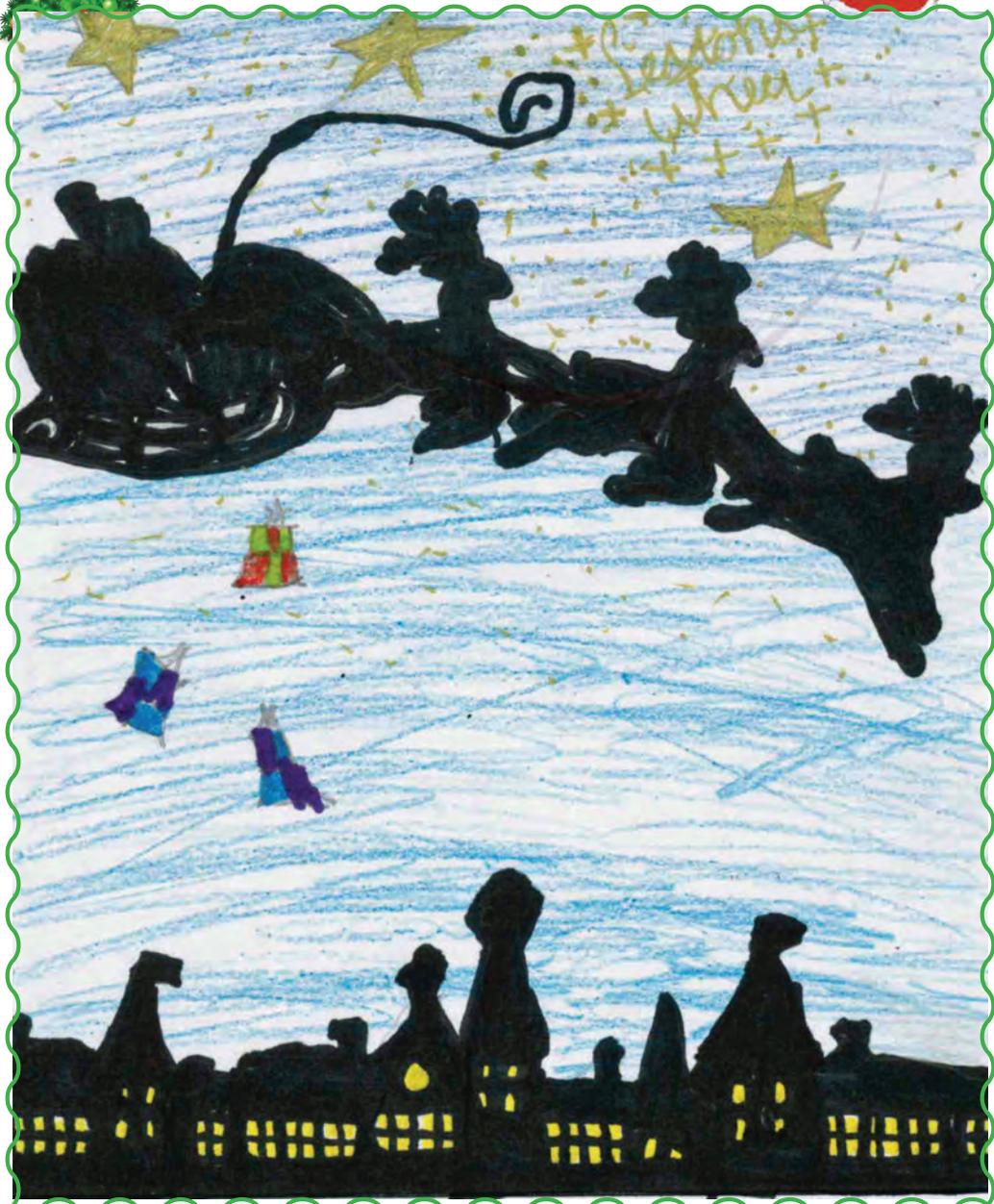


The Sexton's Wheel

December 2018

Issue 180



Grace Toll

Year 5

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Church Contacts

St Mary's / St Michael's & All Saints'	Rev. Heather Wilcox	01508 530238 rev.heather@btconnect.com
Parish Administrator	Linda Mills	01508 530238 linda.parishadmin@btconnect.com
Methodist Church	Tony Coleman	01508 530699
Congregational Church	June Braddock	01508 470701

Church Parish Office

The Parish Office is open 8.30 - 12.30 Monday to Thursday, but you can still contact us at the Rectory outside these times. Callers are always welcome.

If you know of anyone who is unwell or would benefit from a visit from a member of our ministry team please contact the Parish Office (530238).

Long Stratton Parish Council, The Street, Long Stratton

Usual office hours are Monday, Tuesday and Thursday between 10am and 1pm and by appointment at other times.

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

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



Welcome to the last edition of 2018! Where has this year gone to?

Lots of events happening this month leading up to Christmas so make sure you check out the centre calendar so you don't miss anything.

Looking ahead to 2019, it would be good to have some new features in the magazine. If you have any ideas we would like to hear from you. Perhaps you would like to write an article for us?

We would like to wish you all a very Happy Christmas and look forward to hearing from you in the New Year.

The Sexton's Wheel Team

**PLEASE NOTE EDITORIAL DEADLINE FOR THE JANUARY EDITION
WILL BE MONDAY 10TH DECEMBER**

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Christmas Tree Festival

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Tuesday 11th December

7.30pm

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The right gift for the right person.

Are you an early shopper or a late one? Have you got all your Christmas presents sorted or have you even stopped to think about them yet? I haven't counted but I'm sure there are not that many shopping days left before everything has to be off to Santa. At the time of writing I can honestly say that I've started but nowhere near finished (yet!) My problem is always, what do you get for different people? What do you buy "Aunt Mabel" who is so particular about what colour she has? What do you get "Uncle Bert" who, apart from watching TV has no known interest? I think that the present you buy should as near as possible be something that the recipient wants or at least could use sometime in the not too distant future.

When I think back over the years and think about the different things different people have bought me, it's not always the big expensive presents that stick in my mind but the ones that really hit the spot. It may be something that someone has spent time making for me or just a little thing that I really wanted.

As Sir Cliff Richard sings Christmas "is a time for giving, a time for getting, a time for forgiving and for forgetting" and for us in the church it's also a very busy time! God chose Christmas as a time for giving too. The word Christmas means the birth of Christ. God gave Jesus to the world. It seems a strange gift that He's chosen to give us a child, but what a child He is and what a man He grew up to be. In Isaiah we're told he is the Prince of Peace, in Matthew we're told he is Emmanuel, which means God with us and in Luke we're told he is a Saviour.

God has looked at us and thought what is the ideal gift for the human race and He decided that salvation was what we needed. I know that's what I needed and I'm glad that Jesus came to earth for me. I can truly echo the words recorded in 2 Corinthians 9 which reads, "Thanks be to God for his unspeakable gift."

This Christmas I hope and pray that you too will receive the gift from God into your life. With every Christmas blessing.

Steve Adcock

Reader, St Mary's Church Long Stratton.

Advent Carol Service

Sunday 2nd December

St. Mary's Church - 6.30pm

Followed by Mulled Wine and Mince Pies





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LONG STRATTON COMMUNITY FIREWORK DISPLAY

Well, that went with a bang! Once again it was lovely to see so many happy smiling faces turn up to support us again with the footfall up again from last year. The new venue of Long Stratton public playing fields continues to be a good site for the event. This is the ninth year we have organised the fireworks and this year we moved away from our usual weather theme, rain during the day and clearing up at night, this year it was fine, morning noon and night. As per usual, I am always looking for comments in ways we can expand and improve the event. As with other years we have had many positive comments, verbally and on social media. If you have any feedback you would like to share please email me at ian.hetherington2@btinternet.com



Our special thank you goes to our main sponsors, Coop Funeral Services. Daregal, Norfolk Homes and Long Stratton Parish Council, because of their generosity we were once again able to offer free entry. This turned the event into a real community event that was available to all. One of the joys of sponsorship is that you can plough the money into the event to keep prices down to a bare minimum, which makes it affordable to all. The cost of the most expensive single item on the night was £3.50.

Another big thank you also goes to the Long Stratton High School for allowing us to launch the fireworks from their field and for using their car park. This meant we could adhere to the safety exclusion zones required by our insurance for the type of fireworks used in the display. Our thanks also go to:

- Saffron Housing Trust - for use of their equipment and car park
- Scout leaders for cooking the burgers and hot dogs
- Long Stratton Scouts – for the loan of the tents
- Co-op - for supplying the drinks for the bar
- St John Ambulance - for first aid cover
- Long Stratton Fire Station - for the fire engine
- The local constabulary
- The Village hall for the loan of equipment and bodies to man the stalls.
- Members of St Mary's church for giving their time to help get the event organised
- All the businesses who displayed posters for us
- And of course Titanium for supplying a superb firework display

A date for your diaries, next year's display will be held on 2nd November 2018. Hope to see you all again then when it promises to be bigger than ever.

Ian Hetherington
Event Organiser.



CHRISTMAS

GIFT & CRAFT FAYRE

Sunday 9th December

2pm to 4pm

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In aid of St Mary's and St Michael's Church funds

TEAMBUILDERS

During the Autumn Half Term Holiday, the church ran its annual Holiday Club. This year we used Scripture Union material called 'Teambuilders', as we thought about what it means to be on Gods' team. We learnt about Joseph, Esther, Jesus and Paul, and we had lots of fun making things, reading the Bible, playing games and singing songs. Throughout the week 16 children attended, less than normal, but it was still loads of fun. In 2019, we hope to be back to our normal dates, the first week of the Summer Holiday, so watch this space for more details coming soon.



Harleston Choral Society Christmas Concert

On Saturday 8 December at 7.30 pm in St John's Church, Harleston. We'll be performing – with professional soloists and the Dargason Ensemble - Handel's Messiah Pt 1, Telemann's German Magnificat, and a selection of carols, some with audience participation. Tickets £12.00 (accompanied children free) from choir members, Harleston Information Plus, and on the door on the night. Our Spring Term begins on Monday 7 January 2019 at 7.00 pm in The Church at London Road, Harleston, when we begin rehearsing for our Summer Concert next June, An Evening with Henry Purcell – come and join us, there are no auditions and music is provided free! More information on the HCS website www.harlestonchoralsoc.org.uk, or from our Chair jo.curry@sky.com



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LONG STRATTON & DISTRICT WI

At our October meeting members enjoyed an illustrated talk about the work of Renee Lalique. The speaker had brought various pieces of Lalique glass which she trusted members to pass around and feel the engraving.

Our monthly competition for a decorative piece of glass had many interesting entries. The winning flower of the month was a yellow rose in full bloom. Other entries showed a passing from summer to autumn with roses, a fuchsia, dahlia and Michaelmas daisy.

The December meeting is a week early and will be a Christmas Party on **December 12th**.

We usually meet on the third Wednesday of the month at 7.30.pm in Long Stratton Village Hall. Further details can be obtained from the Secretary, Shirley Housden, on 01508 531154.

Long Stratton Parish Council

The Street, Long Stratton, Norwich NR15 2AH

Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

Tel: 01508 530524 Email: clerk@longstrattoncouncil.info



Vandalism on the playing fields

I am sorry to start on a negative note, however, over the recent few weeks there have been several attempts of vandalism which have resulted in bins ripped off fences and set alight, children's play equipment smashed and left dangerously around the play area and the pathway fences kicked in. This is really disappointing and the Parish Council must either replace the damaged equipment using tax payer's money, or remove the temptation by not replacing damaged equipment.

The Police have been made aware of all incidents and are investigating accordingly. However, I would like to urge all parishioners to remain vigilant, talk to family members and raise awareness that the mindless act of a few, spoil it for everyone. If anybody has information, then please do not hesitate to contact me or the Police on 101.

Neighbourhood Plan

Long Stratton could soon be increasing in size with the proposed development and bypass. Have you ever thought what you would like to see built there? Would you like to see town houses, bungalows, play areas for children, cycle and pathways? What are the priorities for the future? Affordable housing for first time buyers? Downsizing opportunities? The Parish Council would like to hear from you, they have set up a survey which can be accessed through www.lsnp.info where you can make your views known. The information collected will then be used to form a design code policy which will feature as part of the neighbourhood plan.

Meeting

The next meeting will be on 10 December 2018 at the Methodist Church on Manor Road where the first look at next years budget will be discussed by the Council. Come along and see what the plans are for the upcoming financial year.



On Friday 9th November Stratton singers entertained an audience with songs from the trenches. Poems were also read by the singers, 2nd Long Stratton Scouts and Josie the Brownie leader. The Rev Wilcox read a newspaper report from November 12th 1918, after which the audience joined the singers in singing well known war time songs. Refreshments were served and the people looked at the display boards showing the lives of the 27 men on the war memorial and the village as they would have known it.

On Saturday 10th November many people came to the Village Hall to look at the display of the Long Stratton soldiers who died in WW1 and the village they left behind. The Guides had decorated a stone for every man and these were put in front of their named boards. The Rangers had made flowers and these were displayed on the tables. A large poppy made by the Beavers and Cubs was placed on a table at the beginning of the display. A memorial of 27 red poppies and 27 white poppies, made by Messy Church, ended the display.



Refreshments were served and a donation box raised £32 for the Royal British Legion.

Thanks must go to all who helped set up and dismantle the display and to Annie and Oscar who served the refreshments all afternoon. A big thank you to Josie Thurston's team for cutting back the bushes and clearing the War Memorial site in readiness for the Sunday morning service.

On Saturday afternoon Long Stratton Football club played a match against Scole United at the playing fields. The players wore special shirts bearing the names of some of the men on the War Memorial. A minute silence was held at the beginning of the match.

On Sunday November 11th large numbers gathered at the War Memorial to commemorate the signing of the Armistice in 1918 and also to remember those who died in the conflict. A parade led by Army Cadets stopped in front of the War Memorial, wreaths were laid and the service began. Last post was sounded and the standards lowered followed by two minutes silence. The standards were then raised and then the Rector led a procession into church. In church there were three transparent figures of soldiers representing 'There but not there'. During the service a Hymn was sung which was used to dedicate the War Memorial in November 1920. The collection taken will be donated to the Royal British Legion poppy appeal.



On Monday 12th November the Parish Council erected a memorial bench on the plain near the village sign which marked the anniversary of the end of WW1. The bench will remain on the plain for a year, after which it will be moved to the Memorial Garden on Swan Lane.

The 1st Long Stratton Scout Group (Beavers, Cubs, Scouts & Explorers) and the Long Stratton Girl Guiding Units (Rainbows, Brownies, Guides & Rangers) joined the Remembrance Parade on Sunday 11th November 2018. Jointly, we had about 140 young people and adult volunteers from the village and surrounding villages parading and paying their respects to those who have lost their lives as a result of war, and all those affected by conflicts.



Well Done to our Flag Bearers - Lewis (Beavers), Fred (Cubs), Oscar (Scouts), Sophie (Rainbows), Zoe (2nd Brownies), Grace (3rd Brownies) & Sophie (Guides) – and to Archie (Scout) and Amelia (2nd Brownie) & Hannah (3rd Brownie) for laying the wreaths. We hope you all spotted the poppies outside the Church made by our young people! Thank you to all who attended.

We would like to pay special thanks to Judith Baker for all her hard work and research which helped produce such a fantastic First World War Armistice Anniversary display in the village hall. It was very interesting to read all the stories of the servicemen from Long Stratton who gave their lives for their country. Once again visitors were able to look through the many photographs of the village as it was 100 or so years ago and still recognise some of the older buildings. We were pleased that Matthew's Lee Enfield rifle (safely deactivated of course!) was a source of great interest! Many thanks.

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Christmas Services in the Parish Churches



Sunday 16th December

Stratton St. Michael's Church

Carol Service - 4.00pm

All Saints' Church, Wacton

Carols by Candlelight - 6.30pm

CHRISTMAS EVE at St Mary's Church

6.00pm – Christingle Service

11.30pm – Midnight Communion



CHRISTMAS DAY

8.30am Holy Communion at St. Michael's Church

9.30am Holy Communion at All Saints' Church, Wacton

**11.00am All Age Worship followed by a
short Communion service at St. Mary's Church**



Christmas Messy Church

St. Mary's church

Saturday 22nd December

9.00am – breakfast included

Sunday 30th December

United Holy Communion

St Mary's Church - 10.30am

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LONG STRATTON MEDICAL PARTNERSHIP



Another year has sped by and we are approaching the festive season. In colder weather we hope you are doing all you can to keep well. There are good tips and advice for keeping warm and well this winter on both the Norfolk County Council

and the NHS websites: <https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/stay-well-this-winter>

or

<https://www.nhs.uk/staywell/>

We get increasingly busy near to Christmas so could we please ask that you cancel any unwanted appointments. Please read the information we have on our website and in the surgery sign posting you to other services where appropriate such as your local pharmacy. Please don't forget to order your medications on time so that our dispensary department can manage the high demand.

We are open as usual on Christmas Eve and New Year's Eve, however, we are closed for the bank holidays on December 25th December 26th and January 1st. If you need medical advice whilst we are closed call 111, this service is available 24 hours a day, 7 days a week. There is also the Walk-In Centre run by Norwich Practices Health Centre, based at Rouen house, Rouen Road, Norwich, open from 07:00 to 21:00 7 days a week Tel: 01603 677500.

Merry Christmas and may you have a Happy Healthy New Year from all of us at Long Stratton Medical Partnership.

LOST: 50 year old wedding ring lost in the village, if found please return to church parish office in Flowerpot Lane.

WEA Hempnall

Spring 2019

CHINA STATION

Tutor: Mark Felton,
historian

Aim: To explore British military history from the Opium Wars to the handover of Hong Kong.

Venue: Nelson Suite, Hempnall Village Hall, Bungay Road, Hempnall NR15 2NG

Date: Starts Wednesday 23rd January 2019, 2.30-4.30pm, seven weekly meetings (not 20th Feb)

Fee: £55.00 (fee waived for those on benefits)

Enrol: On-line at www.wea.org.uk, by phone on 0300 303 3464 (office hours), or for more information call 01508 499495





WACTON

COFFEE

We would love to see new people come and join us for a drink and a chat, and hope that old friends we haven't seen for a while will be back again soon.

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 December are the 4th and the 18th. For further information contact Caroline Squires on 01508 530111.

SINGING IN WACTON

The group meets every Tuesday evening in the village hall from 7 pm until 8.30 pm. Further details from teacher Louise Barton (07765 920390) or Rita Day (01508 218407). The " Creative Singers" of Wacton would like to wish past, present and future members a MERRY CHRISTMAS AND A VERY HAPPY NEW YEAR. The first session of 2019 will be Tuesday 8th January

WACTON SOCIAL CLUB

Wacton Social Club is on the 1st and 3rd Fridays of each month. New members very welcome. Doors open 7.00 pm - 11.00pm. Food served on the 3rd Friday of each month.

A gentle reminder that annual subscriptions are due at £10 per adult. New members are very welcome to join us.

For more information contact Mark Hardwick on 530815/ronniehardwick@hotmail.co.uk.

CHURCH NEWS

In December 'Craft & Chat' will only take place on **Thursday 13th** from 10.30am. Why not bring along your knitting, crochet, cross-stitch or other crafty projects and have a chat over a tea/coffee.

Our annual Carols by Candlelight will take place on **Sunday 16th December at 6.30pm** followed by refreshments, including mulled wine. Do come and join us for this festive service.

DECEMBER CHURCH SERVICES

Sunday 2nd	9.30 am	Holy Communion	Sunday 9th	No service
Sunday 16th	6.30 pm	Carols by Candlelight	Sunday 23rd	No service
Sunday 25th	9.30 am	Christmas Day Holy Communion		

WACTON FOOTCARE

The first session of 2019 will take place in the village hall on **Monday 14th January**. For further information or to cancel an appointment please contact either Clare (Footcare specialist) - 07785 295358 or Rita -01508 218407 for an informal chat.

**PLEASE NOTE EDITORIAL DEADLINE FOR THE JANUARY EDITION
WILL BE MONDAY 10TH DECEMBER**

VILLAGE NEWS

WACTON PARISH COUNCIL

The ongoing issue with dog fouling and noise has now been escalated and enforcement action by SNDC is looking more likely in the not too distant future.

Actions requiring the attention of Highways have been reported to Norfolk County Council (NCC), including blocked drains and footpath/signage issues.

New batteries have been purchased for the speed awareness machine (SAM) and this along with the Speedwatch group continue to 'catch' and report many motorists who take liberties with the village speed limit.

The Parish Council have submitted a Parish Partnership bid to NCC to cover half the cost of clearance of Haynton's Lane. As this is a much used local resource by many from both Wacton and Long Stratton, the latter's Parish Council have agreed to cover 50% of the remaining cost and we thank them for this contribution. We would also like to thank District Councillor Des Fulcher and County Councillor Alison Thomas for supporting this bid. We hope to hear the outcome early next year.

Finally please would everyone note a change of day/date for the December meeting. It will now be on Thursday 6th December at 7.30pm in the village hall.

Chairman: Calvin Goreham Clerk: Alan Arber - wactonparish@yahoo.com

CHRISTMAS LUNCH IN THE VILLAGE HALL

Would you like to enjoy Christmas lunch in Long Stratton Village Hall with friends old and new?



We would like to offer it free to those who need it, including families.

Others can contribute what they like (turkey, sprouts, pudding, money, time ...)

Whether you can contribute or not you are very welcome

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WEEKLY EVENTS

MONDAY ACTIVITIES	VENUE	TIME
Craft Group	Library	10.30 am to 12 noon
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
Let's Chat	St Mary's Church	10.15 am
Lunch & activities	Day Centre - last Tuesday before Christmas is 18th December re open 8th January	10 am to 3 pm
Stratton Community Choir	Mayfields Care Home	7.30 pm
Singing in Wacton	Wacton Village Hall	7 pm to 8.30 pm

WEDNESDAY ACTIVITIES	VENUE	TIME
123 Toddler Group	Methodist Church term time only	9.15 - 11.15 am
Short Mat Bowls	Coronation Hall, Great Moulton - Peter Grant 01508 536753	2 pm

THURSDAY ACTIVITIES	VENUE	TIME
Pilates	Wacton Village Hall Jo Douglas 01508 530261 greenacresfarm@tinyworld.co.uk	9.30 am Mixed ability
Lunch & activities	Day Centre - last Thursday before Christmas is 20th December re open 10th January	10 am to 3 pm
Coffee morning	Methodist Church	10 am to 11.30 am

LONG STRATTON DAY CENTRE

Come and join us for a hot mince pie & cream, Christmas raffle and stalls at Long Stratton Day centre on **Thursday 6th December** at Depwade Court at **3pm**.

Long Stratton Day Centre will be closed for two weeks for Christmas. Last day is on Thursday 20th December, and will reopen on Tuesday 8th January.

Long Stratton Day Centre would like to wish our members and families, volunteers and staff, and everyone who has supported us in some way a very happy Christmas and a happy new year.

The Sexton's Wheel

M	T	W	T
31 December			
<p>3 Local Walk - <i>see page 27</i></p>	<p>4 Coffee Morning Wacton Village Hall 10.30am <i>see page 18</i></p> <p>East of England Co op Bereavement Support Group Contact Rebecca - 01473 231460 10.30am Long Stratton Village Hall</p> <p>Methodist Church Christmas Lunch <i>see page 41</i></p>	<p>5 Wacton Parish Council meeting 7.30pm Wacton Village Hall</p>	<p>6 Long Stratton Christmas hot cream plus n <i>see pa</i></p> <p>Saxlingham P Robinson <i>see pa</i></p>
<p>10 Long Stratton Parish Council 7pm Methodist Church</p> <p>St George's Dementia Support Group 10am - <i>see page 42</i></p>	<p>11 Sunflower Cafe, Mayfields 10am - 01508 535500</p> <p>Diabetes UK Wymondham 2pm - <i>see page 42</i></p>	<p>12 Long Stratton & District WI 7.30pm Village Hall <i>see page 11</i></p> <p>Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue</p>	<p>13 Craft & Chat Church 10.30am</p> <p>Thursday O Long Stratton <i>see pa</i></p> <p>Tharston W Wacton</p>
<p>17 Film Afternoon 'The Bookshop' Long Stratton VH <i>see page</i></p>	<p>18 Coffee Morning Wacton Village Hall 10.30am <i>see page 18</i></p> <p>Newton Flotman Evening Cinema - <i>see page 42</i></p>	<p>19</p>	<p>20</p>
<p>24 CHRISTMAS EVE</p> <p>Christingle Service at St Mary's 6.00pm</p> <p>Midnight Communion at St Mary's 11.30pm</p>	<p>25 CHRISTMAS DAY</p>	<p>26 BOXING DAY</p>	<p>27</p>

December 2018

	F	S	S
		1	2 St Mary's Advent Carol Service 6.30pm - <i>see page 5</i>
Day Centre mince pies & affle - 3pm <i>see page 21</i> ayers Panto Crusoe <i>see page 42</i>	7 Wacton Social Club <i>see page 18</i> Saxlingham Players Panto Robinson Crusoe <i>see page 42</i>	8 Diggers & Dibblers Quiz Evening Forngett Village Hall <i>see page 37</i> Saxlingham Players Panto Robinson Crusoe <i>see page 42</i>	9 Christmas Gift & Craft Fayre Harker House 2pm <i>see page 8</i>
- All Saints' n - <i>see page 18</i> Club 2pm Village Hall <i>see page 33</i> VI 7.30pm n VH	14	15 Methodist Church Carol Service 6.30pm <i>see page 37</i>	16 Community breakfast at the Congregational Church 9.45am <i>see page 41</i>
	21 Wacton Social Club <i>see page 18</i>	22 Christmas Messy Church - St Mary's Church 9am - <i>see page 33</i>	23
	28	29	30 Family Service at the Congregational Church 10.45am <i>see page 41</i>

A Twelfth Night concert

A Medieval Christmas

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or from the Parish Office, The Rectory, Long Stratton

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Interspersed with readings related to the experience of winter and the Nativity, Christmas celebrations and old traditions, Hexachordia captures in music and words the joy that is to be found at this time of the year.

The Hexachordia trio (www.hexachordia.com) offers a fresh approach to early music. They recreate the instrumental flexibility that was a key feature in music-making at the time. The ability to play a number of different musical instruments along with the possession of a good singing voice was essential for professional musicians. Each of them, therefore, specialises in a range of instruments of this period, allowing us to perform a wide range of ensemble music in different instrumental and vocal combinations.

REVERSE ADVENT CALENDARS

By the time you get this magazine, it will be the end of November and many people will be beginning to think about 'C.....'. Little people (and many older ones) will be buying Advent Calendars so that they can count down to December 25th and indulge in a little treat at the same time.

This year, however, what about organising a 'Reverse Advent Calendar' instead (or as well as)? Rather than removing a daily treat, the Food Bank is asking kind-hearted people to add an item of non-perishable food to a box or bag each day during December that can then be taken to the Collection Point in Long Stratton Co-op after the 25th December.

The festive period can be a difficult time for individuals and families who live on extremely tight budgets and find themselves facing increased winter fuel bills which leave them choosing between heating or eating. Keeping warm can mean a family being pushed into a food crisis.

Below are 24 of the **most needed items**;

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Toothbrushes	Pasta Sauce	Rice Pudding	Biscuits
Instant Coffee	Pasta or Rice	Instant Custard	Toothpaste
Cereals	Sponge Pudding	Tinned Fruit	Sanitary Wear

and on day 25, a Christmassy treat of your choice.

Thank you, Rev Gill Osborne

"The time leading up to the funeral was made bearable knowing that you were at the end of the telephone."

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LOCAL WALK ..NOVEMBER

It was perfect weather for an autumn walk: sunny, not too cold and even the wind had dropped. Some of us had seen the lovely new finger post beside the old Pulham workhouse pointing down an easterly path, but no-one had ever explored it. We followed the grassy path between two fields and through a corner gap in the hedge, eventually arriving at Dunning's Lane. We were amazed to see two brand-new finger posts that hadn't been there the previous week when we had checked the route for any difficulties. (We take the safety of the group very seriously). The FP pointed us along the edge of the field but it looked very rough so we walked the short distance to the next field path on the quiet road. The official path ran straight through a field of rape. The farmer had left lovely wide verges all round the field which made the route longer. We came out at the far end of quiet little Stony Lane. Tree branches were overhanging the lane, making a glowing tunnel as the sun lit up the golden leaves and all was tranquil. The next minute we were back to the A140 waiting for a gap in the traffic before hurrying across to the bridle way opposite. Some walkers were rather dubious when they saw the large sign PRIVATE ROAD leading through the aptly named Walk Farm and had to be reassured that it was a path open to those on foot, just not to cars. From here we could have been back to the cars in half an hour but the day was too perfect to go home just yet, so after a few yards we turned right to add a 2km extension, walking four sides of a square to emerge just a little further along the same road. First, a field edge path took us up to Frith Way at Willow Farm. Turning left, we came to Lost Lands Farm where we admired a white-painted bicycle with its basket still full of late petunias; two energetic and noisy beagles objected to us - though a sign on the gate read "Forget the dogs, beware of the owner!" At a corner, we continued ahead into a charming tree-lined footpath. It would have been nice to stay on it a bit longer but it was soon time to turn onto our third path. We were careful to keep to the left of the hedge as I knew that there was no way through at the far end without plunging through a deep ditch and fighting through a thorny thicket. The fourth and last leg alongside a hedge led us over a rather high stile and through a grass field to an open gate to the road. We continued along it for 200 yards or so and turned left into a large rape field. Across it we could see the old workhouse in the distance but we had two long sides of the field to go yet. However, it was pleasant walking along the wide verges. All too soon we were back to the A140 patiently waiting for a good gap before scampering back to our transport. We all agreed it had been a most pleasant walk, with Norfolk at its most charming dressed in autumnal colours. That walk was about 5 miles but the December walk will be a shorter, very local one of around three miles after which we will gather at Penny's to decorate the Walkers' Christmas Tree for the Church Festival. Meet near the toilets on the car park at 10.00 as usual

Bonnie Wade





QUIZ EVENING

Sat 26th January
6.15 for 6.30 start

Long Stratton Village Hall

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One Wish

The dandelion, swaying in the wind,
So beautiful and light, it stands so still,
It alone in a field so large and green,
In the moonlight I watch it lean.

The dandelion had one wish,
Maybe I could make a list,
Of all the things I want in life,
Maybe the things that cause me strife.

Would I wish that everybody would find love?
That I would fly to the clouds above,
That all wars would stop,
And I would find my love

Would I wish that peace was real?
And it was signed with a seal,
A wish that people wouldn't hate,
Just 'cause they're trans, bi, lesbian or gay.

But I now know what I would wish for,
All of humanity's torn,
But I know what I would wish for,
A happier world to live in.

Laila, y7

St Mary's Church

We will be having an arrangement of red roses in Church again this Christmas in memory of loved ones.



If you would like to give a donation in memory of a loved one please send your donation [cheques to be made payable to Stratton St Mary PCC] along with name/s to The Parish Office, 8 Flowerpot Lane, Long Stratton by the 18th December. All the names will feature in our Christmas Day service sheet.

LONG STRATTON YOUTH CAFE

Come along and join us at Youth Cafe on Tuesday nights 7.15-9pm at the Methodist Church Long Stratton. From year 6 upwards welcome.

We are always looking for volunteers to help out so if you're interested please come in and have a chat with us.

Matt, Wil, Tina, Joanna and Doug

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Council launches South Norfolk Business Awards

South Norfolk Council has launched its new “Business Awards” to recognise and celebrate the economic success of the district. The new awards build on the council’s very popular Independent Retailer awards, widening the scope and focus to reflect the diversity of businesses that flourish in South Norfolk.

Businesses can nominate themselves for an award in any of the nine categories and at the same time our residents can support their favourite business by nominating them as our ‘Retailer of the Year’.

South Norfolk Council’s Deputy Leader, Michael Edney said: “In South Norfolk we actively support and encourage inward investment and business growth. The district is home to so many successful businesses, from multi-national organisations, cutting edge tech and bio science companies to the widest range of independent shops and traders.”
“These awards are an opportunity to celebrate the astonishing number of successful businesses that we have. If you’re a business owner, put your company forward for the recognition both you and your staff deserve and if you’re a customer make sure you nominate your favourite business as our Retailer of the Year”

Sponsored by Fosters Solicitors LLP, the South Norfolk Business Award categories are:

- Excellence in Digital Creative and ICT, sponsored by InTouch Systems
- Excellence in Life Sciences, sponsored by Norwich Research Park
- Excellence in Advanced Manufacturing, sponsored by Mirus Aircraft Seating
- Innovation in Agriculture, Food and Drink, sponsored by New Anglia LEP
- Visitor Economy Experience, sponsored by Dunston Hall
- New Business, sponsored by CNC Building Control
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LONG STRATTON CHILDREN'S CENTRE

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

Date	Activity	Time	Venue
Monday 3rd	Little Explorers - 0-5 years <i>Enhance your child's overall development which will include sensory, messy play, story time and singing</i>	10.00-11.00 am	LS Children's Centre
Tuesday 4th,	Story Garden - 0-5 years <i>Outdoor gardening and story group</i>	1.30-2.30 pm	LS Children's Centre
Wednesday 5th, & 19th	Feeding Group <i>UNICEF trained staff will be available to observe and support you through breast feeding, as well as providing guidance on formula feeding and introducing solids</i>	10.00-11.30 am	LS Children's Centre
Friday 14th	Long Stratton HEALTH led ONE Stop - <i>Support and advice on a range of health topics for you and your child aged 0-5 years</i>	10.00-11.00 am	LS Children's Centre

For further information please call 01508 536399
Sometimes we have to make changes to our programme. Please check our Facebook page for up-to-date details.
You can find us on Manor Road next door to Manor Fields.

LONG STRATTON THURSDAY CLUB

Our next meeting is on Thursday 13th December, 2pm at Long Stratton Village Hall and it will be our Christmas Party. Everyone welcome.

For further information please contact the Secretary Marianne Miller on 01508 536987.

Come and join us for.....

Christmas Messy Church is on **Saturday 22nd December** from 9am until 10.45am and will be at **St Mary's Junior School**

The morning begins with bacon butties and muffins before craft activities, finishing with a time of worship. All children must be accompanied by an adult

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



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St Mary's Christingle Service - Christmas Eve - 6pm in aid of The Children's Society



Every Christmas St Mary's Church supports The Children's Society through its collection at the Christingle Service on Christmas Eve and through people having collection boxes throughout the year. People also make a one-off donation at this time of year. If you wish to support the good work of The Children's Society your donations can be sent to Linda Mills at The Rectory, 8 Flowerpot Lane, Long Stratton [01508 530238]. There are some special envelopes available if you are a tax payer which will enable The Children's Society to claim Gift Aid on your donation. Church Parish Office is open Monday to Thursday 8.30am to 12.30pm.

LONG STRATTON LIBRARY

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)

Cute cards for Christmas

Saturday 8th December, 1-2pm

Come along and make a cute card for Christmas. Include your favourite book character, transported to a Christmas scene

For young people, under 8's to be accompanied by an adult

Regular Events:

Monday 11-12 Knit and Natter

A weekly drop in for those who knit (or those who are interested in learning how to). If you are a knitter and are interested in helping others learn or if you would like to learn a new skill then please come along. Coffee and tea available.

Monday 11-1 Just a Cuppa

Fancy making some new friends, or just to have a good old chat? Then come along to this FREE drop in session. Have a good old fashioned chatter with a cup of tea and biscuit

Thursday 4:45-7pm Stitchers and Knitters

Are you a natty knitter, a crafty quilter, or a snazzy sewer? Even if you haven't picked up those needles for a while or want to learn, come along and join us for crafting and a

**PLEASE NOTE EDITORIAL DEADLINE FOR THE JANUARY EDITION
WILL BE MONDAY 10TH DECEMBER**

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DIGGERS & DIBBLERS GARDENING CLUB

Saturday 8 December - Quiz and Chips - Forncett Village Hall

6.30 for table dressing; Quiz starts at 7.30pm

Join us for our annual quiz - a lot of fun and a chance to exercise the little grey cells. Fish (or chicken) and chips will be served at around 8.45 pm to keep us going. Teams of up to 6. Go to town decorating yourselves and your table if you wish - or keep it simple. Just contact one of the committee if you would like to join up with others for the evening. **Ticket price: £8, teams up to six people.**

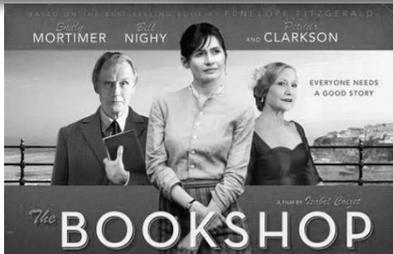
Tickets available from Su Leavesley aquarius22@btinternet.com, but they tend to go quickly so book early to avoid disappointment. When booking please say if would prefer chicken to fish. Remember to bring plates, cutlery, condiments and wine / drinks of your choice. You may also like to bring nibbles to fill the gap before supper arrives. There will be fun prizes for quiz champions, last team and best dressed table.

Non-members are very welcome.

For further information contact Ally Rae -01953 788544 or allylysonrae@btinternet.com



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Next film showing

The Bookshop

Long Stratton Village Hall

Monday 17th December at 1pm

England, 1959. Free-spirited widow Florence Green risks everything to open a bookshop in a conservative East Anglian coastal town. While bringing about a surprising cultural awakening through works by Ray Bradbury and Nabokov, she earns the polite but ruthless opposition of a local grand dame and the support and affection of a reclusive book loving widower. As Florence's obstacles amass and bear suspicious signs of a local power struggle, she is forced to ask: is there a place for a bookshop in a town that may not want one. The Bookshop is an elegant yet incisive rendering of personal resolve, tested in the battle for the soul of a community.

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CHURCH SERVICES - DECEMBER

St Mary's Church

2nd	11.00 am	All Age Worship
2nd	6.30 pm	Advent Carol Service
9th	9.50 am	Ten2Ten Service
9th	11.00 am	Holy Communion
16th	11.00 am	Morning Worship
23rd	11.00 am	All Age Holy Communion
23rd	7.00 pm	Soul Shapers
24th	6.00 pm	Christingle Service
24th	11.30 pm	Midnight Holy Communion
25th	11.00 am	All Age Worship followed by shortened Holy Communion
30th	10.30 am	United Holy Communion

St Michael's Church

2nd	No Service	
9th	8.30 am	Holy Communion
16th	4.00 pm	Carol Service
23rd	No Service	
25th	8.30 am	Christmas Day Holy Communion
30th	10.30 am	United Holy Communion at St Mary's

All Saints' Church

2nd	9.30 am	Holy Communion
9th	No Service	
16th	6.30 pm	Carols by Candlelight
23rd	No Service	
25th	9.30 am	Christmas Day Holy Communion
30th	10.30 am	United Holy Communion at St Mary's

Congregational Church

2nd	10.45 am	Family Service with Holy Communion
9th	10.45 am	Family Service
16th	9.45 am	Family Breakfast
16th	10.45 am	Christmas Junior Church Service
16th	6.30pm	Carols by Candlelight
23rd	10.45 am	Family Service
30th	10.45 am	Family Service

Methodist Church

2nd	10.30 am	Toy Service	Local arrangement
9th	3.00 pm	Communion Service	
16th	10.30 am	Morning Worship	
24th	10.30 am	Morning Worship	
30th	10.30 am	Morning Worship	

Christmas Bin Collections

You can find out all the dates for your bin collections by visiting www.south-norfolk.gov.uk and going on to My Account.

Garden waste bins

There are no collections from 24 December to 4 January.

Rubbish and recycling bins:

Usual Collection Day	Revised Collection Day	Change
Tuesday 25 Dec	Thursday 27 Dec	2 days late
Wednesday 26 Dec	Friday 28 Dec	2 days late
Thursday 27 Dec	Saturday 29 Dec	2 days late
Friday 28 Dec	Monday 31 Dec	2 days late
Tuesday 1 Jan	Wednesday 2 Jan	1 day late
Wednesday 2 Jan	Thursday 3 Jan	1 day late
Thursday 3 Jan	Friday 4 Jan	1 day late
Friday 4 Jan	Saturday 5 Jan	1 day late



Let's Chat Coffee Group

We meet Tuesday mornings 10.15 am at St Mary's Church 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*



Community Breakfast

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

Sunday 16th December 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

LONG STRATTON METHODIST CHURCH

Christmas lunch is on Tuesday 4th December - 12.30pm

Please call 01508 530518 to book - all welcome.

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

From the Parish Registers

We offer our deepest sympathy to the family and friends of:

Rodney [Rod] Hammond

Earlham Crematorium

EVENTS OUTSIDE LONG STRATTON & WACTON

Saxlingham Players Christmas Pantomime - Robinson Crusoe and his Pirates

Come and enjoy all the fun, the corny jokes and the music of a great family pantomime. Tickets are £8 for adults, £5 for children, available from Vicky Stocks on 01508 499631 Performances will take place at the Village Hall, Saxlingham Nethergate on Thursday 6th December, Friday 7th December and Saturday 8th December at 7.30 pm. There will also be a matinee performance on Saturday 8th December at 2 pm

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

Harleston Cinema - no film in December

Newton Flotman Cinema Evening - Tuesday 18th December - Peter Rabbit (PG)

Newton Flotman Village Centre, Grove Way, Newton Flotman – Bar opens at 6:00pm, film starts at 7:00pm – Adult ticket £4.50, Concessionary ticket £3.50, Family ticket (2 adults & 2 children) £15.00, On the door £5.00 – Contact Christopher Remer on 01508 471580 or christopher.remer42@gmail.com to book.

Diabetes Uk Wymondham - Tuesday 11th December - 2-4pm Fairland Church, Wymondham NR18 0AW. Social event with guest Dave Rae from Norfolk Diabetes Patient Supporters. For further information ring 01953 607494 or e-mail wymdiabetes.com

Long Stratton Village Hall - Booking information



The hall can be booked as follows:

- Via our Facebook page, search for 'Long Stratton Village Hall'
- Via our website www.longstrattonvillagehall.org.uk
- Email us at longstrattonvillagehall@outlook.com
- Call Kirsty Dye on 07986 942804 and leave a message
- Hire rates from as little as £7.50 per hour



Wacton Village Hall - Booking information

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

Unleash the Christmas cheer!

Alex, Rachel, Chloe and Lene look forward
to leading you home in 2019



T 01508 531331

Beatrice Potter Cottage, The Street, Long Stratton NR15 2XJ

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