

The Sexton's Wheel

Issue 228

The magazine for Long Stratton & Wacton



January 2023

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: **Angie Baldwin 01508 536639**
Licensed bar available through Wacton Social Club. Contact taylor169@btinternet.com

Church Contacts

St Mary's Chrissy Briggs - (01508) 536724

St Michael's Rosemary Bennett - (01508) 530296

All Saints' Angie Baldwin (01508) 536639

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 the team vicar: Revd. John Madinda on 01953 789240.

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.



Happy New Year to all our readers

The Sexton's Wheel Team

2. Booking information Long Stratton & Wacton Village Halls.
Church Contacts.
LSTC opening hours.
5. Challenges to our Churches.
7. Long Stratton Brownies.
Manor field Infant & Nursery School.
9. Warm Space Hub
12. Long Stratton WI
15. Long Stratton Town Council.
Harleston & District U3a
20. Warm Space at the Library.
23. Pulham Market Society.
Messy Church.
Let's Chat.
25. Borderhopper.
Creative Singers.
26. Early Childhood and Family Service.
A Taste of Hope.
27. Tharston & District WI
31. Wacton Footcare.
- 33 Wacton Church Coffee Morning.
Harleston Choral Society.
Stirring the Puddings.
36. Local Walks.
37. Long Stratton Library.
38. Church Services.
From the Parish Registers.
39. Contact details & information on
the Sexton's Wheel.

HOMEFRONT

Handyman Maintenance
Services

- Bathroom & Kitchen refurbishment
- Painting & Decorating
- Plaster Repairs
- Carpentry
- Plumbing
- Disabled Access work
- Garden Services

John Johnson

01508 531021 • 07958 606637
johnnyxj@yahoo.com

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

*Why not advertise
your business here*

*Competative rates, reach 2400
letterboxes each month.*

*Call Ian on 07557990169
for more information.*

It could'nt be simpler

Challenges to our churches. God is calling us

I begin by saying a BIG “Thank You” to everyone who has been very supportive to our churches in the past year. Without your active support we could not have achieved what we have. The activities which have been taking place have had a very encouraging support. Some people have been at the fore front, while others have offered support from behind the scenes, but every single support has been highly appreciated.

The month of December we are reminded of God’s love to us in sending Jesus to come to earth as our Saviour. We know God loves us when we think of Jesus. In Jesus we are made aware that God understands our human frailty and empathizes with us, when he went to be born in Bethlehem and in a manger. He understood what it meant to be homeless, a refugee, what it means to be hungry and thirsty, to be ill and even to die. So Christmas is a time of remembering that aspect of life by giving care to one another. So we look at ending the year with encouragement and hope brought about by Christmas.

However, as we look to the future, in entering the new year 2023, we are constantly finding ourselves faced by a series of challenges, the main one being that our numbers have not fully recovered to reach to the state we were in before we were hit by the COVID pandemic. We also have had a series of changes with the departure of our Team Rector just over a year ago, together with two of our Licensed Lay Ministers and a Self Supporting Minister moving on as well, followed by the stepping down of the Team Administrator. This has brought a great challenge. However we are grateful for the licensing of an Associate Vicar who has offered support when needed although she will be leaving by Easter 2023.

We find ourselves in many of our meetings pondering how the church can connect to the future generation in the changing landscape, as the church finds itself struggling to find people who have time, energy, resources and devotion.

I want to appreciate again the great amount of support offered by those who have stepped forward in keeping our churches open and functioning, by providing services on a Sunday, prayers during the week, special services such as funerals, christenings and weddings, harvest, remembrance, Easter, Christmas, as well as social events such as festivals etc. Apart from volunteers for these services and events we also need volunteers as our churches face structural problems: the daily maintenance, the electricity bills, the repair of the fabric and the churchyard upkeep, and with numbers going down we find ourselves in desperate need. We invite you to support and revitalise our churches through gifts, skills and talents and commitments. as we enter the year 2023.

HAPPY NEW YEAR.

Rev John Madinda



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 2UJ
CALL 01508 535 500 TO ARRANGE YOUR VISIT



RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE | SHORT BREAKS



ANTHONY JAMES BRICE

CHARTERED CERTIFIED ACCOUNTANT

◆Tax ◆Accounts
◆Audit

Small and Medium Sized Businesses, Self Employed Individuals, Clubs and Charities

No-obligation free initial consultations, fixed competitive fees and personal service

T: 01379 309790 M: 07592 146144

E: anthony@ajbriceaccountancy.co.uk

W: www.ajbriceaccountancy.co.uk

10 The Thoroughfare, Harleston, Norfolk,
IP20 9AX.

Contact Care

Personal Lifeline
Alarms



A Contact Care lifeline provides you with help and reassurance at the touch of a button

Installed by us throughout East Anglia

Just £3.70 a week &
an installation fee of £40



0800 917 4680

Girlguiding Christingle Service

A lovely Joint Guiding Christingle service was held at the Long Stratton Congregational Church in early December attended by all our guiding units. We thank Pastor Malcolm for leading our worship and encouraging everyone to join in the story of the Nativity, and Roz for providing the music.



It was good to be able to invite parents and families to join us this year. The Rainbows, Brownies, Guides, Rangers, Young Leaders and Guiders prepared the Christingle oranges earlier in the evening before the service, including a few extra for their families. Thank you to everyone contributing to the collection for the Children's Society.



As usual, singing 'Away in a Manger' with our lit Christingle oranges is a wonderful way to start the festive season.

We wish everyone a Merry Christmas and a Happy New Year.



Manor Field Infant and Nursery School

We have thoroughly enjoyed having visitors back into school and parents through our doors this term. We have been able to restart our school visits and all of the children have done their first Christmas plays; with Year 2 missing their ones in Reception and Year 1 due to COVID restrictions. We feel like this term has been a bit more 'normal' for us all and it has been wonderful to have so many people back in school with us; supporting and inspiring our pupils. We are always looking for local people to come in to talk to the children about a craft/hobby or job that they do. This is a lovely link with our community and also inspires the next generation. If you would be interested in coming in to talk to our children or to demonstrate a skill, we would love to hear from you.

Many thanks and kind regards
Heather Haines/Louise Mundford
Manor Field Infant & Nursery School
01508 530356



- 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



Family Run, Private Hire Taxi
Based in Long Stratton

Offering a friendly, reliable service
Short and Long Distances
Airports and Stations
Courier Service
6 and 8 seaters

It is highly recommended to
pre-book

Please call or message on
07464736667

Or visit www.kandjcars.co.uk

PAUL LOVETT

Repairs & Servicing

Home Appliances

07999 355267

E: lovett.repair@gmail.com



Covering South
Norfolk and North
Suffolk

20+ years experience

ARE YOU LOOKING FOR:

Dog Boarding

Dog Walking

Pet Sitting

If so contact Jane on :

07561106701

**Long Stratton, Norwich &
Surrounding areas**

Also offer house sitting and security while
people are away from home.

Police checked - Reference on request

Warm Welcome Space Wednesdays 10am-2pm

We are opening the doors of the Methodist Church on Manor Road as a Warm Welcome Space on Wednesdays until the end of March. Anyone who would like to spend a bit of time with us is very welcome to just turn up. We will be providing hot drinks and biscuits plus soup and a roll. We would love to see you to have a chat, and we are also going to be providing some games and magazines.

These are just our ideas though. Anyone who comes along is welcome to help us shape the activities according to what people would like.

Everyone welcome

Sue Simpkin
Long Stratton Congregational Church

St Mary's Church Long Stratton

A great big thankyou to all those businesses and organisations who have helped to make our Christmas Tree Festival a success. We had 34 entries which made the Church look very Christmassy. And a great big thank you to all who turned up to visit the festival and indulged in our scrummy cakes, tea/coffee and light lunches.

***All the proceeds from the Festival will go towards
St Mary's Restoration Fund***



Susan Whymark Funeral Service Ltd

Independent and Family Run

Serving Eye, Harleston 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-arranged funeral plans arranged in accordance with FCA Regulations
- 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

Ley House, 11a London Road,
Harleston, Norfolk, IP20 9BH

Tel: 01379 871168 (24hr) Tel: 01379 851253 (24hr)

See our customer reviews at

www.susanwhymark.co.uk Email: susan@susanwhymark.co.uk

Janette and her team use a fantastic approach to selling- making the whole process easier for her clients in every way and achieving amazing results.

As we enter a time of potential change in the market over the winter I can guide you through with a careful hand. Being local and working in this market for nearly 30 years you can be sure you are getting the right advice from day one.

We can't give away all our secrets here but please call Janette to get a really up to date idea of things- prices are changing all the time and you may be amazed!

Look forward to a new home



G ★ ★ ★ ★ ★

Highly recommend Janette & her team at Howards, great service, great communication and nothing is too much trouble.

Janette was always very professional, kept to her word & showed lots of kindness & compassion during our sale.

RG

We started our journey in the hunt of a new property & relocation from Essex, and on finding a property that we fell in love with from the first viewing with Janette just before Christmas.

It was not a easy process our end on sale of property, but both Janette and Cheyenne worked non stop in supporting our purchase and managing the communications though out, and on 14th June 2022 our dream come true and we finally moved in.

CB

Please call me for a valuation and to discover what just might be the best move you could ever make!

Janette Churchill
Partner & Long Stratton
Property Expert
T 01508 532 244

E janette.churchill@howards.co.uk

HOWARDS
Estate Agents since 1926

MKL SERVICES HANDYMAN NORWICH

Trying to find a Handy Fixing Service in Norwich? Get in touch with MKL Services, The Reliable Handyman. We offer a selection of services including Plumbing, Tiling, DIY, Carpentry, Kitchen Fitting, Bathroom Installations, Blind/Curtain fitting and more.

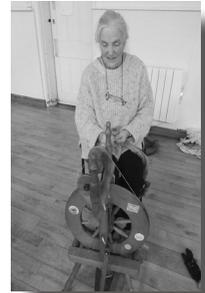


EMAIL US AT: MKLSERVICES@ICLOUD.COM
CALL US ON: 07946774775

All services provided will adhere to social distancing rules and government guidelines regarding Coronavirus (COVID-19).

LONG STRATTON & DISTRICT WI

Unfortunately the speaker for our November meeting had to cancel due to illness but our Programme Secretary quickly found a replacement. Susan Cranmer brought along her spinning wheel (see photograph) and gave a very interesting talk about spinning, the woollen industry and its development. Members had the opportunity to hand spin some wool, examine the spinning wheel and ask questions. Our original speaker will be booked for 2023. Mid month several members lunched together at the Fox and Hounds. It was very pleasant in their dining room with a log fire burning in the inglenook, and afterwards the owner showed us around the outside facilities.



We decorated and entered a Christmas tree for St. Mary's Church Christmas tree festival (see picture.) All the decorations were made by members, some hand knitted, crocheted or decoupage on wood amongst the many designs.

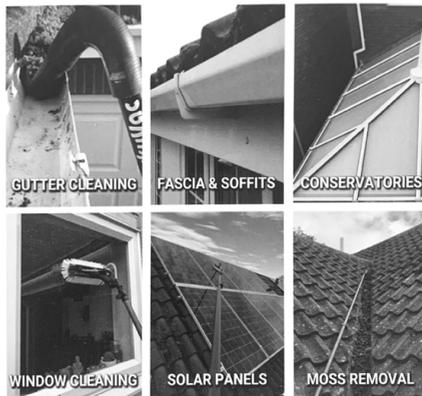
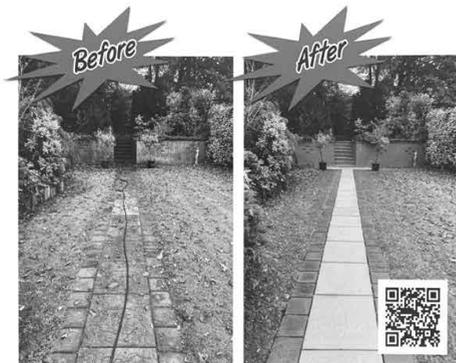


One very cold evening we supported the town council's event around the Fire Station on Swan Lane and ran a bottle stall (see picture) . Thank you to all who supported us. Look out for us again at the next town council event.

A week earlier than usual, to avoid other Christmas activities, we held our December meeting and Christmas Party. Members enjoyed a fun evening with games, a short quiz and light refreshments. Christmas cards were exchanged

and details of meetings to come in the New Year were given out. Our January meeting will be on Wednesday 18th January at 7.30.pm in Long Stratton Village Hall when three of our members will give short talks and we will catch up after the Christmas break. If you would like to join us just come along on the evening and you will be made very welcome. There is ample parking behind the Village Hall on the A.140, opposite the parish church. **For enquiries please phone 01508 531154.**





☎ 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 - Monday 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**

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 Safe to do business with Code Compliant

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

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 

ACE PLUMBING DAVID MILLWARD

Established 1980

NEW TO THE AREA

Reliable, honest, quality
workmanship.
Specialising in heating system
problem solving and all other
plumbing.

Walnut Tree Cottage - Silver Green
Hempnall - NR15 2NL

plumber1.dm@gmail.com

01508 498005/07763 359313

www.aceplumbingnorfolk.co.uk



GLS Garden Landscape Services Ltd

(Wacton)

*The **complete** landscaping service!*

-
- Fencing ● Mowing ● Paving ● Clearances
 - Decking ● Turfing ● Hedge cutting ● Pathways
 - Grounds maintenance ● Tree work ● Planting *and more!*
-

Contact us for free quotations and advice...

(01508) 807567 • 07749 130872

enquiries@glsonline.co.uk

f @GardenLandscapeServicesLtd

www.GLSOnline.co.uk

Long Stratton Town Council

Pavillion, Manor Road Playing Fields, Manor Rod

Long Stratton, NR15 2XR

Clerk: Mrs B Buck

Tel: 01508 530524 clerk@longstrattoncouncil.info

Happy New Year!

All members of Long Stratton Town Council would like to wish our community a happy New Year

Christmas event 2022

Thank you to all who came and supported our Christmas event on Friday 2nd December. It was great to see so many families together, watching the wonderful children singing on stage and seeing them excited to see Santa. Thankfully the wet weather didn't dampen everyone's festive spirit. We hope you enjoyed yourselves!

A huge thank you to all of the local businesses that helped support the event by donating prizes for the tombola and staying open late.

Upcoming Elections

The next round of elections for Long Stratton Town Council will be in May 2023.

Could you be a Councillor? Do you have a passion for the community you live in? Would you like more information on what would be involved?

Contact the Council for further information on office@longstrattontowncouncil.gov.uk or call 01508 530524

Winter Weather Warnings

As the winter weather is now upon us, we wish to remind all residents to watch the news and social media for any weather warnings that may be issued. We will publish any weather warnings announced by the Met Office on our website and social media platforms to ensure as many people are aware as possible of any pending dangerous situations.

HARLESTON & DISTRICT U3A

Harleston & District u3a wishes all our followers a very happy, healthy and peaceful new year, albeit belatedly by the time some of you will be reading this. We'll be resuming our monthly talks on Wednesday 18 January at 2.00 pm, in St John's Church, Harleston, and look forward to seeing you then, when Steve Poulter, with the working title The Bard on Screen, will be looking at how cinema has used Shakespeare as a source and inspiration for so many films, from the glossy Hollywood movies of the 1930s, through Laurence Olivier's interpretations, and thence to the present day. For further information please visit our website: u3asites.org.uk/harleston or by contacting Kim Poulton on 01986 788149.



Make a difference

Join us now and receive a **£300*** new starter bonus

**Various roles available at
Harker House**

NORSEGROUP.CO.UK/CAREERS

01508 500980

f t @norsecare

*£100 will be payable at 3 months, a further £200 will be payable at 6 months subject to obtaining a contracted position working at least an average of 12 hours per week. This is also subject to successful performance, sickness reviews and completion of successful probation period. You will not be eligible for this bonus if you are currently an employee of the Norse Group.

PEMF - A different kind of therapy...

- Drug Free pain relief
- Better quality sleep
- Improves health and well-being
- Backed by extensive research



←--Find out
more about
PEMF

Contact Dean (Long Stratton)

07733 237869

info@thequantumalchemist.co.uk

www.thequantumalchemist.co.uk

METRO PLUMB
THE NATION'S LOCAL PLUMBER

**OIL
BOILER
SERVICE**

£95 +VAT

0800 415 514

4th
GENERATION

MICKY RYDER & SONS LTD

ROOFING SPECIALISTS

BUILDING CONTRACTORS

4th
GENERATION

☎ Norwich 01603 458884 or 07850 597288
Norfolk 01508 532200 or 07825 908287

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

www.mryderroofing.co.uk

mryderroofing@outlook.com

MRYDER

& ROOFING SPECIALISTS LTD

- New Roofs
- Re-Roofing
- Roof Repairs
- Leadwork
- Flat Roofs
- Interior Renovations
- Exterior Building
- UPVC Windows

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

Gutter Guru

WE CLEAN GUTTERS!

When did you last clean yours?

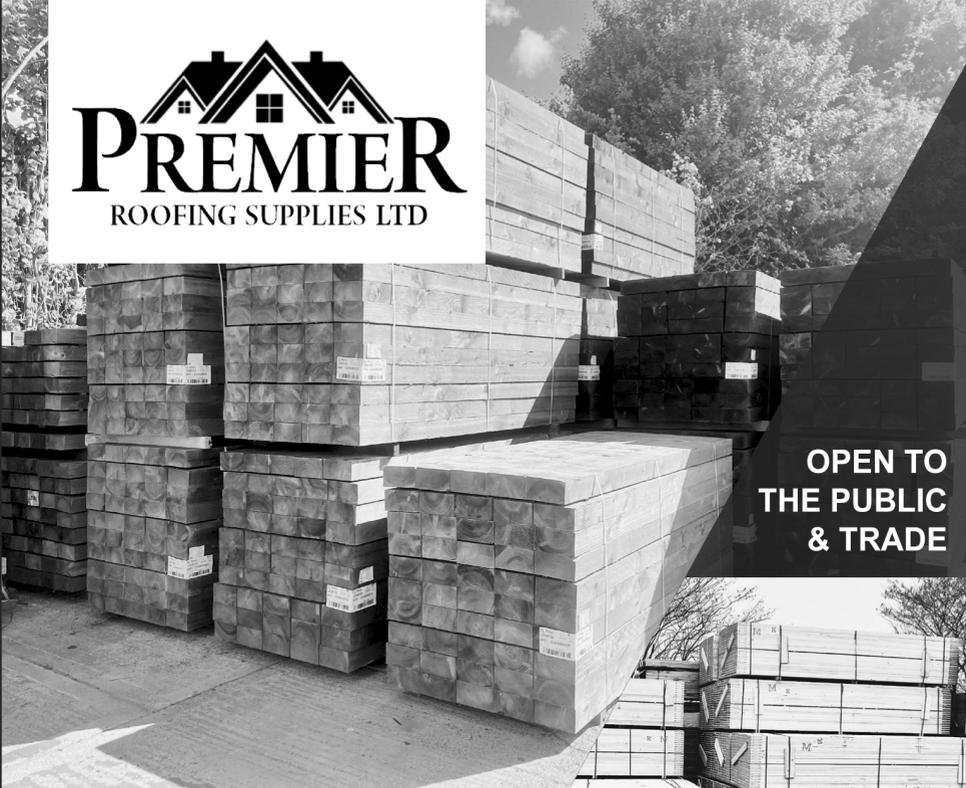
With winter fast approaching now is the time to get them done.

Blocked gutters can lead to:

- *Damp and mould inside
- *Damage to brickwork/render
- *Rotting fascias/timber
- *Rodents and other unwanted guests



For a Free quote or advice Contact us on:
07414715719 or ricky@norfolkgutterguru.co.uk



**OPEN TO
THE PUBLIC
& TRADE**



**Your Local
Builders', Timber
& Scaffolding
Merchant**

**WE OFFER A LOCAL
DELIVERY SERVICE ***

WE STOCK

- C24 Carcassing Timber
- Sheet Materials ■ Decking
- Batten ■ Scaffolding Boards & Tube
- Sleepers ■ Aggregates ■ Fence Posts
- Onduline ■ Roofing Felt ■ Lead
- Rolled & Rigid Insulation
- Tools, Fixings & Adhesives

 **VISIT US: Unit 16, Salamanca Road, Long Stratton NR15 2PF**

**charges may apply,
depending on location
and order size.*

01508 532200 / 07825 908287
premierroofingsupplies@outlook.com

LONG STRATTON LIBRARY

Warm space at Long Stratton Library



Even have a read while you enjoy a warm up and a cuppa.



Pop in to see what's on offer

BARKER FAMILY FUNERAL SERVICES

We're all inclusive

*Family run with Family values
and Family at heart*

Provisions of all professional services, an obituary notice via social media, handling of all charitable donations, limousine, motorised hearse and bearers, 3ft coffin spray, includes all fees and choice of coffin.

Total
£3,875

The Simplistic Funeral

Total £1,590

The Street,
Long Stratton
NR15 2XJ

01508 536117

info@barkerfunerals.co.uk

www.barkerfunerals.co.uk



24 Hour Family Caring
Personal Service
Covering Norfolk & Suffolk



We will match any quote and
£50 cashback if you pay in full
before the date of the funeral

Vintage Horse Box Limited
At The  Old Coach House

We offer a varied range of seasonal and novelty gifts, as well as toys, bags, homeware and furniture. With even more products coming soon.

 **ROKA**

 **SASSO & BELLE**



**ST LEN
FORM**



Vintage Horse Box Limited

The Street, Long Stratton, Norwich, Norfolk, NR15 2XG

Tel 07825 663132

Web www.vintagehorsebox.co.uk Email vintagehorseboxuk@gmail.com



@vintagehorseboxuk



Pulham Market Society – Spring 2023 Pulham Market Memorial Hall – 7.45 pm

January 18th Social evening with pre booked supper
£12 for members and £15 for guests, followed by talk
“20 things you may or may not know about canals”

February 15th “Charlie & The Dig”

Charlie Haycock will talk about his time working as voice coach to Ralph Fiennes and others for the Netflix film “The Dig”

March 15th “Norwich Castle: Royal Palace Reborn
A Story 900 years in the making”

April 19th “Elizabeth Talbot, Auctioneer & Valuer from TV’s “Flog it” & “Bargain Hunt”

***For further information contact Steve Hewitt
tel: 01379 676602 email: sandsj.hewitt@gmail.com***

Come and join us for....

The next Messy Church is on **Saturday 28th January
9 - 10.45am at St Mary's Church.** Starting with Breakfast at
9am, followed by a story, crafts, and activities for everyone,
and finishing with a short time of worship.

For more information contact Megan on **07956 715383.**

Just come along and join the fun!

Children must be accompanied by an adult.



LET'S CHAT

Let's Chat has now closed for the winter and will re-open in March 2023 when Janet and the team will be there to welcome you all with tea, coffee and homemade cake. And as usual:

All will be Welcome.



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



CHRIS CLARKE OIL BOILER SERVICES

- Servicing
- Commissioning
- Breakdown
Repairs

Servicing/Commissioning

07377 516660

Breakdowns

07912 146619



Registered

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
- Hoggin
- Ballast
- Crushed Concrete
- Ornamental Granite Chippings
- Top Soil
- Cultivated rolled turf
- Bark Chippings
- Compost & Peat
- Plumb Slate

No VAT - Free delivery

The Borderhoppa 2023 outings leaflet is now available. We have many trips arranged throughout the year including pub lunches, garden centres, the coast, mystery tours, boat trips and many more. You can pick up a leaflet at your local library, information centre, GP surgery, from one of our drivers or by calling the office.

Need help with transport? Borderhoppa buses are available to people of all ages who are unable to use ordinary bus services either because of mobility difficulties or because there isn't a bus service available for them to use.

Our door-to-door dial a ride service can take you shopping, to medical appointments (excluding hospitals), to visit a friend or relative or attend a local club.

If you would like to find out more about the great service we provide please call us on: **01379 854800** or visit our website www.borderhoppa.org

CREATIVE SINGERS



NEW YEAR, NEW HOBBY!

Perhaps you've been considering joining us for a little while now. Perhaps you came to our **Christmas Soiree** at **Wacton Village Hall** in December, enjoyed meeting everyone, and being part of the singing was a bonus. Perhaps you've been part of choirs in the past but felt out of your depth with difficult harmonies. Perhaps you just need something to get you out of the house every so often. Whatever your reason, **we welcome you to come, make a joyful noise with us.**

No need to read sheet music. No difficult Harmonies.

We believe Singing is an essential exercise for EVERYONE and we stand by our ethos: **IF YOU CAN SPEAK, YOU CAN SING!**

PLUS, WITH ADDED HEALTH BENEFITS OF:

Stress relief, singing stimulates the immune response, increases your pain threshold, helps to improve snoring, helps to improve lung function, can help **develop a sense of belonging and connection in the community**, enhance memory & prevent dementia as well as support grief recovery & mental health.

Run by Louise Tingley, Certified Vocal Performance Coach and Music Therapy Consultant, accredited by the International Alliance of Holistic Therapies and Complementary Medical Association, **we welcome new members of all (adult) ages to join our Creative Singing Community at Wacton Village Hall, each Tuesday evening 7:00 - 8:30pm resuming from January 9th, 2023!**

Call or Email for further Information.

07765 920 390

or email: louise@lktingley.com



"Tuesday is now my favourite day of the week. My brain is alive again! We've learnt so many great songs, breathing techniques and have lots of fun and laughter too."
Rita



**Early
Childhood
and Family
Service**



**Norfolk
County Council**



Stay Play



Free to attend for 0-5 year olds and their families.

Long Stratton ECFS Base

Every Wednesday

1:00-2:00pm

NR15 2XR



Drop in session for parents, carers and their children to play together and meet new people, every week, all year round.

All of our sessions are inclusive of and accessible to everybody.

Everyone welcome,
just come along!



@ECFSNorfolk

0344 800 8020 | norfolk.gov.uk/earlychildhood | ecfs-families@actionforchildren.org.uk

A TASTE OF HOPE

January 8th @ 3:30pm

A service for all ages

Separate children's activities for school years 1-6

Long Stratton Methodist Chapel

www.hopecommunitychurch.co.uk

THARSTON & DISTRICT WI

Where did that lovely warm weather disappear to? All we are left with are the memories of our summer outing to Heacham Lavender and Hunstanton, and other outdoor events but now we are ready for the warmth of indoors.

The speaker for our October meeting had to cancel due to ill health and left us with a problem. Fortunately, the Citizens Advice bureau at Diss stepped in to help. Caroline Makinson came to give a talk and showed slides on Energy Saving. This was a topical subject and she was able to suggest several ways to save energy usage.

In October we held our annual Quiz and Lasagne evening which was most enjoyable. Some questions were a little tricky and we needed to think carefully. The meal was enjoyed by all and the atmosphere was friendly and fun.

Our November meeting was an interesting talk about cheese pairing. Cheryl Cade spoke about different ideas for a cheese board. How about raisins soaked in rum or apricots in gin, or even chocolate? An interesting and fun speaker. Later in the month some members visited Lily's Boutique in Ashwellthorpe hunting for presents for others as well as themselves.

We went to The Jolly Farmers and enjoyed an early Christmas meal at the beginning of December. Our members brought lovely food and raffle items for a Christmas party at our December meeting. After the meal Joan Hocking entertained with many topical songs. What an evening! Much enjoyed by all judging by the foot tapping and all the voices joining in with favourite Christmas songs. Going forward to next year our first event will be a soup lunch and a beetle drive. This may be a bit old fashioned but it always causes much noise and laughter.

The villages surrounding Tharston make up the '& District' in our name. We meet at Wacton Village Hall on the second Thursday of the month at 7.30. Usually, we have a speaker, much chatting and always tea and cake!

Heather Jeary

M SHEPHERD OPTOMETRIST LONG STRATTON

OPEN for Eye Exams, Contact Lens appointments and all your eyecare needs.

NOW OPEN 6 DAYS PER WEEK



OUR PROMISES TO YOU:

- WE LOOK AFTER LONG TERM EYE HEALTH
- WE OFFER REPEAT EXAMINATIONS WITH THE SAME OPTOMETRIST WHERE POSSIBLE
- WE USE ADVANCED TECHNOLOGY TO EXAMINE YOUR EYES
- WE PROVIDE OUR PATIENTS WITH THE TIME THEY NEED IN THE EXAMINATION CHAIR
- WE PROVIDE PROFESSIONAL PRESSURE FREE ADVICE

Mon-Fri 09.00-17.00

Sat 09.00-13.30

☎ 01508 532 669

www.mshepherdoptometrist.com

MARK GARWOOD FLOORING

Long Stratton

01508 532127

- Carpets • Vinyls & Luxury Vinyl Tiles

All supplied and expertly fitted.

Remnants also available.

Over 30 years experience

**Do you require Private
Homecare?**

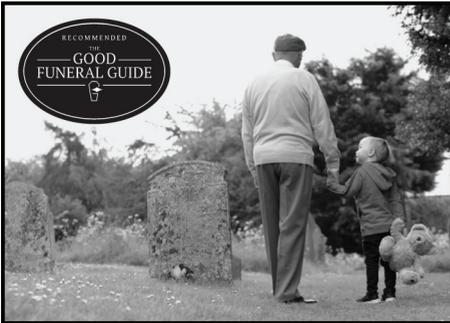
25 years experience of Care Support
covering Long Stratton and
surrounding areas

Please ring or text Elaine on:

07914 954235

For an informal chat or home visit.

I am also an activities coordinator,
active sessions tailored to your
needs of craft, painting and
boardgames available in the comfort
of your own home, or simply a chat
over a cup of tea.



“Thank you Rosedale, your support and guidance made this difficult time a little more bearable.”

– from a family we have cared for at Rosedale



Rosedale
FUNERAL HOME

Victoria Rd, Diss **01379 640810**
www.rosedalefuneralhome.co.uk

We are a family business and promise to provide exceptional care and a truly personal 24 hour service, when you need it most.

JUMBO BAG DELIVERIES

SAND

TOPSOIL

MULCH



BALLAST

SLATE

PLAY BARK

STONE 6/10/20MM

MUSHROOM COMPOST

**CALL 01508 470674
FOR A PRICE TODAY**

Simons Landscaping Ltd

Electrician



Local, Friendly, Reliable
N.A.P.I.T. Registered that
works on all aspects
of Domestic and
Commercial Electrics
including storage heaters

Contact Ian or Caroline

@ ICD Electrics on
0779 0273 689 or
0788 8740 473

E-mail: 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



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**

Painting and Decorating

by

Mark at PURE DECORATING

Local Friendly and Reliable service

Interior & Exterior

No obligation quotation

Contact me :

Email - mark@puredecorating.com

Mobile call or text - 07837 822191

View my work at :

www.puredecorating.com



Chris Rumbelow

Sandblasting & Welding

Matchbox Farm
Aslacton

Call 07787 821 457

Engine parts
Brake Discs
Brake Callipers
Wheel Rims
Rusty Parts



AQUATICS SHOP - DISS

We sell a large selection of tropical and coldwater
fish and all your essential aquarium maintenance
equipment.

Visit our Facebook page to see a list of all livestock
currently in stock.

FIND US AT

Unit 22b Diss Business Park, Hopper Way, Diss
IP22 4GT

OPENING TIMES

Mon	Closed
Tue, Wed, Thu	10am – 6pm
Fri, Sat	10am – 7pm
Sun	10am – 4pm



XPRESS.AQUATICS@OUTLOOK.COM



07359 099872



@XPRESSAQUATICS



NETHERTON STEAKHOUSE

The Street, Long Stratton NR15 2XG www.nethertonsteakhouse.co.uk



**Great menu for all to
enjoy inside or
outside dining**

17th Century inside plus
heated pagoda and
garden outside



FULL FOOD MENU

Wed eve: 5pm-9pm

Thu, Fri & Sat:
12 noon-9pm

Sunday: 12 noon-5pm
including full roast option



See Facebook
or phone **01508 531500**

**TO BOOK EMAIL
enquiries@
nethertonhouse.co.uk**

WACTON SOCIAL CLUB

Wacton Social Club are starting their club nights again at Wacton Village Hall on the first and third Friday of each month.

Looking forward to seeing familiar and new faces. All are welcome.
For information about becoming a member or upcoming events please contact:
Katie Anderson on 07577446589 / wacton.social.club00@gmail.com

Please check out our Facebook page for more coming events.

WACTON COFFEE MORNINGS

Rita and I would like to wish everyone who comes to our coffee mornings a very Happy New Year!

Our next coffee mornings will be on January 3rd and the 17th at 10.30 am as usual. We look forward to seeing everyone there.

Caroline and Rita

High quality, secure and stylish.

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



Diss 01379 651959

Norwich 01603 270105

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, Vincas Road, Diss, IP22 4BF

www.chapeldoors.co.uk

**Chapel
Doors**
LIMITED

WACTON CHURCH COFFEE MORNINGS

Wacton Church holds a coffee morning every month (the second Saturday of each month) at 10.30 am,

The next coffee morning will be on Saturday 14th January 2023!

All are welcome



Harleston Choral Society, your friendly non-auditioning community choir, wishes all our supporters a very happy New Year. Some of you won't be reading this until after the start of our Spring Term on Monday 9 January, but we'd love you to join us as we rehearse for our Summer Concert on 1 July. We'll be singing Haydn's Stabat Mater and Mozart Opera Choruses, Arias and Ensembles. We rehearse on Monday evenings in The London Road Church in Harleston under the direction of our Music Director, Justin Bindley. Fees are £40.00 per term (there are some concessions). For further information about HCS please visit our website www.harlestonchoralsoc.org.uk or from **Stella Brownsea**, our Chair, at heidihouse@btinternet.com

Stirring the Puddings

Before 1840 when the Census were introduced there were three main sources of family history, the Church records of baptisms, marriages and burials; wills registered with the church authorities; and the Manor Court records held by the Lords of the Manor.

Many individuals over time have transcribed parts of these records but most are still un-catalogued and bits come to the historian randomly, as is the case of the Pudding family. After a talk at the Wymondham Heritage Society about William Kett some books belonging to the speaker were displayed and I idly flipped through the index of one and noticed the name Roger Branch, a name I associated with Elizabeth Bayspoole who left land in Wacton in her will of 1711. On the page referred to in the index was an extract of the will of William Pudding.

Then back at home in a bundle of notes made by one of the members of NAHRG who helped in the 'Wacton project' in the 1970's I again found reference to a Pudding will.

So starting with the earliest will, that of William Pudding of Wacton which was proved in 1558. Whilst it is clear that William and his executors knew what they were talking about, time has lost the location and extent of his property but his eldest son Thomas had already taken over the management of the land and tenements including the house in which William and his wife Margery lived. In the will Margery is left the right to occupy part of the house and if she and Thomas disagree then Thomas is to make a chimney in one of the chambers and Margery is to have her own access. Thomas is to also to provide 2 neats (cows), one pig and 100 and a half of wood annually as long as she is a widow. The will also leaves money to William's other children Michael, Richard Bartholomew, William, Cecily and Margery.

Cont p35.

A Poem for January



January

The days are short,
The sun a spark
Hung thin between
The dark and dark.

Fat snowy footsteps
Track the floor,
And parkas pile up
Near the door.

The river is
A frozen place
Held still beneath
The trees' black lace.

The sky is low.
The wind is gray.
The radiator
Purrs all day.

Cont from p33

Thomas married Maria Rushmere in 1561 and had four children still alive at his death in 1606, by which time Maria had already died. In his will he leaves two blocks of land, one covering parts of Wacton and Stratton, and the other near the decayed Church of St Mary in Wacton to Thomas his son for life then to William, son of Thomas. He also leaves his copyhold lands in the Manors of Stratton and Tharston to William when he reaches 21 years old.

He leaves a penny dole to each of the poor, aged and needy who attend his funeral, twenty shillings to the churchwardens for the reparations of Wacton church and one 'mylch cove' to the churchwardens of Stratton St Mary, the cow is to be let out and the income shall be shared out to the poorest people of Stratton but if the bequest is not faithfully administered his executors are to take the cow back.

When Thomas's time comes he needs to make no will as the property is entailed to his eldest son William. William has three children, William, Elizabeth and Mary. Although William, jnr, inherits the property he does not marry so the entailment is broken and he makes his will in 1658 by which time he has also acquired lands in Saxlingham, Shotesham and Howe. Meanwhile his sister Mary had married Galfidus Love in 1644, and the other sister, Elizabeth, had already married George Kett, however George had died in 1657 and Elizabeth must have married Thomas Fletcher shortly after.

William leaves his lands in Wacton and Saxlingham to Elizabeth Kett daughter of his sister; his lands in Shotesham and Howe to Elizabeth his sister for life then to her sons Robert and George.

In 1689 Elizabeth Kett, the daughter, married Roger Branch. Roger died in 1706 and in his will mentioned that Elizabeth had borrowed £500 from him on a mortgage secured on an estate in Wacton and Long Stratton together with property in Saxlingham. He then leaves the £500 capital to Elizabeth his wife.

After Roger's death his wife Elizabeth Branch, nee Kett, married Edward Bayspoole in 1710.

When Elizabeth died in 1711 she left the land she owned to be sold, later records identify this land as LeGrys and North End Farms on the edge of Wacton Common; she also owns a share in a second farm at Wacton which she leaves to Elizabeth Cotman, later identified as Hill Farm, but so far the owner of the other share is unknown.

Robert Maidstone.

robertwmaidstone@gmail.com

For a December day it was quite mild and we hoped the heavy grey clouds had no more rain for us. We started our walk from Forncett St Peter church car park, and collected red berries for our Christmas tree before striding up Mill Road. At the top of the hill we were rewarded with fine, sunny views across open farmland sloping down towards the river Tas in the distance. Along a quiet Guilderwood lane we sauntered past few houses before finding a pedestrian bridge over a ford where some of us tried to play Pooh sticks in the stream. We joined Low Common and turned left where the signpost pointed towards Aslacton. Sheep were relaxing in a field and the atmosphere was peaceful. Here we admired the unusual houses, cottages and smart converted barns that lined the road. We were parallel with the river Tas but only saw it as it was forded near Aslacton. A male muntjac deer was hiding in the undergrowth nearby. The sun shone periodically and the autumn leaves still on the beech glowed amber. A crab apple tree still had small green fruit which we picked to add as baubles to the Christmas tree. Sloes were still on the bushes and we spotted poisonous briony berries too. Several shaggy donkeys came to greet us as we passed by hoping for some food. They looked cuddly in their furry winter coats. We were soon back on the road to the church. We passed Wash Lane and remembered flooding happening there in the past as the river is close to the road. One lady was out in her garden wrapping her tender plants against the frosty weather forecast to come soon. Thanks to Bonnie for leading us on a refreshing walk of about four miles.



I hope you had a chance to see our tree at the Christmas tree Festival in St Mary's Church.

New walkers are welcome to meet with us on the first Monday of the month near the public toilets in the carpark at 10am. We walk about 4 miles at a leisurely pace.



LONG STRATTON LIBRARY

Open Libraries is available at Diss, Harleston and Long Stratton Libraries, among many others around Norfolk. For further details, call in to a branch during staffed hours or call the Electronic Library team on 01603 774777

This autumn and winter, Tricky Periods, Toiletries To Go and keep warm bags are available from all Norfolk Libraries, along with free hot drinks available all day during staffed hours.

MONDAY

Just A Cuppa & Creative Calm. 11.00am – 12.00pm.

Stay, Play & Chat. 1.30 – 2.30pm. For pre-school children and their adults.

LEGO Club (ages 4-7). Term Time only, 3.45 - 4.45pm. Children under 8 must be supervised by a parent/carer at all times.

TUESDAY

Bounce & Rhyme. 2.00pm for 20 minutes. For pre-school children and their adults.

LEGO Club (ages 6-11). Term Time only, 3.45 - 4.45pm. Children under 8 must be supervised by a parent/carer at all times.

Creative Writing Group. 5.30 – 6.30pm. Suitable for age 16+

THURSDAY

Norfolk Knitters & Stitchers. 2.00 – 4.00pm. Suitable for teens to adults.

Contact library staff on 01508 530797 during staffed hours if you have any queries.

Opening hours:

Monday: 8am-7pm (staffed 11am-7pm)

Tuesday: 8am-7pm (staffed 1-7pm)

Wednesday: 8am-7pm

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

Friday: 8am-7pm

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

Sunday: 10am-4pm

Ryan Watts, Library Manager - Diss, Harleston & Long Stratton Libraries
Norfolk County Council Library & Information Service



Norfolk
County Council

CHURCH SERVICES - January

1st January - 9:30am - Holy Communion - Wacton
11:00am - All Age Worship - St Mary's

8th January - 11:00am - Holy Comunion - St Mary's
3:00pm - Evening Prayer - St Michael's

15th January - 9:30am - Morning Prayer - Wacton
11:00am - Morning Worship - St Mary's

22nd January - 9:00am - Holy Communion - St Michael's
11:00am - All Age Holy Communion - St Mary's

29th January - 10:30am - United Celebration Service - All Saints, Tibenham.

CONGREGATIONAL CHURCH

1st January at 10:45am – New Year's Day Family Service incl. Holy Communion
Pastor Malcolm Simpkin

8th January at 10:45am – Family Service – Pastor Malcolm Simpkin

15th January at 9:45am – Community Family Breakfast

15th January at 10:45am – Family Service – Steve Adcock

22nd January at 9:45am – Monthly Prayer Meeting

22nd January at 10:45am – Family Service – Joy Southam

29th January at 10:45am – Family Service – Colin Basham

HOPE CHURCH

8th January at 3.30pm - A Service for all Ages - Long Stratton Methodist Church

From the Parish Registers

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 the **Parish Office** 8 Flowerpot Lane, Long Stratton, Norwich NR15 2TS 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 home in 2023?



Rachel, Lene, Sonia and
Alex are here to deliver

Call us now on

T 01508 531331

Whittley Parish **Your move all wrapped up**

T 01508 531331

E long_stratton@whittleyparish.com

W www.whittleyparish.com

Beatrix Potter Cottage, The Street, Long Stratton, Norwich NR15 2XJ

