

The Sexton's Wheel Issue 210

The magazine for Long Stratton & Wacton



Summer Holidays are Coming

July 2021

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
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Wacton Village Hall - Booking information

The meeting room has seating for 22, suitable for small functions. The main hall has a semi-sprung floor with capacity for 80 seated or 120 standing. There is a fully equipped kitchen and a full complement of tables and chairs. All areas are accessible for wheelchairs, there is a baby changing station. Hourly rates are £6 and £10 respectively or £13 for the hire of the whole hall. Christine Goreham 01508 530823 or Wacton.VH@outlook.com

Church Contacts

St Mary's, St Michael's & All Saints'

Revd. Heather Wilcox 01508 530238
rev.heather@btconnect.com

Congregational Church

June Braddock 01508 470701

Church Parish Office

The Parish Office is situated at the Rectory, 8 Flowerpot Lane is currently not staffed, but we are available for enquiries at anytime. Please ring the doorbell (by the front door) or ring 01508 530238 for all enquiries.

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 (01508 530238).

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

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

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

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



As we go to press the sun is shining gloriously and it's time to get the sun cream out. Let's hope we have a long run of good weather throughout summer for those planning a staycation.

The Sexton's Wheel Team

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All good things come to those who wait

All good things come to those who wait. How many times did my Mum tell me that as a child? In order for her to have had to say it so many times, must indicate I was a very impatient child. But I guess most of us are not very good at waiting.

As July rolls around again, I am reminded that on the 11th July last year, I was due to be sitting on centre court ready to watch the ladies final at Wimbledon. When my sister phoned to tell me back in January last year that she had managed to get tickets for us both, I thought 7 months seemed a long time to wait, I was so excited.

This year, 10th July has been marked out in the diary as the day I finally get to the ladies final, only it is not to be, I won't be going this year either, but have guaranteed tickets, if there can possibly be such a thing during a pandemic for 2022, roll on the 9th July 2022. It will have been a long wait, but I am sure, when it finally arrives it will be well worth the wait.

But how good are we at waiting for things?

The last 18 months we seem to have spent much of our time waiting, waiting to be able to see our friends, or hug our families, waiting to go out for a meal or take a trip to the seaside. Waiting to see whether we should book a holiday abroad or stay more local ... waiting for the next easing of lockdown, or the next big announcement.

A couple of weeks ago, in the church we remembered Jesus ascending back into heaven and the disciples being instructed by Jesus, just before he left, to wait for the Holy Spirit to come. They didn't know what the Holy Spirit was and what they were waiting for, but the Bible tells us in the book of Acts, they followed Jesus' instructions and gathered together, waiting and praying, so that 10 days later when the Holy Spirit came they were all in one place. On that day the Holy Spirit gave them the gift of tongues, so they could speak in the languages of all the people gathered in Jerusalem for the Jewish festival of Pentecost.

The Holy Spirit really was worth waiting for, it emboldened those early followers of Jesus, and Peter stood up and preached that day and 3,000 people were baptised, a truly remarkable day.

So whatever it is that you are waiting for today, trust God with your future, he really can turn our waiting into a marvellous thing.

May God bless you

Heather



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Norfolk Scouts have launched the #GoodForYou campaign designed to recruit over 150 volunteers across the County to help young people to reconnect, support their wellbeing and develop their skills for life.

The 1st Long Stratton Scout Group provides fun and adventure for young people in our community and we are seeking volunteers from all walks-of-life to consider investing a bit of time to help out and gain some feel-good factor.

Scout volunteers will create opportunities for young people to recover from the impact of the pandemic by supporting their wellbeing and building the skills needed to succeed in life. Some of these will be working face-to-face with our young people, but there are also lots of flexible roles helping with fundraising, maintenance of facilities and helping make decisions.

Andrea, a volunteer with Long Stratton Beavers said:

"Volunteering with the Scouts is a fantastic way for me to learn new skills, enjoy the outdoors, teach young people about the things I know and most of all have fun. It's fulfilling to know I'm putting something back into our community. Scouting is such a worthwhile organisation and the young people learn life skills through adventure, confidence to try new challenges and develop respect for themselves and others."

Since the first lockdown, we have been providing online zoom sessions & supporting young people with at-home challenges & online camps. When restrictions allowed, we also got straight back into social-distanced activities to help our young people continue to enjoy the fun & adventure.

Currently, we are running all our sessions for young people aged from 6 years old upwards under the latest Government guidance. This has seen our younger sections enjoying games together & working towards their gardening badge. Meanwhile, our older sections have focussed on navigation skills allowing them to enjoy the summer evenings outdoors.

Brandon, a young person with Long Stratton Cubs said:

"I have learnt skills like what I need to make a fire, and have been able to use them at home to help mum light the wood-burner. I was nervous before I went on my first camp by myself but I had lots of fun, now I look forward to going on another one. My leaders are helpful and friendly, and if I need help I know I can ask them."

Edward, a young person with Long Stratton Scouts said:

"Scouts has helped me develop lots of new skills. In lockdown, the leaders kept us busy with lots of badge work. I enjoy Scouts as we do different activities every week."



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If you think that you could give a little time to help younger members of our community like Brandon & Edward then consider volunteering with the Scouts, it really is #GoodForYou!

To get involved in the Long Stratton Scout Group please contact:

Peter Thurston
01508 531100
pta.thurston@tiscali.co.uk
www.facebook.com/1stlongstrattonscoutgroup
www.norfolkscouts.org.uk/join

Bear Grylls, Chief Scout:

"The past year has been so tough for so many. And it's also shown just how important it is for us to work together to help those in need. Scouts plays a fundamental role in the lives of thousands of young people and our goal is to build back our membership by welcoming thousands of new volunteers across the movement. As an adult volunteer you can help us continue to make an incredible contribution towards helping young people learn new skills for life. You'll gain some great new skills, new friends and be part of empowering young people to be prepared for their future."



LONG STRATTON YOUTH CAFE

Youth Cafe remains closed until further notice, we hope to open again as soon as its safe to do so.

Matt, Will, Tina, Doug and Joanna



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2nd Long Stratton Brownies

Well Done to Eve who has achieved her Brownie Gold Theme Award!

As part of Eve's progress towards her Gold Theme Award, she has enjoyed sleepovers & pack holidays (pre-COVID), adventurous activities such as grass sledging & archery, and taken on a role as a Sixer supporting other Brownies in her group. Eve has gained all of the six brownie theme badges & the following interest badges – Baking, Archaeology, Mindfulness, Zero Waste, Grow Your Own, Collecting, Jobs, & Local History.

Before the Half Term break, to complete her Gold Theme Award, Eve re-made her Brownie Promise, and taught our new Brownies how to make a "s'more" over a small campfire. Everyone seemed to enjoy eating the campfire "s'mores"!

Nearly all the brownies have now achieved their Feel Good – Stage 2 Badge this term. And Amy, Lois, & Ana gained their Be Well – Theme Award.

Well Done to Lois & Ana who have also now gained their Bronze Theme Award. And Well Done to Amy who has gained her Silver Theme Award.

Finally, we were pleased to enrol two new brownies – Sofia & Evie – into our Brownie Pack. We hope they will enjoy their time with us at Brownies.

Brownies learn new skills, take on challenges and have fun together with friends. We have some spaces available for girls aged 7-10 to join us, or if your daughter is younger, aged 5-7, then you could join the Rainbow Unit which meets before us on Wednesday evenings.

Please contact Brown Owl (Josie) on **tel 01508 531100** for more information about joining locally or register your interest at **www.girlguiding.org.uk**

... Brown Owl





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LONG STRATTON VILLAGE HALL

Good news! The Village Hall has now reopened for hiring, please visit our website and view the Bookings Calendar if you wish to book. We are looking forward to welcoming you all back! Please see inside cover for details on how to contact the Village Hall.

Thanks
Kirsty

'A heartfelt thank you'

I would like to say a big thank you to two different strangers who have recently shown me great kindness. First to the lady and her two small boys who bought me a lovely cup of coffee and a Chelsea bun when I was outside the CoOp collecting for Christian Aid on a cold morning. The second was a lady who paid for the postage for a birthday card I was sending to my grandson in Thailand when my bank card would not work. I hope to meet you both again sometime but want to say a huge thank you for your kindness.

Valerie Whatnall



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Events

Earlier this year the Church asked the Council if they were prepared to take over the annual firework event. The Council discussed this at length as they recognised that a community event after an awful 18 months would be good to bring everyone together, however there were still concerns. Firstly, and most importantly the Council did not feel comfortable organising an event where historically 1500-2000 have congregated on the field whilst the Country is still uncertain how Covid19 is going to affect not only what we can legally do but also how everyone would feel about attending a large event where social distancing even outside can be challenging. Combined with the cost of the event the Council did not feel it was an event we can support.

It is still important to the Council to hold events, so we are busily planning our Christmas event, save the date 3rd December 2021. The Council believe that with any Covid restrictions and for confidence to attend, the event will be more easily managed and social distancing can be applied. We really want the community involved and therefore if you are interested in supporting us in any way, please contact me who will be eager to get you on board.

In addition to Christmas, we are planning a celebration on 5th June 2022 for the Queen's platinum celebrations. Planning is in the early stages, but the initial brainstorm of the events committee can envisage an all-day affair with games, stalls, wacky races, food and drink stalls with live music. Once again we really want the community involved so please contact me if you would like to be involved. Please save the date.

Pavilion

We were disappointed to hear that the Government have delayed lifting of restrictions until July 19th, 2021, however we are looking forward to reopening the Pavilion and are accepting bookings of the Community Room. If you would like to make an enquiry or a booking, or come and see if the space is suitable to you then please do not hesitate to contact me on **bookings@longstrattoncouncil.gov.uk** or **01508 530524**

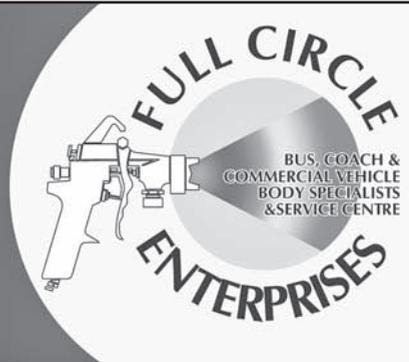
The next Council meeting has been postponed until July 19th at 7pm, hopefully see you there.

Thanks

Becky

Clerk to Long Stratton Town Council

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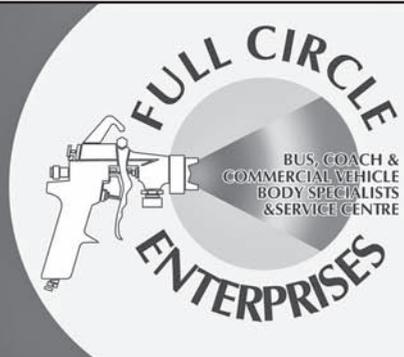
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Manor Field Infants and Nursery

Despite the wash out that May was, the children at Manor Field have continued to enjoy their learning outdoors in our Forest Schools area 'Hills and Hollows'. We have an expert forest school's teacher to lead sessions and after being in lockdown, the children have thrived being outdoors. The School and Eco Council have also met and have decided to go into battle with rubbish!

The PTA have purchased litter pickers and bin bags, so the children can keep their school free from litter and a safe and clean place to learn and play. Thank you to everyone involved.

We are looking forward to next half term, and if we have dry weather, lunches picnic style outside.

We will also be welcoming our new Nursery and Reception children next term for a stay and play session. If you have yet to sign up to our Nursery, please do, we have places left.

We are also wishing Mrs Lightbown a happy retirement at the end of the summer term. She has led the way for Manor Field Infants and Nursery and Aslacton Primary schools and then as the Corvus Education Trust lead. We will miss her but wish her well as she enters a new chapter in her life.

LS THURSDAY CLUB

Thank you to everyone who has already responded to our invitation to meet in July. I have booked Goodies for Thursday July 22nd at 2.30 pm. If members can still confirm to me if they wish to attend no later than 12th July, then I will let Goodies know numbers. Hopefully weather will be kind to us so we can be outside.

We are still hoping to resume our monthly meetings in September.

Shirley Warne

WACTON COFFEE MORNINGS

Hello everyone,

Unfortunately, as it now seems that the covid restrictions will be in force for longer than expected, we will not be able to re-start on the 6th July as planned.

We will arrange a new start date when the situation becomes clearer.

Meanwhile, keep safe and well. You are always welcome for a drink and a chat in my garden – just give me a ring first.

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LONG STRATTON & DISTRICT WI

Once again we are faced with uncertainty. Our W.I. planned to hold a meeting at the end of June, as long as restrictions were lifted. That lifting of restrictions is something we will not know until after the June issue of the Sexton's Wheel has gone to the printers. Of course, our members are being kept informed.

Meanwhile the Norfolk Federation of Women's Institutes has been invited to highlight climate change in the exhibitions at Norwich Cathedral when Dippy the dinosaur visits from 13th July to 30th October. Many of our members have been busy making small green hearts which will be handed out to visitors whilst volunteers from our institutes will talk to visitors about the W.I.'s links to environmental issues.

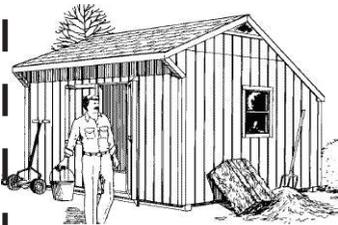
As part of the Norfolk and Norwich Festival the Forum in Norwich has been hosting the Makers' Festival. Over the years many of our members have enjoyed visiting the event and taking part in various activities. This year it was another opportunity to do something almost normal - face coverings and social distancing in place though. None of the usual activities were possible but the exhibits were inspiring. See the photograph above of the Nightingale Hospital, mainly made of knitted items. Further information about the W.I. can be obtained from the **Secretary on 01508 531154**.



The Long Stratton & District Men's Shed

We are Back!

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WACTON FOOTCARE

The next session for FOOTCARE will take place on Monday 19th July.

As before, anyone who has an appointment will be contacted and their appointment confirmed beforehand to avoid any confusion on times etc.

The usual contact tel. Numbers are:

Clare (Footcare Specialist) --- 07785 295358

Rita (to cancel an appt. or for further information) --- 01508 219407



Men on Wacton's Roll of Honour by Robert Maidstone

This month we look at three members of the Dye family

EDGAR EMMANUEL DYE

R/744

3rd Battalion Royal Naval Reserves

Edgar was the second son of George Ellis and Harriet, his birth was registered in the Depwade District in late 1886, presumably in Wacton but he was baptised in May at Hethersett, his mother's family home parish.

His father was a team man employed by Frank Snelling of the Wilderness, and Edgar, at 13, was already working on the that farm as well. By 1911 he had moved to Settrington in Yorkshire where he looked after the stock on the hill farms.

In December 1915 he joined the Army reserves R/744 and was called up 16th February 1917 Royal Naval Division 3rd Reserves Battalion as Ordinary Seaman. The Royal Naval Reserves were trained to supply seamen and by May 1917 he was classed Able Seaman, but the numbers of reserves exceeded the need and many were drafted into the Anson Battalion and retrained as fighting land based troops.

Edgar finished his retraining in early November and was sent to France, where whilst in Rouen he sprained his ankle in January 1918 and was invalided back to the UK. He returned to Calais in June 1918 and then sent to the fighting front.

On 21st August 1918 he was reported "missing" then on 5th October the regiment was notified he was a prisoner of War and being held at Kriegsgefangenenlagern Limburg an der Lahn (between Koblenz and Frankfurt).

He remained there until after the end of the war but on his release was admitted to the Wessex Field Ambulance with severe enteritis. He was then transferred through the 1st Australian Casualty Clearing Station and Etapes General Hospital to 1st London General Hospital at Camberwell arriving there on 27th December 1918.

Sadly his condition did not improve and by mid May he was dangerously ill. He died at 8.15pm on 28th May 1919 with tubercular peritonitis. His body was returned to Wacton and he was buried in the churchyard here. (324w)

JOHN HENRY DYE

241 Infantry Battalion

John Henry Dye was the younger brother of Edgar Emmanuel Dye and was born in Wacton in 1899. He would have left school in 1913 and presumably enlisted at 18.

As Dye is a common name I have not been able to identify a service number nor medal card for John, however the Wacton Roll of Honour says he was in the 241 Infantry battalion. This battalion was part of the 207th (2/1st East Midland) Infantry Brigade which in turn was under the 69th(2nd East Anglian) Division intended for home defence and training.

The 207th Brigade was based near Retford in Nottinghamshire . In April 1917 the troops camped out initially at Carburton Camp, then were billeted at Clipstone Camp overwinter then under canvas at Thorseby Camp in spring 1918.

He returned to Wacton after the war living on the Green with his parents. He died in 1953 aged 54 and is buried at Wacton (164w)

EDWARD JOHN DYE

Lance-Corporal L/11652

Middlesex Regiment

Edward John Dye appears to be the second son of Matilda Dye of Wacton Common. He was born in 1899 and he lived with his mother at his grandparent's house until Matilda married John Pidgeon in 1902.

In 1907 Edward enlisted in the Middlesex Regiment at Mill Hill, London and by 1911 may have been abroad in Guadeloupe. Although his military records gives his name as Dyer he is readily identified as being from Wacton.

He had returned to Europe by August 1914 as he entered the war as Private L/11652 of the Middlesex regiment in France and by 1916 had been promoted to Lance-Corporal but sadly was killed in action on 2nd July 1916 and commemorated on the Thiepval Memorial Somme, France. His mother was then living at Mill House Wacton Common. (132w)

[If anyone has further information about any of these men, or would like details of the family I can be contacted at robertwmaidstone@gmail.com]

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FOR EYE EXAMINATIONS, SPECTACLE DISPENSING AND REPAIRS AND

CONTACT LENS APPOINTMENTS



TUES-FRI 09.00-17.00

SAT 09.00-13.30



1. WE ARE OPERATING A LOCKED DOOR POLICY BY APPOINTMENT ONLY TO REGULATE NUMBERS IN THE PRACTICE
2. PPE IS WORN
3. STAFF ARE COVID TESTED 2x WEEKLY AND CHANGE INTO SCRUBS ON ARRIVAL TO AVOID CROSS CONTAMINATION
4. PATIENT TEMPERATURES ARE CHECKED ON ARRIVAL
5. LONGER APPOINTMENTS FOR CLEANING INBETWEEN
6. HAND SANITISER & SCREENS WITHIN THE PRACTICE



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THARSTON WI

How we look forward to be able to hold our normal meetings in a hall and with refreshments! Many of our members are not keen to use zoom, which we have used for several meetings. We have held other events – recently a treasure hunt around Tacolneston, which enabled small groups to chat whilst walking to find the clues. Several met up at The Jolly Farmers for morning coffee and cake and afternoon tea on another day.

Our June meeting was a zoom talk about ‘Norfolk’s Indian Princess’ - Sophia Duleep Singh from Elveden Hall, Thetford. We thoroughly enjoyed learning about her life as a local nurse, a suffragette and a promoter of equality. In July we hope to meet up at Wacton Village Hall for a talk on ‘Murder in my family’. Just as well we did not resort to this during lockdown!

Several of our members have been using their craft skills to make green hearts to highlight climate change. These will be given out to visitors who come to see ‘Dippy the Dinosaur’ at Norwich Cathedral this summer.

We hope to hold a special Garden Party in August to celebrate meeting again. Time for chat and laughter, not to mention a buffet and bubbles!



It has been a long time since our members have been able to enjoy the weekly outings with us, but we are happy to announce that we are hoping to start these again in July 2021, fingers crossed! If you would like a copy of our outings leaflet when it is ready please contact us.

We are currently looking for more trustees and volunteer drivers to support our vital community transport service. Our services provide a lifeline in the community so anyone who can help would be making a worthwhile contribution to local life. If you have some spare time and would be interested in helping us we would love to hear from you. For all enquiries, please contact the office on:

01379 854800 or email adminborderhoppa@btconnect.com.

The next **Messy Church** is on **Saturday 31st July**
from 9am until 10.45am

The above Messy Church will be held in St Mary’s church



Long Stratton Messy Church



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

Activity Programme

April to September 2021

Free online activity programme for 0 to 5s in Norfolk



The Early Childhood & Family Service (ECFS) is still running, offering extra help to families who need it. Right now, due to Covid-19, we're providing a programme of online activities and groups that are available to families with children aged 0 to 5 years.



Early Childhood and Family Service

e Live Online Groups

Baby Days Live Online

Six weeks of free online sessions for babies with their parents/carers. Each session will have a new learning activity to try out with your baby, plus an opportunity to meet other parents and talk to knowledgeable staff. Best suited to babies who are not yet walking.

Toddler Days Live Online

Six weeks of free online sessions for under 5s with their parents/carers. A chance to meet other parents, talk to knowledgeable staff and take part in fun, learning activities.

Baby Massage Live Online

A free five week course introducing massage strokes that can help with colic and support you and your baby to feel more relaxed, whilst strengthening your bond.



Register at

tinurl.com/ECFSevents

Sessions take place online via video call on Microsoft Teams. You only need an internet connection and a smartphone, tablet or computer to join.

If you would like to join but need help with technology, or you don't have a suitable device, please [contact us](#) on 0344 800 8020 to see how we can help.

Need extra help or someone to talk to?

We are here to help with things like:

- Becoming a first time parent
- Bonding with your child
- Parenting challenges
- Mental wellbeing
- Healthy relationships
- Learning through play
- Communication & language development

Please contact us and one of our team will be in touch.

Online form:
www.tinurl.com/ECFSHelp

Email:
ecfs-families@actionforchildren.org.uk



New videos or themed activity posts every day at [facebook.com/EarlyChildhoodFamilyService](https://www.facebook.com/EarlyChildhoodFamilyService)

Videos also on our [YouTube channel](#). First view on the day/time shown or catch up later

Musical Monday with Magic Acorns

A fun mini music session for you and your little one to join in with at home. Designed to help build little brains and bodies, while encouraging communication and confidence.



Monday

1.30pm

Let's Get Talking!

Ideas and activities to get your toddler talking, plus information on how the things you do with your baby, from birth, can help their future language and development.

Tuesday

11.00am

Children's Wellbeing

Tips to help you understand and nurture your child's emotional development, including how to deal with difficult situations.

Wednesday

1.30pm

Fun and Learning

A variety of indoor and outdoor activities for you to enjoy with your baby or toddler.



Thursday

11.00am

Cookalong

Step-by-step videos for easy family recipes which are fun to make together and will save you money compared to ready prepared food. No experience necessary!

Friday

1.30pm

Other activities for 0 to 5s and their families

Norfolk Libraries for Families

Weekly Online Bounce & Rhyme sessions, Story Week activities and Social groups via Zoom. Find out what's on from [Facebook](#) or www.norfolk.gov.uk/libraries



Norfolk Family Learning

Interactive 'Come and Try' taster sessions and online courses for families to enjoy together. For details and to book visit www.norfolk.gov.uk/familylearning



Norfolk Community Directory

Search for activities and services run by volunteers or other organisations in your local community. Visit communitydirectory.norfolk.gov.uk



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

Keep up to date with the free Action for Children Services App



Courses offered by the Early Childhood and Family Service



Our courses are running online via Microsoft Teams, or in small face-to-face groups at our risk assessed bases. Extra hygiene measures are in place and we will ask you to wear a face covering, unless you are exempt.

Solihull Parenting Course

A 10 week course to help you learn more about your child's development and behaviour. What is their behaviour telling you?

Baby Massage

A 5 week course for introducing massage strokes. This can help with colic and support you and your baby to feel more relaxed, whilst strengthening your bond.

Freedom Course

A 10 week course for women who would like to look at healthy relationships and to have a safe environment to be able to discuss and understand previous and current relationships.

Triple P

An 8 week course that offers support, information and practical answers to everyday parenting concerns.

Circle of Security

An 8 week course based on supporting and strengthening the attachment between you and your child.

Our partners



Home-Start Norfolk and the community offer in your local area are also part of the Early Childhood and Family Service, and are available to support you and your family.

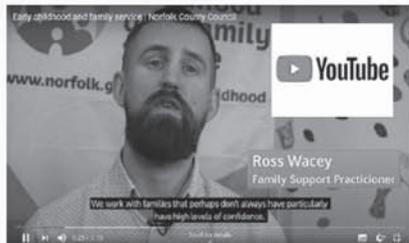
How to contact us

You can get more information on the service by visiting www.norfolk.gov.uk/earlychildhood

If you would like further information, help or support then please call us on 0344 800 8020 or email us at ECFS-Families@actionforchildren.org.uk



Any updates on services or groups can be found by visiting our Facebook pages. Search for Early Childhood and Family Service

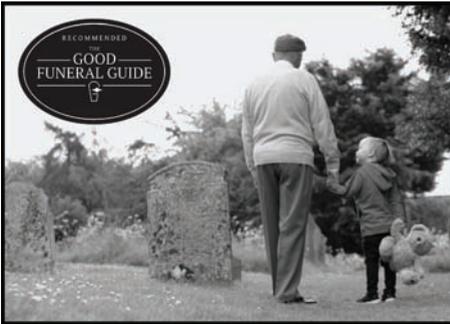


See our video on YouTube to find out more

Useful contacts

Coronavirus Information	norfolk.gov.uk/coronavirus
Just One Norfolk (Health Visiting Team)	0300 300 0123
Leeway (Domestic Abuse Support)	0300 561 0077
Norfolk & Waveney Wellbeing Service (Mental health support)	0300 123 1503
Home Start Norfolk	01603 977040
Speech & Language Advice Line (ECCH)	01502 719830
Norfolk SEND Partnership	01603 704070
National Breastfeeding Helpline	0300 100 0212
Norfolk Police (non-emergency)	111
CGL (Alcohol & drug behaviour change service)	01603 514096
Citizens Advice Bureau	03444 111 444
Shetler (Help with housing & homelessness)	0808 800 4444
Job Centre	gov.uk/contact-jobcentre-plus
Mens Advice Line (for men in abusive relationships)	0808 801 0327

If you are worried a child is at risk please call Norfolk County Council Children's Services on 0344 800 8020 or 999 in an emergency



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LONG STRATTON MEDICAL PARTNERSHIP

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

We are already into the middle of summer 2021 and 16 months into the Covid-19 pandemic. As I write this article, there is a sense of excitement as the 21st of June rapidly approaches. Will the U.K. be ready to embrace normal life again without restrictions? The apprehensive side in each of us is slightly worried and wants to be cautious and take each day as it comes. We want a safe and healthy country.

This month I look at DNA's – appointments marked 'Did Not Attend' in the practice. This has been a national problem for many years, and it costs the NHS immensely. A recent research article in the BJGP (British Journal of General Practice, March 2021) reviews this problem. NHS England has estimated that there are 7.2 million missed general practice appointments annually, at a cost of £216 million. Reducing these numbers will surely improve primary care efficiency. This study noted that DNA rates for Nurses and Pharmacists (community) are twice that of GP appointments. The difference being that GP appointments comprise more of 'reactive care' while nursing and healthcare appointments are 'planned or proactive care' for long term conditions. Both are important for the physical and mental wellbeing of the community.

A snapshot in our practice in the last 2 weeks of May 2021 showed 22 DNA'd appointments which comprised 14 GP appointments and 8 Nurse appointments, which equates to 140 minutes of GP time and 120 minutes of Nurse time. There are many reasons for DNA appointments. It can be quite frustrating for the practice as we desperately try to find appointments for patients within a reasonable time frame.

We look to you to help us find the best way of dealing with this problem. Suggestions are always welcome. We do remind you to cancel appointments that are no longer needed. We also encourage you to contact us when the time of an appointment becomes unsuitable for some reason. Every little helps.

Have a great summer and stay safe.

Mini Nelson

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Floods in Stratton



The beck is usually a little trickle of water that doesn't cause a problem, but in certain circumstances it flows like a torrent and sometimes overflows, flooding properties on the street. Long Stratton has been flooded several times before 2020.

This account of the 1912 flood was written by Mrs Janet Dunthorne in the bakery in the street (which burnt down in 1941 and was later replaced by Stratton House). She writes: 'I was married June 1912 and a large flood occurred in August 26th 1912, the waters rushing down the garden from the beck, coming in the back door flooding the living room, surrounding the table and new furniture, which we had to pile up on the table. After raining all night it finally left off in the afternoon. It was many months before the place looked normal again'. This article was in the September 1973 edition of this magazine.

In January 1939, Stratton was flooded again. I have a newspaper article showing water pouring out of what is now Old Dairy Loke, which was beside the house that Janet Dunthorne lived in.

In March 1947 the E.D.P headline stated 'Road inundated at Long Stratton' showing a photo very similar to the one in the paper in 2020 of the plain. This flood was the result of melting snow. There had been lots of snow, roads were closed and villages cut off. The melting snow came off the fields into the beck and again Stratton was flooded. The photos show the plain and corner of Star Lane where there used to be a shop with flood water. The shop became Barclays Bank and is now flats. Long Stratton firemen used a trailer pump to pump the water away. My family lived in the street and my cousin told me we were put upstairs in my parent's bedroom as there was a fireplace there so we could keep warm. My Mum opened the back door and the front door and the water went straight through. The houses were clay lump and took ages to dry out.

The next flood was in 1968, again heavy rain for several days flooded the beck. My Mum again opened the back and front door to let the water go through. Once again in December 2020 Stratton was flooded and we are currently waiting the outcome of the investigation to find the cause of the flood.

Judith Baker.



Outline of our village Past

Taking Shape

In the course of centuries, the Romans' influence in Britain began to wane. In A.D. 380 Saxon pirates began to attack the shores, and the forts of Brancaster and Burgh Castle were erected against them. By A.D. 450 the Roman soldiers had all been called home.

The pirates now swarmed into the unprotected island, their farming kinsfolk and their families not far behind. Axes began to ring as the forest was cleared along the Roman road, by people speaking in a foreign tongue and giving the Roman settlement of Stratum a new name, Estratuna, 'The town on the street by the water'.

Village Community

The Romans had never been one for villages. Townships and homesteads had been their way of life. The Anglo-Saxons were the first invaders who lived in villages, and their settlements have established the shape of the whole of rural England with unbroken continuity up to the present day. They found the Roman road, with its remnants of Roman occupation at Stratum. On either side of it they cleared the forest. They strung out two rows of log cabins facing each other along the street, and the two communal fields they had cleared behind, they shared out into fair portions of strips.

Sometime between A.D. 630-700 Christian missionaries brought the Gospel to the Anglo-Saxons of Stratum, and a primitive church of logs and thatch was put up. In 865 began an invasion of a less peaceful nature - the landings of the Vikings and the Danes. Yet although the Vikings fought and killed the Anglo-Saxons mercilessly in key centres like Thetford, in more rural areas they seem to have been content to settle down side by side with the local population, peacefully occupying sites which were there still, and vacant, for example in Morningthorpe, Swainsthorpe and Ashwellthorpe.

Building Still Standing

All this has to be read in the shape of the countryside and the ground-plans and names of villages. Of the whole period from 400-1066, not a single archaeological discovery remains. On the other hand, above ground an extant building still in use does remain.

When the threat of Danish raids began to look severe, some of the farmers of Estratuna headed off into the forest westward. They came to a site where they knew there was a clearing and a spring beside a rising patch of ground. On the rising ground they built a tower. They called their new village 'Waketuna' - Watch Town - and, incorporated into All Saints church, that tower survives still today.

LONG STRATTON LIBRARY

Long Stratton Library is open

We look forward to welcoming you back! You can:

- follow our one-way system to browse the shelves
- pre-order a selection of up to 10 books for adults for free through Select and Collect. Use the online form at norfolk.spydus.co.uk or call **01603 774777**
- collect reservations
- borrow our Grab and Go selection book bags
- book one 60-minute session per day on a computer. To book a session or if you need any help using our computers, call 01603 774777
- collect Tricky Period products and Toiletries To Go
- return items through the drop box or self-service kiosks
- download the FREE Spydus app to check out books on your smartphone
- download eBooks, audio books, newspapers and magazines by visiting **www.norfolk.gov.uk/libraries**

We've made some changes to keep you safe, so

- there is no 'Open Library' access
- please bring your library card with you or join in the library or online
- we may ask for details from you to help with Test and Trace
- you will need to wear a face covering in the library
- we have a one-way system for social distancing
- hand sanitiser is available for use on the way in and out of the library
- surfaces and computers will be regularly wiped down
- returned books will be quarantined for 72 hours
- sorry, there are no newspapers, magazines or seats in the library and the toilet is not available.

We've made some changes to our opening hours:

- Monday: 10-1
- Tuesday: CLOSED
- Wednesday: CLOSED
- Thursday: 2-6
- Friday: CLOSED
- Saturday: 10-1
- Sunday: CLOSED

Ryan Watts, Library Manager - Diss, Harleston and Long Stratton Libraries
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LOCAL WALKS

8th June 2021 Walk

This was our first group walk since the pandemic rules precluded car sharing. We agreed, however, that we have very much enjoyed and appreciated the variety of walks in a 360 degree radius from Long Stratton. But today, 8 of us in 3 cars drove to Shotesham.



A sign on the Saxlingham road, indicating Shotesham in 1 ¼ miles, took my carload on an adventurous circuitous route! We eventually met the others patiently waiting opposite the Globe pub. At first we thought that a waiter was laying tables, but then we noticed a paintbrush in his hand! We set off along a delightful woodland path on the Boudicca Way, leading to a wooden bridge across the stream, and out into undulating open farmland. The hot sun in a blue sky told us that summer had come at last.

We marvelled at meadows of wild flowers in profusion: buttercups, clover, yellow rattle, lesser knapweed, oxeye daisies and orchids, buzzing with bees and hoverflies. Over another bridge with a gnarled tree elbow, and a path to a pond with floating algae, damsel flies, and other aquatic insects rich in omega 3 for newly hatched nestlings (current Springwatch information).

Through a kissing gate, which proved a small challenge to avoid stepping in deep mud! Skirting Little Wood, we noted with pleasure that new hedging plants followed all the way on the other side of the path.

Two sleek contented cattle were resting at a gate. A buzzard in the blue sky was slowly circling, searching for prey.

The footpath turned left onto Market Lane, with banks and hedges a profusion of cow parsley, hogweed, elder in bud, and mature oaks with oak apple galls. There was speculation over a large 15cm hole in the bank below the hedgerow. Then a hawthorn and wild rose hedge festooned with gossamer webbing containing hundreds of small active caterpillars doing an excellent job demolishing the green leaves. A muck heap, a blaze of red poppies. and fumitory.

As we continued into The Street, we passed Trinity Hospital, noticed a swallow's nest under the eaves, and admired the row of charming thatched cottages.

From the vantage point of the village sign, we looked up at the church on the hill.

Back to the Globe, where the tables were still being painted.

A glorious walk, and our thanks to Penny who led it.

Ann



CHURCH SERVICES - July

4th July

11.00am All age worship - St. Mary's

9.30am - Holy Communion - Wacton

11th July

9.50am - Ten2Ten Service - St. Mary's

11.00am - Holy Communion - St. Mary's

6.30pm - Evensong - St. Michael's

18th July

11.00am - Morning Worship - St. Mary's

6.30pm - Village Praise - Wacton

25th July

8.30am - Holy Communion - St. Michael's

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

7.00pm - Soul shapers - St. Mary's

31st July

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

Congregational Church Services

Sunday 4th July at 10:45am – Family Service incl. Holy Communion – Rev. Pat Atkinson

Sunday 11th July at 10:45am – Family Service – Mr. Colin Basham

Sunday 18th July at 10:45am – Family Service – Rev. Gill Osborne

Sunday 25th July at 10:45am – Family Service – Pastor Malcolm Simpkin

From the Parish Registers

Funerals

Rosemary Dade ashes interred in St. Michael's churchyard (1st June)

Doris Larnar - cremated with service at Colney woods - (2nd June)

Dorothy Moss - cremation at Earlham (16th June)

Marriages

Paul Viner and Christine Edmunds - married in St. Michael's (5th June)

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 Rectory, 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.

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07557 990169 thesextonswheel@googlemail.com

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