

The Sexton's Wheel

Issue 256

The magazine for Long Stratton & Wacton



Long Stratton
80th VE Day Celebrations
Saturday 10th May 2025
Manor Road Playing Field
1pm - 5pm

Entertainment

Plate Smash

VE Day Quiz

Hot Food

LSTC Bar

Laser Tag



**FREE
ENTRY**

Tombola

Sweet Treats

Refreshments

Climbing Wall

Lots of Stalls

Ice Cream



Sponsored by: Octavius, Top2Bottom Commercial Cleaning, MD Wealth Management
Hosted by: Long Stratton Town Council For more information visit: longstrattoncouncil.info

May 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

Hire rates from as little as £7.50 per hour.



Wacton Village Hall - Booking Information

Attractive and welcoming community space available for hire: hall or meeting room

Hire rates start at £6.00 per hour. To book go to wactonvillagehall.co.uk

Email: bookings@wactonvillagehall.co.uk, or Tel: **Maz Richardson 07932269693**

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.



The Sexton's Wheel Team

2. Booking information Long Stratton & Wacton Village Halls.
Church Contacts.
LSTC opening hours.
5. We are all Pruned
6. Long Stratton Medical Partnership.
7. Long Stratton & District W.I.
9. Borderhoppa.
10. Bike Active
Let's Chat.
11. Messy Church.
Tharston & District W.I.
15. Long Stratton Town Council.
Diggers & Dibblers
- 18/19 2nd Long Stratton Brownies.
- 20/21. Calendar.
23. Harleston Choral Society.
U3A.
31. Wacton Parish Council.
Lett-uce Talk
36. Local Walks.
38. Church Services.
39. Contact details & information on
the Sexton's Wheel.

EASTFIELD GARDEN SERVICES

- Mowing
- Hedging
- Weeding

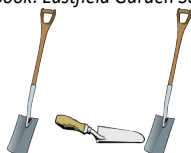
And lots more

Contact Adam on:

Mobile: 07359331303

email: Adam0576@icloud.com

Facebook: Eastfield Garden Services



KENT SKIPS

WE COVER SOUTH NORFOLK & NORTH SUFFOLK

* **PROMPT & RELIABLE SERVICE**

* **NEXT DAY DELIVERY**

* **LARGE OR SMALL LOADS**



Yew Tree Farm, Pulham Market, Diss, Norfolk, IP21 4XN

info@kentskips.com

www.kentskips.com



**Richard
Walpole
Roofing**



- New Roofs
- Re Roofs
- Roof Repairs
- Leadwork
- Chimneys Repointed
- Fascia, Soffit and Guttering

FULLY INSURED

Contact Richard on
07747 784742

Caroline's Curtains



Customers Own Fabric

Made to Measure Curtains, Blinds, and
Curtain Alterations

Local, Affordable, Professional Hand-
Sewn Services

Contact Tel: **07848 463344**

Email: carolinescurtains01@gmail.com

Web: www.carolinescurtains.co.uk

Address: **Thistle Do, The Street,
Fritton, Norwich, NR15 2QT**

We are all pruned.

I have a friend that I have breakfast with regularly. We chat about anything and everything as friends often do. The past four months however a recurring theme has been talking about death and loss, as four of his friends and his two dogs have all died. That's a huge amount of grief to deal with. We talk about them being at peace especially as each has suffered greatly before passing. We talk about eternity and the life to come. However for my friend it is still a huge sadness to deal with before he can properly feel the blessing of having had them in his life.

My wife loves Winnie the Pooh so I loved it when I found this. When Eeyore is feeling sad, Pooh often says things like, "We're sitting here with you, because we are your friends. And true friends don't care if someone is feeling Sad, or Alone, or Not Much Fun To Be Around At All. True friends are there for you anyway".

A heavy start to this piece but I want to share a story that I read years ago which as a keen studier of military history, has always appealed to me and helped me when dealing with difficulties, large and small. It is of an aging lady who was a regular church goer who lost a brother, husband and son in the space of a few years. When she was asked by the minister how she coped so well she replied that just as a general places his best and most loyal troops in the centre of the battle, to encourage others, she felt she had been placed by her Saviour in the centre for others to draw strength from her. A wonderful way of thinking of it.

I have been asked too often by people if their suffering was a punishment from God. My reply has always been no.

At a recent Bible study we were looking at John Chapter 15 and the words in verse 2 '... while every branch that does bear fruit he prunes.' It provoked some discussion about how we are pruned. Often it is through adversity the unimportant is stripped away so we can grow stronger and bear more fruit as it says later. We often receive empathy, love and support through our trials. That can lead to our own ability to understand others pain and teach us how to pass on love and support in turn.

So if you are suffering or know someone who is remember this may be a chance to refocus on what is important, which is always to love and care for one another.

God bless you.

Rev Malcolm Simpkin - Long Stratton Congregational Church

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

I love the month of May. The world around us looks brighter, greener and sprinkled with colours of flowers in every nook and corner. There's a spring in our step and one wants to be out in the garden. This year, the practice PPG have been focusing on delivering a Heart Health event evening at the Newton Flotman community hall. When I initially heard about the topic, I wondered why the PPG had chosen the Heart as its theme. It really isn't rocket science. We hear about someone having some form of heart disease whether Angina, Heart attacks, coronary artery disease or valve problems. These are lifechanging events that affect our lives.

The British Heart Foundation Factsheet January 2025 shows some glaring facts under the heading 'Today in the UK'

1. 480 people will die from a heart or circulatory disease
2. Around 130 of them will be below 75 years of age
3. 270 hospital admissions will be due to a heart attack
4. 180 people will die of coronary heart disease
5. 7.6 million people are living with a heart or circulatory disease

These are worrying figures. We do have to reflect and consider how we can look after ourselves, look after each other and how we can improve the heart health of the country.

PREVENTION is always the first line. This is all about lifestyle which includes

1. Healthy diet
2. Stop smoking if a smoker
3. Safe drinking levels: 14 units or less in a week
4. Regular exercise

Risk factors include

1. Diabetes: it is crucial to get the HbA1c within safe range
 2. Hypertension/ high BP – reduce salt, exercise, take medication regularly and get the figures to safe levels
 3. Cholesterol should be checked and if high, look at diet, exercise and if necessary, medication
 4. Obesity and overweight – try hard to get the weight to a safe range
- In summary, a healthy diet and exercise are crucial. Let us work hard to keep ourselves healthy physically and mentally.

The PPG will let you know as soon as the date for the Heart Health evening has been set. Stay Safe.

Mini Nelson

LONG STRATTON & DISTRICT WI

Unfortunately, our speaker booked for the March meeting was unable to come due to illness but we hope to hear her talk on needle felting another time as several members are interested in learning about this craft. At short notice one of the local bellringers gave us a very interesting and informative talk about his hobby. It was particularly interesting as two of our members are bellringers and many of us remember the bells from St. Mary's Church travelling up to the Bell Foundry in Whitechapel, London for repair.

Nine of our members attended the Federation Annual Meeting (FAM) at The Theatre Royal in Norwich and enjoyed lunch together at the Assembly House. The morning speaker was from School Readers, an organisation that encourages people to go into schools and hear children reading. In the afternoon the speaker was Arit Anderson from Gardeners' World. She told us about her childhood and how she became involved in gardening. At the end she answered gardening related questions and we all noted her advice about slugs. There were some business items, presentations, a raffle, various information stalls, we sang Jerusalem and finished the day with God Save the King.

On another day several ladies lunched together at Huggers.

Others met together for a knit and natter. We are now involved in a charity knitting project which all members can take part in.

Also at the planning stage is a two tier walk at Whitlingham Broad to raise money towards the work of Associated Countrywomen of the World .

Our May meeting will be a talk about reclaiming your allotment. This will be on Wednesday 21st May at 7.30.pm in Long Stratton Village Hall. If you are interested and would like to meet our members/hear this talk, please just come along on that evening.

If you need further information ring 01508 531154.

St Mary's Church
CAKE STALL
Outside the One Stop
14th June 10:00 to 12:00





At The Mayfields Care Home, we believe in a healthy, active lifestyle – one in which our residents can feel like winners. That's why we personalise each day to meet the individual activity needs of our residents and their families.

And hearing their laughter is music to our ears.

www.castlemeadowcare.co.uk

The Mayfields

SWAN LANE, LONG STRATTON, NORFOLK, NR15 2UY
CALL 01508 535 500 TO ARRANGE YOUR VISIT



RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE | SHORT BREAKS



ABACUS
a name you can count on

Accountants
Book-Keepers
Consultants

**WE FOCUS ON THE NUMBERS SO YOU
CAN LOOK AFTER YOUR BUSINESS**

- Sole Traders & Ltd Companies
- Tax & VAT Returns
- Management Accounts
- Book-keeping
- Payroll Services
- Auto-enrolment
- Company Formation
- Business Plans & Forecasts
- Independent Examinations
- Construction CIS
- Charity Accounts
- IR35 Contractors



**CONTACT US
TODAY**

TEL: 01508 333040
EMAIL: office@abocabacus.co.uk
The Willows, Ipswich Rd,
Long Stratton, NR15 2TG

Happy Feet



Qualified Foot
Health Professional

Treatment of corns, calluses,
nail infections and much more.

To arrange a home visit please call
Wendy Latoy MCFHP, MAFHP on

01379 676872
or **079 2345 4646**

- Door to door dial-a-ride service
- Weekly members outings throughout the year
- Group hires for not-for-profit organisations



Borderhoppa Outings for May 2025

Thurs 1st – Bungay Town (Market Day) - £10.00
 Thurs 8th – Lunch at Earsham Hall Tea Rooms – Fare £8.00
 Mon 12th – Lowestoft Town / Sea Front - £20.00
 Thurs 15th – Harleston Town - £8.00
 Mon 19th – The Foundry Garden Centre, Tasburgh - £8.00
 Thurs 22nd – Breakfast at Billingford Horseshoes – £8.00
 Thurs 29th – Southwold - £20.00

To book or for more information please call **01379 854800** or visit our website www.borderhoppa.org

RACE NIGHT

AT THE QUEEN'S HEAD

£8.00 SATURDAY 31 MAY



FANCY YOUR LUCK?

**COME AND JOIN US FOR A
 GREAT EVENING OF FUN**
IN AID OF LONG STRATTON LIONS LOCAL CHARITIES

BIKE ACTIVE NORFOLK

BikeActive Norfolk began getting adults out cycling with any disability, illness or injury in September 2022. Initially uptake was slow, as the concept was new in Norfolk. Adults with ANY disability, injury or illness would attend our group rides of about 3.5 miles on quiet roads that had been properly risk assessed. Any adult with a carer, then the carer would accompany the rider client on the ride.

After closing over the winter months of 2022 , we started rides again in March 2023 initially from Earsham village hall and running every other week. Within weeks of starting we had regular rider clients attending. By spring of 2024 we were running weekly with a new venue at Topcroft Sports and Social Club as well as still using Earsham village hall. We had acquired a plethora of specialist disability cycling equipment, including an E assist side by side tandem trike, wheelchair tandem trikes and wheelchair transporters, rear steer tandem trikes, and an E assist semi recumbent trike. These things enabled us to get ANYONE out enjoying cycling

We also launched a children's group during Norfolk school holidays on the multi use games area at Long Stratton at Easter 2024. Despite our having little funding we managed to acquire some old go-karts, quadracycles, trikes and rear steer tandems and trikes for those unable to pilot themselves. This group proved to be a success.

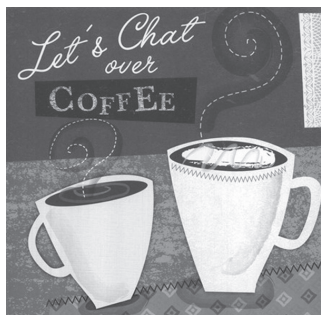
As BikeActive Norfolk will have passed the point at which it has delivered over 500 rides to over 120 different rider clients, it's time to take stock of things. None of this can be achieved without volunteers. Come and join us if you'd like to give something back to the Community. It is fun and as most of our volunteers will say, very rewarding.

June 21st and 22nd see BikeActive Norfolk undertake a 24hr cycle recumbent race on the multi-use games area in Long Stratton to help raise money toward an electrical assist Van Raam Chat rickshaw. We hope to use this for the basis of a community transport hub for elderly and disabled people in our town once the bypass ensures lower traffic levels. Please come and join in. By racing a team or taking part for a short session on the day. Details will be on our website, BikeActiveNorfolk.org as to how you can get involved. Please do.

Jez Briggs

Chair, BikeActive Norfolk,

email: BikeActiveNorfolk@gmail.com, phone: 07716103072



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



Messy Church News

Hello from your Messy Church team. We had a brilliant time in March thinking about the things in nature that tell us about the way God cares for us. We looked at different birds and different flowers too. We had a go at making origami hearts, we topped some biscuits with sweets to make them look like the beautiful flowers, and we talked about the people who care for us and those we care about. We also prepared some postcards to send to our friends at Kimbilio in DR Congo to show how we care for them too as global citizens. It was nice to sing a song about how God cares for us too called "Ask, Seek, Knock" by Hillsong Kids. This song will be coming back in May as it was a hit!

Our next session is going to be on the 24th May at the usual time of 4pm. We will be thinking about the idea of being found using a story Jesus told about some special coins. See our poster for more details. We look forward to seeing you there. If you have any questions or want to get in touch, please feel free to email us at [**strattonmessychurch@gmail.com**](mailto:strattonmessychurch@gmail.com)

THARSTON & DISTRICT WI

A very informative talk illustrated with photographs by Gavin Bickerton-Jones was enjoyed at our March meeting. He detailed the habitat and behaviour of the many creatures and birds on our doorstep which he had photographed himself. Each image had a story to tell, and efforts to get up in the early morning and lie amongst the nettles had enabled him to capture many a perfect photograph.

At our meeting in April Charles Lewis, a proud Liverpoolian, gave a presentation, entitled 'Strawberry Fields Forever', accompanied by musical interludes and pictures retelling his memories of growing up in Liverpool at the time of The Beatles. Living close to where John Lennon lived and going to the same school as John, and Paul McCartney he gave an informative talk on Liverpool during that era, including how members of the Beatles attended the Northern premiere of the film 'The Beatles: A Hard Day's Night' in which they starred, and how the city of Liverpool today records their impact on the world of music.

Our May meeting will be held on a different day to our usual schedule and will be on Thursday May 15th when Greg Powles will return with a talk on behind the scenes of the world of broadcasting and theatre



**Cleared.
Repaired.
Replaced.**

**Local Guttering
Specialist Norfolk**

**Proud member
for over 15 years**

Checkatrade.com
Where reputation matters

**Steven White 07961 399633
or email localgsn@gmail.com**



- All makes and models
- Insurance approved
- Small dents to major repairs
- Tyres at competitive prices
- Vehicle sales
- Courtesy cars available

Where quality counts!

01508 535888

Unit 2 | Robert Harvey Way
Tharston | NORWICH | NR15 2FD
www.ymark.com | info@ymark.com



Family Run, Private Hire Taxi
Based in Long Stratton

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

It is highly recommended to
pre-book

Please call or message on
07464736667

Or visit www.kandjcars.co.uk

PAUL LOVETT

Repairs & Servicing

Home Appliances

07999 355267

E: lovett.repair@gmail.com



Covering South
Norfolk and North
Suffolk

20+ years experience

Handyman Rob

For the little jobs around the home that
you don't have time for.



Plumbing, electrical, carpentry, garden
projects, general house maintenance

Email : handymanrob2@gmail.com

Phone/ Txt : 07460 116296

WhatsApp : 07460 116296



Susan Whymark Funeral Service Ltd

Independent and Family Run

Serving Eye, Harleston, Diss and the surrounding areas since 2004

We offer a range of services to suit your individual needs

- Funerals tailored to your needs and budget
- Full estimates given at time of arrangement
- Pre-Paid Funeral Plans available
- Direct Cremations
- Support Groups
- Memorials

We provide an efficient but friendly service through our
professionally qualified staff

- Chestnut House, 12 Progress Way,
Eye, Suffolk, IP23 7HU
Tel: 01379 871168 (24hr)
- Ley House, 11a London Road,
Harleston, Norfolk, IP20 9BH
Tel: 01379 851253 (24hr)
- Denmark House, 1 & 2a Carmel Works
Park Road, Diss, Norfolk, IP22 4AS
Tel: 01379 831332 (24hr)



See our customer reviews at

www.susanwhymark.co.uk

Email: susan@susanwhymark.co.uk

Long Stratton Town Council

Pavilion, Manor Road Playing Fields, Manor Road,

Long Stratton, NR15 2XR. Clerk: Mrs B Buck

Tel: 01508 530524 office@longstrattontowncouncil.gov.uk

VE Day Celebrations

Come along on Saturday 10th May from 1pm until 5pm for Long Stratton's annual community event! Amongst the many stalls will be refreshments, sweet treats, games, face painting, plate smash, tombolas and many more!

On the field there will be a Climbing Wall and a Laser Tag Maze brought to you by 'The Outdoor Education Company', plus try your luck at our football game and bounce around on the Bungee Trampolines!

Children's entertainment will be on stage starting at 1pm, followed by a VE Day quiz then onto live singing with Emily Deal.

Here's hoping the sun will shine for us all this year!

Annual Town Meeting

The Annual Town Meeting for Long Stratton will be held in the Pavilion on Monday 19th May 2025 at 7pm. There will be refreshments available, and we hope to see you there!

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 12th May 2025 at 7pm.

Diggers and Dibblers Gardening Club.

Tuesday 13th May at 7.30pm in Forncett Village Hall

Hawk Honey will be speaking to us about "The Forgotten Bees"

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



GET YOUR GARDEN SUMMER READY

Your independent supplier of DIY and building materials with service you can trust

Evergreen Emerald Gold All Purpose Compost 50L

Based on a traditional recipe of over 50 years, this compost combines the finest ingredients to create a pure and balanced growing medium that will support the healthy development of a wide range of plants.

MULTI BAG OPTIONS

3 X 50 LITRE BAGS £19.00

10 X 50 LITRE BAGS £55.00



£7.99



FREE LOCAL DELIVERY

OVER £20.00
WITHIN 10 MILES
OF OUR STORE

Evergreen Multi Purpose Compost 50L

£4.99

MULTI BUY

**3 X 50 LITRE
£12.00**

**10 X 50 LITRE
£36.00**



Evergreen Farmyard Manure 40L

£5.99

**MULTI BUY
3 X 40 LITRE
£15.00**



Evergreen Decorative Chip Bark 60L

£7.99

**MULTI BUY
5 X 60 LITRE
£34.95**



We are open to the public and trade from 7.30am to 5.00pm Monday to Friday and between 8.00am and 12 noon on Saturday.

Visit our website www.ctsdiy.co.uk to also order on-line.

18-24 Mill Lane, Pulam Market IP21 4TN

www.ctsdiy.co.uk 01379 415161 sales@ctsdiy.co.uk



CTS

DIY & BUILDING SUPPLIES

**Sell smart:
think Howards,
call Janette.**



Thinking of selling?

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

Three decades of service to our local area has given Janette a unique insight into the local housing market and a depth of knowledge that is paying dividends to her clients in achieving sale after sale at great prices.

The New Year is a fabulous time to launch your home, it being one of the busiest times of the year. We know exactly how to harness that opportunity using the best marketing strategies – our success is proven year after year!

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



Janette Churchill
Partner & Long Stratton Property Expert
01508 532 244
janette.churchill@howards.co.uk

HOWARDS

2nd Long Stratton Brownies



2nd Long Stratton Brownies Pack Holiday (extracts from diaries)

Saturday

So first I got out of the car. Today we arrived at Hallowtree! Excited!! I'm here because there's a Brownies Pack Holiday. It's away from my family and my first time here. We made our beds and went to explore the massive building. We did the washing up that was fun. We did grass sledging which was lots of fun. It was on a grassy hill and we also looked down at the river. Then we went back and had a drink. We went inside and did arts and crafts, afterwards my group had to lay the table. Then we practised the fire drill. We watched a movie about our theme (Animals of Farthing Wood) and some more of the story at bed time. I love it here.

Sunday

I kinda slept well but I woke up a few times as everybody was snoring. We are all having fun with Toad(Jessica). After breakfast we did our duties then we did inspection. Our group got points for being clean and tidy. If I continue to keep my group together we will get more points. We went on the assault course it was so much fun. Sadly I wasn't able to do the monkey bars as they were really too slippery. We went on some hard objects (obstacles). For dinner we had roast with chicken and some carrots, broccoli and potatoes. We also had peas but I did not want them because I don't like them. And we did a hunt to find lots of cones (orienteering) that will make a word but I didn't find it. For tea we shared our spreads on bread and obviously went to bed but also started our group picture and played bingo. The groups are hedgehogs, squirrels and rabbits.

Monday

Today I cleaned the toilets. It was horrible but never mind. The Rainbows came round and I had Ebony as a buddy and she had brought a toy rabbit called Bunny. For lunch we had sausages that I really liked. We did the cupcake challenge together. We played lots of games outside until 3pm when the Rainbows went home. I was cook so I had to butter the bread for tea and do the praise (grace).

Tuesday

I slept so well! I remember laying in bed and I slept for about 12 hours (wishful thinking but they have slept well). I felt better after having a shower yesterday. Today I woke up, did my teeth and got dressed and had breakfast. We had cereal and bacon in a roll. After breakfast we did our jobs and I was a waitress so had to wash up. Just now we made fruit salad. We also did archery. I got a red and a white arrow on the board. We had pizza and salad for lunch. We did lots more activities and lots more games.

2nd Long Stratton Brownies



Wednesday

Pancakes for breakfast! Just time this morning for a craft after inspection. We had all done really well and gained more points. So we made windmills. Then we watched the last film of the animals arriving at White Deer Park before our families arrived. We showed them Māori Sticks and sang 'Pat-a-cake' and 'This little guiding light of mine' before the prize giving and gifts. Hedgehogs had the most points but it was really close.

The Brownies gained an Aviation interest badge for their sash and Cupcake Challenge and Anglia Outdoor Challenge as well as their Animal Group badge, I've been on Pack Holiday and a Hallowtree badge. Lots to sew on their camp blankets!

Thank you to Weasel for cooking fabulous food, and to all - Mole, Badger, Owl, Great White Stag, Toad, Kestrel, Hedgehogs, Squirrels, Rabbits and our visitors Adder, Whistler, Pheasant and the Fieldmice for attending part or all of this year's Brownie Pack Holiday. With such enthusiastic volunteers another successful holiday.

Fox (Brown Owl)



M	T	W	T
			1 Pilates - Wacton see page 31
5 Local Walk - see page 36	6 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	7 Wacton Parish Council Wacton Village Hall 18:30pm see page 31	8 Pilates - Wacton see page 31 Tharston & District Wacton Village Hall 7:30pm Lunch Club 2 Long Congregation Call 079687
12 LSTC Meeting Pavillion Community Room Manor Road 19:00	13 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Lets Chat St Mary's Church 1000-1200	14 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	15 Pilates - Wacton see page 31
19	20 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	21 Stratton & District W.I LS Village Hall 1930	22 Pilates - Wacton see page 31
26	27 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Lets Chat St Mary's Church 1000-1200	28 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	29

T	F	S	S
Wacton Village Hall See p2	2 Wacton Social Club open 7.00pm - 11.00pm with Bingo	3	4 Hope church Service St Mary's Academy 10:30am. See p22
Wacton village Hall See p24 Wacton District W.I. Wacton Village Hall 10:30pm 12:00 - 2:00pm Stratton Long Stratton Church Hall 016698 to book	9	10 Wacton Church Coffee Morning 1030am.	11
Wacton Village Hall See p24	16 Wacton Social Club open 7.00pm - 11.00pm pool,darts etc	17	18 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	23	24 Messy Church Stratton St Mary's Church 16:00 See p11	25
	30	31	

Marion's Foot Care Foot Health Practitioner

marionfootcare@gmail.com



- Nail trimming
- Corn enucleation
- Fungal and verruca treatment
 - Bespoke mouldings
- Reducing thickness of nails
 - Diabetic feet seen
 - Ingrown nail treatment
- Fully Insured/DBS checked
- Providing a personal service in the comfort of your own home

Contact: Marion Keable, DipCFHP,
MPSPract ON 07742 722804

Covering: Norwich, Sprowston, Salhouse,
Wroxham, Brundall, Blofield Heath, Acle
and surrounding areas



Oliver Smith COMPUTER SERVICES



Computer Problems?

For All Your IT Troubles

Oliver: 07930 137 230

Email: help@oscomputerservices.co.uk

Business & Residential

Sales / Solutions / Setup / Support
Tuition Available

On Site Repairs / Wi-Fi Installation / Networking

Let's Talk About The Cloud

Software, Hardware, Firmware & Wobblyware

PC's - Laptops - Tablets - Smart Phones - Printers - Mesh Systems

Long Stratton Euro Shop

Euro Food & Chinese Food

Open Monday- Sunday

09:30 – 22:00

Closed on Tuesday

Find us in The Street
opposite the Coop car park



Welcoming children aged 6 months to 5 years

All-Year-Round



8am to 6pm

MULBERRY BUSH
DAY NURSERIES

High Quality Early Years Childcare and Education

Excellent indoor and outdoor facilities

St. Edmunds
Norwich Common
WYMONDHAM
NR18 0SP

3 Wingfield Court
Norwich Road
MULBARTON
NR14 8JP

Tel: 01953 603792
wymondham@mulberrybush.org

Tel: 01508 570100
mulbarton@mulberrybush.org

HARLESTON CHORAL SOCIETY



Harleston Choral Society returned from our Easter break 28 April, and we're now on countdown for the final few weeks of rehearsals for our Summer Concert on Saturday 28 June in Harleston Sancroft Academy. We'll be singing Carl Orff Carmina Burana with professional soloists and orchestra, and the school's choir. This will be the highlight of our 25th anniversary year, celebrating 25 years of wonderful music. Rehearsals are held on Monday evenings, 7.30 – 9.30 pm, in The London Road Church (formerly The Harleston Methodist Church) at London Road, Harleston, IP20 9BH. Parking is available in The Original Factory Shop (TOFS) car park opposite on London Road, Harleston, IP20 9BZ.



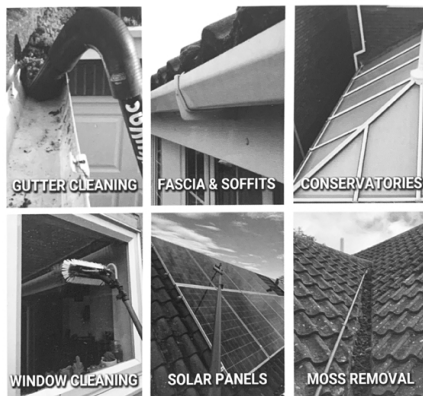
Another 'can't miss' date for your diaries: a 'Come and Sing Messiah' Workshop on Saturday 16 August, in St James Village Hall IP19 OHP, open to all. And to round off the year, our Christmas concert on Saturday 6 December, back in St John's Church. Throughout the year we'll also be setting up display panels in various locations, showing HCS's history, the many people who've been involved with the choir over the years, and choir members' memories. We would normally direct you to our website www.harlestonchoralsoc.org.uk at this point, but currently the website is down. We hope to have it up and running before too long but in the meantime if you would like any information about HCS, please contact our joint Chair, **Caroline Rodbourne at caroline@rodbourne.org.uk Or follow Harleston Choral Society on Facebook.**

HARLESTON & DISTRICT U3A

Harleston & District u3a invites you to our May 2025 talk The Great American Songbook, given by Roger Browne. Roger is an actor, singer, speaker, musician, director, composer and writer, and on 21st May he will be talking about the fascinating lives of Gershwin, Kern, Rodgers, Berlin, Carmichael, Fats Waller – and more. As a jazz pianist, he has accompanied many top International and UK based jazz artists



Visitors welcome, admission £3.00 including refreshments. Further information about this and all Harleston & District u3a's activities is on our website **www.harleston.u3asite.uk or contact Kim Poulton on 01986 788149.**



☎ 01508 471 994 ☎ 07796 503 096

www.tasvalleyexteriorcleaningservices.co.uk
info@tasvalleyexteriorcleaningservices.co.uk

☎ 01508 471 994 ☎ 07796 503 096

www.tasvalleyexteriorcleaningservices.co.uk
info@tasvalleyexteriorcleaningservices.co.uk

PILATES

Beginners and Intermediate

Classes in:

Wacton Village Hall - Thursday Mornings
Hempnall Village Hall - Tuesday Evenings

For further details contact
Jo Douglas - 01508 530261
Greenacresfarm@tinyworld.co.uk

YOUR WILL £79

PROPERTY PROTECTION
 TRUSTS FOR HOMEOWNERS
 INC. SEVERANCE OF TENANCY

from **£99**

**LASTING POWER
 OF ATTORNEY**

from **£99**



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

Other services we offer

- Asset Preservation Trusts
- Probate and Executor Services
- Funeral Plans
- Deputyship

A TRUSTED MEMBER OF
 THE SOCIETY OF WILL WRITERS

For Office and Home visits call
01508 494315

email sales@aspwills.co.uk
www.aspwills.co.uk

**ASP Wills Pentland, Marlbottom,
 Tasburgh, Norwich, NR15 1NP**



**BASED
LOCALLY
FOR YOUR
CONVENIENCE!**

- All makes and models of cars, vans and trucks serviced.
- MOT Preparation.
- Brakes, clutches, exhausts.
- Tyre supply and fitting service at competitive prices.
- Cam belts.
- Welding.
- 24hr Recovery.
- Courtesy car available.
- Friendly professional service.

Tel: 01508 489066
24hr Recovery: 0779 664 1881

Mark's Vehicle Services, Unit 1, Red House Farm,
High Road, Fornsett St Mary, Norwich, NR16 1JR.

Open Monday-Friday 8 til 5:30. Saturday 8 til 1.

All major credit cards accepted



J.A.T Painting and Decorating

Interior and Exterior

15 Years experience

**Friendly, reliable and
fully insured**

**For a Free quotation
Call or text us today**

07849194890



Garden Landscape Services Limited

- Fencing
- Paving
- Turfing
- Hedge cutting
- Decking
- Clearances
- Planting
- Artificial grass
- Pergolas
- Garden design
- Groundwork

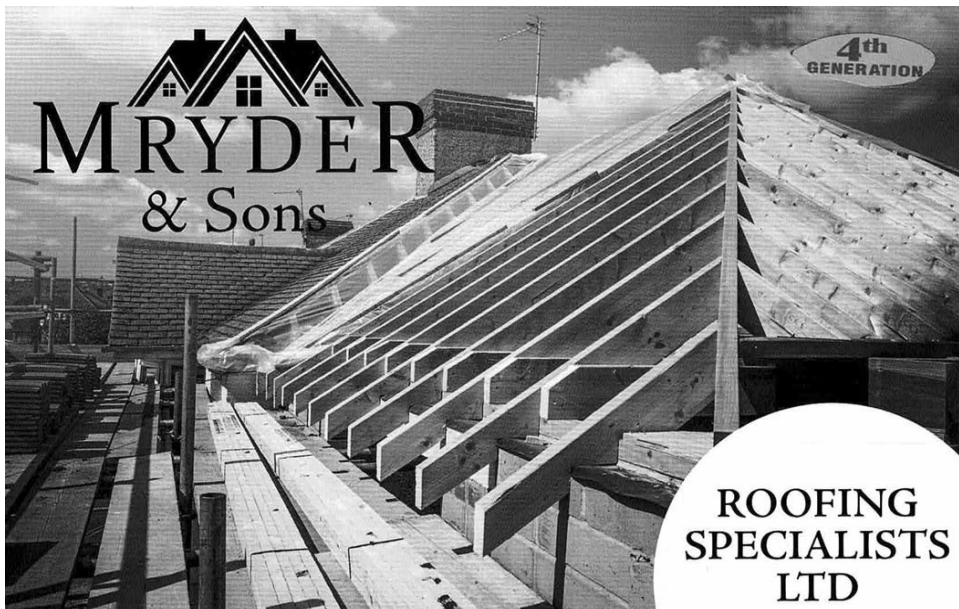


(01508) 807567
07749 130 872

enquiries@glsonline.co.uk

[/gardenlandscapeservicesltd](https://www.facebook.com/gardenlandscapeservicesltd)

www.GLSOnline.co.uk



- Re-roofing
- New Roofs
- Roof Repairs
- Lead work
- Flat Roofs
- Chimney Re-builds
- Free Consultations

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



Call us now on: 07850 597288

Norwich: 01603 458884

Norfolk & Suffolk: 01508 532200 or 07825 908287

www.mryderroofing.co.uk mryderroofing@outlook.com

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

BARKER FAMILY FUNERAL SERVICES

We're all inclusive

*Family run with Family values
and Family at heart*

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

Total
£4329

24 Hour Family Caring
Personal Service
Covering Norfolk & Suffolk

The Simplistic Funeral
Total £1,590

The Street,
Long Stratton
NR15 2XJ

01508 536117
info@barkerfunerals.co.uk
www.barkerfunerals.co.uk



Are you seeking a professional, reliable **WINDOW CLEANER?**



Why choose us?

- ★ Over 10 years experience
- ★ We clean doors, glass, frame & sill
- ★ We send an alert before we come
- ★ We have many 5 star reviews
- ★ We use pure water upstairs & traditional methods downstairs



 TimS-2053

02 Feb 2023

Great local window cleaners!!!



Great window cleaning couple who I would thoroughly recommend to anyone in this area who requires one. Always communicates with me before they come and rearranges the appointment if the weather does not allow then to attend. Great standard of cleaning which I cannot fault.



 LucyD-451

07 Jan 2024

Excellent service and communication.
Great value.



Highly recommend this company for Window cleaning. Great communication, Does a great job and reasonably priced. They also cleaned out our gutters. Best window cleaners we have found.



@thelocalwindowcleaner



Call Nick @
SQUEAK-E-CLEAN

07891 291275

Fully Licensed & Insured & Certified

BARTRAM'S SERVICES Ltd

Trusted Services At Your Convenience

Soft & Hard Landscaping

-Garden Builds + Designs

- Patio
- Driveways
- Decking
- Pergolas
- Turfing
- Fencing
- Sleeper Beds

Professional Commercial, Residential Maintenance

- Garden Clearances
- Hedge Cutting/Removals
- Ivy Removals
- Tree Cutting/Removals
- Regular Grass Maintenance
- Maintenance Contracts Available

Contact@bartramsservices.com
www.BartramsServices.com

Office- 01603 552482
Mob- 07402356519



Gutter Guru

Gutter and exterior
cleaning services



- Gutter cleaning, repair and replacement
- Moss removal and treatment
- Roof and render cleaning
- Patio and driveway cleaning and sealing

- Conservatory and window cleaning
- uPVC fascias, soffits and gutter washing
- Tennis court cleaning
- Tarmac restoration



☎ 01508 356336/ 07414715719



ricky@norfolkutterguru.co.uk



www.norfolkutterguru.co.uk





Specialists in the supply and install of new and replacement Pvc-u and Aluminium windows, doors, conservatories, secondary double glazing and roofline.

All available in a wide range of colours and styles.

Free surveys and estimates. Trade and DIY enquiries welcome.

For friendly advice and a competitive price.

E: info@moultonwindows.co.uk

W: www.moultonwindows.co.uk

01379 677730

Orchard Farm, Great Moulton, Norwich, NR15 2HA



Big enough to cope, small enough to care

mw
MOULTON
WINDOWS



QUALITY & HONEST USED CARS BOUGHT & SOLD

CALL 01508 500208 or 07496 013130

for a genuine, easygoing
and straightforward experience

www.mrbautomotive.co.uk

Viewings strictly by appointment only

Unit 3 Game Meadow, Brick Kiln Lane
Swainsthorpe, Norwich NR14 8PY

CARRY-ALL

Mel Rogers

Mob: 07850 402845

Tel: 01508 536182

e-m carry_all@btinternet.com

Suppliers of:

- Mixed hard and soft wood
- Shingle [Natural]
- Sand
- Hoggins
- Ballast
- Crushed Concrete
- Ornamental Granite Chippings
- Top Soil
- Cultivated rolled turf
- Bark Chippings
- Compost & Peat
- Plumb Slate

No VAT - Free delivery

Wacton Parish Council
Village Hall
Hall Lane, Wacton NR15 2UH
Clerk: Mr Alan Arber
Telephone: 07813 190516
Email: clerk@wacton-pc.gov.uk

BATTERY STORAGE PLANT

The parish council have not received any information regarding the battery storage plant and the clerk has requested information from the company involved and to request their attendance at a village meeting.

A joint meeting with Great Moulton council has been planned for Friday 25th April starting at 6pm at Wacton Village Hall.

COMMUNITY PAYBACK

The Community Payback team will start working within the village towards the end of April.

PLAYGROUND

The gates have been removed due to repeated vandalism and rot. Also the baby swings have been removed due to the wooden frame being rotten and dangerous. The bench has been also removed and a new bench is being built at present.

BOOKS & BUSES

A new bus hard stand has been installed as well as a new bus stop outside the village hall. A new planter is being constructed, which is being dedicated to the memory of County Councillor Barry Duffin.

NEXT MEETING

Annual meeting of the Parish 7th May 2025 6pm to 6:30pm followed by the Annual Parish Council meeting at 6:30pm.

LETT-UCE TALK

The 4th Lett-uce Talk gardening meeting will be on the 1st Saturday of June, (7th.)

**ACL Services – Fibrous & Solid
Plastering,
Painting & Garden Maintenance.**



Never enough time to do those little jobs, keep putting them off, give me a call and get them done!

Small Plastering Jobs, Fibrous and Solid, Painting & Garden Maintenance.

Phone/Text Andy

WhatsApp: **07568 530990**

Email:

andysplasteringservices024@gmail.com

JUMBO BAG DELIVERIES

SAND

BALLAST

TOP SOIL

TYPE 1

MULCH



STONE 10/20MM

MUSHROOM COMPOST

CALL 01508 470674

Simons Landscaping Ltd

ELECTRICIAN



A Friendly Family Run Business

That Works on All Aspects

Of Domestic Electrics

**Including removal of storage heaters and
replacing with energy efficient heating systems**

Contact Ian or Caroline for all

Electrical Issues on

0779 0273 689 or 01508 813802

icdelectrics@hotmail.co.uk

or

www.icdelectrics.co.uk



Bailiwick IT Ltd.

Having Computer Problems?

Windows and Apple Mac repairs, upgrades & troubleshooting

virus & malware removal, printer supply, data recovery ,

Microsoft 365 services, 4G Broadband solutions,

New & Factory refurbished machines, Security software,

Domain names, emails & hosting, Networking services.

Tel: 01953 718421 Mob: 07928 326008

Email: help@bailiwickit.com Web: www.bailiwickit.com



No matter what size your budget
Our compassion is constant



- Home Visits
- Funeral Finance
- Direct Cremation
- Affordable Choices
- Pre-paid Funeral Plans
- Personal Touches
- Bereavement Support Groups and Resources

recommended by
the good
funeral
guide.

20 YEARS  **Rosedale**
FUNERAL HOME
A FAMILY BUSINESS

Victoria Road, Diss **01379 640810 (24hr)**

Exchange Street, Harleston **01379 853999 (24hr)**

Middleton Street, Wymondham **01953 601103 (24hr)**

www.rosedalefuneralhome.co.uk


S.P.C.
ROOFING

- NEW ROOFS • RE-ROOFS • FLAT ROOFS
- REPAIRS • CHIMNEY TAKE DOWNS
- LEADWORK • FASCIA, SOFFITS & GUTTERING
- FULLY INSURED •

☎ 07577 700184



spcroofing86@hotmail.com



@spcroofing

High quality, secure and stylish.

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



Diss 01379 651959

Norwich 01603 270105

**Chapel
Doors**
LIMITED

Contact us to arrange an appointment at our Diss
showroom to view our range of high quality products
and discuss the perfect solution for your home.

Unit 21, Court Industrial Estate, Vincennes Road, Diss, IP22 4BF

www.chapeldoors.co.uk



**ACORN
2 OAK
CARE**

Committed to helping people live independently in
the comfort of their own home.

We pride ourselves on delivering **quality home-care services**.

Available 24 hours a day, 7 days a week.

Covering Long Stratton and surrounding villages.

For an informal chat, please contact Nicola or Naomi

07871 352961 / 01508 813572

email: enquiries@acorn2oakcare.co.uk

(If you are looking for a rewarding career in care,
please get in touch, we are always looking for people to join our team).

STRATTON QUICKFIT LTD

TYRES SUPPLIED & FITTED

EXHAUSTS, BATTERIES

CAR/VAN SERVICING & REPAIRS

MOT PREPARATION

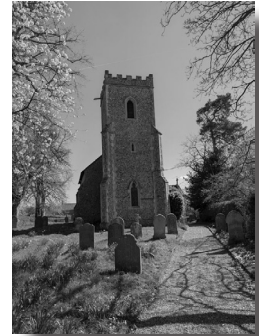
CAR & VAN REMAPPING/DELETES

RACE/TRACKCAR PREPARATION

CALL 01508 535133/07765 864249

There were 15 of us walking today. We decided who was in whose car and set off to Hapton, there is a small parking area next to St Margaret's Church.

We began our walk to the left of the Church on Holly Lane. We could hear the skylarks as soon as we started to walk. We then took the footpath that zigzagged across the fields to High Road. There was so much fauna and flora along the path; charlock plants with their yellow flowers, and the small bright blue flowers of the alkanet. We turned right and walked along the road to the corner and took a footpath to the right, which took us to a disused quarry where lots of birds and butterflies could be seen. We went through the kissing gate and turned right along Norwich Road then left onto Flordon Common.



We walked beside a pretty stream that weaved its way through the common. We saw in the base of an Alder Tree where a field mouse has hidden his winter supply of cones. There were two roe deer near the marsh and a small patch of colt's foot plant with its small, bright, yellow dandelion-like flowers. There were a few butterflies seen as well; speckled wood, holly blue, green vein, white orange tip and a peacock to name a few. We came out on The Street in Flordon where there was a red telephone box that is being used as a book exchange. We walked a short distance on the road then turned right onto a footpath that took us through Redwings Horse Sanctuary. As we started up the pathway we could hear woodpeckers drumming and saw

lots of horses and donkeys grazing in the fields and through the stable area. Our bird watchers amongst us spotted white wagtails in the paddocks, they also spotted swallows that have arrived here for the summer. Then we were back on Holly Lane and wandered through the Church yard with a very large magnolia tree which was in full bloom. There were lots of primroses and wild purple violets almost forming a carpet alongside the path, and we were back to where we had parked the cars.

The weather was very kind to us with clear blue skies on a beautiful spring morning in April.

We meet on the first Monday of the month at 10.00am, by the toilets near Swan Lane, Long Stratton.



DKC
PLUMBING
OIL BOILER SPECIALISTS

Oil Boiler Servicing
Oil Boiler Breakdown
Oil Boiler Care Plans
Oftec Registered



07375995198
www.dkcplumbing.co.uk



CLARITY

Earwax Removal

Remove unwanted earwax safely with Microsuction,
using the latest otoscope technology.

Our home visit takes approx. 45 minutes and costs £65
for both ears. We charge mileage, dependant on
demand that day in the area.

Mobile 07730048842

Email - Clarity-earwaxremoval@outlook.com

www.clarity-earwaxremoval.com

SPIRE

SOLICITORS^{LLP}

Our services include:

- Wills, Tax & Probate
- Family Law
- Employment Law
- Residential Conveyancing
- Dispute Resolution
- Debt Recovery
- Agriculture & Estates
- Corporate & Commercial Law
- Commercial Property
- Landlord Advice

 01379 641221  spiresolicitors.co.uk  info@spiresolicitors.co.uk

Attleborough | Aylsham | Dereham | Diss | Norwich | Watton | Wymondham

CHURCH SERVICES - May

4th May: 09:00am BCP Communion – Stratton, St Michael

09:30am Morning Prayer - Wacton

11:00am Morning Worship – Stratton, St Mary

11th May: 09:45am Family communion – Tharston, St Mary

11:00am All-Age Communion (for Christian Aid Week) – Stratton, St Mary

18th May: 09:30am Holy Communion – Wacton

11:00am Holy Communion – Stratton St Mary

24th May: 16:00pm Messy Church – Stratton, St Mary

25th May: 11:00am Holy Communion - Stratton St Mary

29th May: 19:00pm Ascension Day Communion (beginning Thy Kingdom Come)

– Stratton, St Mary

Congregational Church

4th May at 10:45am – Family Service incl. Holy Communion - Bruce Thorn

11th May at 10:45am – Family Service - Rev Michael Womack

18th May at 09:45am – Community Family Breakfast

10:45am – Family Service - Keith Scarff

25th May at 09:45am - Prayer Meeting

31st May at 10:45am - Family Service - Rev Malcolm Simpkin

Hope Church

4th May - 10:30am - Service for all ages - St Mary's Junior Academy NR15 2UY

18th May - 10:30am - Service for all ages - St Mary's Junior Academy NR15 2UY

The Well

Every Sunday - 10:00am - Long Stratton Village Hall. email: [*info@the-well.church*](mailto:info@the-well.church)

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: 37 St David's Close, Long Stratton, Norwich NR15 2PP
using the form below.

If you would like to advertise any Community Events this is free and we can tell over 2200 households

Editorial: If possible all editorial to be sent by e-mail. This saves time putting the magazine together and more importantly this would ensure names of people etc are spelt correctly. **Deadline for editorial is the 11th of the month**

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

Adverts: Advertising rates per issue: -
Quarter page(6cm x 9cm) £19.20 Half page (13cm x 9cm) £33.60
Full page (13cm x 18cm) £60

Market Place: Advertise items for sale or wanted for £5 per item per issue. maximum 30 words. This is not for commercial items but private adverts only. There is a maximum selling price of £500 for goods and the editorial team reserve the right to refuse any advert they feel unsuitable. The Sexton's Wheel will not be held responsible or enter into correspondence for any transactions between the buyer and seller. No logos or pictures

Deadline for adverts is the 5th of the month

Fixed charge of £10 for designing and re sizing any advert supplied - we will inform you when the advert is submitted if there is to be a cost incurred. No charge for change of wording if supplied as word document.

ADVERTS and DISTRIBUTION OF MAGAZINES - Ian Hetherington
07557 990169 thesextonswheel@googlemail.com

EVENT _____

DATE _____

TIME _____

PLACE _____

BRIEF DETAILS _____

CONTACT _____

A fresh approach

Looking to move this Spring?



Looking forward to your call

01508 531331



Whitley Parish – Your local, independent Estate Agent

E longstratton@whitleyparish.com
W www.whitleyparish.com
Beatrice Potter Cottage, The Street, Long Stratton NR15 2XJ

