

The Sexton's Wheel

The magazine for the villages of Long Stratton & Wacton



TWO IMPORTANT DATES THIS MONTH

MOTHERING SUNDAY - 11TH MARCH

AND

SATURDAY 24TH MARCH BRITISH SUMMER TIME BEGINS

**- SO DON'T FORGET TO PUT YOUR CLOCKS FORWARD
BEFORE GOING TO BED**

**THEN WE HAVE EASTER ON SUNDAY 1ST APRIL SO HERE'S
WISHING ALL OUR READERS A HAPPY EASTER**



March 2018

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
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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 new 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 Peter Reason on **01508 536774** or email wacton.vh@outlook.com

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@longstratton-pc.gov.uk

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.



Well here we are again with another month of 2018 gone by.

Lots going on this month, not forgetting Mothering Sunday on the 11th March, and putting the clocks forward on the 24th March. Then it will really feel like winter is over with the lighter evenings. Also not forgetting Easter Sunday on the 1st April.

New group starting this month is 'Craft & Chat' in All Saints' Church, Wacton on the second and fourth Thursday - see page 17 for more details. Also the 'Let's Chat' in St Mary's Church begins again on the 6th March - see page 7.

Don't miss the second part of the First World War series on pages 14/15 on the Alexander brothers.

If you want something to do in the evening then there is a Ceilidh [back page] and bingo [page 35].

The Sexton's Wheel team

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RAISING MONEY FOR THE FIREFIGHTERS CHARITY

As some of you may have noticed there is a bright red receptacle in the Fire Station grounds. It is a textile bank in aid of the Firefighters Charity which replaced the Firemens Benevolent Fund in 2009. The charity has three centres - Jubilee House in Penrith, Harcombe House in Devon and Marine Court in West Suffolk. The centres give physical and psychological rehabilitation on a residential basis for UK fire and rescue personnel.

In Norfolk 30 fire stations have these textile banks

Over the last nine months they have already generated £4,100 [redirecting 19 tonnes of clothing away from landfill]. £4,000 will help four fire and rescue personnel to receive one week's rehabilitation at one of the centres, which will help them to get back on duty fighting fires and saving lives.

The textile bank can be used to donate clothes [including underwear], linen, handbags and shoes [in pairs]. Please **DO NOT** put in toys, books, bric-a-brac or electrical goods.

The textile bank will be collected and replaced every two to three weeks depending on how well it is used.

The charity will be very pleased to receive any donations and were very grateful for the £157.75 raised at the Community Christmas Event.

For further information on the charity visit www.firefighterscharity.org.uk



WOMEN'S WORLD DAY OF PRAYER

FRIDAY 2ND MARCH - 2PM

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FRIDAY 9th MARCH - see back page for more details

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MUSIC CAN CHANGE OUR MOOD

Do you ever listen to music on the radio or any other modern device and if so what type of music do you like? Me, well I like mostly music from the 1960's. You know when you could listen to a pop record and hear and understand the words. Maybe it's just my age but the pop music of modern days mostly leaves me a bit cold and wondering what they are on about. I'm very much a Beatles fan and as I also play in a band I get to play a lot of the type of music I like.

Music can change our mood completely. We can be moved to tears by a good piece of music and we can be caught up in the enthusiasm of a music event. Be that the Last Night of the Proms or a heavy metal rock concert.

As a Christian I like music from Graham Kendrick. If you're wondering who he is just look into any modern hymn book and you'll find a lot of his music there. Shine Jesus shine and Meekness and Majesty are just two of his.

There is a quite a bit about music in the Bible. The Psalms were the hymn book of the day and if you imagine some of them set to music they would sound really good. We probably all know and can sing, however tunefully or not, Psalm 23, The Lord's my Shepherd mostly sung to the tune Crimond.

There is a verse in the Bible book of Ephesians that says, 'Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything in the name of our Lord Jesus Christ'.

When I was in the Boy Scouts the tenth Scout Law was, "a Scout smiles and whistles under all difficulties." Have you ever tried to smile and whistle at the same time? I challenge you to try! What we can do however is to think in our hearts something positive when things get difficult. Again as a Christian I know that Jesus is residing in my life and I know that I can face the music of life knowing that Jesus will guard, guide and keep me along the way.

*Steve Adcock
Reader, St Mary's Church*

Let's Chat Coffee Group



We are back after a short winter break on **Tuesday 6th March** - from 10am.

We meet Tuesday mornings 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



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NEWS FROM LONG STRATTON LIBRARY

You can be a Better Reader with Norfolk libraries; Norfolk residents who find reading difficult are invited to join The Norfolk Reading Pathway, a new library service project helping people become more confident readers. The free reading support is one to one and delivered in local libraries by volunteer reading coaches. Learner readers work in a fun and engaging way to help boost their reading skills, building confidence and self-esteem as they progress.

Learners will receive a certificate of achievement as well as support to access other reading or learning opportunities if they wish to do so. The project is open to anyone in Norfolk aged 8 or above (no upper age limit!) and is taking place in libraries across the county.

If you'd like to know more about the Norfolk Reading Pathway or want to talk to us about getting involved please get in touch by email to nrp@norfolk.gov.uk or call Angela on 07825 930 654 or Christian on 07920 831358.

Come and meet your local Community Connector Stephen Frosdick on March 5th anytime between 10am and 12 noon.

We now have BBC Microbit mini computers available to loan. These are great for anyone learning how to code, you can find out more online at <http://microbit.org/>

Thanks to the Children's centre we now have baby-weigh scales at the library so that you can come in any time the library is open to check your baby's weight progress.

Regular events:

Baby Bounce and Rhyme time will be on alternate Mondays, 10.30 -11.00am for toddlers and 11.15 – 11.45 for babies. New faces are welcome at these short friendly sessions of songs, rhymes and music.

Craft group is every Monday morning 10.30 – 12 noon

Book Group on the 4th Thursday at 6.30pm.

Young People's Job Club every other Tuesday morning 10am – 12 noon.

All Norfolk libraries will be closed for the Easter bank holidays on Friday 30th March and Monday 2nd April.

For library opening times and more information on all our events and services visit: www.norfolk.gov.uk/libraries, or call Long Stratton library on 01508 530797

STAFFED OPENING HOURS

Monday: 10am – 1pm; 2pm – 5.30pm

Tuesday: 2pm – 5.30pm

Thursday: 10am – 1pm; 2pm – 7.30pm

Saturday: 9am – 1pm

UNSTAFFED OPENING HOURS - ask at the Library for more details

Monday: 8am – 10am; 1pm – 2pm

Tuesday: 8am – 10am; 12pm – 2pm

Thursday: 8am – 10am; 1pm – 2pm

Saturday: 8am – 9am

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LOCAL WALK FEBRUARY

A few snowflakes were floating down as we woke up on the first Monday in February. Was it going to be too cold and icy for a walk? No.

Ten o'clock saw six of us gathering in the car park comparing notes on quantities of socks and jumpers we were wearing. As we drove to Bedingham the sun came out and the church looked magnificent against a pure blue sky. We were roughly following the walk from Bedingham church in the excellent book of local walks produced by the Hempnall group of churches.



We started off briskly along a quiet lane admiring the huge bare oak trees. A kestrel hovered ahead of us and a flock of field fare (or were they redwings?) settled noisily on a bush. All the ditches were full of water and at times we weren't sure whether we were looking at a stream, a pond or a flood. Even the puddles shone with bright reflections. Ducks were clearly enjoying themselves. Could they be mating already?

A slight diversion enabled us to take a look at Brambles Therapeutic Care Farm. We were attracted by the friendly little goats and fine poultry. Warnings of electric fences and guard dogs stopped us exploring further until we got home and found out about their excellent work from Google!



Most of the walk was on lanes but we couldn't do without mud altogether! A footpath took us past a neat enclosure.

Horses, we thought, though for once we didn't see any. One of the more knowledgeable of our number told us it must be for dressage. Hall Road took us to the Bedingham village sign but this time we didn't pause at the seat (see Sexton's Wheel March 2014). Even the crossroads here was clear of traffic so we set off downhill towards Woodton. After crossing the stream we took a footpath to the left which, much to the surprise of most of us brought us to the point where Woodton and Bedingham meet at the Triple Plea (there must be an interesting story behind that.) We could see Bedingham church up the hill but we left the road again at the phone box which now acts as a library. A delightful footpath took us parallel to the stream out onto Wash Lane. Surprisingly the ford was clear of water but the rushing water led someone to remark that this was Norfolk's answer to Niagara Falls.



Before reaching the church we stopped to admire the snow drops, aconites, primroses and violets around the Old Rectory and churchyard. We couldn't leave before visiting the church. As well as admiring the wide, light interior we also appreciated the fact that they obviously expected walkers as two thick door mats were provided. Thank you, people of Bedingham.

Our next walk will be on **Monday March 5th**. Everyone welcome. Just come to the Long Stratton car park near the toilets at 10am.

THE MEN WHO DIED SERVING THEIR COUNTRY IN THE FIRST WORLD WAR

BY JUDITH BAKER

This months article is about the three sons of one family lost in the First World War.

Dennis and Ruth Alexander had lived in Wacton then moved to Poplar Farm in Long Stratton. They had a large family of nine children and three more children who had died in infancy. Poplar Farm was part of the Manor Estate and was sold in 1910 for £2,400.



I will tell you about the brothers who died in the order they are on the war memorial.

FRANK DENNIS ALEXANDER

Frank was born in 1882, the second son of Dennis and Ruth. He had served in the Royal Norfolk Yeomanry from May 1905 to March 1908. This was like a territorial regiment, the men were not paid but got expenses and they had to provide their own horse. In 1913 he emigrated to Australia where he became a clerk.



After the death of his younger brother Dennis in August 1915 Frank enlisted into the 13th Battalion of the Australian Infantry in Sydney, New South Wales on September 7th 1915. He sailed from Sydney on the Star of Victoria to fight in France.

By July 1916 he had been ill and was in hospital in France - he was discharged but then re-admitted in August. On October 1st he embarked on the HMS Britain at Calais to go back to Britain.

By February 1917 he was again in hospital at Wareham. He was sent home to Poplar Farm where he died of tuberculosis on April 6th aged 35. He was buried in St Mary's Churchyard on April 11th 1917, the last of the Alexander boys to die in the war.

DENNIS ALEXANDER

Dennis was the 7th son of Dennis and Ruth and was born in 1897, he worked on the farm with his father.

He enlisted in Norwich and became a Corporal in the 1st Battalion of the Essex regiment.



He was killed when the troop transport ship, the Royal Edward, carrying troops to Gallipoli was torpedoed and sunk by a German submarine in the Aegean Sea with the loss of 935 crew and troops. He was reported missing at sea and his date of death is recorded as August 13th 1915, when he was 19 years old. Dennis was awarded the British Medal as is commemorated on the Helles Memorial in Gallipoli.



KENNETH GEORGE ALEXANDER

Kenneth was the 6th son of Dennis and Ruth. He was born in Wacton in 1893 where he was baptised in Wacton Church on May 14th 1893. The family then moved to Long Stratton and Kenneth worked on the farm with his father and brother.

He enlisted in Norwich and became a private in the 9th Battalion of the Norfolk regiment.



He was killed in action on Friday September 15th 1916 at Combles, France in the Battle of the Somme. He was 23 years old.

The three brothers are on the Roll of the Honour in St Mary's Church. All three brothers were single so were survived by only their parents and siblings.

Father Dennis used to go to St Mary's Church to visit his sons' memorial grave but sadly in April 1927 on the way home after visiting the grave he was struck by a motor bike. He was taken home where he was attended by Dr Owens, the local doctor, then taken to the Norfolk & Norwich Hospital, where he was found to be dead on arrival.

The Alexander family continued to live at Poplar Farm until the 1970's.

My thanks to the owners of Poplar Farm for allowing me to print a photo of their home.

The brothers' memorial grave in St Mary's Church yard, with their names engraved around the sides



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LONG STRATTON MEDICAL PARTNERSHIP

March is Ovarian Cancer Awareness Month. Ovarian cancer is the fifth most common cancer in women with more than 7000 new cases being diagnosed every year. It is responsible for over 4000 deaths per year in part due to the fact that it tends to be picked up relatively later than some other cancers.

Among others, risk factors include increasing age (with more than 80% of cases affecting women over the age of 50), a family history, HRT (thought to be associated with a small increase in risk) and obesity. The symptoms can be quite subtle and mimic symptoms experienced in other conditions such as irritable bowel syndrome. Symptoms include persistent abdominal pain, a persistent bloating sensation, feeling full more quickly and bladder symptoms such as needing to wee more often.

Any woman who has been feeling bloated most days for the last three weeks or has other symptoms of ovarian cancer that won't go away – especially if you're over 50 or have a family history of ovarian or breast cancer – should see their GP who can arrange tests if necessary.

For more information see <https://www.nhs.uk/conditions/ovarian-cancer/>

Dr Lara Douglass

Diabetes Information Open Evening – mentioned in the last newsletter

just a reminder of the date for your diary - Wednesday 25th April 2018, 7pm at Long Stratton Village Hall, anyone welcome. Organised by Long Stratton & Newton Flotman Patient Participation Group (LSNFPPG)

Craft and Chat

All Saints' Church, Wacton

Every 2nd and 4th Thursday,
10.30 - 12.00

Starting 8th March

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March dates – 8th and 22nd



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WEEKLY EVENTS

MONDAY ACTIVITIES	VENUE	TIME
Craft Group	Library	10.30 am to 12 noon
Tai-Chi	Wacton Village Hall	6.30 pm
Bell Ringing Practice	St Mary's Church	7.30 pm to 9 pm

TUESDAY ACTIVITIES	VENUE	TIME
Let's Chat - see page 7	St Mary's Church	10 am to 12.30 pm
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

WEDNESDAY ACTIVITIES	VENUE	TIME
123 Toddler Group	Methodist Church during term time	9.15 - 11.15 am
Breast feeding Support Drop-In Group	Long Stratton Children's Centre, Manor Road	10 am to 12 noon
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 Intermediate 10.30 am Beginners
Lunch & activities	Day Centre	10 am to 3 pm
Coffee morning	Methodist Church	10 am to 11.30 am
'Just a Cuppa'	Library	2 pm
Short Mat Bowls	Coronation Hall, Great Moulton - see above	2 pm
Knitters & Crafters evening	Library	5.15 pm to 7.15 pm

The Sexton's Wheel

M	T	W	T
			<p>1</p> <p>Long Stratton Reading Group Tudor House</p>
<p>5</p> <p>Local Walk - <i>see page 13</i></p>	<p>6</p> <p>Coffee Morning Wacton Village Hall 10.30am <i>see page 29</i></p> <p>Methodist Church Lunch <i>see page 34</i></p> <p>Let's Chat at St Mary's Church begins again - <i>see page 7</i></p>	<p>7</p> <p>Wacton Parish Council meeting 7pm Wacton Village Hall</p>	<p>8</p> <p>Craft & Chat Church 10.30am</p> <p>Thursday C LS Village Hall</p> <p>Tharston W Wacton</p>
<p>12</p> <p>St George's Dementia Support Group 10am - <i>see page 34</i></p> <p>Long Stratton Parish Council meeting 7pm Methodist Church</p>	<p>13</p> <p>Sunflower Cafe, Mayfields 10am - 01508 535500 <i>see page 33</i></p> <p>Diggers & Dibbles 7.30pm Forncett Village Hall <i>see page 35</i></p>	<p>14</p> <p>Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue</p>	<p>15</p>
<p>19</p> <p>Film Afternoon 'Goodbye Christopher Robin' - 1pm Long Stratton VH <i>see page 35</i></p>	<p>20</p> <p>Coffee Morning Wacton Village Hall 10.30am <i>see page 29</i></p>	<p>21</p> <p>Long Stratton & District WI 7.30pm Village Hall <i>see page 31</i></p>	<p>22</p> <p>Craft & Chat Church 10.30am</p> <p>Book Club 6.30 Library - <i>see page 35</i></p> <p>Harleston <i>see page 35</i></p>
<p>26</p> <p>St George's Dementia Support Group 10am - <i>see page 34</i></p>	<p>27</p> <p>Long Stratton 'Friendship Circle' - 01508 532645 9.30am - LS Village Hall -</p>	<p>28</p> <p>Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue</p> <p>Tharston History Society 7.15pm - <i>see page 34</i></p>	<p>29</p>

March 2018

	F	S	S
<p>n Parents up - 9am - e Bakery</p>	<p>2 Women's World Day of Prayer Congregational Church - 2pm <i>see page 5</i></p> <p>Wacton Social Club <i>see page 29</i></p>	<p>3 Master Crafts Fair 10am - 3pm LS Village Hall</p>	<p>4</p>
<p>- All Saints' - <i>see page 17</i></p> <p>Club 2pm <i>see page 33</i></p> <p>l 7.30pm h VH</p>	<p>9</p>	<p>10</p>	<p>11 MOTHERING SUNDAY Ten2Ten Service at St Mary's</p>
	<p>16 Wacton Social Club <i>see page 29</i></p>	<p>17</p>	<p>18 Community breakfast at the Congregational Church 9.45am <i>see page 24</i></p>
<p>- All Saints' - <i>see page 17</i></p> <p>0pm at the <i>see page 9</i></p> <p>Cinema <i>see page 34</i></p>	<p>23 Lions Easter Blngo - Depwade Court - 7pm - <i>see page 35</i></p>	<p>24</p>	<p>25 PALM SUNDAY</p>
	<p>30 GOOD FRIDAY</p>	<p>31 Messy Church at St Mary's Churchl 9am - <i>see page 31</i></p>	<p>1 APRIL EASTER SUNDAY</p>



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FOODBANK THANK YOU

Many thanks to everyone who has donated food to the Waveney Foodbank through our Churches.



In the last 12 months the following has been donated:

Church	Amount of Food	Number of Meals
St Mary's	124.3 Kgs	111
All Saints', Wacton	23.1 Kgs	20
Congregational Church	102.5 Kgs	91
Methodist Church	30.4 Kgs	27

Many thanks for your kind support from the Waveney Foodbank

QUIZ EVENING WITH FOOD SATURDAY 21ST APRIL - 6.15PM FOR A 6.30PM START AT ST MARY'S JUNIOR SCHOOL

Cost including entry: Adults £5.50 - Children £2 [food only]

During the interval cold meats & salad will be served with a vegetarian option. Please bring your own drinks

Maximum number in a team is six, you can come as a team or join a team on the night

To book your place please ring Linda or Heather on 01508 530238 or e-mail linda.parishadmin@btconnect.com

In aid of St Mary's Church, Long Stratton

SOUTH NORFOLK COMMUNITY AWARDS 2018

The South Norfolk Community Awards were launched last month. Volunteers are the shining stars in our communities and we hope the awards will help recognise the work that they do.

Nominate your shining star for a South Norfolk Community Award and they could be in with a chance to win £250 for the charity or community group of their choice.

Nominations are now open and will close on 29th April 2018. To nominate go online to www.south-norfolk.gov.uk/champions or call 01508 533945

Long Stratton Parish Council

The Street, Long Stratton, Norwich NR15 2AH

Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

Tel: 01508 530524 Email: clerk@longstratton-pc.gov.uk



County Councillor Alison Thomas reported that the budget consultations at District level had concluded with a rise in Council Tax of 5.9%. 3% of the rise has been ring fenced for adult social care. The maximum amount that Council Tax can be raised by in the next financial year is 2.9%.

Churchfields

The Parish Council have been working with Norfolk County Council to get the traffic calming measure in Churchfields 'tidied up'. Norfolk County Council have agreed to remove the existing foliage and County Councillor Alison Thomas will use her member budget to replant low maintenance shrubs. The Council are looking at a potential agreement for Norfolk County Council to have responsibility for maintaining these areas. If an agreement is reached the Council will be looking for a group of volunteers to replant the areas and maintain throughout the year. If this is something you would be interested in then please contact the Clerk.

Pavilion of Manor Road playing fields

The Parish Council are pleased to announce that work on replacing the Pavilion is nearing conclusion with the demolition of the existing structure and a new building put in its place. Work will commence no later than May 1st 2018, if you would like any more information then please contact the Clerk.

On a negative note, criminal damage to the Pavilion, the public conveniences and litter bins has become more frequent, this is a very sad development as it is mindless vandalism that serves no purpose. Every single incident has been reported to the Police and the Police are regularly patrolling the area, please can I ask everyone to remain vigilant and call 101 or the Parish Council office if suspicious activity is occurring or if you have any information.

Community Breakfast

at Long Stratton Congregational Church Hall

[behind the Chapel on Ipswich Road]

Sunday 18th March at 9.45 am

Sunday 15th April at 9.45 am

A warm welcome and good 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 471006

LONG STRATTON CHILDREN'S CENTRE

We have a new programme of events including the new Story Garden. Come and explore Long Stratton Children's Centre's new outdoor area, share stories, sing together and a chance to take part in some gardening sowing, watering and watching the plants grow. Please wear appropriate clothing for the weather.

Below is the list of events for March:

Date	Activity	Time	Venue
Monday 5th & 19th	Bounce & Rhyme - 18 mths-5 years - <i>A singing, rhyme and action session</i>	10.30-11.00 am	LS Library
Monday 5th & 19th	Bounce & Rhyme - 0-18 mths - <i>A singing, rhyme and action session</i>	11.15-11.45 am	LS Library
Tuesday 6th & 20th	Messy Play 0-5 years	1.30-2.30 pm	LS Children's Centre
Tuesday 13th & 27th	Story Garden - <i>Gardening and story group for 0-5 years</i>	1.45-2.45 pm	LS Children's Centre
Wednesday 7th, 14th & 21st	Long Stratton Feeding Group	10.00-11.30 am	LS Children's Centre
Wednesday 28th	Introduction to solid foods. Support around feeding and weaning	10.00-11.00 am	LS Children's Centre
Friday 2nd & 16th	Long Stratton Little Ducklings A group for 0-18 months	10.00-11.00 am	LS Children's Centre
Friday 9th	Long Stratton Baby ONE Stop	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.

MANOR FIELD INFANT & NURSERY

Our core story activities continue to motivate and inspire the children. Next half term, the children in Years one and two will be continuing with their Spring term core stories; Traction Man and James and the Giant Peach. In Reception, the focus will be on the story of The Gingerbread Man and children in Nursery will be learning all about Jack and the Beanstalk. We are all looking forward to dressing up as our favourite storybook character for World Book Day on 1st March, as well as taking part in a home reading challenging.

A date for your diary: Our PTA Family Fun Night will be held on Friday 6th July (5-8pm)





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7.30pm

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WEDNESDAY

9.30am

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THURSDAY

5.30pm and 7.30pm

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LONG STRATTON HIGH SCHOOL

An interesting article from a High School student.

LEAVE TEENS ALONE!

It is okay to mock teenagers? I mean – we haven't got it that hard – have we? We have everything given to us: our clothes, our meals, and a place to stay. Our bedrooms are cleaned weekly and we're given money just for living. All we have to do is go to school. Right?

Wrong.

Adults are blind to the hardships us teenagers face – thinking only of the material sufficiency and security in our lives. They assume that because our human needs are met (and paid for) everything is just fine. But this is far from the truth.

Obviously from experience adults would know that growing up is not easy, but imagine growing up today. Our lives are recorded, our conversations typed, every single thing we say/do saved. No room for mistakes. We analyse other peoples' lives just to ensure we're doing the right thing with our own. Expectation after expectation after expectation. Pressure to have friends, pressure to have relationships, pressure to have followers and get 'likes'. And what's more: it will never end. The public display of unrealistic standards plastered to social media will never come to a halt, it will continue for as long as human life, and it is strangling the teenagers of your world.

It's easy to say: "Just switch your phone off!" yet it is also easy to forget that expectations are everywhere; pressure is everywhere. Books, films, magazines, TV programmes, school, friends, parents, grandparents – all setting the bar high. And the sad truth is that our phones are our escape from it all.

To conclude, it is not okay mock teenagers. We have got it hard. We may have everything given to us, but it doesn't make up for the ongoing pressures being fired at us from all angles.

If you want us to succeed... let us.

Josh

EASTER LILIES

St Mary's Church

At St Mary's we offer you the opportunity to donate money for lilies in memory of a loved one. If you would like to do this please send your donation along with the name of the loved one to The Parish Office, 8 Flowerpot Lane, Long Stratton, NR15 2TS. The names will also appear in the Easter Sunday service sheet. Please mark the envelope clearly with the Church name.



St Michael's Church & All Saints' Church, Wacton

If anyone would like to donate money towards the cost of lilies in Church on Easter Sunday please send their donation to The Parish Office, 8 Flowerpot Lane, Long Stratton, NR15 2TS Please mark the envelope clearly with the Church name.

Holy Week and Easter

In the Parish churches of Long Stratton and Wacton



PALM SUNDAY - 25th March

8.30am Holy Communion in St. Michael's Church

11.00am Holy Communion in St. Mary's Church

With Palm Sunday Procession

MONDAY - 26th March

9.00pm - Compline and Reflection - St. Mary's Church

TUESDAY - 27th March

9.00pm - Compline and Reflection - St. Mary's Church

WEDNESDAY - 28th March

9.00pm - Compline and Reflection - St. Mary's Church



MAUNDY THURSDAY - 29th March

7.00pm - Agape Meal - St. Mary's Church

'Remembering the last supper with foot washing and a bread and cheese supper'

9.00pm - Compline and Reflection - St. Mary's Church



GOOD FRIDAY - 30th March

9.00am - Good Friday Service at St. Michael's Church

10.30am - All Age Meditation Service at St. Mary's Church

Followed by Hot Cross Buns

3.00pm - Hour at the foot of the Cross - All Saints', Wacton

EASTER EVE - 31st March

9.00am - Messy Church in St. Mary's Church

He is Risen - Alleluia!



EASTER SUNDAY - 1st April

8.30am - Holy Communion at St. Michael's Church

9.30am - Holy Communion at All Saints' Church, Wacton

11.00am - All Age Holy Communion at St. Mary's Church

Followed by an EASTER EGG HUNT in the churchyard for the young at heart

WACTON VILLAGE NEWS

CHURCH NEWS

NEW FOR ALL SAINTS

Beginning on **Thursday 8th March** from 10.30am to 12noon in Church is a 'Craft & Chat' morning. This will take place on the second and fourth Thursday of each month. The other date for March is **Thursday 22nd March**. For more information see page 17

We will be having our monthly coffee mornings again this year but we have changed to the second Saturday of the month. The first one will be on Saturday 14th April at 10.30am and they will run right through to October. Look forward to seeing you there.

MARCH CHURCH SERVICES

Sunday 4th	9.30 am	Holy Communion
Sunday 11th	No service	
Sunday 18th	10.30 am	United Holy Communion with Bishop Alan at St Mary's
Sunday 25th	No service	
Good Friday 30th	3.00 pm	Good Friday Meditation
Sunday 1st	9.30 am	Easter Sunday Holy Communion

COFFEE MORNINGS

These are held in the village hall on the first and third Tuesday of each month from 10.30 am - everyone welcome. Dates for March are the 6th and the 20th. For further information contact Caroline Squires on 01508 530111.

WACTON SOCIAL CLUB

The Social Club is open on the 1st and 3rd Fridays of each month dates for March are the 2nd and 16th. For more information contact Mark Hardwick on 01508 530815/ ronniehardwick@hotmail.co.uk.

WACTON FOOTCARE

The next WACTON FOOTCARE session will take place **Monday 16th April** in the village hall as usual. For further information or to cancel your appointment please contact Rita Day (Parish Councillor) at ritaday.wacton@yahoo.com or telephone 01508 218407

SINGING IN WACTON

Our new Creative Singing Group takes place in Wacton Village Hall every Tuesday evening from 7 p m until 8.30 pm. Why not come along for a fun evening in your own village hall where you are assured of a welcome?
Further details from Louise Barton [07765920390] or Rita Day [01508 218407].

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LONG STRATTON GUIDING

2nd Long Stratton Brownies

This term the Brownies have been busy working on their Agility Badges. They have tried to improve their skills with Hula Hoops, skipping ropes and played catching games using bean bags.

In February we celebrated our Founders, Lord and Lady Baden-Powells' birthday on the 22nd with a 'Thinking Day' international evening, where we tasted food and played games from other countries.

Brown Owl



LONG STRATTON & DISTRICT WI

At the January meeting Brian Heard spoke about his role at New Scotland Yard as a forensic scientist in London. He enlightened us all with stories about his work in the 1970's. Some funny, some gruesome and some local, but surprisingly entertaining.

Some of our ladies enjoyed their February lunch at the Marsh Harrier. Everyone was reminded about the Waveney Border exhibition on the 6th and 7th of April.

In March [21st] Roy Spray will be speaking on Cleys Prehistoric Forest. This was thought to be very interesting so we have decided to make this an open meeting at a cost of £3.

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 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.

Our regular members outings are very popular. We have trips to the sea-side, garden centres, shopping trips, boat trips and pub lunches.

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



Come and join us...

The next **Messy Church** is on **Saturday 31st March** from 9am until 10.45am and will be at **St Mary's Church**

The morning begins with bacon butties and muffins before craft activities, finishing with a time of worship. Plus there will be Hot X Buns

All children must be accompanied by an adult

You can find out more by phoning Heather Wilcox at the
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LONG STRATTON THURSDAY CLUB

In January we had our post-Christmas lunch outing. We began with a coach trip around the villages and lanes of South Norfolk ending at The White Lodge in Attleborough where we were served a delicious, hot two course lunch. After we had had time to chat we made our way back to Long Stratton. Our thanks go to Dave our coach driver and Jon from Spratt's Coaches for their help in the organising of this event.

At our February meeting we were joined again by poet Peter Deviss who this time chose two different themes for his reading - poetry that tells a story and poems containing names. Unfortunately, our numbers for February were somewhat depleted as several of our members are unwell - we wish them all a speedy recovery.

Do you wish that you could have seen more of the World, but for whatever reason were unable to do so.? You now have an opportunity to listen to some fascinating experiences of world travel from the speaker at the next meeting of the Thursday Club.

Mrs Esme Wilson- Staniforth has given a talk to the club previously, and we are promised an interesting afternoon hearing about her world travels, so do come and share in this occasion.

The Club will meet at the Village Hall on **Thursday 8th March** at 2pm and you will be very welcome. Tea and cakes will be served during the meeting.

For further information contact the Secretary, Margaret Coleman on 01508 530699

Sunflower Cafe



Tuesday 13th March - 10am until noon
Mayfield's Care Home

*For people who live in our local community with dementia
and their carers.*

An opportunity to meet people and make friends as well as share common concerns. There will be practical and emotional support. Also activities, entertainment, external speakers and refreshments and most of all FUN!

We always welcome new volunteers to assist, listen or join in activities.
Support and dementia awareness training will be given to volunteers.

We meet every second Tuesday of the month

**For further information please contact 01508 535500 or
themayfields@castlemeadow.co.uk**

Big South Norfolk Litter Pick 2018

Help keep your local area clean and tidy by joining or organising a litter pick in your neighbourhood. You could also be in with a chance to win £200 to be spent in your community. For more information and to book a litter pick date please visit: www.south-norfolk.gov.uk/litterpick. ***The Big Litter Pick 2018 runs until 31 May 2018.***

THARSTON HISTORY SOCIETY

We are a local history group who meet bi-monthly with the aim of encouraging an interest in the history of Tharston and its immediate surroundings. Our next meeting will be held at Picton Farm Meeting Room in Tharston on **Wednesday 28th March 2018**, 7:15pm with refreshments for a 7:30pm start. This is our A.G.M. and after this we will be looking at projects currently underway. Anyone interested in the local history of Tharston or nearby will be most welcome at the meeting.

We have a website, <http://www.tharston-history-society.com/>, which has details about us and our activities and will have the main theme for our next meeting when finalised. Please make contact (<http://www.tharston-history-society.com/feedback/>) if you would like to join us on 29th as we would like to have some idea of numbers.

LONG STRATTON METHODIST CHURCH

Monthly lunch is on Tuesday 6th March - 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

Harleston Cinema - Thursday 22nd March - Murder on the Orient Express - 7.30pm [doors open 7pm] - Masonic Rooms, Throughfare, Harleston - tickets £4 - ring 01379 851917

St George's Dementia Support Group - 12th and 26th March

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

Drama in Saxlingham Nethergate - 'Party Piece' 7-30pm, 11th to 14th April

Saxlingham Players are currently rehearsing for their latest production, a comedy by Richard Harris called 'Party Piece'. The play takes place in the adjacent back gardens of two families, one of which is hosting a 'house warming' party. Seats are £7 and will be available from Vicky 01508 499631 from the beginning of March.



Next film showing
Goodbye Christopher Robin

Long Stratton Village Hall
Monday 19th March - 1pm

This historical drama details the relationship between children's author A.A. Milne and his son Christopher Robin, which was changed forever when Milne used his child and his stuffed animals as inspirations for the Winnie the Pooh stories. As the fanciful tales bring hope to England in the wake of World War I, the family deal with fame and unwanted attention.

Tickets £5 which includes Refreshments

To pre-book ring Heather (01508) 530238 or rev.heather@btconnect.com

COMING SOON ...16th April - Hampstead



FRIDAY 23RD MARCH

Long Stratton Lions are holding their Easter bingo night at Depwade Court. Good prizes and raffle - All welcome.

Doors open 7pm, eyes down at 7.30pm

DIGGERS & DIBBLERS GARDENING CLUB - 13TH MARCH

Forncett Village Hall 7.30pm - Beth Chatto's Garden - David Ward

David appeared this year on Gardeners' World, showing the viewer around Beth Chatto's wonderful garden, where he is Head Gardener.

The pioneer of the 'Right Plant Right Place' philosophy, Beth, now in her nineties, has been a true inspiration to gardeners all over the world, and a visit, or several, to her garden near Colchester is a 'must'. David will give us an overview of Beth's life and work, and will bring plants from the nursery to sell.

Non-members are very welcome.

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

From the Parish Registers

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

Ann Flaherty

Aged 77

St Mary's Church

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It's the little things that count

www.eastofengland.coop/funerals



CHURCH SERVICES - MARCH

St Mary's Church

4th	11.00 am	All Age Worship
11th	9.50 am	Ten2Ten Service - Mothering Sunday
11th	11.00 am	Holy Communion - Mothering Sunday
18th	11.00 am	United HC with Bishop Alan
25th	11.00 am	Palm Sunday All Age Holy Communion -see page 28
26th to 28th	9.00 pm	Compline - see page 28
29th	7.00 pm	Agape Meal with HC followed by Compline - see page 28
30th	10.30 am	Good Friday Meditation - see page 28
1st	11.00 am	Easter Day All Age Holy Communion - see page 28

St Michael's Church

4th	No Service	
11th	8.30 am	Holy Communion - Mothering Sunday
18th	11.00 am	United HC with Bishop Alan at St Mary's
25th	8.30 am	Palm Sunday Holy Communion
30th	9.00 am	Good Friday Service - see page 28
1st	8.30 am	Easter Day Holy Communion

All Saints' Church

4th	9.30 am	Holy Communion
11th	No Service	
18th	11.00 am	United HC with Bishop Alan at St Mary's
25th	No Service	
30th	3.00 pm	Good Friday Meditation - see page 28
1st	9.30 am	Easter Day Holy Communion

Congregational Church

4th	10.45 am	Family Service inc Holy Communion	Malcolm Simpkin
11th	10.45 am	Mothering Sunday Family Service <i>Youth organisations invited to attend</i>	Keith Scarff
18th	9.45 am	Family Breakfast	
18th	10.45 am	Family Service	Rev Gill Osborne
25th	10.45 am	Palm Sunday Family Service	Peter Fitches
30th	10.45 am	Good Friday Service	Malcolm Simpkin
1st	10.45 am	Easter Sunday Family Service	Malcolm Simpkin

Methodist Church

4th	10.30 am	Morning Service	Mr D Ingham
11th	3.00 pm	Communion Service	Revd M Olanrewaju
18th	10.30 am	Morning Service	Mr J Howe
25th	10.30 am	Palm Sunday Morning Service	Mr Osborn
1st	10.30 am	Easter Day Morning Service	Kate Daynes

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Long Stratton**

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