

The Sexton's Wheel

The magazine for the villages of Long Stratton & Wacton



One of the five Waxwings which were in temporary residence in Long Stratton near the police station. They loved the berries of a Rowan tree in a near-by garden. They come all the way from Scandinavia!

And this event made the national newspapers [see page 13] as well as local newspapers, radio and television.

February 2019

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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.



Lots of excitement to start the New Year in the village with people visiting to see the Waxwings. And it even made a national newspaper!

Plenty of advice this month on how to stay well or look after yourself if you are not well - see pages 7 and 25.

The Long Stratton Men's Shed is up and running, find out more details on page 6.

For the energetic ones there is a Barn Dance on the 23rd February, more details on page 9.

Long Stratton is looking to set up a Speed Watch Group - see how you could help on page 27.

The Sexton's Wheel Team

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Front cover photo courtesy of Maurice Manning



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All you need is?



There must be thousands of songs, poems and prose written about it and at this time of the year many people are sending cards about it. What is it? Of course I'm talking about LOVE! Me, being a big Beatles fan immediately started to think of their hit songs, *All you need is love*, and there's also *She loves you, P.S. I love you*, *And I love her* and *Real love*. I don't know about you but I can remember the girl who was my first love. The girl for whom I would have done anything. I can remember seeing her at the youth group and just knowing that she was the one for me. It turned out she wasn't but hey ho I didn't know that at the time. In our lives we fall in, and sadly out, of love quite easily.

What is love? It has been described as a feeling, an emotion or a nuisance! The idea of love is portrayed in many forms on our TV's, especially in the well-known soap operas. But what is real love? A chap called W.E. Vine described it like this, 'Love can only be known from the action it prompts'. If we think about that it's quite powerful. We can easily say, 'I love you', but to show someone that you love them you have to do something.

In the Bible I read that God loved the world. Great, but how did He show it? That particular verse (John 3:16) goes on to say that he sent his one and only son that whoever believes in him will not perish but have eternal life. Another verse that speaks of God's love for us is Romans 5:8 where it says that God demonstrates his own love towards us in this; while we were still sinners Christ died for us.

God had (and still has) a great love for us and to follow Mr Vine's quote he put that love into action. God sent Jesus to live here on earth to show how we can live but most importantly Jesus died to pay the price for all we have done wrong.

The hardest thing I had to learn when I was younger was the truth about a one-way love affair. We can love someone but if they don't return that love it can be painful. God has shown his love for you, have you shown your love for him?

Happy Valentine's Day!!

Steve Adcock
Reader St Mary's Church



FROM HARKER HOUSE

I would like to thank local businesses for the generous donations to our Harker House Christmas raffle, we raised £730. This goes towards providing in-house entertainment, activity equipment and day trips for our residents throughout the year. The residents enjoyed meeting local members of the community at the Gift and Craft Fayre and also the Long Stratton Brownies who came in to sing.

I would also like to take this opportunity to thank the Long Stratton Lions for their kind donation to our amenity fund and the Long Stratton Butcher's House for the generous gift of a mince pie delivery on Christmas day for the staff at work.

Paul Coleman
Deputy Manager, Harker House



Great News!

The Long Stratton Men's Shed have kindly been offered space for their Shed at Tasburgh.

We now need more members to help get the project started and the space ready to use as a workshop.

The group meets once a fortnight on Mondays at 2pm.

Dates for February are the 4th and 18th
at Depwade Court, Long Stratton, NR15 2XY

Please come and support this exciting new project.

We need you!

For further information please call Brian 01508 530400 or Liza 07920285085

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LONG STRATTON MEDICAL PARTNERSHIP

As winter continues, though we may feel like hibernating, for many getting enough good quality sleep is a real challenge. Sleep is vital to good health and insufficient or poor-quality sleep is increasingly associated with diseases ranging from depression, to ischaemic heart disease, cancer and Alzheimer's disease. A good night's sleep can really benefit health from helping to combat low mood, to helping to control obesity. Ideally humans would have eight hours of good quality sleep a night with our natural circadian rhythm along with other hormone cycles helping to regulate the pattern. Medications for sleep are rarely useful; instead follow some simple sleep hygiene tips to try to boost your overall health and wellbeing.

- try to stick to a regular sleep pattern
- avoid caffeine later in the day and be aware that alcohol has a negative impact on sleep. Instead have a warm, milky drink or herbal tea
- ensure your sleep environment is dark, quiet and gadget free
- avoid screens in the hour before bed
- avoid large meals later in the day
- exercise regularly though avoid strenuous exercise late in the day
- try to ensure you get some exposure to natural light especially in the darker months
 - an hour early on in the day can have a positive benefit at bedtime
- naps can be beneficial but avoid late naps after 3pm.
- if you find yourself lying awake for more than 30 minutes, then get up and do something relaxing before trying to sleep again as lying awake can make you stressed and less likely to sleep.

Dr Lara Douglass

Message from our Patient Participation Group

The next patient health information evening will take place late March or early April and will be on gut health covering conditions like Crohn's, Colitis, Irritable Bowel Syndrome and topics like Coeliac. More information will follow once the date, venue and speakers are confirmed.

THE VOICE PROJECT PRESENTS.....

A Midwinter candlelight concert from the The Voice Project Choir

**Saturday 9th February
St Mary's Church, Bungay**

Tickets now on sale - www.voiceproject.co.uk



Next Film showing
King of Thieves

Long Stratton Village Hall
Monday 18th February – 1pm

A true crime film about a crew of retired crooks who pull off a major heist in London's jewellery district. What starts off as their last criminal hurrah, quickly turns into a brutal nightmare due to greed.

Based on infamous true events.

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Tickets available on the door or to pre-book ring Heather on
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Future films:

Mon 18th March – Mamma Mia 2

Mon 15th April – Bohemian Rhapsody

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Barn Dance

**With live music from
Bacon Butty Ceilidh Band**

Saturday 23rd February - 7.00pm
St. Mary's Junior school, Long Stratton

Ticket price includes Pulled Pork Supper
(Vegetarian alternative will be available)
Bring your own drinks

£8 Adults, £4 children (under 16), Family £20

*Tickets available from the Parish office at the Rectory
or ring 01508 530238/email linda.pariahadmin@btconnect.com*

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WOMEN'S WORLD DAY OF PRAYER

FRIDAY 1ST MARCH - 2PM

CONGREGATIONAL CHURCH, LONG STRATTON



Come - Everything is Ready!

Prepared by Christian women of Slovenia

Everything is ready and the invitation is for everyone - men, women and children of all ages to join this Day of Prayer. Women of Slovenia, one of the smallest and youngest countries in Europe, have prepared this year's service and they encourage us to reflect on the barriers they have faced since the end of the Second World War when their country was a part of Yugoslavia, a Marxist socialist republic. They share the challenges they have met and the hopes they have for the future.

Everyone welcome, including men!
Refreshments will be served following the service



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Long Stratton Parish Council

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Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

Tel: 01508 530524 Email: clerk@longstrattoncouncil.info

www.longstrattoncouncil.info



Christmas

Another year has passed, and the Council would like to thank both the Co op and the hairdressers Scissorhappy for their continued support and to Helen Melhulsh for the use of her property.

As strange as it may seem we now look towards 2019. If you have any ideas or would like to contribute in any way by joining the events committee then please do not hesitate to contact me.



Central toilets

Long Stratton Council previously turned down the option of adopting the toilets as it was not financially viable due to having to pay business rates to SNDC on toilets and a lack of man power. The law states that public toilets require attention seven days a week and the Council at the time were unable to facilitate this.

In addition to this, despite the toilets being a Long Stratton asset, the users of the facility were from all South Norfolk and therefore the Council had to balance the cost of running the toilets, including South Norfolk residents with Long Stratton residents paying for them through their precept. The Council at the time resolved not to adopt the loos as they did not have the resources for the legal obligations, and it was felt that South Norfolk should pay as all of South Norfolk use the toilets and regard them as an asset.

Since then business rates for toilets have been abolished and we have additional resources to meet the legal requirements, so we approached South Norfolk to reopen the conversation.

Long Stratton Council were aggrieved to see South Norfolk Council pass a planning application which would see a well-used community asset turned into a single public toilet and two retail units. The Council objected strongly to this and four Councillors and I attended the planning meeting. Councillor Adcock spoke on behalf of the Council objecting to the plans submitted, highlighted the public view and requested that the conversation with Long Stratton Council be reopened. Sadly, the planning committee passed the application with six votes to two in favour. To date we have not had any communication from South Norfolk.

If you require any further information do not hesitate to contact me.

SNDC have public toilets available for all to use in the Council Offices.

Becky Buck, clerk

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LONG STRATTON & DISTRICT WI

Our December meeting was, as always, a week early to allow members more time to shop and prepare for Christmas. It was also a time to finish off the project that had kept our knitters busy during the autumn. Having displayed our angels at the Christmas tree festival, we now handed them on to the Rector for her project.

The year end also sees our competition lady, Pam, counting up the results of the monthly competitions. This year the overall winner of the cup was Louise, who also gained most points for the lovely flowers she brought from her garden. The winner of the general monthly competition was Helen. Well done to everyone who entered.



Members provided a seasonal bring and share buffet supper and during the evening the ladies could have a go at the quiz to name the well known people pictured, chat with friends and either decorate an empty wine bottle or make a Christmas cracker. Thanks to Rosemary and Pat for sharing their skills.

At the end of the evening everyone went home with a Secret Santa gift and information about the first meeting for the new year. The first speaker will be from the East Coast Truckers on their work delivering fun and an annual outing for lots of special children. More about that next month.



We meet at 7.30. pm in Long Stratton Village Hall on the third Wednesday each month and our 20th February speaker will give a talk on the Accident Rescue Service. Further information from the Secretary Mrs. Shirley Housden, Tel 01508 531154. A warm welcome awaits you.

LONG STRATTON MAKES THE HEADLINES IN NATIONAL NEWSPAPER

Sarge, the Flying Squad are outside...

By **DANNY DE VAAL**

TWITCHERS travelled up to 100 miles to spy rare birds that had flocked to a cop shop.

Scandinavian waxwings drew keen watchers to the Long Stratton nick in Norfolk — with some having journeyed from as far as Essex to see them.

Nature enthusiast Trevor Mayes, 63, said: "They actually come over each winter yet they are hard to find."

Rarity... waxwings are elusive

NORFOLK CONSTABULARY
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WACTON

COFFEE MORNINGS

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 February are the 5th and the 19th. For further information contact Caroline Squires on 01508 530111.

Caroline and Rita

SINGING IN WACTON

Did you make a New Year's Resolution --- to do 'something' for you ?

Have you ever thought about joining a singing group ?

We are an informal group of mixed age and gender people who enjoy singing together on a weekly basis. We sing a selection of songs and cover a wide range of music types.

Why not come along and give us a try on a 'pay as you go' arrangement - we do have fun and you won't know what you're missing out on until you do!

The group meets every Tuesday evening in the village hall from 7 p m until 8.30 p m. Further details from teacher Louise Barton (07765 920390) or Rita Day (01508 218407)

WACTON FOOTCARE

The next Wacton Footcare session will take place in the Village Hall on **Monday 25th February**. For an informal chat, or to cancel an appointment please contact either Clare (Footcare Specialist) on 07785 295358 or Rita on 01508 218407.

CHURCH NEWS

There will be no Craft 'n Chat in February, it will return again in the spring when the weather has warmed up!

Our monthly coffee mornings will begin again on Saturday 13th April.

FEBRUARY CHURCH SERVICES

Sunday 3rd 9.30am Holy Communion Sunday 17th 9.30am Holy Communion

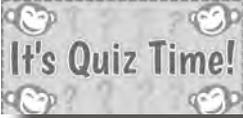
There are Church services available at St Mary's and St Michael's - please see page 40

VILLAGE NEWS

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.

Dates for February are the 1st and 15th.



On the 15th there will be a Quiz with Fish & Chips - teams of six, if possible. To book tickets contact Johnny Johnson 01508 531021, Brian Beadle 07960 714188 or Mark Hardwick 01508 530815.

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

WACTON PARISH COUNCIL

Wacton Parish Council is pleased to announce that we have set our budget for the coming year and as a result the precept for Council Tax purposes. We have managed to keep the increase to a minimal 3.5% based on a band D property. All of the relevant figures are on the website; where you will also find other useful information about the council and indeed the village.

Work on the community woodland project continues and we are now taking delivery of and about to install the bins, bird and bat boxes. Signage will also be going up before too long. This is all paid for by the Lottery grant.

Dates of future meetings will be confirmed at February council on Wednesday 6th at 7.30pm.

Chairman: Calvin Goreham

Clerk: Alan Arber - wactonparish@yahoo.com

Pancake Party
Tuesday 5th March
6.30 - 8.00pm
The Rectory
8 Flowerpot Lane

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WEEKLY EVENTS

MONDAY ACTIVITIES	VENUE	TIME
Craft Group <i>see page 21</i>	Library	11.00 am to 12.30 pm
Tai-Chi	Wacton Village Hall	6.00 pm to 7.30 pm
Bell Ringing Practice	St Mary's Church	7.30 pm to 9 pm

TUESDAY ACTIVITIES	VENUE	TIME
Let's Chat	St Mary's Church	Will be back in March
Lunch & activities	Day Centre -	10 am to 3 pm
Stratton Community Choir	Mayfields Care Home	7.30 pm
Singing in Wacton	Wacton Village Hall	7 pm to 8.30 pm
Youth Cafe [Year 6 onwards]	Methodist Church term time only	7.15 pm to 9 pm

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

THURSDAY ACTIVITIES	VENUE	TIME
Pilates	Wacton Village Hall Jo Douglas 01508 530261 greenacresfarm@tinyworld.co.uk	9.30 am Mixed ability
Lunch & activities	Day Centre	10 am to 3 pm
Coffee morning	Methodist Church	10 am to 11.30 am
Short Mat Bowls	Coronation Hall, Great Moulton -	2 pm - see above

The Sexton's Wheel

M	T	W	T
<p>4 Local Walk - <i>see page 23</i></p> <p>Long Stratton Men's Shed 2pm - <i>see page 6</i></p>	<p>5 Coffee Morning Wacton Village Hall 10.30am <i>see page 14</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 Lunch <i>see page 33</i></p>	<p>6 Wacton Parish Council 7.30pm Wacton Village Hall</p>	<p>7</p>
<p>11 Long Stratton Parish Council 7pm Methodist Church</p> <p>St George's Dementia Support Group 10am - <i>see page 34</i></p>	<p>12 Sunflower Cafe, Mayfields 10am - 01508 535500</p> <p>Diabetes UK Wymondham <i>see page 34</i></p> <p>Diggers & Dibblers Gardening Club - Forncett <i>see page 27</i></p>	<p>13 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue</p>	<p>14 Tharston W Wacton</p> <p>Thursday C LS Villag <i>see pa</i></p>
<p>18 Film Afternoon 'King of Thieves' Long Stratton VH <i>see page 8</i></p> <p>Long Stratton Men's Shed 2pm - <i>see page 6</i></p>	<p>19 Coffee Morning Wacton Village Hall 10.30am <i>see page 14</i></p> <p>Newton Flotman Evening Cinema - <i>see page 34</i></p>	<p>20 Long Stratton & District WI 7.30pm Village Hall <i>see page 13</i></p>	<p>21</p>
<p>25 St George's Dementia Support Group 10am - <i>see page 34</i></p>	<p>26</p>	<p>27 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue</p>	<p>28 Harleston <i>see pa</i></p>

February 2019

	F	S	S
	1 Wacton Social Club <i>see page 15</i>	2	3
	8	9 The Voice Project Concert St Mary's Church Bungay <i>see page 7</i>	10 Ten to Ten service St Mary's Church <i>see page 32</i>
VI 7.30pm on VH Club 2pm ge Hall <i>page 21</i>	15 Wacton Social Club Quiz & Chip evening <i>see page 15</i>	16	17 Community breakfast at the Congregational Church 9.45am <i>see page 27</i> Healing Service 6.30pm St Mary's Church <i>see page 32</i>
	22	23 Messy Church - St Mary's Junior School 9am - <i>see page 29</i> Barn Dance - St Mary's Junior School 7pm <i>see page 9</i>	24 Soul Shapers 7pm St Mary's Church <i>see page 32</i>
Cinema <i>page 34</i>	1 MARCH Women's World Day of Prayer Congregational Church 2pm <i>see page 9</i>	2	3

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HEDGEHOG RESCUE

Sarah Rochester and Tracy Jenkins have teamed up together to provide a hedgehog rescue service in the local area.

If anyone finds a hedgehog during the day this is what you should do.



- 1) put it in a box
- 2) Give it some meaty cat food in gravy or if you have got some mealworms feed those too (don't feed cat food in jelly or fish flavoured cat food as this upsets their stomach)
- 3) give it some water

Then either call Sarah Rochester on 07590469677 or call Tracy Jenkins on 07766913370.

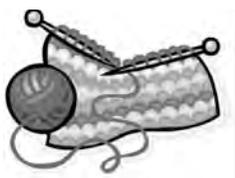
LONG STRATTON GUIDING

2nd Long Stratton Brownies

We started off the term with our traditional New Year party. We played lots of musical party games including pass the parcel.

We are looking forward to starting the new Brownie programme in 2019, we will work together on 'skill builders' and 'unit meeting activities' alongside our normal activities which occur during the term.

Brown Owl



LEARN TO KNIT FOR FREE AT LONG STRATTON LIBRARY EVERY MONDAY 11 to 12.30

Why not join our friendly group of knitters and crafters.
New to knitting ,or wish to brush up on old skills?
Just come along. – Wool and needles supplied
For more details ring Susan 07546716038, or ask at the library

LONG STRATTON THURSDAY CLUB

We meet in the Village Hall on the second Thursday of each month at 2pm. Our meeting in February is on the 14th and the speaker will be Annie Chapman, who will be telling us all about The Ladies Tractor Run. Everyone is welcome.

For further information please contact our secretary Marianne Miller on 01508 536987

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LOCAL WALK.. JANUARY

Twelve of us set off on our first walk of the New Year - including several new walkers who we were very pleased to welcome.



The weather was good as we drove to Topcroft (car sharing) heading for the sports field where we parked. We set off through the village and then across mostly open fields in a circular walk towards Hardwick Airfield, and the 93rd Bomb Group Air Museum.

We walked for a short distance along a stretch of the 'Via Beata' (which when complete is intended to link paths across the widest part of the UK, from

Lowestoft in Suffolk, to St David's Head in Wales – but we thought we would leave that one for another day!).



As we walked further on we saw what we thought to be three very lively roe deer happily eating the farmer's crops before they then fled off as we came into view.



Our walk took us just under two hours. At the end we walked back to the village sign where we saw a memorial to Margery Brewse of Topcroft Hall, who is credited with having written the first recorded Valentine letter to John Paston (her betrothed) in February 1477!

It was a really enjoyable and interesting walk in very good company! Do come and join us next time.

We walk every first Monday of the month, so why not come and join us on Monday 4th February. The walk is about 2 hours long. We meet at 10am at the Co op car park.

LONG STRATTON DAY CARE CENTRE

We are looking for voluntary helpers on a Tuesday and Thursday. If you could spare an hour or two helping with kitchen duties, chatting to our elderly members or serving tea & coffee our registered charity would benefit greatly.

Please contact Marilyn on 01508 535901 for further information

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HELPUSHELPU

Just a reminder from the NHS in Norfolk and Waveney about how to help us help you this winter.

All of us should be making sure our medicine cabinets are stocked. It's also sensible to order any regular medicines you need in good time so you don't run out, taking care to only order what you need.

But if you do feel poorly, seek advice from your local pharmacist before it gets worse. If it's urgent, then a call to your GP or NHS111 is the next step, and they'll advise you what to do.

Common sickness bugs

Suffering from norovirus or other common sickness bugs? Don't spread it around by visiting your GP or other public places. Stay at home and rest. #HelpUsHelpYou

HomeFirst – your bed is the best bed!

None of us want to go into hospital or a care bed, but if we do it's good to get home if we can. The NHS and social care across all of Norfolk and Waveney are stressing that if someone needs a hospital or temporary care bed they will get one, but our aim is always to help people get back home as soon as possible. This is because older people in particular can lose independence rapidly. Being back home can also help a speedier recovery. So if you know a friend or relative, particularly if they are older, who has to go into hospital it would be kind to make sure they have all they need to get back home, including checking the heating works and they will have food in the house, the washing is done and they feel OK.

New Year, New You

With the start of a New Year people's thoughts turn to getting fit and improving their health. To stay healthy or improve health, adults need to do two types of physical activity each week: aerobic and strength exercises.

How much physical activity you need to do each week depends on your age. Adults aged 65 or older who are generally fit and have no health conditions that limit their mobility should try to be active daily by doing at least 150 minutes of moderate aerobic activity such as cycling or walking, and strength exercises on two or more days a week.

Why not join a local walking group, go for a swim or join a local class, your library should have information about groups near you.

There are many local services that can enable older people to be more active. A wealth of information can be found through the Norfolk Community Directory.

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Long Stratton Community Speed Watch Group

Following on from a public meeting with the Police in the village hall on 8th January, a small number of parishioners have started to form a Speed Watch Group. But we will need more bodies, the more the better in fact. We all know that there are issues with speeding in the village; both on the main A140 and on the side roads in the 20mph limit zones, especially along Flowerpot Lane, Manor Road and Swan Lane.

These groups do make a difference and the Police do and will act on the findings; drivers will be contacted and persistent offenders dealt with accordingly.

Full training will be given. The more people we get involved, the harder we and the Police can hit the problem and the safer, quieter and cleaner our village will become.

Please contact Ian Mortimer if you are interested via email ian.mortimer.uk@gmail.com - many thanks.

LONG STRATTON YOUTH CAFE

Come along to Youth Cafe on Tuesday nights 7.15-9pm during term time at the Methodist Church Long Stratton. New members always welcome and any new volunteers too.

Sadly one of our lovely volunteers Diane Muston recently passed away after a long battle with cancer, she was a fun loving character and will be missed by us all. Thoughts go out to her family at this sad time.

Matt, Wil, Tina, Doug and Joanna.

DIGGERS & DIBBLERS GARDENING CLUB

Tuesday 12 February 2019 Forncett Village Hall 7.30pm

Willow Weaving. Maxine Tricker.

After a very interesting talk last year on growing osiers several members requested a practical demonstration on willow weaving. Maxine will take us through the basics and there will be a chance for some of us to have a go.

Non-members are very welcome.

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

Community Breakfast

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

Sunday 17th February things to eat.

Eggy bread and bacon rolls very popular!

Please join us before Church. Followed by Family Church Service [optional].

For more information contact June on 01508 470701

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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)

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 fashion 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 chat.

Come and join us for.....



The next *Messy Church* is on **Saturday 23rd February**
from 9am until 10.45am and will be at **St Mary's Junior School**

The morning begins with bacon butties and muffins before craft activities,
finishing with a time of worship.

All children must be accompanied by an adult.

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

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CHURCH SERVICES - FEBRUARY

St Mary's Church

3rd	11.00 am	All Age Worship
10th	9.50 am	Ten2Ten Service
10th	11.00 am	Holy Communion
17th	11.00 am	Morning Worship
17th	6.30 pm	Healing Service
24th	11.00 am	All Age Holy Communion
24th	7.00 pm	Soul Shapers

St Michael's Church

10th	8.30 am	Holy Communion
24th	8.30 am	Holy Communion

There are Church services available at St Mary's and All Saints' on Sundays when there are no services at St Michael's

All Saints' Church

3rd	9.30 am	Holy Communion
17th	9.30 am	Holy Communion

There are Church services available at St Mary's and St Michael's on Sundays when there are no services at All Saints'

Congregational Church

3rd	10.45 am	Family Service with Holy Communion	Malcolm Simpkin
10th	10.45 am	Family Service	David Dodd
17th	9.45 am	Family Breakfast	
17th	10.45 am	Family Service	Rev Ian Jones
24th	10.45 am	Family Service	David Dodd

Methodist Church

There will be no services this month.

From the Parish Registers

Baptisms

We welcome into the family of St Mary's Church Sophie, William and Alex Rochester

Funeral

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

Pauline Greenaway	St Mary's
Rhoda Skipper	St Mary's
David Caddick	St Faiths Crematorium

LONG STRATTON CHILDREN'S CENTRE

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

Date	Activity	Time	Venue
Monday 4th, 11th & 18th	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 5th, 12th, 19th & 26th	Story Garden - 0-5 years <i>Outdoor gardening and story group</i>	1.30-2.30 pm	LS Children's Centre
Wednesday 6th, 13th, 20th & 27th	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
Wednesday 27th	Introduction to solid foods <i>support around feeding and weaning</i>	10.00-11.00 am	LS Children's Centre
Thursday 14th & 28th	Bounce and Rhyme - 0-5 years	1.30-2.30 pm	LS Library
Friday	Nurture Group <i>Babies under 6 months & their parents who have spent time on the Neonatal Intensive care unit</i>	Please ring for details - 01508 536399/01953 713896/451196	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 METHODIST CHURCH

February lunch will be on Tuesday 5th at 12.30pm.

Please call 01508 530518 to book - all welcome

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

EVENTS OUTSIDE LONG STRATTON & WACTON

St George's Dementia Support Group - 11th & 25th February - 10am to 12noon - St George's Hall, Long Lane, Upper Stoke Holy Cross NR14 8ND - further details 01508 493661/492938.

Harleston Cinema - Thursday 28th February at 2pm and 7.30pm (doors open half an hour before) - A Star is Born (15) - at the Masonic Rooms, Harleston. There will be ice creams at the interval, plus a bar in the evening. Seats cost £4, please book at Harleston Information Plus, 01379 851917, or email hip@harleston-norfolk.org.uk (please give the names of those booking and whether matinee or evening).

Newton Flotman Cinema Evening - Tuesday 19th February - Peterloo (cert.12A)

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

Diabetes Uk Wymondham - Tuesday 12th February - 2-4pm Fairland Church, Wymondham NR18 0AW. Social event with guest Alistair Bielby BSc(Pod) of Footsure, an informative talk about the care of the feet. 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
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Wacton Village Hall - Booking information

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

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