

The Sexton's Wheel

The magazine for the villages of Long Stratton & Wacton

The Mayfields Summer Fete

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Saturday 10th August 2019

2pm-4pm

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August 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
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- Call Kirsty Dye on 07986 942804 and leave a message
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Wacton Village Hall - Booking information

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

HIRING OF THE METHODIST CHURCH

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

For information contact Tony Coleman on 01508 530699

Church Contacts

St Mary's / St Michael's & All Saints'	Rev. Heather Wilcox rev.heather@btconnect.com	01508 530238
Parish Administrator	Linda Mills linda.parishadmin@btconnect.com	01508 530238
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.



We are now at the height of our summer season so let's hope the weather is being kind to all those on holiday.

There are still two summer fetes this month - Harker House on the 4th [see page 8] and Mayfields on the 10th [see front cover].

An interesting read on page 5 regarding some farmers acting in a riotous manner way back in 1758!

You can read the report on the Methodist Church public meeting on page 9 to see what is happening next.

See how well Long Stratton Football Club were last season and their fixtures for the month of August [pages 15 & 31].

Also a reminder for September that there is the 6th annual Bake Off & Produce Show [page 7]. Still plenty of time to organise your entries.

The Sexton's Wheel Team

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MUTINY AT THE BRIDGE!

Seeing the improvement to the A140 at Hempnall reminded me of an incident that I read about which happened in 1758.

At this time a bridge was being built over the river at Tasburgh which was known as Deepwade [I understand that the river is actually the Hempnall Stream, a tributary of the River Tas].



This is the newspaper report:

The Lloyds Evening Post and British Chronicle 2 August 1758 report on the incident:

Yesterday at Long Stratton in this County, a company of labourers headed by a few ignorant farmers, marched in a riotous manner to pull down a bridge ...

They began in the morning with beating the workmen and threatening to do the same to any who should oppose. Then by applying horse to the arches they levelled the bridge in about five minutes time, throwing in all of the materials....

They next cut up the road near the bridge declaring that they would do the same should the justices order it to be rebuilt..... As this road is of no small importance to the trading part of Norwich, as well as to the traveller, it is expected that the gentlemen of this place will desire the neighbouring justices to do their utmost endeavour to bring those lawless people to condign punishment and issue proper orders for the rebuilding of the bridge.

The reason the men of Long Stratton were so upset and enraged was that they earned a living carrying coaches, wagons and people across the water and this source of income was being taken away from them.

Most probably if they couldn't earn money this way they and their families would end up in the poor house.

As we know the bridge was rebuilt.

Can anyone confirm that it is the Hempnall Stream rather than the Tas?

Judith Baker

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Long Stratton Lions

The ladies of Long Stratton Lions Club have been putting their skills to very good use.

For the past six months they have been knitting and crocheting baby blankets for the Neo-Natal Intensive Care Unit, at Norwich and Norfolk University Hospital.

The unit looks after 42 babies, at any one time, the blankets can only be issued once, the hospital is not allowed to re-wash them, it then goes home with that baby.

Thirteen blankets were donated this time, but as it is an ongoing requirement, we will continue to keep our fingers busy for the foreseeable future.



The Lions members pictured are, from left to right, Jean Moore, Lion President Shirley Burns and Eileen Beckett.

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

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

Programmes were delivered with the July magazine - if you have not received one or need another one please get in touch. Check out the list and see what you can grow to show or start making and practising. If you wish for more forms please e-mail longstrattonvillagehall@outlook.com or ring Heather on 01508 530238.

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

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

Harker House
Summer Fete

Sunday 4th August
 2pm - 4pm

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Water or Wine

Bric-A-Brac Stall

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Coffee Morning at
All Saints' Church Wacton
Saturday 10th August - 10.30 - 12.00

Bric-a-brac Raffle

Cake Stall Books

In aid of the Church

Everyone welcome wherever you live.

Next coffee morning will be on Saturday 14th September

METHODIST CHURCH BUILDING

Report following the Public meeting held on the 10th July 2019.

More than 40 people attended the public meeting to discuss the future of the Methodist Church on the 10th July, which included members of the current user groups, Town councillors, District Councillors, and a representative from the Methodist circuit.

The feeling at the meeting was that the Methodist church over the last 25 years has been a valuable community space and that if we lost it, we would lose the capacity needed within the town to run groups and clubs etc. To this end it was decided the best way forward would be for the building to continue to be used as a community building if at all possible.

The first step needed is for the building to be registered with South Norfolk District Council as a Community Asset. This was something the Town Council committed to doing as an immediate priority.

Having had some suggestions about how the building could be kept by the community, it was agreed that interested parties put together proposals to be presented by the 30th September 2019.

In the meantime the Methodist Church continues to be available to all its current user groups and for additional bookings.

LONG STRATTON THURSDAY CLUB

At our June meeting we heard a very interesting and informative talk from Avril Young about her hobby of Scrapbooking. This is not just cutting and sticking pictures, newspaper cuttings etc in a book but a way of preserving our photographs and precious memories of family members for future generations.

The idea came from the States and teaches interesting and safe ways of presenting our pictures rather than just keeping them on our phones. Avril also showed us several examples of scrapbooks she has made over the 10 plus years she has been enjoying the hobby.

As usual we also enjoyed tea and cake after the talk plus the raffle and the afternoon ended with a quiz.

The Thursday Club does not meet in August so our next meeting will be on Thursday 12th September at 2pm in the Village Hall and is open to anyone over the age of 55.

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THE HOLIDAYS ARE HERE!!

"We're all going on a summer holiday, no more working for a week or two" or so sang Cliff Richard back in the 1960's, you know that period in pop music when you could hear and understand the words!! This is the time of year when most of us enjoy a break from the usual humdrum of life. Some will be off to find the sun while others will be seeking culture and adventure. I don't do hot sun so my choice would be somewhere cool and probably involving mountains.



A big part of many a holiday is the journey. Whether it be by train, car, boat or plane there's usually a story attached to the journey. When I was little there was always a singsong in the car on the way to a bungalow on the North Norfolk coast. Some take holidays that totally involve traveling. I've never been on the Orient Express but that would be one such holiday.

Whenever a national team does well in any competition the commentators will stress the 'journey' that the team has been on to get there. The one at the time of writing this is the England Cricket team and the talk has been of their four-year journey from the defeat in 2015.

Life is a journey and we all have a story attached to our journey. Some have been on the journey a long time (for example my dad is 94) and others have really only just started (my daughter is just 12). However far we are into our journey we have to make adjustments and turnings to get to where we want to. Circumstances change so our direction of travel has to change to compensate.

Life is a spiritual journey too and we have to make adjustments to allow for God's intervention as well. I was 11 years old when I first really listened to what Jesus wanted me to do with my life. The journey from then to now has been one big adventure. The Bible tells me quite a bit about my life's journey. One verse says, *'there's a way that seem right to man but it ends up in death'*. A positive verse is that we will hear a voice speaking to us saying this is the way walk in it. Jesus was speaking in Matthews' gospel and says that there are two roads available, one that leads to life and one that leads to death.

As we travel around this summer I hope that all roads lead to life and a good holiday and that spiritually we all find the road to life through Jesus.

Steve Adcock
Reader, St Mary's Church

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ST. MARY'S CHURCH 'QUILTS AND FLOWERS' FESTIVAL

For 4 days between 22nd – 25th June, St. Mary's Church was a mass of colour, with stunning Quilts made by local people and beautiful flower arrangements.



The doors were flung wide and people came from all across Norfolk to see such a marvellous display.

Just under £1600 was raised across the Flower Festival weekend and the concert on the Friday night featuring 'Last, Will and Testament' who treated us to music from the 50's, 60' and 70's a truly delightful evening's entertainment.

My grateful thanks go to everyone who allowed us to display their fantastic quilts, more than 60 were on display, the flower arrangers, cake bakers, welcomers and tea and coffee servers, without whom nothing could have happened. And of course, a special thank you to 'Last, Will and Testament' for

entertaining us on the Friday Night. We look forward to another concert soon.

Next year's theme is already decided, 'Hobbies and Pastimes'. So we will be on the lookout for anyone with a hobby or pastime they would like to celebrate be it stamp collecting, model railways, knitting, spinning or singing for example. If you would like to get involved please get in touch with me (Heather – 01508 530238).

But before that we shall be having our annual Christmas Tree Festival. It's not too early to let us know you would like to display a Christmas Tree this year, promoting your group or organisation.



St Mary's Christmas Tree Festival 7th – 12th December.

Heather Wilcox

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LONG STRATTON FOOTBALL CLUB



Long Stratton Football Club enjoyed what was probably the best season in its history since it was formed around 1914.

The four Senior teams and four Youth teams all finished at least 4th in their leagues.

The First team finished 3rd in the Anglian Combination Premier Division and also reached The Mummery Cup Final but lost to UEA 4 - 2 in extra time. James Bemrose was not only top scorer for Stratton but also top scorer in the league with 33 goals.

The Reserves had a successful season finishing 4th in Anglian Combination Division 3 with a team containing many local 16 & 17 year olds.

The Sunday team finished 4th in Division 4 of the Norwich & District Sunday League with a good mixture of young & experienced players with the intention of bringing 16 & 17 yr olds into Mens Football.

The Womens team finished 3rd in Division 2 of the Norfolk Womens & Girls Football League and due to league restructuring will play in the tough Division 1 this coming season.

In the Youth leagues, the U16's finished 3rd and also reached Semi-finals of both Cups, hopefully those players will progress to the Sunday & Senior teams this coming season.

The U13's finished 3rd in a tough Division 1.

The U11's & U9's enjoyed some great progress in their Divisions and look stronger each year.

Mini Kickers, for 5 - 7 year olds play on the Leisure Centre 3G pitches on a Thursday Evening attracting around 20 players each session.

Wildcats, aimed at 5 - 11 year old girls also takes place on the 3G on Wednesdays, these are friendly casual sessions where the players can keep active and make new friends. We have started two new teams from this successful Wildcats initiative. Last week saw a record number of girls participating at Wildcats which is due to the England Women's team having a successful World Cup.

Walking Football takes place on the MUGA at the Playing Field on Monday evenings, aimed at Gentlemen aged 45 plus, attracting around 20 players each week.

Around 180 Players - Girls, Boys, Women & Men aged 5 to 75 play for Long Stratton every week.

A huge army of volunteers, at all levels, contribute to the Club every week to help in its success. There is always a tea stall for First & Reserve games every Saturday during the season, so come along, watch a bit of Football, have a cuppa and a chat with the regular fans, your support would be greatly appreciated.

See page 31 for the August fixture list

LONG STRATTON & DISTRICT WI

June has been a very busy month and our members have had the opportunity to be involved in lots of exciting events or just enjoy the sunshine if they prefer.

Mrs. Bridge gave an amusing historical talk about flower sellers, entering the hall dressed as a Victorian seller who would have called "Come and Buy." She used a beautiful floral display with several pictures to illustrate her talk and kindly donated the flowers to our raffle. They were won by Jill who then donated them to St Mary's Church Quilt and Flower Festival.

Several members were involved with the above Festival, welcoming visitors, exhibiting a quilt, making cakes and our President, Diane, led a team of flower arrangers.

A group of ladies had a very pleasant light lunch together at The Sugar Beat at Swainsthorpe and will be keen to get together again when lunches restart after a summer break.



A few visited the Norfolk Show and will have made a bee-line for the WI Federation Tent. This year is all about celebrating 100 years of the Women's Institute movement starting in Norfolk and so the competitions on display were "A Party in a Box" and a decorated hat. For our centenary year they had brought out the bone china cups and saucers with the original "Home and Country" logo.

It was also an excellent place to have lunch, do some shopping and find out about the campaigns the WI is concerned about, for example local bus services and plastic waste. On the Show day Radio Norfolk described the WI as "a force for good." It is interesting that back in 1964 a Norfolk WI tabled a campaign to stop smoking in public places.

For health reasons our delegate to the National AGM in Bournemouth was unable to come along and report back to our June meeting but we were pleased to learn from her written notes that both this year's resolutions had been passed, so hopefully there will be some action on cervical screening and rural buses

Thank you to everyone who visited our stand at South Norfolk on Show. Fortunately we were in a shady spot and lots of visitors bought our rolls, sandwiches, cakes, etc. Look out for us again next year.



A highlight of the month was a visit to Long Stratton Medical Practice. Our members had raised funds to purchase three blood pressure monitors and two large cuffs which we were very pleased to donate for use in Long Stratton.



Can we stress yet again that you can just come to a meeting and hear an interesting talk, perhaps buy a raffle ticket or peruse our trading stall. Our August meeting, though, will be a social gathering - an ideal opportunity to meet the other members and have some fun. If you want more information then ring our Secretary Shirley Housden on 01508 531154.

We meet on the third Wednesday of the month in Long Stratton Village Hall, opposite the parish church on the A140. There is plenty of parking behind the hall. Our next meeting is on WEDNESDAY 21st AUGUST at 7.30.pm.

LONG STRATTON GUIDING

2nd Long Stratton Brownies

After lots of hard work in July the Brownies all gained their [old style] Sports Badge and Disability Awareness badges.

Well done to a few of our Brownies who have also completed one of the new interest badges. They are:

Grow Your Own - Bryony, Jessica and Madison

Baking - Eve

Congratulations to Jessica , our first Brownie to gain her Brownie Be Well theme award.

We look forward to the autumn term which begins on Wednesday 11th September.

Brown Owl

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



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www.longstrattoncouncil.info



Pavilion Project

I am pleased to confirm that the project of rebuilding the Pavilion is underway. Draper & Nichols are the Council's contractor and will be building the Pavilion over the next nine months. The Council will provide regular updates to the progress of the project. Please can I ask everyone to adhere to the temporary accesses whilst the build is underway, it is for your safety. If you have any questions or would like more information, then please feel free to contact me.

Central toilets

As reported previously, Long Stratton Town Council signed all the legal documentation to start the refurbishment and adoption of the central toilets. South Norfolk have instructed all the relevant surveys and will soon be going out to tender to find the most suitable contractor for the job!

Hedges

It is the time of year again where hedges are growing extremely fast. I have received several complaints of hedges overgrowing pathways making them difficult to pass and potentially very dangerous.

The Highways Act 1980 states that it is an offence for a hedge to be in a dangerous state causing a health and safety concern whether through inaccessibility and/or loss of light including streetlights. Norfolk County Council as Highways Authority are responsible for some hedges in the village, however many hedges are privately owned therefore can I ask if your property/ business has a hedge that impacts a public footpath please can you cut it back making all footpaths safe, complying with The Highways Act 1980.

Town Council Office

Please can I remind all residents that during the Summer Holidays, normal office hours are variable. This is to allow for annual leave and flexible working whilst the children are enjoying the summer holiday. The office will be closed permanently during 9th-26th August, during this time emails and the office answer phone will be monitored for urgent matters only. If you wish to see me during the holidays, please call to make an appointment. Normal office hours will resume on Thursday 5th September.

There is no meeting in August, the next meeting will be on Monday 9th September.

Becky, Town Clerk

ALPHA COURSE

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WEEKLY EVENTS

MONDAY ACTIVITIES	VENUE	TIME
Long Stratton & District Men's Shed <i>NEW THIS MONTH</i> <i>see page 31</i>	Call Bruab [01508 530400] or Liza [07920285085] for venue and information	2pm to 4pm excluding Bank Holidays
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 - <i>see page 17</i>	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 <i>see page 24</i>	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	Wacton Village Hall Jo Douglas 01508 530261 greenacresfarm@tinyworld.co.uk	9.30 am mixed ability
Lunch & activities	Day Centre	10 am to 3 pm
Coffee morning	Methodist Church	10 am to 11.30 am
Short Mat Bowls	Coronation Hall, Great Moulton - Peter Grant 01508 536753	2 pm

The Sexton's Wheel

M	T	W	T
			1
5 Local Walk - <i>see page 25</i>	6 Coffee Morning Wacton Village Hall 10.30am <i>see page 25</i> E of E Co op Bereavement Support Group 10.30am LSVH Rebecca - 01473 231460 Methodist Church Lunch <i>see page 42</i>	7	8 Craft 'n Chat All 10.30am - s
12 St George's Dementia Support Group 10am - Upper Stoke Holy Cross NR14 8ND - 01508 493661/492938.	13 Sunflower Cafe, Mayfields 10am - 01508 535500 Diggers & Dibblers Gardening Club, Forncett VH 7.30pm 01508 489181 Diabetes UK Wymondham 2pm Fairland Church NR18 0AW - 01953 607494	14 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue	15
19 Film Afternoon 'Mary Poppins Returns' Long Stratton VH - <i>see page 29</i>	20 Coffee Morning Wacton Village Hall 10.30am <i>see page 25</i> Newton Flotman Evening Cinema, Village Hall - The Favourite - 7.30pm 07745760382 or lukechannell@hotmail.co.uk	21 Long Stratton & District WI 7.30pm Village Hall <i>see page 16</i>	22 Harleston Mansonic R Queen of S 7.30pm 0137 lesleyrock@
26 BANK HOLIDAY	27	28 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue	29

August 2019

T	F	S	S
	2 Wacton Social Club <i>see page 24</i>	3 Wacton Social Club Music & BBQ on the Green - 5pm <i>see page 24</i>	4 Harker House Summer Fete 2pm - <i>see page 8</i>
All Saints' Church <i>see pages 33</i>	9	10 All Saints' Church coffee morning - 10.30am <i>- see page 8</i> The Mayfields Summer Fete 2pm - <i>see front cover</i>	11 Ten2Ten 9.50am St Mary's Church
	16 Wacton Social Club <i>see page 24</i>	17	18 Community breakfast at the Congregational Church 9.45am <i>see page 31</i> Chapelfield Veterinary Practice Open Day - 12 noon
Cinema, rooms - Mary lots - 2pm & 79 854897 or keme.co.uk	23	24	25 Soul Shapers 7pm St Mary's Church
	30	31	1 SEPTEMBER All Saints' Wacton Harvest Songs of Praise 6.30pm



WACTON

CREATIVE SINGING GROUP

Our Creative Singing Group takes place in the Village Hall every Tuesday evening from 7 pm to 8.30 pm. We sing a variety of songs each week and if anyone wishes to join us, you will be made very welcome.

For further information please contact Louise Barton (Professional Singing Tutor) -- 07765 920390 or for an informal chat call Rita --01508 218407

CHURCH NEWS

Our Craft 'n Chat mornings for August will only be held on **Thursday 8th August**, 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 August is on **Saturday 10th August**. Why not pop along from 10.30am for a coffee and a chat and of course to buy some home baked cakes!

Advance notice for September

Sunday 1st September is the date for our Harvest Songs of Praise at 6.30pm.

AUGUST CHURCH SERVICES

Sunday 4th 9.30am Holy Communion

Sunday 18th 9.30am Holy Communion

There are Church services available at St Mary's and St Michael's - please see page 42

WACTON SOCIAL CLUB

Wacton Social Club is on the 1st and 3rd Fridays of each month. New members very welcome. Doors open 7pm – 11pm.

Please join us on the August 3rd for an enjoyable night of music with Last, Will and Testament and a BBQ on the green. Starts at 5pm, fully licensed bar and food cooked to order by our Chef. Everyone welcome. Donations welcome for our Firework Night in November.

Normal Club Nights on the 2nd and 16th.

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.

WACTON FOOTCARE

The next Footcare session will take place in the village hall on **Friday 23rd August - note the change in day**. Sessions will continue on Mondays for future months.

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

VILLAGE NEWS

PARISH COUNCIL

Chairman: Calvin Goreham

Clerk: Alan Arber - wactonparish@yahoo.com

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

Piers Blaikie was co-opted onto the Parish Council at our last meeting. Piers will already be known to many in the village having lived in Wacton for a great number of years. The Council very much look forward to working with him in the future.

Philip Whitehead, Heritage Officer, from South Norfolk District Council gave a short presentation on the Wacton Conservation review and commented that an exhibition would be available for all Parishioners to see on 23rd July from 6 pm to 7pm in the Wacton Village Hall.

Councillor Training will take place on Thursday 18th July at Wacton Village Hall starting at 7pm. The training will be shared with Tharston and Hapton Parish Council on the evening and will be hosted by Norfolk Parish Training and Support.

We still have two vacancies for Parish Councillors and if anyone would like to take up the role (full training will be given) please contact the Clerk.

The Woodland Project

Responding to pressure from parishioners in 2017,

Wacton Parish Council agreed to restore public access to the ¼ acre area of woodland adjacent to the village green. The woodland is the responsibility of the Parish Council and was then an

eyesore, badly overgrown with areas neglected over many years. We are pleased to report the project is now close to fruition to provide a varied and healthy age structure of trees and develop the best possible habitat for both flora and fauna with the consideration that our spaces need to be accessible and provide an amenity for our residents. The Parish Council would like to sincerely thank everyone who has given their time, commitment and financial support to see the project through to the end.



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 August are the 6th and the 20th.**

For further information contact Caroline Squires on 01508 530111.

Caroline and Rita

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LOCAL WALK JULY WALK



Three get lost in Pulham



Several regular walkers were on holiday so only three of us set off from Pulham Market Green on a warm, clouds 'n' sun, not too hot July morning.

We started off down Station Road, past the beautifully pargetted eco-house, remembering to take a photo this time and the smartly restored Pulham Market Station, ditto photo, lovely station but sadly no trains.

Down past the tidied up railway cottages we took Boudicca's Way on our right over the cattle grid past Pulham Market Hall. All good so far, but new industrial units behind the Hall meant I couldn't find the branching path I used to take with my dogs and we ended up wandering field edges for a bit, spotting sweet Scarlet Pimpernels, Ladies Bedstraw and bright Poppies nestling alongside ripening wheat and barley.



Finally back on track we wandered down Semere Lane where swallows swooped overhead and we thought we heard a skylark, to turn left alongside the 'pea field', so called because Birds Eye grew peas there which were harvested by huge machines, in the middle of the night and whisked off to their processing plant ½ hour away in Lowestoft thus proving their adverts for 'fresh as the moment...' really true.



At the bottom of the field, now growing barley, we turned left to stroll alongside The Beck, where an even greater profusion of wild flowers bloomed with butterflies flitting between them. After a bit we crossed The Beck on a plank bridge and came into a quite different environment.

In a slim piece of woodland next to the stream we smelt damp earth and decay and discovered groups of cuckoo pint and wound wort amongst the nettles and next to the path a huge puffball as large as a football.

Back on Station Road I apologised for leading us astray but the others said they didn't mind, it was just so lovely to be out in the fields with the blue/ish sky arching wide and nature's jewels nestling at our feet.

Jill Callaghan

Our next walk is on Monday 2nd September. 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.

SEXTON'S WHEEL NEW PRICING STRUCTURE FOR ADVERTISING EVENTS

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

The following discount from our advertising prices was agreed:

Businesses

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

Organisations

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

Charity for a charity within the village [incl Wacton]

No charge. but charity number needs to be provided

Charity for a charity outside the village

50% discount but charity number needs to be provided

Events outside the village section

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

Centre calendar

Free entry and can include a telephone number

We hope this does not deter you from advertising your events.



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- ***Weekly members outings throughout the year***
- ***Group hires for not for profit organisations***

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LONG STRATTON LIBRARY

The Summer Reading Challenge is under way! Pop in to the Library and get signed up. Read six books over the summer holidays and collect a shiny medal at our ceremony at the end.

Other activities are ongoing, including our coffee morning (Mondays, 11am) and our knitting group (Thursdays, 4.45pm).

And if you, or someone you know, would like assistance with reading – any age, any level - we have volunteers ready to work with you. Come on in and ask us about the Norfolk Reading Pathway.

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)

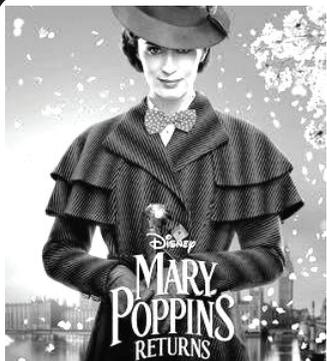
Thursday 8am-7pm (staffed 1pm-7pm)

Friday 8am-7pm (Open Library access only)

Saturday 8am-4pm (staffed 11am-4pm)

Sunday 10am-4pm (Open Library access only)

Telephone 01508 530797



Next film showing Mary Poppins Returns

Long Stratton village hall
Monday 19th August - 1pm

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LONG STRATTON FOOTBALL CLUB

FIXTURES FOR AUGUST



First team fixtures

LS v Acle Utd	13th August	18:30
LS v Caister	17th August	14:30
LS v CEYMS	20th August	18:15
Bradenham v LS	24th August	14:30

Reserve fixtures

LS Res v Hempnall	14th August	18:30
Aylsham v LS Res	17th August	14:30
LS Res v Attleboro	21st August	18:15
LS Res v Gt Yarmouth	24th August	14:30

Fixtures for Sunday team, Womens & Youth teams are not yet released.

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 Brian 01508 530400

or Liza 07920285085

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

Sunday Community Breakfast

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

Sunday 18th August - 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



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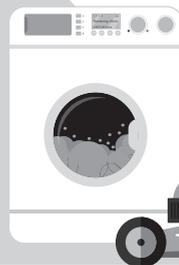
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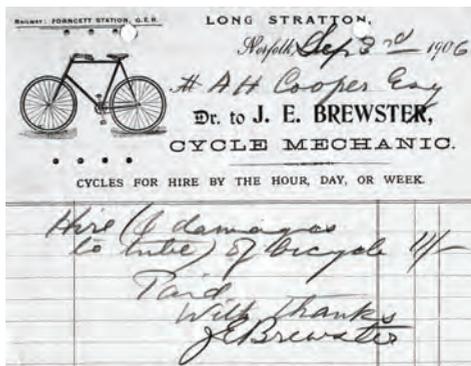
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INFORMATION ON THE JULY FRONT COVER

The post card was sent in 1909 to one of the Barnes family who lived in Stratton Hall in Hall Lane.

Our resident Long Stratton historian Judith Baker points out that there was a bicycle shop in the village back in 1906 which used to hire out bicycles. The name of the shop was JE Brewster. It was situated in the house that used to be part of the old Manor Garage where the Co op is now, it was opposite Manor House Dental surgery.



A receipt for a hire of a bike



The house where the bike shop was

Craft and Chat

All Saints' Church, Wacton

10.30 - 12.00 (April - September)

Just one date for August which is the 8th.

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East of England Co-op answers call for help from Waveney Foodbank

The East of England Co-op has presented Waveney Foodbank with £1,000 worth of store vouchers after the charity put out an urgent call for support.



The service, which covers south Norfolk, issued the emergency appeal with food stocks running so low they were concerned they could run out of food in just two months.

Niall O’Keefe, Joint Chief Executive at the East of England Co-op, said: “As a co-operative, we allocate a portion of our profits each year to supporting our communities. This year, we invited our members to tell us how we should spend that money by asking them to tell us about the community issues that matter to them. One of their main concerns was food poverty. We already collect for food banks in most of our food stores, but this year we are planning to do more so that our food banks have the additional support they need to tackle this growing issue.”

Waveney Foodbank, which is part of The Trussell Trust’s national network of foodbanks that provide emergency food and support to people in crisis, covers towns on both sides of the Norfolk/Suffolk border, with distribution centres in Diss, Harleston, Long Stratton, Bungay, Beccles, Halesworth and villages around and between Eye, Laxfield, Wickham Market and Framlingham.

Waveney Foodbank Manager, Matthew Scade, said demand was outstripping supply due to the increasing numbers of people seeking help from the service.

He said: “Due to a demand in Foodbank need, we were finding ourselves very short of food. Normally we would have 1,500kg of food per month come in, and 1,250kg go out. Unfortunately, due to an unexpected rise in use we were giving out nearly 1,000kg per week. This donation will result in us being able to top up our food supplies to a more manageable level and give us breathing space to anticipate the continued rise in need locally.”

The East of England Co-op has food bank collection points in every one of its food stores and supermarkets collecting items for 22 Trussell Trust and independent food banks in local towns and villages throughout the region.

Some of the items your local food bank needs includes:

- Tinned ready meals, vegetables, fruit and puddings
- Pasta, rice and noodles
- Cereal, jam and marmalade
- Baby products – milk, nappies, wipes
- Toiletries – shampoo, conditioner, soap, deodorant, toothbrush, toothpaste, sanitary products
- UHT milk, long life juice, tea and coffee
- Biscuits, crisps and treats

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THARSTON & DISTRICT WI

Mr Bob Harding-Jones, a former paramedic came to our June meeting to tell us of many incidents encountered in his working life. Most stories caused much laughter whilst others left us feeling emotional but we were bewildered that a 999 call was made for someone needing more cigarettes!

Twenty of us travelled to Great Yarmouth Stadium to watch greyhound racing. We enjoyed a barbecue meal as well as a flutter on the dogs. I am not sure that any of us came home in profit but the amount of laughter showed the fun we had.

In July Juyna Lewis demonstrated several different dishes suitable for a picnic. She showed us some lovely items that could be adapted to taste and our members certainly enjoyed sampling them. We can try these ourselves, as Juyna will send recipes.



Suzanna Averill, our president, with Chris from the Trussell Trust and some of the items collected

As our contribution to mark the centenary of the Norfolk Federation of WIs we decided to collect at least 100 items to help the homeless in Norfolk. Our generous members met this target easily, we ended up with several large boxes and bags packed full of items. Chris, who works at the food bank run by the Trussell Trust came to our July meeting to collect the items. He talked about the type of help given in different cases and was obviously committed to helping people in need. Chris was most grateful for our support and for the type of items that were given.

We attended South Norfolk on Show with our stall of cakes, preserves, books and bric-a-brac. We also had a wide variety of plants, which proved popular. The weather was kind and lots of families enjoyed a fun day out. Many people came to browse and buy at our stall, most stopping for a chat. It is always good to promote WI as well as enjoying ourselves. Unfortunately this year two of the fetes that we support have been cancelled but hopefully they will be back next year bigger and better.

In August we have no meeting as we are having an outing to Ely and a tour of the cathedral.

We meet at Wacton Village Hall at 7.30 on the second Thursday of the month.

Heather Jeary
h.jeary@gmail.com

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We would like to thank everyone who contributed to our annual collection for Christian Aid this year. A total of £759.35 was raised. Also thank you to those who manned the stall in the Co-op foyer for us.



is on its Summer Holidays and will be back on Saturday 28th September.

LONG STRATTON CHILDREN'S CENTRE

For details for the programme for the month of August please contact the centre. If you wish for any further information please call 01508 536399 or check our Facebook page for up-to-date details.

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

DATE FOR YOUR DIARY NORFOLK CHURCHES TRUST ANNUAL BIKE RIDE SATURDAY 14TH SEPTEMBER 9AM TO 5PM

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

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

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

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

For more information contact Jeremy & Christine Briggs on 01508 536724

CHURCH SERVICES - AUGUST

St Mary's Church

4th	11.00 am	All Age Worship with Baptism
11th	9.50 am	Ten2Ten Service
11th	11.00 am	Holy Communion
18th	11.00 am	Morning Worship
18th	6.30 pm	Healing Service
25th	11.00 am	All Age Holy Communion
25th	7.00 pm	Soul Shapers

St Michael's Church

11th	8.30 am	Holy Communion
25th	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

4th	9.30 am	Holy Communion
18th	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

4th	10.45 am	Family Service with Holy Communion	Bruce Thorn
11th	10.45 am	Family Service	Colin Basham
18th	9.45 am	Family Breakfast	
18th	10.45 am	Family Service	Susan Fiddy
25th	10.45 am	Family Service	Malcolm Simpkin

LONG STRATTON METHODIST CHURCH

August lunch will be on Tuesday 6th at 12.30pm.

Please call 01508 530518 to book - all welcome

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



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