

The Sexton's Wheel Issue 257

The magazine for Long Stratton & Wacton



June 2025

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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Licenced bar available through Wacton Social Club. Contact taylor169@btinternet.com

Church Contacts

Stratton St Mary's Rev Becki Bensusan - (01508) 813900

St Michael's Rev Becki Bensusan (01508) 813900

Tharston St Mary's Rev Becki Bensusan (01508) 813900

All Saints' Rev John Madinda (01953) 789240

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 Rev Becki Bensusan. (01508) 813900.

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.



As holiday time approaches, let us spare a thought for those places in the world that are plagued by conflict and pray that they will soon be over.

The Sexton's Wheel Team

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EASTFIELD GARDEN SERVICES

- Mowing
- Hedging
- Weeding

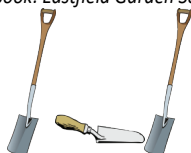
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Happy Birthday

At the time of writing, I'm preparing myself to face that time that happens in everybody's life, a birthday. Yes, I'm getting another year older. I used to think that age was just a number but now that number is getting bigger, I realise that age does have consequences. There are things that I used to do that I can't quite manage anymore. Running for the bus is definitely out of the question! On the plus side I do get a pension every month without having to turn up at work!! They say with age comes experience. I certainly can say I've had some of those and many have been really great. When I look back I can remember that at the age of so-and-so I did this. Again, when I was X that major event happened in my life. I remember my 21st birthday party in a Scout hut with all the family. My 40th birthday was celebrated with a big charity event (I cycled, walked and canoed around Norfolk, 650 miles in total).

Looking back at life as one does as a birthday approaches, I realise that I am fortunate as I actually have two birthdays! Well, Royalty can have two birthdays so why not an ordinary mortal like me. One of my birthdays is physical and the other is spiritual. At the age of 11 I heard the story of Jesus and that He said, "you must be born again" and I decided that the Christian life was the life for me. We have just celebrated Easter and heard the account of how Jesus died on the cross at Calvary. Jesus died to be the Saviour of the world.

If you had the chance to relive your life again, what would you do differently? Well, as Christians we're not promised the chance to relive our life so we can put right past mistakes or that we will do everything right from now on but we do have access to someone who will guide and help us all the while. As I grow in my spiritual life I find there are things that I understand now that I never used to understand. God teaches me so much as I move through my life with Him at my side.

I face my physical birthday this month but I celebrate my spiritual birthday in August and I'll be 61. I thoroughly recommend the Christian life and as you approach your birthday either later this year or next, I ask that you give a thought to getting a second birthday by heeding the words of Jesus and being 'born again'.

God bless you all
Steve Adcock (St Mary's Church)

BIKE ACTIVE NORFOLK

By the time you read this in early June, BikeActive Norfolk will be preparing for its annual fundraising event, this year a 24hour recumbent race on the multi-use games area of Manor Rd playing field. Taking place over the summer solstice, running from midday on Saturday the 21st of June until midday the following day, our intrepid teams aim to cover as many laps as possible. Starting from a Le Mans style start to taking the chequered flag some 24hrs later, it's likely our teams will be dizzy through their efforts.

We had hoped that other teams would pay an entry fee and join us racing to raise money for the disability cycling group, BikeActive Norfolk, a group that takes adults with any disability, injury or illness on weekly group rides from venues at Topcroft and Earsham, as well as giving a cycling experience to disabled children on the multi-use games area during Norfolk school holidays from Easter until the end of October. To date we have no takers to race against. But this will not stop our racing!

Our A Team of five cycle club standard riders will attempt to go as far as possible in 24hrs. Our B Team will allow unlimited substitution allowing some of our rider clients to get involved, as well as members of the public being able to get involved for a small fee towards our fundraising. Three of our rider clients will participate for the B Team, riding on a handcycle, wheelchair transporter and side by side tandem trike. These amazing people overcome great difficulties to take part. Please come and see their efforts and if you can, be generous.

There will be a Skills Stake, similar to a Sweepstake, in which people will be invited to use statements about distance travelled on cycles in 24hrs to estimate how far the winning team might go, with squares of half a mile from zero to five hundred . The winner will walk away with half the money staked and all those who participate will have helped raise money for a local, voluntary charity that allows people with a disability to have fun, exercise and get out cycling.

There will be the amazing Tour de France exhibition of memorabilia and photo's courtesy of Peter Martin and legendary Tour de France themed cakes by Lisa Martin during daylight hours. And also in daylight hours, our 250-metre roller race time trial in which participants can try to be the fastest over that distance and win prizes for a small fee towards our funds.

BikeActive Norfolk hopes to be able to raise sufficient money and attract sufficient support to set up a low-cost rickshaw service for older and disabled people in the town once the bypass is completed. This requires the purchase of an electric assisted Van Raam Chat rickshaw, similar rickshaws have been used successfully in Thetford and Bury St Edmunds to offer similar schemes. In order to raise the large sums involved, the rickshaw costs £12k, BikeActive Norfolk has to show we can raise some funds ourselves, to date we have raised £8k. Please come and support us in our endeavours to raise more and make this happen. Thank you,

Jez Briggs Chair, BikeActive Norfolk

Email, BikeActiveNorfol@gmail.com

T 07716103072

Website, BikeActiveNorfolk.org

LONG STRATTON & DISTRICT WI

After some very enjoyable spring weather leading up to Easter we were taken back in time by a scullery maid from Blickling Hall at our April meeting. Her chatty and interactive manner delighted her audience as we were whisked back in time.

Several of our members met up for lunch in Norwich at Harriet's Tea Rooms and another day several got together for a Knit and Natter, plus, of course, delicious cake and coffee.

Most of the month has been taken up with planning our contribution to celebrating V.E. Day when we will serve refreshments in the Pavilion on the Playing Field. As this is written, the day has been cloudy, dull, cold, with some light rain. We are all hoping for a huge improvement for the coming Saturday. May our W.I. take this opportunity to thank everyone who ate our homemade cakes and freshly made tea and coffee and enjoyed the V.E. Day event.

Our next meeting will be on **Wednesday 21st May** when the speaker will tell us her experiences of reclaiming an allotment. If you enjoy gardening, or just like to meet other people, you are welcome to join us. ***We meet on the third Wednesday at 7.30. pm in Long Stratton Village Hall.***

St Mary's Church

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LONG STRATTON LIONS

Normally, Long Stratton Lions would have done their annual club litter pick in April. This year it is to be in May and brings us in line with all Lions Clubs throughout the country who have litter picks in May. We will count it as a success if there are fewer bag of rubbish than last year, as that will mean we are all keeping our town cleaner.

We again participated in the town event by holding an Easter Tombola which President John dressed in his Lion costume insisted on manning himself with others helping with transport and setting up. For this we received a surprise boost in Easter eggs and other Easter fare. Nicol, their Community Liaison Officer, and the Octavius team who are building our by-pass all chipped in generously to buy many extra Easter prizes and she brought us a large box of Easter chocolate fare to swell our stall. At close we had many eggs and chocolate prizes left so we rang the Children's Ward at the N.& N. Hospital and asked if they would like them to distribute to children on their ward on Easter Day. We delivered them straight from our stall to the ward where they were very pleased to receive them. Thank you, Octavius, you made lots of children happy.

Long Stratton Lions are no strangers to the Children's Ward as we have an on-going commitment to supply them with overnight washing bags (soap, flannel, toothbrush, tooth paste etc.) for children, and their parents forced into an overnight stay when the child is admitted as an emergency.

We can still supply message-in-a-bottle which is a small bottle which lives in the fridge showing any ailments, medicines, allergies etc. for the information of any first aider, carer or emergency services that may have to call. They are aware of this service we provide.

Our next project will be a Race Night at the Queen's Head on May 31.

My phone number can be found in the middle pages of the Sextons Wheel together with our meeting days should you wish to visit or find out more about Lions Clubs.

Thank you, Long Stratton and District, for your on-going help.

Lion Secretary Roy

LONG STRATTON MEDICAL PARTNERSHIP
Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY
Tel: 01508 530781

The practice is currently in the process of changing to a new electronic patient record system called SystmOne. Go-live with the new system is on 18th July 2025.

The new system will bring substantial benefits for both patients and staff. We are currently planning ahead of time to limit disruption to our patients and services we provide, further details will be communicated in due course.

All our staff will receive training over the coming weeks as they will need to learn a new system.

We thank you in advance for your patience during this time of transition. For more information on the system, **visit www.tpp-uk.com**

Heart Health evening

Our Patient Participation Group have organised this event for Thursday 5th June 2025 at Newton Flotman Village Hall. If you would like to attend this event, please arrive anytime from 6.00pm for a 6.30pm start.

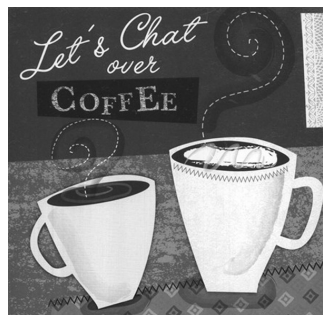
DIGGERS & DIBBLERS

Diggers and Dibblers Gardening Club.

Tuesday 10th June at 7.30pm in Forncett Village Hall

"Roses are Easy" with Ray Martin

£1 members/£3 non-members includes a soft drink, nibbles and a raffle ticket. Wine £1



LET'S CHAT

Why not come for a chat, every Tuesday 1000 - 1200 in St Mary's Church where Janet and the team will be there to welcome you with Tea, Coffee and homemade cakes.

All are Welcome



Hello again from your Messy Church Team. It is a delight to report that our last session was a lovely success, but then when a session involves that much chocolate it's hard to think it would be anything else. We had a great time at Messy Easter where we had a lot of different parts of the story to pack into the time, from the Donkey parade into the city to the Easter Garden of the resurrection. The story of those few days in Jerusalem has a lot to it! Most of the story was found on the Holy Week wheel craft and we had a nice time talking through the symbols used in hot cross buns. We had them in cookie form for the craft, and as bun for the teatime.

Eggs were also a big theme, and there were some beautifully decorated boiled eggs for one of our crafts too. Thanks to the lovely donations of the people of the churches we had a brilliant Easter Egg Hunt around the church and there were also donations of bigger eggs for each child to take home. It was a great atmosphere of celebration at the end of the school holidays, and it was lovely to see so many smiley faces.

Our plans are well underway for our next session which will be a party before the summer break. We will be meeting on 28th June at 4pm for our Messy Church Party. It will be a little different to usual but still lots of fun to be had. Bring your teddies and a picnic for some games together with prizes to be won. We're looking forward to it! See our posters for details and you can get in touch with the team via strattonmessychurch@gmail.com

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 Mon 9th – Lunch at The Thatcher's Needle, Diss – £8.00
 Thurs 12th – Alder Carr Farm Shop & Crafts – £15.00
 Mon 16th – Lunch at The Black Horse, Thorndon – £8.00
 Thurs 19th – Attleborough Town (Market Day) – £15.00
 Mon 23rd – Cherry Lane Garden Centre, Pulham - £8.00
 Thurs 26th – Hillcrest Nurseries, Stanton - £10.00
 Mon 30th – Thetford Town / Garden Centre - £15.00

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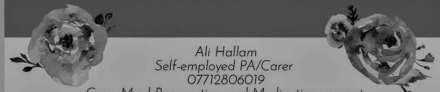


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Tel: 01508 530524 office@longstrattontowncouncil.gov.uk

VE Day Celebrations

I want to say a huge thank you to everyone that came and supported the Town Council's VE Day Celebrations on Saturday 10th May. The sun was shining and there was something for everyone. The laser tag and climbing wall were very popular as was the bungee trampolines. Anastasia had plenty of young people visit her for free activities and the game stalls were busy throughout the day. I would like to give some special thanks to Liga, Brendan, Michelle, Melanie, Bob, Leo and Brandon who have no connection to the Town Council but volunteered their time to set up gazebos and run stalls. I would also like to thank the families of the Town Councillors and Officers who also gave up their time to volunteer and support the event with setting up, running stalls, and setting everything back down and clearing away, no mean feat!

Finally I want to thank the sponsors and grant contributions, Top2Bottom, MD Wealth Management, and Octavius who all sponsored the event and District Councillor Georgina Race who provided a grant. Everyone had a lovely time and thoughts turn to the summer event 2026!

Tommy's

We reported after Remembrance Day that the Tommy's had all been vandalised with the bayonets being cut off. The Town Council would like to thank Steve Larkins at Wrightform based on Eye business park for lasering the bayonets and Willy Moore at MC Engineering for organising for the Tommy's to be fixed at no cost to the Council or Community. The Town Council would like to give sincere thanks for this kind gesture.

Night Skies Consultation

The Council are undergoing community consultation work regarding Night Skies. We plan to have our streetlights turn off during the hours of 00:00 – 05:00 each night, to preserve energy as well as the beauty of the night sky. Please let us know what you think using the form on our website.

Upcoming Full Council meeting dates

The Full Council meetings are held in the Pavilion community room. Anyone is welcome to attend the meetings but whilst members of the public cannot participate a short period of time is given for members of the public to air their views on matters directly related to the Town Council.

The next meeting will be on Monday 9th June 2025 at 7pm.



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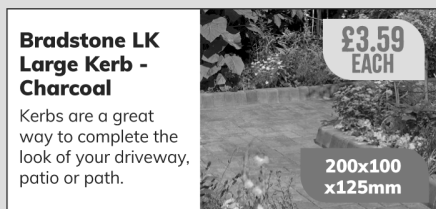



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S. Holford, Jan 2025

G ★ ★ ★ ★ ★

Brilliant experience and wouldn't go anywhere else. Janette is incredibly dynamic, if she can't sell your house no one can! Fantastic care and attention at all stages of the process including making sure we got great photos and a fantastic video walkthrough.

R. Miller, Jan 2025

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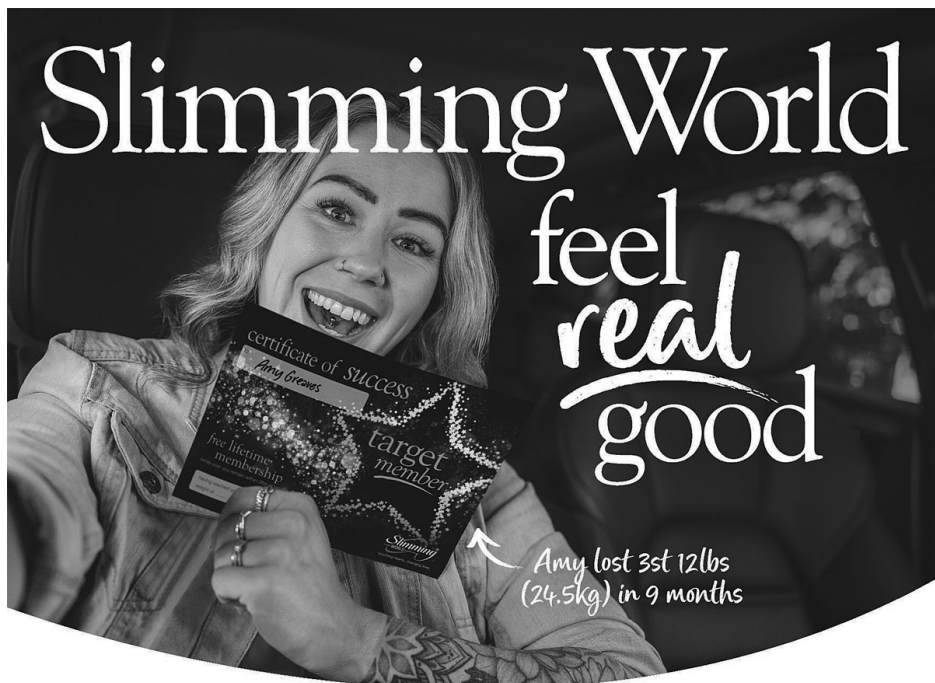
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LETT-UCE TALK

The next meeting of, Lett-uce Talk will be on the first Saturday of July, 5th, in Huggers cafe, Long Stratton. Between 10am and 11am All welcome, no membership or fees required.

Long Stratton Youth Gathering

We're looking to form a gathering for young people, in and around Long Stratton, to: explore faith, make music and have fun. You'll want to decide what you're called and what you do.

If you want to be part of this exciting new venture either by participating or leading, we'd love to hear from you. Please contact us via ***Simpkim@hotmail.com*** or **07800695013**.

Malc, Becki, John (Long Stratton Churches Network)



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2 Local Walk - see page 36	3 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Coffee Morning Wacton Village Hall 10.30am Lets Chat St Mary's Church 1000-1200	4 Wacton Parish Council Wacton Village Hall 18:30pm see page 19	5 Pilates - Wacton see page 19
9 LSTC Meeting Pavillion Community Room Manor Road 19:00	10 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Lets Chat St Mary's Church 1000-1200	11 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	12 Pilates - Wacton see page 19 Tharston & District W.I. Wacton Village Hall 1930 7:30pm Lunch Club 2nd Floor Long Congregation Call 0796871111
16	17 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Coffee Morning Wacton Village Hall 10.30am Lets Chat St Mary's Church	18 Stratton & District W.I. LS Village Hall 1930	19 Pilates - Wacton see page 19
23	24 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Lets Chat St Mary's Church 1000-1200	25 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	26 Pilates - Wacton see page 19

T	F	S	S
			1 Hope church Service St Mary's Academy 10:30am. See p22
Wacton village Hall See p24	6 Wacton Social Club open 7.00pm - 11.00pm with Bingo	7	8
Wacton village Hall See p24 W.I. Village Hall 8.30pm 12:00 - 2:00pm Stratton Wacton Church Hall 016698 to book	13	14 Wacton Church Coffee Morning 1030am.	15 Community Family Breakfast 9:45am at Long Stratton Congregational Church Hall Hope church St Mary's Junior Academy 10:30am
Wacton Village Hall See p24	20 Wacton Social Club open 7.00pm - 11.00pm pool,darts etc	21	22
Wacton Village Hall See p24	27	28 Messy Church Stratton St Mary's Church 16:00 See p11 Harleston Choral Society concert see page 23	29

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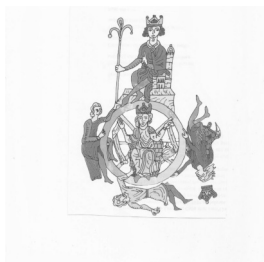
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Harleston Choral Society welcomes you to its 25th Anniversary Concert, on Saturday 28 June at 7.00 pm in Harleston Sancroft Academy. We'll be singing Carl Orff Carmina Burana with professional soloists and orchestra, and the school's choir. Further information about HCS can be found on our website www.harlestonchoralsoc.org.uk and from our Joint Chairs - **Caroline Rodbourne at caroline@rodbourne.org.uk and Jo Curry at jo.curry@sky.com**



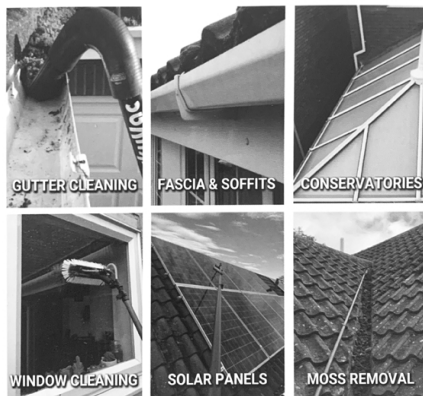
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Bounce and Rhyme - Every Tuesday 2-2:30pm
Stitches and Knitters - Every Thursday 2-4pm

Norfolk Constabulary Police drop in sessions - 5th June and 3rd July both at 4-5pm
From July 5th we will also be running the Summer reading challenge - Children locally will be having school assemblies on this by myself. It is a great event that runs over the summer holidays to help encourage children to read more books.



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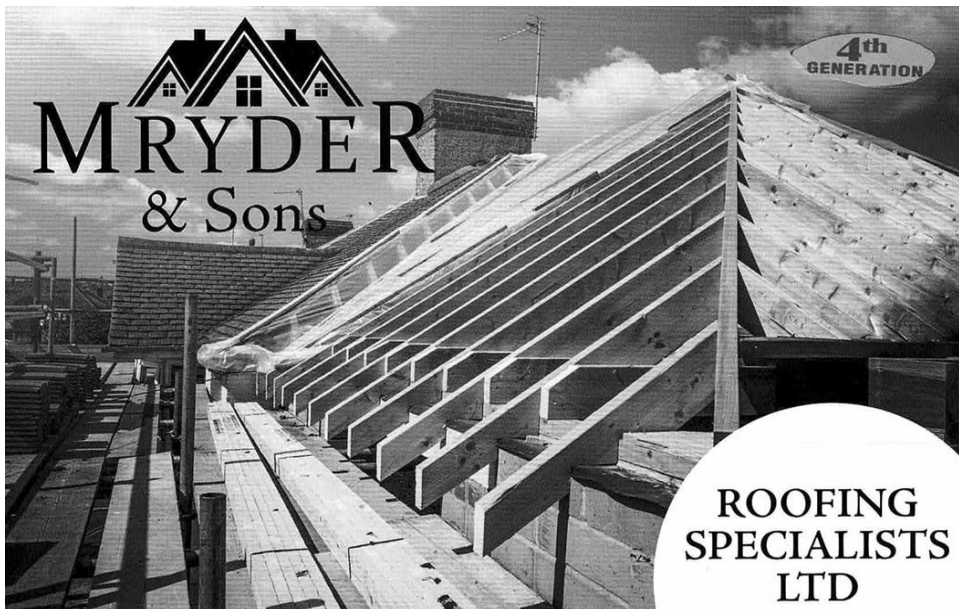


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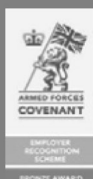
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BATTERY STORAGE PLANT

The public meeting was held on 25th April along with Great Moulton Parish Council to gather questions/worries raised by many parishioners from both villages. An EIA assessment letter was sent to SNDC. A link with the questions can be found on Wacton Parish Council Website.

COMMUNITY PAYBACK

The Community Payback team have started in the village, they started by planting in the new planter and various cleaning and trimming within village.

PLAYGROUND/VILLAGE GREEN

The new bench has been made and installed. The other benches will be cleaned and repaired as soon as possible.

DEFIBRILLATOR AND FIRST AID TRAINING

Defibrillator training will take place with Wacton Village Hall later this year once the trainers availability is clear.

NEXT MEETING

Annual Parish Council meeting on ***4th June at 6pm.***

Further dates are available for viewing on the Council Website.

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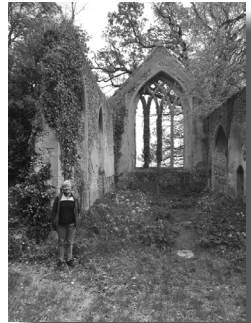
Tivetshall

“Ne’er cast a clout till May is out.” We recited this old saying whilst walking into the cold east wind. It was the beginning of May and the hedges were dripping with sprays of white May blossom. But after a week of summery weather it felt like winter had returned.

We parked at the side of The Street, near to a footpath sign, in Tivetshall St Mary. A visitor from London, Mirella, had joined us and soon got chatting to our group of thirteen as we sauntered along the quiet lane. We admired the wisteria and garden plants of the houses we passed before ‘climbing’ Primrose Hill. We were surrounded by fields of early crops and sentinel trees that lined the road. Before long we heard the roar of traffic and came very close to the A140. Thankfully another quiet road lead us away onto a rural path through woods. At times we followed signposts for Boudicca’s Way; a thirty-six mile trail from Diss to Norwich. Fortunately, today we were only on it for a short distance.

At one point walkers in the lead stopped and gazed into a field where two roe deer with antlers bounded through the knee-high wheat. Spongy oak ‘apples’ had fallen from the oak trees and interesting galls on yellow cress seed pods were among the flora we saw today. Pockets of sunshine between the clouds helped to warm us up and the birdsong was delightful. Along the way we could make out the Shimpling church spire above the trees in the distance. Lovely field views of flowering oil-seed rape brightened the landscape.

Near the end of our walk a horse chestnut tree in full bloom concealed a treat. Surrounded by tall trees the ruin of St Mary’s church rose into sight. Past the village war memorial, we entered the south door and stood on the rubble of the fallen tower to see the tracery of the large arched window over the altar. It was said that a sonic boom from a low flying jet plane had caused the tower to collapse into the nave. Nature was reclaiming the roofless church but it is still visited by people who leave their comments in the visitor’s book in a box. Well worth a visit. Ambling north from the church we found a tree-lined path that led to the footpath near to where we’d parked.



Thank you to Bonnie for leading such an interesting local walk. If you’d like to join us then please meet at the toilets in the Long Stratton car park at 10am on the first Monday of the month.

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9th June (Pentecost)	09:45am - Family Communion – Tharston, St Mary 11:00am - All age Communion – Stratton, St Mary
15th June	09:00am - BCP Communion – Stratton, St Michael 09:30am - Holy Communion- Wacton. 11:00am - All-Age Worship – Stratton, St Mary
22nd June	11:00am - Holy Communion – Stratton, St Mary
28th June	4:00pm - Messy Church Picnic – Stratton, St Mary
29th June	11:00am - Holy Communion – Stratton, St Michael

Congregational Church

1st June at 10:45am – Family Service incl. Holy Communion - Rev Malcolm Simpkin
8th June at 10:45am – Family Service - Dr Rolfe King
15th June at 9:45am – Community Family Breakfast
10:45am – Family Service - Joy Southam
22nd June at 9:45am - Prayer Meeting
10:45am - Family Service - Keith Scarff
29th June at 10:45am - Family Service - Thomas Dodd

Hope Church

1st June - 10:30am - Service for all ages -St Mary's Junior Academy NR15 2UY
15th June - 10:30am - Service for all ages - St Mary's Junior Academy NR15 2UY

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FROM THE PARISH REGISTER

We offer our condolences go to the family and friends of the late:

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Jean Groves - 24th April - Stratton St Mary's

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Images: Any pictures you may have to accompany editorial would be welcome. Please send these as jpgs not embedded in a word document.

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