulls' shouts and the sound of the townspeople waking was shunted into melody by the distance. It was a perfect day... but now just a distant memory.

It was six years ago that my daughter was born. Her tiny cheeks were flushed red with dried tears, yet she was smiling like a cherub. Her tiny wrinkled hands and legs grabbed, kicked, explored her woven basket, padded caringly to protect her like a gift from the heavens. I held her hand in mine feeling its smooth sides like a rounded pebble on a beach. I would give everything to be back there with my daughter, to hold her once again.

It was one year ago that I left, carted off like a lamb to the slaughter.

The land around was dead. Nothing lived. A putrid smell covered the land like a shawl. It was a choking concoction of dying vegetation, smoke and the rotting bodies that had strewn the plateau. They were as cold and frequent as the rain that turned the land to a bog. Above the overcast skies, a harsh rumble of aircraft far away in another world. Its sound only broken by the whistling of shells that tore apart the black fog. The only thing that could be seen outside was an amalgamation of mud and faces that stuck out as lifeless as the muse of tragedy. Each one was a person in a time that felt an age ago, now just a green and pale stain, a knocked over pawn at the feet of authority. At the base of a splinted tree lay an old friend spared from this by a small piece of lead that had ripped through his soul like the claws of Cerberus.

Frightened bodies stalked through the thick smog towards us. Some faces showed an air of youth, innocence. Others must have felt that God had left them. They were no different from us. Humans. Scared, cold, hungry and at our mercy, yet as each of their comrades, they would soon just be a name on a stone as they walked into a maelstrom of fire.

In a split second, I knew like every other casualty of this brutal battle, I would be gone. Blown like a cherry blossom on the breeze away from the people I loved most. Was all this loss worth it?

Sam Briggs [Year 10]

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

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South Norfolk on Show
Sunday 30 June - 11am – 4pm
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Our free annual celebration of South Norfolk is back. Featuring a fantastic line up of entertainment, music, food, storytelling and crafts – something for everyone!

For more details visit: south-norfolk.gov.uk/onshow

We look forward to seeing you there

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

Next film showing



Stan and Ollie

Long Stratton village hall
Monday 17th June 1pm

Starring Steve Coogan and John C. Reilly as the legendary movie icons, Stan & Ollie is the heart-warming story of what would become the pairs triumphant farewell tour. With their golden era long behind them, the pair embark on a variety hall tour of Britain and Ireland. Despite the pressures of a hectic schedule, and

with the support of their wives Lucille (Shirley Henderson) and Ida (Nina Arianda) – a formidable double act in their own right - the pairs love of performing, as well as for each other, endures as they secure their place in the hearts of their adoring public.

Tickets £5 which includes Refreshments

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LONG STRATTON MEDICAL PARTNERSHIP

As I write this the media is covering the ongoing workforce crisis in primary care with a nationwide drop in GP numbers. We struggle with an ever increasing workload and demand on primary care services has never been higher.

Last month patients failed to attend 82 doctor and 62 nurse appointments. Equally, it is not that uncommon for a patient to attend their appointment only to tell us that the problem they booked for has resolved but they thought they would come anyway. We are aware there are often unforeseen circumstances for missing appointments. We all have a role to play in reducing pressure on the NHS. Please could we encourage all our patients to try their best to cancel any unwanted clinical appointments so that we can use them for somebody else.

What we can do for you - our SMS text message service can deliver appointment reminders straight to your mobile phone and you can use this service to cancel your appointments.

Alternatively we can offer Online Access, just bring your ID to our receptionists and they will set this up for you.

Meanwhile we are looking into other ways that we can reduce the number of missed appointments.

Many thanks for your support in this matter.

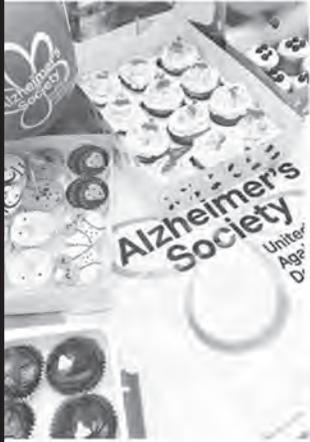
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WEEKLY EVENTS

| MONDAY ACTIVITIES | VENUE | TIME |
|--------------------------|---------------------|----------------------|
| 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 |

| TUESDAY ACTIVITIES | VENUE | TIME |
|---------------------------|---------------------|------------------|
| 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 |

| WEDNESDAY ACTIVITIES | VENUE | TIME |
|-----------------------------|--|-----------------|
| 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 |

| THURSDAY ACTIVITIES | VENUE | TIME |
|-----------------------------------|--|--|
| Pilates NOW TWO CLASSES | Wacton Village Hall Jo Douglas 01508 530261 greenacresfarm@tinyworld.co.uk | 9.00 am and 10am Both 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 16th June 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 |
|--|---|---|---|
| | | | |
| <p>3 Local Walk - <i>see page 5</i></p> | <p>4 Coffee Morning Wacton Village Hall 10.30am <i>see page 23</i></p> <p>E of E Co op Bereavement Support Group Rebecca - 01473 231460 10.30am LSVH</p> <p>Methodist Church Lunch <i>see page 37</i></p> | <p>5 Wacton Parish Council Wacton Village Hall 7.30pm</p> | <p>6</p> |
| <p>10 St George's Dementia Support Group 10am - <i>see page 36</i></p> <p>Long Stratton Town Council meeting 7pm Methodist Church</p> <p>Long Stratton Men's Shed 2pm - Tasburgh <i>see page 33</i></p> | <p>11 Sunflower Cafe, Mayfields 10am - 01508 535500</p> <p>Diabetes UK Wymondham 2-4pm - <i>see page 36</i></p> | <p>12 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue</p> | <p>13 Tharston W Wacton VH s</p> <p>Thursday O LS Village Hall</p> <p>Craft 'n Chat All 10.30am - se</p> <p>Cupcake Day fo Society - Har 11am-2pm s</p> |
| <p>17 Film Afternoon 'Stan & Ollie' Long Stratton VH <i>see page 15</i></p> | <p>18 Coffee Morning Wacton Village Hall 10.30am <i>see page 23</i></p> <p>Newton Flotman Evening Cinema - <i>see page 36</i></p> | <p>19 Long Stratton & District WI 7.30pm Village Hall <i>see page 7</i></p> | <p>20</p> |
| <p>24 St Mary's Quilts & Flowers Festival 10am to 4pm <i>see front cover</i></p> <p>St George's Dementia Support Group 10am - <i>see page 36</i></p> <p>Long Stratton Men's Shed 2pm - Tasburgh <i>see page 33</i></p> | <p>25 St Mary's Quilts & Flowers Festival 10am to 4pm <i>see front cover</i></p> | <p>26 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue</p> | <p>27 Craft 'n Chat All 10.30am - se</p> <p>Harleston <i>see pa</i></p> |

June 2019

| | F | S | S |
|--|--|---|---|
| | | 1 | 2 |
| | 7 Wacton Social Club <i>see page 23</i> | 8 All Saints' Church coffee morning - 10.30am <i>- see page 23</i> | 9 Ten2Ten 9.50am St Mary's Church Open Farm Sunday Shotford Hall Farm 11am to 5pm <i>see page 6</i> |
| VI 7.30pm <i>see page 37</i> Club 2pm <i>see page 29</i> Saints' Church <i>see pages 23</i> for Alzheimer's ker House - <i>see page 17</i> | 14 | 15 St Michael's Church Fete & Open Garden 2pm <i>see page 4</i> | 16 Community breakfast at the Congregational Church 9.45am <i>see page 19</i> |
| | 21 Wacton Social Club <i>see page 23</i> | 22 St Mary's Quilts & Flowers Festival 10am to 4pm <i>see front cover</i> | 23 St Mary's Quilts & Flowers Festival 12.30pm to 4pm <i>see front cover</i> Soul Shapers 7pm St Mary's Church |
| Saints' Church <i>see pages 23</i> Cinema <i>see page 36</i> | 28 | 29 Messy Church - St Mary's Junior School 9am <i>- see page 35</i> Forngett Village Fete 1-4pm Forngett Village Hall <i>see page 36</i> | 30 South Norfolk on Show 11am to 4pm South Norfolk Council Offices <i>see page 15</i> |

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WACTON VILLAGE NEWS

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 June are the 4th and the 18th.

For further information contact Caroline Squires on 01508 530111.

Caroline and Rita

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, both ladies and gents, are assured of a warm welcome and a fun evening singing a variety of songs. Further details from Louise Barton (Qualified Teacher) -- 07765 920390 or for a chat call Rita -- 01508 218407

WACTON FOOTCARE

To find out when the next session of Wacton Footcare will take place please use the contact details below. For further information or to cancel an appointment please call either Clare (Footcare Specialist) -- 07785 295358 or Rita 01508 218407.

CHURCH NEWS

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.

Our twice monthly Craft 'n Chat mornings for June will be on **Thursday 13th and 27th June**, 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 June will be on **Saturday 8th June**. Why not pop along from 10.30am for a coffee and a chat and of course to buy some home baked cakes!

Don't forget that this month there is a Songs of Praise on **Sunday 16th June at 6.30pm**. Everybody welcome.

JUNE CHURCH SERVICES

Sunday 2nd 9.30am Holy Communion

Sunday 16th 6.30pm Songs of Praise

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

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 **June are the 7th and 21st**.

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.

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The Street, Long Stratton, Norwich NR15 2AH

Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

Tel: 01508 530524 Email: clerk@longstrattoncouncil.info

www.longstrattoncouncil.info



New term new councillors

May 2nd 2019 saw Long Stratton have an uncontested election. This means that out of the 13 seats, 10 parishioners put themselves forward to serve the community by sitting on the Council. I am pleased to confirm that at the first meeting of the new Council, the three remaining seats were filled by co-option meaning that once again Long Stratton have a full Council creating a strong democratic purpose.

Councillors are volunteers and they have committed to a four year term, discussing and making decisions on items that affect the local community. It is a very important and rewarding role and I would like to congratulate and thank those that are on the Council.

Your Councillors are:

Councillor Kevin Worsley, Long Stratton Chairman

Councillor Ian Mortimer

Councillor Diane Woodham

Councillor Edward Earp

Councillor Mark (Wal) Bambridge

Councillor Bob Mackenzie

Councillor Mark Gladdings

Councillor Andrew Lansdell

Councillor Dik Tompkins

Councillor Judith Baker

Councillor Kelly Lunness

Councillor Matt Pochin

Councillor Georgina Race

The Council meets every 2nd Monday of the month in the Methodist Church on Francis Road at 7pm.

I would also like to congratulate District Councillors Alison Thomas & Josh Worley on their successful election. Alison & Josh attend every Council meeting and provide updates from the District Council. Councillor Alison Thomas also represents Stratton as the County Councillor.

I would like to offer my thanks and gratitude to Steve Adcock who has been not only on the Council for a number of years but Chairman to the Council, especially this past year where he was catapulted into the role from vice-chair following Councillor Worsley's period of absence due to health and Caroline Francis who has participated in many meetings and has been invaluable. A massive thank you goes to both.

Toilets

On another note the Council resolved to adopt the central toilets in Long Stratton, this is a great result which is as a direct work carried out by the Council and parishioners alike to keep this vital community asset.

We will now be liaising with South Norfolk to get the refurbishment work carried out. I will keep you updated with progress.

Becky Buck, Clerk

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29th July ~ 1st 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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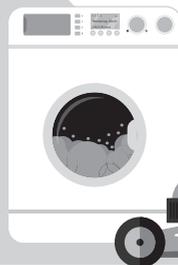
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LONG STRATTON THURSDAY CLUB

At our May meeting the Bellaire Handbell Ringers presented a varied programme of music including the theme from Titanic, Hey Jude, In an English Country Garden, plus many other tunes and encouraged us to join in singing when they played Down at the Old Bull and Bush. Their leader Sue gave us lots of interesting information about the American and English bells and history of the songs. Afterwards the group joined us for the tea and cakes, quiz and raffle and members could try ringing the bells and asking the ringers questions.



The Thursday Club meets in Long Stratton Village Hall at 2pm on the second Thursday of the month and we usually finish around 3.45pm. Our meetings are open to men and women over the age of 55 and we would like some new members to come and join us.

Our June meeting will be on Thursday 13th when we will be introduced to Scrapbooking, a very popular hobby. We look forward to seeing you then.

LONG STRATTON LIBRARY

In early June at Long Stratton Library we are holding a special story time to mark Pyjamarama, the BookTrust's effort to get the nation's children wearing pyjamas for a day. We're encouraging children to come in wearing comfy clothes or pyjamas and to bring their favourite cuddly toy along.

The full details of the story time have yet to be confirmed at the time of going to print – please search online for Long Stratton Library for a confirmed date and time. You'll find all our events, regular and one-off, listed there. Bookmark the page for future reference!

Across Norfolk the Library Service runs the Norfolk Reading Pathway scheme, a project aimed at helping non- or poor readers to improve their skills. The project is supported by a network of volunteers, based on the premise that anyone who can read fluently can teach reading in six months (or fewer) using a one-to-one workbook. With around five million working age adults getting by with "below-functional" literacy skills in the UK, this project is really valuable and we strongly encourage you to pass this information on if you know someone who could benefit from this support.

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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Men's Shed

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 June are the 10th and 24th.



What is a Men's Shed?

It's a larger version of a typical man's shed in their garden.

A place to get together, share knowledge, learn skills,
work on projects and hobbies

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

Long Stratton through the Seasons - Calendar 2020

A big thank you to everyone who sent in pictures for the 2020 calendar and for those who came and voted.

We will be in touch with those whose pictures we will be using soon.

We shall also be contacting local businesses shortly asking if they would like to sponsor a month or the front cover. If you run a business and are interested please contact Linda at the Church Parish Office on 01508 530238 or e-mail linda.parishadmin@btconnect.com

LONG STRATTON YOUTH CAFE

Come along to Youth Cafe on Tuesday nights 7-8.30pm during term time at the Methodist Church Long Stratton. Age now from Year 5 and above.

Look forward to seeing old and new members.

Matt, Wil, Tina, Doug and Joanna.



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The next *Messy Church* is on **Saturday 29th June**
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

Dear Sir /Madam

I am disgusted at the reply in the latest issue from a parent who wants us to give parents an easy time. Its a typical parent reply, all about so hard done by, me me me. And no why should I give parents any easy time when they all race through St. Michaels Road in their gas gussling 4X4s, Bmws, etc and if me a resident of this road is not going fast enough I get the finger salute and sworn at. Only the other the day I was slowing down to turn to in my drive and got sworn at by a parent who I may add was up my backside. And people wonder why kids are brought up like they are nowadays. No respect, all me me me sod anyone else. Perhaps these parents need to be reminded that St. Michaels Road is a 20MPH LIMIT AND A RESIDENTS ROAD ONLY. IF you don't like doing 20mph find another route. If you can't plan your day properly perhaps you shouldn't have kids. And all these young families pleading poverty but they still have 4X4s BMWs etc.

A very unhappy resident [name and e-mail supplied]

Editors note: We feel we have now exhausted the subject on the school parking situation and we will not be publishing any more letters on the subject.

LONG STRATTON GUIDING

2nd Long Stratton Brownies

This term we are trying some UMA's from the new Brownie programme. One evening the Brownies practised how to light a candle and how to lay a small fire. We are also working on the Disability Awareness and Sports badge.

We made a blind trail for the Brownies to follow and talked about sight awareness, and we tried to identify various objects by touch, sound and smell.

Brown Owl



LONG STRATTON DAY CENTRE

We looking for Voluntary helpers on a Tuesday and Thursday, if you could spare an hour or two helping with kitchen duties, chatting to our elderly members or serving tea & coffee our registered charity would benefit greatly. Please contact Marilyn on 01508 535901 for further information.

LONG STRATTON CHILDREN'S CENTRE

To find out what is happening in the month of June 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.

EVENTS OUTSIDE LONG STRATTON & WACTON

St George's Dementia Support Group -10th & 24th June - 10am to 12noon - St George's Hall, Long Lane, Upper Stoke Holy Cross NR14 8ND -further details 01508 493661/492938.

Diabetes UK Wymondham - Tuesday 11th June - 2-4pm Fairland Church, Wymondham NR18 0AW. A walk and talk around historic Wymondham with Georgette Vale. For those not walking a mentoring session will be held in the Church. For further information ring 01953 607494 or e-mail wymdiabetes@gmail.com

Harleston Choral Society's Summer Concert, 'An Evening with Henry Purcell', is on Saturday 22 June at 7.30 pm in St John's Church, Harleston. We'll be performing – with professional soloists and the Dargason Ensemble – three Anthems for choir, and Dido & Aeneas. Tickets £12.00 (accompanied children free) from choir members, Harleston Information Plus, and on the door on the night. After the summer break our Autumn Term begins on Monday 9 September, 7.00 pm for collection of subs, in the Church at London Road, Harleston. More information on the HCS website www.harlestonchoral.soc.org.uk or from our Chair jo.curry@sky.com

Newton Flotman Cinema Evening - Tuesday 18th June - The Upside (cert.12A)
Newton Flotman Village Centre, Grove Way, Newton Flotman – Bar opens at 6:30pm, film starts at 7:30pm – Adult ticket £4.50, Concessionary ticket £3.50, Family ticket (2 adults & 2 children) £15.00, On the door £5.00 – Contact Christopher Remer on 01508 471580 or christopher.remer42@gmail.com to book.

Harleston Cinema - Thursday 27th June at 2pm and 7.30pm (doors open half an hour before) - Stan and Ollie (PG)- at the Masonic Rooms, Harleston. There will be ice creams at the interval, plus a bar in the evening. Seats cost £4, please book at Harleston Information Plus, 01379 851917, or email hip@harleston-norfolk.org.uk (please give the names of those booking and whether matinee or evening).

Forncett Village Fete - Saturday 29th June - 1pm - 4pm - Forncett Village Hall, Low Road - Free entry, ample parking, fun for all the family. Games, stalls, BBQ, raffle, animal petting corner and much more.

THARSTON & DISTRICT WI

The meeting in May focused on the resolutions the WI will present to the government. We listened to information, asked questions, had some discussion and voted. The decline in rural bus services has greatly affected some of our members and we fully support calling on the government to work with bus companies to give an adequate provision of service. The second resolution urges WI members to raise awareness of the importance of screening to help eradicate cervical cancer. At present attendance for screening is at its lowest for a decade.

Most months our own WI arranges an extra social event and for April it was lunch at The Lemon Tree in Wymondham. This was thoroughly enjoyed by all who attended. We also held a 'pudding and plonk' evening at the home of one of our members. Who would not enjoy the delicious array of desserts and good company?

The South Norfolk WI's group meeting at Hempnall with Keith Skipper as the speaker was most successful. This was also open to guests and all enjoyed the amusing anecdotes. The competition was for a display about 'A Norfolk Man'. We chose Sir James Dyson but found that a vacuum cleaner was too large to fit the display table! The winners were Denton WI with an attractive display about Ted Ellis. The evening finished with refreshments offering a huge selection of cakes and coffee.

The jumble sale we held in Long Stratton Village Hall was most successful and many members and friends came to help. Much clothing remained to sort and take to charity shops, whilst some of the bric-a-brac will be available at future events.

Open Farm Sunday is the 9th of June and we will be at Manor Farm, Fundenhall with our stall of cakes, preserves, books and 'treasures to discover'. Our stall will also be at South Norfolk on Show, Sunday 30th June. See you there!

Future events include a walk round Whitlingham Country Park, Greyhound Racing at Great Yarmouth, a visit to Pakenham Watermill & Gardens as well as our outing to Ely and a tour of the cathedral.

'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.

Heather Jeary

LONG STRATTON METHODIST CHURCH

June lunch will be on Tuesday 4th at 12.30pm.

Please call 01508 530518 to book - all welcome

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

CHURCH SERVICES - JUNE

St Mary's Church

| | | |
|------|----------|--|
| 2nd | 11.00 am | All Age Worship |
| 9th | 9.50 am | Ten2Ten Service |
| 9th | 11.00 am | Holy Communion |
| 16th | 11.00 am | Morning Worship |
| 23rd | 11.00 am | All Age Holy Communion |
| 23rd | 7.00 pm | Soul Shapers |
| 30th | 10.30 am | United Celebration at Carleton Rode Church |

St Michael's Church

| | | |
|------|---------|----------------|
| 9th | 8.30 am | Holy Communion |
| 23rd | 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

| | | |
|------|---------|-----------------|
| 2nd | 9.30 am | Holy Communion |
| 16th | 6.30 pm | Songs of Praise |

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

| | | | |
|------|----------|------------------------------------|-----------------------|
| 2nd | 10.45 am | Family Service with Holy Communion | Peter Fitches |
| 9th | 10.45 am | Family Service | Rev Richard Woodhouse |
| 16th | 9.45 am | Family Breakfast | |
| 16th | 10.45 am | Family Service | Malcolm Simpkin |
| 23rd | 10.45 am | Family Service | Joe Hart |
| 30th | 10.45 am | Family Service | Pat Mottram |

LLOYDS MOBILE BANKING

The mobile banking van visits Long Stratton every Tuesday between 9.45am and 11.15am and it is parked in The Swan car park.

Services available are:

| | |
|---|--|
| Daily cash deposits with a limit of a maximum five complete bags of coins | |
| Cheque deposits | Set up, amend and cancel standing orders |
| Cancel direct debits | Make account enquiries |
| Enrol or cancel SMS alerts | |

Business and commercial customers also have access to the following:

Daily cash withdrawal limit of £300 [or £1000 if pre-ordered 48 hours before]
Cash deposit limit of £5000



Planning your next move?

Call us now

Whittley Parish

Tel: 01508 531331

Always ahead of the herd

**E longstratton@whittleyparish.com
W www.whittleyparish.com**

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**Whittley
Parish**