

The Sexton's Wheel Issue 259

The magazine for Long Stratton & Wacton



August 2025

Long Stratton Village Hall - Booking Information



The hall can be booked as follows:

Via our facebook page, search Long Stratton Village Hall

Via our website www.longstrattonvillagehall.org.uk

Email us at longstrattonvillagehall@outlook.com

Call Kirsty Dye on 07986942804 and leave a message

Hire rates from as little as £7.50 per hour.



Wacton Village Hall - Booking Information

Attractive and welcoming community space available for hire: hall or meeting room

Hire rates start at £6.00 per hour. To book go to wactonvillagehall.co.uk

Email: bookings@wactonvillagehall.co.uk, or Tel: **J Johnson 07958606637**

Licenced bar available through Wacton Social Club. Contact taylor169@btinternet.com

Church Contacts

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

St Michael's Rev Becki Bensusan (01508) 813900

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

All Saints' Rev John Madinda (01953) 789240

Congregational Church June Braddock (01508) 470701

Church Parish Office

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

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

Long Stratton Town Council, The Pavilion, Manor Road, Long Stratton

Usual office hours are Monday, Tuesday, Thursday and Friday between 10am and 2pm and by appointment on Wednesday.

Tel: Clerk Becky Buck 01508 530524 E-mail: clerk@longstrattoncouncil.info

For general enquiries Email: office@longstrattontowncouncil.info

The Editors reserve the right to edit or decline any material submitted for publication. While every effort is made to ensure that the contents of the magazine are accurate, no responsibility can be taken for errors and omissions. The material printed does not necessarily represent the views of the magazine committee and no recommendation of products or services is implied. While the committee take reasonable care when accepting advertisements for publication, it cannot accept responsibility for any unsatisfactory transactions. Errors and omissions excepted.



Sitting here writing this in wall to wall sunshine, temperature in the high twenties, I think its time for the factor fifty to come out. Take care folks in these very high temperatures, make sure you drink plenty.

The Sexton's Wheel Team

2. Booking information Long Stratton & Wacton Village Halls.
Church Contacts.
LSTC opening hours.
5. How does your garden grow?
2nd Long Stratton Brownies
6. School Goverinng Bodies
7. Long Stratton & District W.I.
Sexton's Wheel
9. Long Stratton Medical Partnership
Harleston Choral Society
10. Space Invaders Holiday Club
Each Charity Shop
- 11.Borderhoppa.
15. BikeActive
MessyChurch
18. Lett-uce Talk..
- 20/21. Calendar.
22. Tharston & District WI
23. Long Stratton Library.
31. Wacton Parish Council.
36. Local Walks.
38. Church Services.
39. Contact details & information on
the Sexton's Wheel.

EASTFIELD GARDEN SERVICES

- Mowing
- Hedging
- Weeding

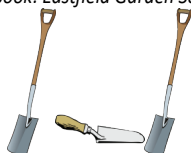
And lots more

Contact Adam on:

Mobile: 07359331303

email: Adam0576@icloud.com

Facebook: Eastfield Garden Services



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



Richard Walpole Roofing



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

FULLY INSURED

Contact Richard on
07747 784742

Caroline's Curtains



Customers Own Fabric

Made to Measure Curtains, Blinds, and
Curtain Alterations

Local, Affordable, Professional Hand-
Sewn Services

Contact Tel: **07848 463344**

Email: carolinescurtains01@gmail.com

Web: www.carolinescurtains.co.uk

Address: **Thistle Do, The Street,
Fritton, Norwich, NR15 2QT**

How does your garden grow?

Summer is here! As I write this we are in the middle of a heat wave which depending on who I speak to is either welcomed or endured. Of course, we Brits tend to complain whatever the weather. Personally, I find the heat a little unbearable and draining which I sense is shared by some of the plants in my garden and particularly the lawn, which seems to have stopped growing and has turned brown and crispy.

It got me thinking about resilience and how to deal with adverse conditions. Some of the plants withstand the dry conditions through internal adaptations such as changes to their leaves or root system in order to retain or access as much water as possible. Some like grass go into dormancy to conserve energy until rain returns. And still others require me to water them if they are going survive at all.

I think there is a lot we can learn from how plants deal with stress and adverse conditions; I particularly like the idea of going dormant which for me usually means a good sleep. However, the most important thing seems to be knowing what my source of refreshment is or what gives me life. Sometimes this might mean drawing on internal resources of some kind but more often than not it is reaching out for support and comfort from those around me.

As a Christian of course, my greatest source of strength and peace comes from my relationship with God. In fact, Jesus compared being in a relationship with him, like being a branch of a vine which draws life from the vine itself.

Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest' The offer is open to all.

Why not take some time to consider the offer?

John Loaker

Hope Church Long Stratton

2nd Long Stratton Brownies

During July the Brownies have been working towards the new Celebrate Interest Badge (full syllabus will be known soon as a number of new interest badges are being introduced for all Units over the summer but we've tried some educated guessing!). We made invitations inviting the Rainbows to our Joint Evening of fun and decorated bunting.



So the summer term finished with our Joint night at the Hall with 1st Long Stratton Rainbows joining the Brownies with games together on the field and a water obstacle course. We then enjoyed hot dogs and cakes before going home.

The Brownies have gained their Explore stage 2 Skill Builders badge in the Have Adventures theme. Well done to April, Elia, Polly, and Verity gaining their Bronze Award for two themes completed and to Eliana and Violet for their Silver Award with four completed themes.

Brownie Guiders

Join Our Governing Body: Shape the Future of Our Federation

The Carleton Rode and Forncett St Peter CEVA Primary Federation is seeking dedicated individuals to join our governing body. As a governor, you'll play a pivotal role in ensuring our schools are well-led, resources are used efficiently, and policies are effectively implemented. Your commitment will directly impact the quality of education and welfare of our pupils.

We are especially keen to hear from individuals with an interest, experience, or background in finance and/or sustainability, as these areas are vital to the ongoing development and resilience of our schools. Whether you bring professional expertise or a strong personal passion, your insights can make a significant difference.

We value a diverse range of perspectives and welcome applications from various backgrounds. While specific skills or experience can be beneficial, the most important qualities are a commitment to our children's education and a willingness to learn. Governors are expected to attend meetings, visit the schools occasionally to monitor specific areas, and engage in ongoing training.

Please note that, in accordance with our governance guidelines, we are currently seeking individuals who are not parents, grandparents, or carers of children attending either school.

Serving as a governor offers numerous benefits, including:

- **Making a Difference:** Help shape the future of our schools and positively impact children's lives.
 - **Personal Development:** Gain insights into the education system and develop skills such as communication, problem-solving, teamwork, and leadership.
 - **Community Engagement:** Build relationships within the school community and beyond.
- Our federation is rooted in values such as kindness, honesty, perseverance, and respect. We aim to inspire and challenge our pupils by helping them develop respect, tolerance, and empathy, challenging stereotypes, and promoting a positive and inclusive community.

If you're interested in this rewarding opportunity, please contact us at ***chairofgov@forncett.norfolk.sch.uk***. We'd be happy to explain the process and answer any questions you may have.

Join us in making a meaningful contribution to the education and development of our children.

LONG STRATTON & DISTRICT WI

Our June meeting started earlier than usual with a strawberry tea. The Norfolk strawberries, scones, jam and clotted cream was a winning combination with our members. This was followed by a talk and film show by our speaker who had been a guest at the Coronation of King Charles III.

A few members gathered together for a Knit and Natter and members were encouraged to get together in the city and explore the Safari trail organised by Break to raise funds for that charity. After finding and photographing lions, giraffes, tigers, etc. there would be plenty of places to stop for a cuppa and a chat.

Our August meeting will be a cruise on the Norfolk Broads subsidised from our funds raised at local events during the year. Our members all work very hard to make our presence at such events successful so it is great to be able to give something back.

We usually meet every third Wednesday evening at 7.30.pm in Long Stratton Village Hall. We are pleased to invite you to our next meeting on Wednesday 17th September when the speaker will be Sandra Roberts. We enjoy a wide variety of activities and in September we will have the chance to try various types of papercraft. If it's not your "thing" no one minds if you watch, or you may learn a new skill, or make something interesting to take home.

Do come along if you would like a pleasant evening with friendly women. There is a small charge for non-members which includes refreshments. If you would like further details, please contact **01508 531154**.

QUIZ

13th September, Long Stratton Village Hall

18:30 for 19:00 start

Teams of 6 maximum, £7.50PP

Ploughmans in the interval included in price.

Bring your own glasses and drinks of choice.

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

Proceeds in aid of St Mary's Church

SEXTON'S WHEEL

Have you got an hour to spare each month? We are looking for volunteers to help deliver the Sexton's Wheel each month. The magazines will be delivered to your door ready for you to deliver.

If you could help us out please call Ian on **07557990169** or email **thesextonswheel@googlemail.com**



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



RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE | SHORT BREAKS



ABACUS
a name you can count on

Accountants
Book-Keepers
Consultants

**WE FOCUS ON THE NUMBERS SO YOU
CAN LOOK AFTER YOUR BUSINESS**

- Sole Traders & Ltd Companies
- Tax & VAT Returns
- Management Accounts
- Book-keeping
- Payroll Services
- Auto-enrolment
- Company Formation
- Business Plans & Forecasts
- Independent Examinations
- Construction CIS
- Charity Accounts
- IR35 Contractors



**CONTACT US
TODAY**

TEL: 01508 333040
EMAIL: office@abcabacus.co.uk
The Willows, Ipswich Rd,
Long Stratton, NR15 2TG

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
Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY
Tel: 01508 530781

In this issue the partners at Long Stratton Medical Practice would like to thank Dr Katie Voigt for her hard work, excellent care of her patients and her active participation in our practice activities. Over the years she has proved herself as an experienced and reflective GP. As each of us is aware, change is something we deal with on a daily basis and we always want the best outcome from the change. The practice wishes Dr Voigt the very best for the future and we will miss her. I asked Dr Voigt if she would like to add to this article and she happily agreed.

'I am so sad to be leaving Long Stratton after eight and a half years. I will be moving to a GP practice in Norwich and haven't hung up my stethoscope as yet. It feels like a lifetime ago when I first started here. The practice and indeed the whole country have been through such a lot since then. None of us will ever forget living through the Covid pandemic and the extraordinary circumstances we all faced – I was so proud at how our community pulled together.

I will miss all the staff at Long Stratton very much – but also my wonderful patients. I have felt very lucky to serve as your GP – it has been a real privilege. I am very sorry I have not been able to say goodbye to you all personally, but I would like to take this opportunity to wish all of you the very best for the future.' **Katie Voigt**

Enjoy the rest of the summer. We reach out to you to help us as a practice make the changes that are planned by the Government with the aim of a better primary care service.

Mini Nelson

HARLESTON CHORAL SOCIETY

It's nearly the end of summer, but for those who missed our July news, there's still an opportunity to join our Come & Sing Workshop (selections from Part 1 of Handel's Messiah, plus the Hallelujah Chorus) on Saturday 16th August 2025, 10.00 am – 4.30 pm, in St James Village Hall IP19 0HP, open to all. Tickets £10.00, soup and roll for lunch £5.00. More information and to book please email [**amanda.fletcher111@gmail.com**](mailto:amanda.fletcher111@gmail.com)

Our Autumn Term begins on Monday 1 September, 7.00 pm for a 7.30 start. We'll begin rehearsing for our Christmas Concert on Saturday 6 December, in St John's Church, Harleston. Practices are on a Monday night from 7.30 – 9.30 pm, in The London Road Church at Harleston, IP20 9BH. Parking is available in the The Original Factory Shop (TOFS) car park opposite.

We're a friendly community choir and we welcome everyone, and although it's an advantage to be able to read music, it's not essential. There are no auditions and music is provided free. If you have difficulty getting to practices, we're sometimes able to arrange lifts with choir members from your area. Further information about HCS can be found on our website www.harlestonchoralsoc.org.uk and from our Joint Chairs - [**caroline@rodbourne.org.uk**](mailto:caroline@rodbourne.org.uk) and [**Jo Curry jo.curry@sky.com**](mailto:Jo.Curry@sky.com)



For children completing reception to year 6 in July 2025

6th, 7th and 8th Aug - 10am - 3pm - £5 per child for all 3 days

At St Mary's Junior Academy, Long Stratton

Children will need to bring a packed lunch each day

PLUS: Bring the whole family Sunday 10th Aug - 10:30am - 12 noon -

(at no extra cost) to see what's been happening.

Booking Details - spaces limited - book early to avoid disappointment

To register your child / children scan the QR code or visit:

<https://hopewymondham.churchsuite.com/events/ctr37b9d>



& in partnership with
Long Stratton Church Network



Volunteer Charity Shop Assistant- EACH Long Stratton

Have you got a flair for fashion? A passion for books? A knack for bric-a-brac? Do you want to gain valuable retail and admin experience while supporting a fantastic local charity?

We are recruiting volunteers for our friendly, stylish Long Stratton shop. It's a great place to meet new people, learn new skills, and raise vital funds for our important work supporting children, families and young people across East Anglia. We need volunteers to help out with all aspects of running the shop, including serving customers on the till, sorting and pricing donations, and office administration. No experience necessary, just a positive attitude and the willingness to get stuck in and work hard! Could you spare some time to help? Just a few hours a week can make a huge difference. Till cover is especially needed on Tuesday, Friday and Saturday afternoons. We also need extra help with sorting.

Most volunteers work a four hour, half-day shift, but other options are available, and we can be flexible to fit around your other commitments – just let us know what works for you.

Benefits:

Casual dress

Employee discount

If you are interested please contact: **Rachel Fretter on 01508 531507** or email: **rachael.fretter@each.org.uk**

THARSTON VILLAGE CHURCH FETE

SATURDAY 6TH SEPTEMBER 2025

2PM – 4PM

WHEELER BARN, THARSTON, NR15 2YF



**STALLS • CAKES • GAMES • LIVE MUSIC
BBQ & BAR • RAFFLE • TOMBOLA**



- Door to door dial-a-ride service into the local towns.
- Weekly members outings throughout the year
- Group hires for not-for-profit organisations

Borderhoppa Outings for August 2025

Mon 4th – Aylsham (Market Day) & Taverham Nursery Centre – £20.00

Thurs 7th – Holt Town and Garden Centre – £25.00

Mon 11th – Waveney River Boat Trip and Carvery at The Wherry Hotel - £30.00
(Includes bus fare and ticket for boat, lunch extra)

Thurs 14th – Aldeburgh & Thorpeness - £20.00

Mon 18th – Halesworth & Lunch at Dunwich - £20.00

Thurs 21st – Cherry Lane at Fritton followed by Lunch at The Bell Inn,
St. Olaves - £20.00

Thurs 28th – Bure Valley Railway, Wroxham to Aylsham and return,
With time for lunch and shopping in Wroxham after - £30 (Includes train ticket)

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



**Cleared.
Repaired.
Replaced.**

**Local Guttering
Specialist Norfolk**

**Proud member
for over 15 years**

Checkatrade.com
Where reputation matters

**Steven White 07961 399633
or email localgsn@gmail.com**



- 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

PRIVATE CARE SERVICE

DONNA ELLIS ● **ALI HALLAM**
07714033886 **07712806019**

WE ARE TWO SELF-EMPLOYED QUALIFIED AND TRAINED PA/CARERS, EXPERIENCED, EACH OF AT LEAST 18 YEARS IN RESIDENTIAL, DEMENTIA, PALLIATIVE, NURSING AND MENTAL HEALTH SETTINGS FOR ADULTS OVER 18. WE ENHANCE OUR EXPERIENCE AND TRAINING AS NEEDED, BOTH ABLE TO SAFELY USE MANUAL HANDLING EQUIPMENT.

WE EACH HOLD ENHANCED DBS, CARE PUBLIC LIABILITY INSURANCE AND CAR BUSINESS INSURANCE.

PLEASE CONTACT US TO SEE IF
WE CAN HELP, WE CAN ARRANGE TO
MEET TO MAKE SURE WE CAN MEET
ALL NEEDS REQUIRED.
WE BOTH OFFER SERVICES TO SUIT
INDIVIDUAL CIRCUMSTANCES.

PERSONAL CARE
MEAL PREPARATION
MEDICATION SUPPORT
HOUSEWORK
COMPANIONSHIP
RESPIRE SUPPORT
DAY SITS
DAYTRIP/ SHOPPING SUPPORT
LONG TERM CARE
SHORT TERM CARE

WE WOULD LIKE TO THANKYOU ALL FOR
FOLLOWING, LIKING AND SHARING OUR
PAGE AND DETAILS. WE LOVE CARING AND
SUPPORTING PEOPLE TO REMAIN AS
INDEPENDENT AS POSSIBLE IN THEIR OWN
HOMES AND GIVE VALUABLE RESPIRE
SUPPORT TO THEIR FAMILIES AND FULL TIME
CARERS.

PAUL LOVETT

Repairs & Servicing

Home Appliances

07999 355267

E: lovett.repair@gmail.com



Covering South
Norfolk and North
Suffolk

20+ years experience



Welcoming children aged 6 months to 5 years

All-Year-Round



MULBERRY BUSH
DAY NURSERIES

8am to 6pm

High Quality Early Years Childcare and Education

Excellent indoor and outdoor facilities

St. Edmunds
Norwich Common
WYMONDHAM
NR18 0SP

Tel: 01953 603792
wymondham@mulberrybush.org

3 Wingfield Court
Norwich Road
MULBARTON
NR14 8JP

Tel: 01508 570100
mulbarton@mulberrybush.org



Susan Whymark Funeral Service Ltd

Independent and Family Run

Serving Eye, Harleston, Diss and the surrounding areas since 2004

We offer a range of services to suit your individual needs

- Funerals tailored to your needs and budget
- Full estimates given at time of arrangement
- Pre-Paid Funeral Plans available
- Direct Cremations
- Support Groups
- Memorials

We provide an efficient but friendly service through our
professionally qualified staff

- Chestnut House, 12 Progress Way,
Eye, Suffolk, IP23 7HU
Tel: 01379 871168 (24hr)
- Ley House, 11a London Road,
Harleston, Norfolk, IP20 9BH
Tel: 01379 851253 (24hr)
- Denmark House, 1 & 2a Carmel Works
Park Road, Diss, Norfolk, IP22 4AS
Tel: 01379 831332 (24hr)



See our customer reviews at

www.susanwhymark.co.uk

Email: susan@susanwhymark.co.uk

BIKE ACTIVE NORFOLK

Well after a hiatus of a month, here is a bit more BikeActive Norfolk news.

Our 24HR endurance ride on disability cycles on the multi-use games area at Long Stratton Town Council pavilion went really well. People supported, our, "Just Giving", page and people attended as our MP Ben Goldsborough opened proceedings at 10am

At midday the race started and some of our disabled rider clients got in on the action, cycling laps from the Le Mans style, start, and pedalling and participating through the 24hrs. We were joined by many local people who helped us cycle and get through 24hrs and at the end of it we had cycled 4115 laps of the MUGA and covered 430miles on our disability cycles. We'd also raised approximately £2300, some of which will go toward funding the new Chat Rickshaw service after the town is bypassed. Councillor Alison Thomas also gave us £1000 from her Highways Budget for the Rickshaw service, so we hope to get it up and running on the bypass being complete. At the very latest we'll be offering a service by Spring 2026

BikeActive Norfolk Junior our group for disabled children continues to run through the Norfolk summer school holidays with sessions on the 30th of July, 6th, 13th and 20th of August on the multi-use games area at the Town Council offices. Sessions are at 1300hrs and 1340hrs. So if you are the parent or carer of any child with a disability then please bring them along to enjoy the joys of cycling in a safe environment. **See our website BikeActiveNorfolk.org**

Interested in our adult groups that run weekly with venues at Topcroft and Earsham? Get in touch and we'll tell you all about the fun we have cycling as a group. Take a look at our website, **BikeActiveNorfolk.org** for further details

Best regards

Jez Briggs

Chair, BikeActiveNorfolk
T07716103072



come along to
Messy Church

This month's theme is:
The story of the mustard seed

Stratton St. Mary
Saturday 27th September
4pm-5:30pm

Strattonmessychurch@gmail.com

**All children to be accompanied
by an adult**



TRANSFORM YOUR GARDEN THIS SUMMER

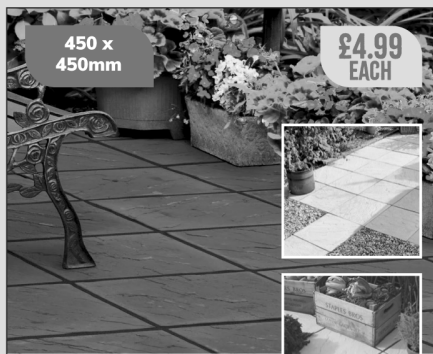
Your independent supplier of DIY and building materials with service you can trust



**23 Piece
Pack 7.2m²**

**£214.80
PER PACK**

**Pavestone Natural
Sandstone**
RAJ BLEND | LIGHT GREY

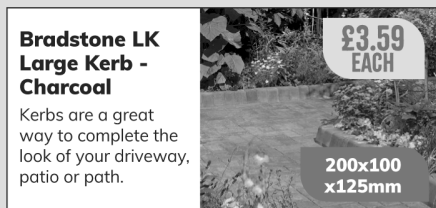



**450 x
450mm**

**£4.99
EACH**

**Bradstone Edale
Eco Riven Paving Slab**
LIGHT GREY | CREAM-BUFF | DARK GREY





**Bradstone LK
Large Kerb -
Charcoal**

Kerbs are a great way to complete the look of your driveway, patio or path.

**£3.59
EACH**

**200x100
x125mm**



**FREE LOCAL
DELIVERY**
OVER £20.00
WITHIN 10 MILES
OF OUR STORE

We are open to the public and trade from 7.30am to 5.00pm Monday to Friday and between 8.00am and 12 noon on Saturday.

Visit our website www.ctsdiy.co.uk to also order on-line.

18-24 Mill Lane, Pulham Market IP21 4TN

www.ctsdiy.co.uk 01379 415161 sales@ctsdiy.co.uk



**When you want an
all-star agent,
think Howards,
call Janette.**



Scan me



Thinking of selling?

**Summer is a great time to market your
home and show it at its undoubted best.**

The local market has continued to be boyant as the year has continued and we have already made some fantastic deals for our clients.

We consistently receive five-star reviews on Google, but don't just take our word for it, see what some of Janette's clients have to say:

G ★ ★ ★ ★ ★

We viewed and fell in love with a house with Janette Churchill from Howards. The experience was amazing. Combining her enthusiasm and knowledge of the market with her ability to understand our complex situation and offer solutions was invaluable. If I was selling a house I would want Janette to be the agent doing the marketing and viewings. I cannot recommend her more highly.

S. Holford, Jan 2025

G ★ ★ ★ ★ ★

Brilliant experience and wouldn't go anywhere else. Janette is incredibly dynamic, if she can't sell your house no one can! Fantastic care and attention at all stages of the process including making sure we got great photos and a fantastic video walkthrough.

R. Miller, Jan 2025

Call Janette Churchill for a free valuation.

Partner & Long Stratton Property Expert

01508 532 244

janette.churchill@howards.co.uk

HOWARDS

LETT-UCE TALK

The next meeting of Lett-uce Talk gardening conversation will be on the first Saturday of August, 2nd, and the 6th of September. In Huggers cafe, Long Stratton, between 10am and 11am.

Our talks are becoming very popular and I would recommend attending 9.30 onwards. Enjoy a coffee and cake and meet other gardeners.

All welcome, no membership or fee required.

Any queries, please email me.

notenoughkeiths@gmail.com.

We look forward to meeting you.



**Pssst! We're offering something a little different at our
Community Singing Group at Wacton Village Hall!
On Tuesday, 2nd September we're hosting an unforgettable
evening where fashion meets fun and singing meets style!**

The Sing & Style Social

Wacton Village Hall | Tuesday 2nd September
from 7:00 - 8:30pm

**So gather your friends, throw on something that makes
you feel amazing, and get ready to Frock n Roll with a
glass in hand and a song in your heart. It's something a
little different... and we think you're going to love it!**

£5 per person

07765 920 390

Louise@LK Tingley.com

www.creativesingingstudios.co.uk

SATURDAY BBQ MENU Long Stratton

NR152TL

BACKYARD BUNCH BBQ FROM OUR GARDEN TO YOUR GOB!

GIVE US A TRY
YOU

WILL NOT BE
DISAPPOINTED

MOUTH WATERING,
FALL OFF THE BONE
SLOW COOKED MEAT
DELICIOUS

GENEROUS PORTIONS
WE DON'T DO SMALL
IN THE BBQ WORLD

DRUMSTICKS
AVAILABLE
IN BBQ SAUCE £7.50

KING RIB'S	
FLAVOURS	3 PIECES
BBQ	LARGE SUCULENT
CHERRY COLA	MEATY RIBS £15.00
HONEY CHIPOTLE	
RIB'S	
FLAVOURS	
BBQ	WHOLE RACK £15.00
RASPBERRY & CHIPOTLE	HALF RACK £9.50
CHERRY COLA	
SIDE'S	
MAC & CHEESE	£5.00
BBQ BEANS	£3.00
CORN ON COB	£2.00
COLESLAW	£2.00
EXTRA SAUCE	£1.00
CHICKEN	
SWEET CHILLI SAUCE	
CHICKEN WINGS 6 WINGS	£7.00
BBQ SAUCE	
CHICKEN WINGS 6 WINGS	£7.00
MIX & MATCH	12 WINGS £12.00
CHICKEN WINGS	
ORDER VIA WHATSAPP OR MOBILE 07395271370 OR 07594291847	
SOFT DRINKS	
PEPPI MAX	COLD CANS
FANTA ORANGE	
SPRITE	£1.50 EACH
PRE ORDER ON WEDNESDAY BEFORE 12PM COLLECTION ON SATURDAY 10AM - 5PM - 5PM CASH ONLY - ALL OTHER INFORMATION ON REQUEST	

Sunday/Tuesday/Wednesday/ Friday

ROTISSERIE CHICKENS
DONE OVER COALS

MEDIUM CHICKEN £8.00
LARGE CHICKEN £10.00

Plain OR With a RUB



Long Stratton and Newton Flotman
Patient Participation Group (PPG)

Please support your PPG

The PPG is a group of volunteers who assist this practice by organising events that aim to inform and assist patients with illnesses such as Diabetes.

Your PPG is a voice in the community by helping to publicise events, key facts and data that you may not otherwise be aware of.

At the same time we help out with duties such as patient surveys, and car parking on busy vaccination days.

We need volunteers

As a formally run committee we need a **secretary** to organise, take and circulate minutes of meetings,

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

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

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



Hope Church

Sundays at 10.30am – 12noon

June 1st, 15th
July 6th, 20th
August 3rd, 10th

at St Mary's Junior Academy,
Swan Lane, NR15 2UY

A service for all ages including
children's activities
for school years 1-6

hopecommunitychurch.co.uk

RN OIL FIRED
BOILERS

07572 508635

- SERVICING
- COMMISSIONING
- BREAKDOWNS
- INSTALLATIONS
- HEATING SYSTEM ALTERATIONS

Registered
Heating
Business



CONTACT US

RNOILFIRED@OUTLOOK.COM

M	T	W	T
4 Local Walk - see page 36	5 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Coffee Morning Wacton Village Hall 10.30am Lets Chat St Mary's Church 1000-1200	6 Chatter& Natter Long Stratton Leisure Centre 1200-1400 see page 15 Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	7 Pilates - Wacton see page 15 Tharston & Wacton 7:30pm
11 LSTC Meeting Pavillion Community Room Manor Road 19:00	12 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Coffee Morning Wacton Village Hall 10.30am Lets Chat St Mary's Church 1000-1200	13 Cup of Hope Pavillion community Room 08:50am - 11:30am Chatter& Natter Long Stratton Leisure Centre 1200-1400 see page 15	14 Pilates - Wacton see page 15 Lunch Club 2 Long Stratton Congregation Call 079687
18	19 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Coffee Morning Wacton Village Hall 10.30am Lets Chat St Mary's Church 1000-1200	20 Chatter& Natter Long Stratton Leisure Centre 1200-1400 see page 15 Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	21 Pilates - Wacton see page 15
25	26 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Lets Chat St Mary's Church 1000-1200	27 Cup of Hope Pavillion community Room 08:50am - 11:30am Chatter& Natter Long Stratton Leisure Centre 1200-1400 see page 15	28 Pilates - Wacton see page 15

T	F	S	S
	1 Wacton Social Club open 7.00pm - 11.00pm with Bingo	2 Lett-uce Talk Huggers 1000-1100	3 Hope chuch Service St Mary's Academy 10:30am. See p19
Wacton village Hall see p24 Wacton District W.I. Wacton Village Hall 10.30pm	8	9 Wacton Church Coffee Morning 1030am.	10 Hope chuch St Mary's Junior Academy 10:30am see p19
Wacton Village Hall see p24 12:00 - 2:00pm Stratton Wacton Church Hall 16698 to book	15 Wacton Social Club open 7.00pm - 11.00pm pool,darts etc	16 Wacton Social Club Fun Day See p31	17 Community Family Breakfast 9:45am at Long Stratton Congregational Church Hall
Wacton Village Hall see p24	22	23	24
Wacton Village Hall see p24	29	30 No Messy church in August See p15	31

Marion's Foot Care
Foot Health Practitioner
 marionfootcare@gmail.com



- Nail trimming
- Corn enucleation
- Fungal and verruca treatment
- Bespoke mouldings
- Reducing thickness of nails
- Diabetic feet seen
- Ingrown nail treatment
- Fully Insured/DBS checked
- Providing a personal service in the comfort of your own home

Contact: Marion Keable, DipCFHP,
 MPSPract ON **07742 722804**

Covering: Norwich, Sprowston, Salhouse,
 Wroxham, Brundall, Blofield Heath, Acle
 and surrounding areas





Oliver Smith
 COMPUTER SERVICES



Computer Problems?
For All Your IT Troubles
Oliver: 07930 137 230
 Email: help@oscomputerservices.co.uk

Business & Residential
 Sales / Solutions / Setup / Support
 Tuition Available

On Site Repairs / Wi-Fi Installation / Networking
Let's Talk About The Cloud
 Software, Hardware, Firmware & Wobblyware
PC's - Laptops - Tablets - Smart Phones - Printers - Mesh Systems

THARSTON & DISTRICT WI

The theme of this years annual Centenary Salver Competition held at Honingham Village Hall was a historic Norfolk person born pre 1900. Our WI was represented by Caroline, Cynthia and Gill who chose Anne Boleyn, who was born at Blickling Hall, and five various crafts from a choice of nine classes were undertaken to interpret the theme with staging completed by Carol and Gill. At our May meeting they were congratulated on being joint first with City WI.

A very humorous evening was held in May when members were treated to the return of Greg Powles, a freelance writer and performer. He gave a whimsical look at his career up to the present day, with all the many mishaps along the way, from being cast in a major film starring Stephanie Beacham, Mel Smith, Jane Horrocks and Richard O'Brien at the age of 15, to writing plays for schools, working on North Norfolk Radio and creating a new play based on the effects on the Far East Prisoners of War (FEPOWs) when they returned home after release and how family life was impacted by their experiences in subsequent years, to be performed at Norwich Castle to commemorate VJ Day in August.



We meet on the 2nd Thursday of the month at Wacton Village Hall at 7.30pm and our talk in July will be about periods of time in relation to fashions in jewellery

LONG STRATTON LIBRARY

The 2025 Summer Reading Challenge-Story Garden - open to children this is a fabulous challenge to keep them entertained over the summer holidays. They read 6 books and when complete gain a medal certificate and stickers. Free to take part.

Monday 21st July 2pm Michael Bartlett author talk-Join Michael as he discusses his career including writing for the Archers and numerous radio plays. He will also be discussing his novels and doing a Q&A to the audience. Tickets are £2.50 and includes refreshments.

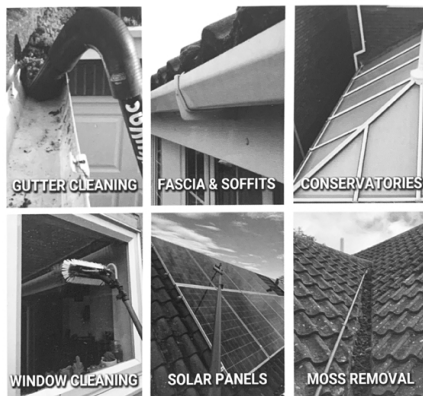
Tuesday 29th July 2pm Into the woods - Join Cathy from our Bounce and Rhyme sessions as she delves into the woods to run a session that is full of stories, songs and craft all with a woodland theme. Free activity. Suitable for younger age school children.

Thursday 31st July 1:30-3pm Voices through Art on tour! Join Amy and Laura as they host this brilliant creative event for those children who have special educational needs. Free event but must be booked.

Tuesday 5th August 2:30pm Wild Garden Art -Let your imagination run wild using items from nature and turning them into art and craft! 1 hr. activity Free and suitable for School age children.

26th August 2pm Under the Sea -Have an adventure under the sea with Cathy as she uses stories, songs and craft to make your very own piece of the ocean to take home. Free and suitable for School age children.

Kelly Bearton, Library Manager, Diss, Harleston & Long Stratton
Norfolk Library and Information Service
Tel: 01603306051 | Mobile: 07783733789
Church Street, Diss, IP22 4DD
Norfolk County Council Facebook Web



☎ 01508 471 994 ☎ 07796 503 096

www.tasvalleyexteriorcleaningservices.co.uk
info@tasvalleyexteriorcleaningservices.co.uk

☎ 01508 471 994 ☎ 07796 503 096

www.tasvalleyexteriorcleaningservices.co.uk
info@tasvalleyexteriorcleaningservices.co.uk

PILATES

Beginners and Intermediate

Classes in:

Wacton Village Hall - Thursday Mornings
Hempnall Village Hall - Tuesday Evenings

For further details contact
Jo Douglas - 01508 530261
Greenacresfarm@tinyworld.co.uk

YOUR WILL £79

PROPERTY PROTECTION
 TRUSTS FOR HOMEOWNERS
 INC. SEVERANCE OF TENANCY

from

£99

**LASTING POWER
 OF ATTORNEY**

from

£99



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

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



**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, Fornsett St Mary, Norwich, NR16 1JR.

Open Monday-Friday 8 til 5:30. Saturday 8 til 1.

All major credit cards accepted



J.A.T Painting and Decorating

Interior and Exterior

15 Years experience

**Friendly, reliable and
fully insured**

**For a Free quotation
Call or text us today**

07849194890



Garden Landscape Services Limited

- Fencing
- Paving
- Turfing
- Hedge cutting
- Decking
- Clearances
- Planting
- Artificial grass
- Pergolas
- Garden design
- Groundwork

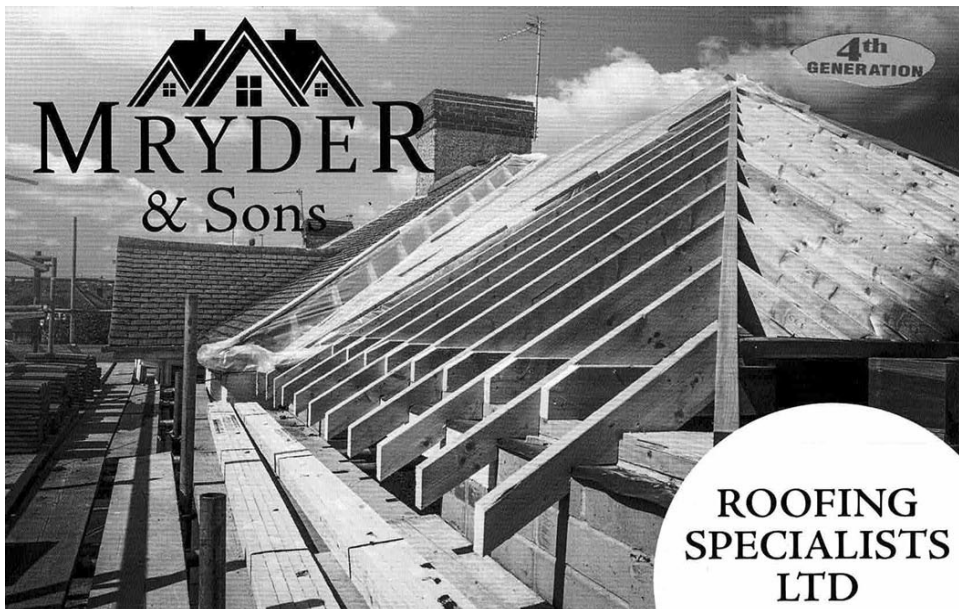


(01508) 807567
07749 130 872

enquiries@glsonline.co.uk

[/gardenlandscapeservicesltd](https://www.facebook.com/gardenlandscapeservicesltd)

www.GLSOnline.co.uk



- Re-roofing
- New Roofs
- Roof Repairs
- Lead work
- Flat Roofs
- Chimney Re-builds
- Free Consultations

- Free Quotes
- 10 Year Guarantee
- Established 75 Years
- 4th Generation
- Quality Service
- Council Approved
- Constantly Recommended



Call us now on: 07850 597288

Norwich: 01603 458884

Norfolk & Suffolk: 01508 532200 or 07825 908287

www.mryderroofing.co.uk mryderroofing@outlook.com

Unit 16 Salamanca Road, Tharston Ind. Est, Long Stratton, Norfolk, NR15 2PF

BARKER FAMILY FUNERAL SERVICES

We're all inclusive

*Family run with Family values
and Family at heart*

For all Funerals needs at
Competitive prices

The Simplistic Funeral

Total £1,000

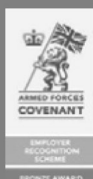
The Street,
Long Stratton

NR15 2XJ

01508 536117

info@barkerfunerals.co.uk

www.barkerfunerals.co.uk



Are you seeking a professional, reliable **WINDOW CLEANER?**



Why choose us?

- ★ Over 10 years experience
- ★ We clean doors, glass, frame & sill
- ★ We send an alert before we come
- ★ We have many 5 star reviews
- ★ We use pure water upstairs & traditional methods downstairs



 TimS-2053

02 Feb 2023

Great local window cleaners!!!



Great window cleaning couple who I would thoroughly recommend to anyone in this area who requires one. Always communicates with me before they come and rearranges the appointment if the weather does not allow then to attend. Great standard of cleaning which I cannot fault.



 LucyD-451

07 Jan 2024

Excellent service and communication.
Great value.



Highly recommend this company for Window cleaning. Great communication, Does a great job and reasonably priced. They also cleaned out our gutters. Best window cleaners we have found.



@thelocalwindowcleaner



Call Nick @
SQUEAK-E-CLEAN

07891 291275

Fully Licensed & Insured & Certified

BARTRAM'S SERVICES Ltd

Trusted Services At Your Convenience

Soft & Hard Landscaping

-Garden Builds + Designs

- Patio
- Driveways
- Decking
- Pergolas
- Turfing
- Fencing
- Sleeper Beds

Contact@bartramsservices.com

www.BartramsServices.com

Professional Commercial, Residential Maintenance

- Garden Clearances
- Hedge Cutting/Removals
- Ivy Removals
- Tree Cutting/Removals
- Regular Grass Maintenance
- Maintenance Contracts Available

Office- 01603 552482

Mob- 07402356519



Gutter Guru

Gutter and exterior
cleaning services



- Gutter cleaning, repair and replacement
- Moss removal and treatment
- Roof and render cleaning
- Patio and driveway cleaning and sealing

- Conservatory and window cleaning
- uPVC fascias, soffits and gutter washing
- Tennis court cleaning
- Tarmac restoration



☎ 01508 356336/ 07414715719



ricky@norfolkutterguru.co.uk



www.norfolkutterguru.co.uk





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



QUALITY & HONEST USED CARS BOUGHT & SOLD

CALL 01508 500208 or 07496 013130

for a genuine, easygoing
and straightforward experience

www.mrbautomotive.co.uk

Viewings strictly by appointment only

Unit 3 Game Meadow, Brick Kiln Lane
Swainsthorpe, Norwich NR14 8PY

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

Wacton Parish Council
Village Hall
Hall Lane, Wacton NR15 2UH
Clerk: Mr Alan Arber
Telephone: 07813 190516
Email: clerk@wacton-pc.gov.uk

MEMORIAL PLANTER

On Wed 9th July the Parish Councillors and the County Councillors along with members of District Councillor Barry Duffin's family opened the new planter and book exchange by the bus stop in his memory.



VILLAGE GREEN/PLAYGROUND

Wacton Men's Shed have commented that the bench has been repaired and painted, it will put back soon in its location. There are 2 new picnic tables, which were kindly donated by Wacton Social Club and are located in the playground. The playground has had its annual play inspection, of which there are no real issues with exception to the baby swing structure and the trim trail, of which new parts are being looked into and some funding to aid the rebuilding when possible.

WOODLAND PROJECT

Unfortunately the council was unlucky, in not being able to secure a grant for the bridge repairs, however the clerk was aware of 2 more grants of which will be applied for in due course.

NEXT MEETING: Parish Council meeting 3rd September 2025 at 6pm. Times and dates are subject to change.

Wacton Social Club

Fun Day Wacton
16th August 2025
2.00pm - 7.00pm

Licensed Bar, BBQ, Disco/Karaoke, Bouncy Castle, Tombola, Face Painting, Coconut Shy
Children Donkey Derby (space Hoppers), W/I Cake stall + others
£50.00 Raffle + Ice cream Van

Please bring a Chair

Hope to see you there.

**ACL Services – Fibrous & Solid
Plastering,
Painting & Garden Maintenance.**



Never enough time to do those little jobs, keep putting them off, give me a call and get them done!

Small Plastering Jobs, Fibrous and Solid, Painting & Garden Maintenance.

Phone/Text Andy

WhatsApp: **07568 530990**

Email:

andysplasteringservices024@gmail.com

JUMBO BAG DELIVERIES

SAND

BALLAST

TOP SOIL

TYPE 1

MULCH



STONE 10/20MM

MUSHROOM COMPOST

CALL 01508 470674

Simons Landscaping Ltd

ELECTRICIAN



A Friendly Family Run Business

That Works on All Aspects

Of Domestic Electrics

**Including removal of storage heaters and
replacing with energy efficient heating systems**

Contact Ian or Caroline for all

Electrical Issues on

0779 0273 689 or 01508 813802

icdelectrics@hotmail.co.uk

or

www.icdelectrics.co.uk



Bailiwick IT Ltd.

Having Computer Problems?

Windows and Apple Mac repairs, upgrades & troubleshooting

virus & malware removal, printer supply, data recovery ,

Microsoft 365 services, 4G Broadband solutions,

New & Factory refurbished machines, Security software,

Domain names, emails & hosting, Networking services.

Tel: 01953 718421 Mob: 07928 326008

Email: help@bailiwickit.com Web: www.bailiwickit.com



No matter what size your budget
Our compassion is constant



- Home Visits
- Funeral Finance
- Direct Cremation
- Affordable Choices
- Pre-paid Funeral Plans
- Personal Touches
- Bereavement Support Groups and Resources

recommended by
the good
funeral
guide.

20 YEARS  **Rosedale**
FUNERAL HOME
A FAMILY BUSINESS

Victoria Road, Diss **01379 640810 (24hr)**

Exchange Street, Harleston **01379 853999 (24hr)**

Middleton Street, Wymondham **01953 601103 (24hr)**

www.rosedalefuneralhome.co.uk

S.P.C.
ROOFING

- NEW ROOFS • RE-ROOFS • FLAT ROOFS
- REPAIRS • CHIMNEY TAKE DOWNS
- LEADWORK • FASCIA, SOFFITS & GUTTERING
- FULLY INSURED •

☎ 07577 700184



spcroofing86@hotmail.com



@spcroofing

High quality, secure and stylish.

Garage Doors, Gates, Awnings and Automatic
Roller Blinds supplied, installed and repaired.



Diss 01379 651959

Norwich 01603 270105

**Chapel
Doors**
LIMITED

Contact us to arrange an appointment at our Diss
showroom to view our range of high quality products
and discuss the perfect solution for your home.

Unit 21, Court Industrial Estate, Vincennes Road, Diss, IP22 4BF

www.chapeldoors.co.uk



**ACORN
2 OAK
CARE**

Committed to helping people live independently in
the comfort of their own home.

We pride ourselves on delivering **quality home-care services**.

Available 24 hours a day, 7 days a week.

Covering Long Stratton and surrounding villages.

For an informal chat, please contact Nicola or Naomi

07871 352961 / 01508 813572

email: enquiries@acorn2oakcare.co.uk

(If you are looking for a rewarding career in care,
please get in touch, we are always looking for people to join our team).

STRATTON QUICKFIT LTD

TYRES SUPPLIED & FITTED

EXHAUSTS, BATTERIES

CAR/VAN SERVICING & REPAIRS

MOT PREPARATION

CAR & VAN REMAPPING/DELETES

RACE/TRACKCAR PREPARATION

CALL 01508 535133/07765 864249

REALLY RURAL

At Forncett St. Mary Village Hall the first problem was what to wear. It was warmish but showers were forecast so most of us had a light waterproof that came on and off as decisions were made between being too hot or too wet. Nine of us set off down a field of broad beans (animal fodder, so not at all tempting) beside the church, admiring the swathes of lesser knapweed - NOT thistles! - and marjoram growing beside the path. We then entered a field of Friesians, who didn't even bother to turn their heads to look at us, and over a broad stream beautiful with purple loosestrife. In the next field we passed over a gate (yes, I did mean over; the gate was off its hinges and conveniently laid over a patch of deep mud!), up the field and then right through a squeeze gate, gallantly held open by a chivalrous walker, who was also armed with secateurs with which he tackled some ferocious brambles further on. It was just along this path we encountered a memorable sight. One of a small herd of Ayrshires was being milked (see photo) right beside the path, its milk destined not for the supermarket but for the calves. Although it would have been even more romantic had it been a buxom milkmaid on a three-legged stool and not a machine, it was still lovely to see this traditional rural activity. We were further pleased to meet a couple of men removing no longer needed plastic guards from young trees. So often they are left, littering the countryside with plastic waste. The path continued across a road, past a cow barn, and above water meadows with a most charming view across to the Forncetts. We admired the plentiful tall yellow verbascum. Another squeeze gate and up past the tank museum to the level crossing over the railway line. Our leader ushered us across in plenty of time before the train was due and we were half-way up the next field (pretty lucerne, another fodder crop) when we turned to see the London train thunder past. We were now on the return journey but soon met with a second problem – a field of impenetrable rape. Since the recce, the rape which had been just passable despite the farmer not having left a path (which they are obliged to do by law) had grown even taller and thicker; our leader also feared there could have been chemicals sprayed, so we continued some 600 yards down the road to the next footpath, which took us back over the railway via a bridge, past a farm, and onto Wash Lane. Turning right along the next footpath, we at last regained our route at the bottom of the rape field, having added over a mile. Luckily, it was a most pleasant mile, which included two charming cottages, one thoroughbred horse, a carthorse, and a clover field with lots of butterflies. Now we found ourselves back on the shelf overlooking the water meadow and this time we noticed some nearly ripe bullaces which we sampled before retracing our steps to the road. Here the group split, with some returning along the quiet road while others went back through the fields to meet again at the church, where we thanked Christine for leading a most enjoyable walk.



Bonnie.

Do join us on our next walk, which will be on Monday 4 August. Meet near the toilets at 10.00

DKC
PLUMBING
OIL BOILER SPECIALISTS

Oil Boiler Servicing
Oil Boiler Breakdown
Oil Boiler Care Plans
Oftec Registered



07375995198
www.dkcplumbing.co.uk



CLARITY

Earwax Removal

Remove unwanted earwax safely with Microsuction,
using the latest otoscope technology.

Our home visit takes approx. 45 minutes and costs £65
for both ears. We charge mileage, dependant on
demand that day in the area.

Mobile 07730048842

Email - Clarity-earwaxremoval@outlook.com

www.clarity-earwaxremoval.com

SPIRE

SOLICITORS^{LLP}

Our services include:

- Wills, Tax & Probate
- Family Law
- Employment Law
- Residential Conveyancing
- Dispute Resolution
- Debt Recovery
- Agriculture & Estates
- Corporate & Commercial Law
- Commercial Property
- Landlord Advice

01379 641221 spiresolicitors.co.uk info@spiresolicitors.co.uk

Attleborough | Aylsham | Dereham | Diss | Norwich | Watton | Wymondham

CHURCH SERVICES - August

- 3rd August 9am BCP Holy Communion at Stratton, St Michael
 9:30am Mornig Prayer - Wacton
 11am Morning Worship at Stratton, St Mary
- 10th August 9:45am Family Communion at Tharston, St Mary
 11am Baptism at Stratton, St Mary
- 17th August 9am BCP Holy Communion at Stratton, St Michael
 11am All-Age Worship at Stratton, St Mary
- 24th August 11am Holy Communion at Stratton, St Mary
- 31st August 11am Holy Communion at Tharston, St Mary

Congregational Church

- 3rd August at 10:45am – Family Service incl. Holy Communion - Bruce Thorn
- 10th August at 10:45am – Family Service - Rev Malcolm Simpkin
- 17th August at 9:45am – Community Family Breakfast
 10:45am – Family Service - Rev Jenny Haggar
- 24th August at 9:45am - Prayer Meeting
 10:45am - Family Service - David Moore
- 31st August at 10:45am - Family Service - Rev Malcolm Simpkin

Hope Church

- 3rd August - 10:30am - Service for all ages -St Mary's Junior Academy NR15 2UY
10th August - 10:30am - Service for all ages - St Mary's Junior Academy NR15 2UY

The Well

Every Sunday - 10:00am - Long Stratton Village Hall. email: *info@the-well.church*

FROM THE PARISH REGISTER

Our condolences go to the family and friends of:

Robert Roberts - St Mary's Church - 10th July.

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: 07557 990169

or send to: 37 St David's Close, Long Stratton, Norwich NR15 2PP
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

Market Place: Advertise items for sale or wanted for £5 per item per issue. maximum 30 words. This is not for commercial items but private adverts only. There is a maximum selling price of £500 for goods and the editorial team reserve the right to refuse any advert they feel unsuitable. The Sexton's Wheel will not be held responsible or enter into correspondence for any transactions between the buyer and seller. No logos or pictures

Deadline for adverts 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 and DISTRIBUTION OF MAGAZINES - Ian Hetherington

07557 990169 thesextonswheel@googlemail.com

EVENT _____

DATE _____

TIME _____

PLACE _____

BRIEF DETAILS _____

CONTACT _____



New season, new home?

Call our friendly,
experienced team now on

T 01508 531331

Whittleby Parish

We'll soon get things rolling

