



The Sexton's Wheel

December 2019

Issue 192



CHRISTMAS EXTRAVAGANZA!



YOU ARE INVITED TO OUR CHRISTMAS LIGHTS SWITCH ON!

FRIDAY 6TH DECEMBER - 4.30-8.00PM

SWAN LANE CAR PARK, LONG STRATTON

**THERE WILL BE FUN FAIR RIDES, BBQ, HOT AND COLD DRINKS,
GAME STALLS, CRAFT STALLS AND OF COURSE FATHER
CHRISTMAS WILL ALSO BE THERE AND MUCH MORE!**

LOOK FORWARD TO SEEING YOU THERE



PARKING AVAILABLE AT SOUTH NORFOLK DISTRICT COUNCIL FROM 5.30PM

Long Stratton Village Hall - Booking information



The hall can be booked as follows:

- Via our Facebook page, search for 'Long Stratton Village Hall'
- Via our website www.longstrattonvillagehall.org.uk
- Email us at longstrattonvillagehall@outlook.com
- Call Kirsty Dye on 07986 942804 and leave a message
- Hire rates from as little as £7.50 per hour



Wacton Village Hall - Booking information

The hall offers a meeting room seating 22, which is also suitable for small functions and a hall with semi-sprung wood floor with a capacity of 80 seated and 120 standing. There is a fully equipped kitchen and a full complement of tables and chairs. All areas are fully accessible for wheelchair users. The basic hourly rates are £6 and £10 respectively. To hire phone Christine Goreham on **01508 530823** or email **Wacton.VH@outlook.com**

Church Contacts

St Mary's / St Michael's & All Saints'	Rev. Heather Wilcox	01508 530238
	rev.heather@btconnect.com	
Parish Administrator	Linda Mills	01508 530238
	linda.parishadmin@btconnect.com	
Congregational Church	June Braddock	01508 470701

Church Parish Office

The Parish Office is open 8.30 - 12.30 Monday to Thursday, but you can still contact us at the Rectory outside these times. Callers are always welcome.
If you know of anyone who is unwell or would benefit from a visit from a member of our ministry team please contact the Parish Office (530238).

Long Stratton Town Council, The Street, Long Stratton

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

Tel: Clerk Becky Buck 01508 530524 E-mail: clerk@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 you might expect lots going on in the month of December so be sure to check the centre calendar.

A few to bring to your attention - the Christmas Lights switch on- see front cover, Christmas Tree Festival and concert - page 8, Creative Singers concert and craft fayre - page 10, wreath making - page 11, Waveney Choir - page 12.

Still looking for a Christmas present then turn to pages 10 and 29?

The Sexton's Wheel Team

Happy Christmas to all our readers and advertisers

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WILL BE MONDAY 9TH DECEMBER**

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REMEMBRANCE DAY PARADE

1st Long Stratton Scout Group and the Long Stratton Girlguiding Units saw a great turnout of young people attend the Remembrance Parade and Service.



These were young people from Long Stratton itself and the surrounding villages. We also had one of our Beavers, Matthew, represent our Scout Group in Forncett for their Remembrance Service.



Well Done to the young people for their positive behaviour, and thank you to them and our Leaders for paying their respects as part of our youth organisations.

Well Done to our Flag Bearers: Beavers – Jacob, Cubs – Harvey, Scouts – Jacob, Rainbows – Faye, 2nd Brownies – Bryony, 3rd Brownies – Ava, Guides – Katie; Wreath Layers: Scout Group – Finley (Scout),

Girlguiding Units – Harriet & Lois (Brownies).



Peter
Group Scout Leader
1st Long Stratton Scout Group

Helen
District Commissioner
Long Stratton Girlguiding District

Advent Carol Service

Sunday 1st December

St. Mary's Church - 6.30pm

Followed by Mulled Wine and
Mince Pies.

Everyone welcome





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For more details of the room, or to make an appointment to see it, please
call or visit the home on 01508 530777

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LONG STRATTON COMMUNITY FIREWORKS

Once again it was lovely to see so many happy smiling faces turn up to support the firework event. It never ceases to amaze me that every year we manage to dodge the worst of the weather, and again this year the weather gave us a window to fire the fireworks and for people to enjoy the night, although during the day when setting up we did get rather cold and soggy and it was looking a bit dodgy. With the wind gusting very strong during the day it became difficult to erect the tents, unfortunately the football club tent was badly damaged during one of these gusts, but not being put off by this, they came up with plan B and still managed to serve their chilli (which was delicious), hot and cold drinks etc. well done to them. As per usual, I am always looking for comments in ways we can improve the event. As with other years we have had many positive comments, verbally, email and on social media which we can take forward to next year. If you have any feedback you would like to share, be it good, bad or indifferent please email me at ian.hetherington2@btinternet.com

Our special thanks go to our sponsors, Co op Funeral Services, Co op Grocery and Long Stratton Parish Council, because of their generosity we were once again able to offer free entry, although it was a close run thing. By being supported in this way we can keep it a real community event that is available to all. Another huge thanks goes to all the people who put money into our voluntary donation buckets. This in itself raised £1,468.22, 20 cents and a plectrum! to go towards the cost of the event.

On another tack, if you would like to come on board to help organise or if your company would like to sponsor the display next year please email me at the above address, you can sponsor the event for as little or as much as your able. By doing this it means we can maintain this as a free event for the town.

One of the aims of the display right from the start is to offer local organisations and clubs a platform for the opportunity to raise funds for themselves. If your organisation or club would like to take advantage of this, please email me at the above address.

Our thanks also go to:

- Saffron Housing Trust - for use of their equipment and car park.
- Scout leaders for cooking the burgers and hot dogs.
- Long Stratton Scouts – for the loan of the tents.
- Long Stratton Football Club – for the use of their toilets.
- Co-op - for supplying the drinks for the bar.
- St John Ambulance - for first aid cover.
- Long Stratton Fire Station - for the fire engine.
- The local constabulary.
- The Village Hall for the loan of equipment and bodies to man the stalls.
- Members of St Mary's church for giving their time to help get the event organised.
- Long Stratton High School – for the use of their field to fire the fireworks from.
- All the businesses who displayed posters for us.
- And of course Titanium for supplying a superb firework display.

A date for your diaries, next year's display will be held on 7th November 2020. Hope to see you all again then when it promises to be bigger and better than ever.

Christmas Tree Festival

*A glittering display of trees
Celebrating the Festive Season*

St. Mary's Church, Long Stratton

Church Open Daily

Sat 7th - Thurs 12th December

11 am - 5 pm

(12.30 - 3pm on Sunday)

Refreshments available all day

FREE ENTRY

AFTERNOON TEA with Craig Catchpole

Sunday 8th December

4.00 - 6.00pm

Tickets £10

(£6 for children under 12)

Booking required

01508 530238/

rev.heather@btconnect.com

God's Christmas gift



By the time you get to read this I hope that you are well and truly sorted about what you are going to get for which person for the great and wonderful day that is approaching, called Christmas Day. Figuring out what to buy that special person in my life is always a problem. I try to tell my wife that she has me so what else could she need but it doesn't always work!!

I like to buy something that will be appreciated, something that is wanted but not necessarily something that the person would have bought for themselves. That takes a little thought and consideration. Hopefully when people receive a gift that I have given they think, 'thank you, he thought about me and what I would like.'

Gifts come in all sorts of shapes and sizes and made of a variety of substances and the gifts offered to Jesus by the three wise men started this idea of Christmas gifts, and their gifts were a reflection of what Jesus would be like as he grew. Gold to show he was King, Frankincense for his Priesthood and Myrrh to show his death would be special. It is understood that these three gifts were quite valuable if priced out at today's prices.

Is the cost of the gift necessarily a reflection of the value to the recipient? I think not as a gift received from a child of something they have drawn or made out of a few scraps of paper can be priceless.

God has thought about you and me and he came up with a gift that he thought was just what we needed. He gave us Jesus. There is a verse in the Gospel of John that says 'For God so loved the world that he gave his one and only Son that whosoever believes in him shall not perish but have eternal life.' It goes on to say that God didn't send Jesus to condemn the world but that the world should be saved through him. There was a tremendous cost to Jesus for this gift, it cost Him his life.

The worst thing about giving a gift is having it refused or rejected. At this Christmas time I ask that you give a little time to thinking about what God has given you through his Son and ask that you receive this gift then you can echo the words of Paul when he writes, 'Thanks be to God for his unspeakable gift'.

Come and join us for.....

Christmas Messy Church is on **Saturday 21st December**
from 9am until 10.45am and will be at **St Mary's Church**



The morning begins with bacon butties and muffins before craft activities, finishing with a time of worship. All children must be accompanied by an adult
You can find out more by phoning Heather Wilcox at the The Rectory 530238

THANK YOU FOR SPENDING 2019 WITH US.

Merry Christmas!

Gift Stalls
Live Music
Raffle, Tombola

We'd love you to join us for a Christmas Celebration in support of the following local charities!

East Anglian Air Ambulance. Thetford Music Project.
East Anglian Children's Hospices. Paws 4 Thought.
Star Throwers. The Big C.

Tuesday 17th Dec.

6 - 9pm

Wacton Village Hall



tickets £5

07765 920 390

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**PLEASE NOTE EDITORIAL DEADLINE FOR THE JANUARY EDITION
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LOOKING FOR A CHRISTMAS PRESENT? WHY NOT BUY A LONG STRATTON 'THROUGH THE SEASONS' 2020 CALENDAR

After a year off we have once again produced a calendar on Long Stratton, this time depicting the seasons in and around Long Stratton.

Following a request in Sexton's Wheel we received lots of photos from villagers and villagers then voted for their favourites. Congratulations to Shirley Housden, Donna Medcalf, Sheila Hardingham, Hannah Catchpole, David East and Heather Wilcox for having their photos selected.

The cost is £4 and they are available from The Butcher's House, Bekays, Hairmale and Stratton Motor Company. Or you can call in to the Church Parish Office, The Rectory, 8 Flowerpot Lane - Monday to Thursday 8.30am to 12.30pm.



IT'S THE MOST, WONDERFUL TIME OF THE YEAR!

You didn't read that, You sang it, admit it!!

There's absolutely no shame in enjoying a little singing! In fact, for more than two years, **The Creative Singing Community Choir** has been proving that:

**IF YOU CAN SPEAK,
YOU CAN SING!**



*And, to prove it to you, we're inviting you to our **Annual Christmas Fundraising Concert and Gift Fair at Wacton Village Hall!***

*Tuesday, 17th December, from 6 - 9pm. Join us as we aim to raise the profiles of 6 local charities (including 'The Big C', 'Star Throwers', and 'East Anglian Air Ambulance'), while showcasing some of what we have been working on throughout 2019! Come for the Christmas Cake, or for a spot of last-minute shopping! Come to have a sing-a-long, or just come to support your local community as we support those who support our local and surrounding communities!! **Tickets £5.00 per person.***

Contact: Louise Tingley on 07765 920 390

www.creativesingingstudios.co.uk

Christmas Wreath Making

**Saturday 14th December
10 – 12 Noon**



St. Mary's Church, Long Stratton

£12.50 per person

**Booking essential – please book your place by 7th
December to avoid disappointment.**

**Contact Heather on 01508 530238
or rev.heather@btconnect.com**

**Christmas Concert
In St. Mary's Church
Long Stratton**

Featuring

Waveney Choir

Saturday 14th December

7.30pm



Tickets £7 (£6 Concessions)

Children under 12 free

Ticket price includes Festive Refreshments

Available from the Parish Office, 01508 530238

LOCAL WALK NOVEMBER WALK



Five of us set out on the first Monday of November for a walk, led

by Colin, starting from Fritton Common. Thank you, Fritton, for a handy parking place with seats where we oldies can sit to change our boots.



The walk took us through common land, water meadow (alongside a stream, which had been re-routed by earthworks in one

place to form a pond), and several lovely strips of woodland in its autumnal colours.



It was November but down by the stream we found ourselves taking off our coats and enjoying a warm micro climate. We saw various kinds of fungi including a large “fairy ring” and something we confidently declared to be stink horn. Later research suggested shaggy inkhorn or lawyers’ wig (suggestions welcome). After photographing the first we noticed how widespread they were in the nearby fields.

On emerging from one section of woodland we saw, across a field, Shelton church which disappeared and reappeared among its surrounding trees. Across another large field ran a deer, which we were not sufficiently skilled to identify more precisely.

To avoid the footpath across a ploughed field we had a pleasant diversion through Wood Green where we paused to admire the pond before turning towards Morningthorpe.



Only near the end of our walk did we traverse a significant length of road, and this was a lovely little lane with a view across a field to Morningthorpe church. This led us back to Fritton.

Louise

We meet the first Monday of every month [2nd December] in the Long Stratton car park near the toilets at 10am. Everyone is welcome. We always aim to be back in time for lunch.



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LONG STRATTON MEDICAL PARTNERSHIP

December is busy. We juggle the usual pressures of life with preparing for the festive season, shopping, socialising, managing children's activities, travelling to see family and friends (and this year voting!). Our health doesn't always appreciate quite how much we have to do and an untimely dose of flu can really scupper plans. With winter infections sweeping across the country December is especially busy for those working in healthcare.

I heard a quote from Adam Kay, previously a hospital doctor and now a writer and comedian. He said that for the NHS going the extra mile has become the usual distance. Certainly, over the winter months that sentiment rings true. As primary care services are squeezed on all sides, with an ever-increasing demand, longer waits for our patients to be seen in hospital clinics and a shift of workload out to the community, the winter pressures can seem daunting. Managing hundreds of face-to-face consultations a day in addition to vast amounts of work behind the scenes, I believe our staff rise to this winter challenge and I would like to thank them all for regularly going the extra mile to help us provide a good service. And to our patients -Thank you for your patience when you are delayed if the GP is running late or dealing with an emergency, or the nurse has been called away, or you are number 60 on the triage queue. And thank you for the kind words of appreciation our staff often receive, it makes a real difference.

Dr Lara Douglass

Footnote from our Dispensary Team

Thank you for bearing with us as we have struggled through staff change and shortages in the latter part of 2019. Please do not order too early for the Christmas period, just allow for the two day closure during Christmas week. Please note we will not be offering to 'double up' prescriptions unless you are going away for longer than one month over this period.

From all at Long Stratton Medical Partnership, we wish you a Merry Christmas and a Happy & Healthy New Year.

**Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY
01508 530781 www.longstrattonsurgery.nhs.uk**

St Mary's Christingle Service - Christmas Eve - 6pm in aid of The Children's Society

Every Christmas St Mary's Church supports The Children's Society through its collection at the Christingle Service on Christmas Eve and through people having collection boxes throughout the year. People also make a one-off donation at this time of year. If you wish to support the good work of The Children's Society your donations can be sent to Linda Mills at The Rectory, 8 Flowerpot Lane, Long Stratton [01508 530238]. There are some special envelopes available if you are a tax payer which will enable The Children's Society to claim Gift Aid on your donation. Church Parish Office is open Monday to Thursday 8.30am to 12.30pm.



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Long Stratton Town Council

The Street, Long Stratton, Norwich NR15 2AH

Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

01508 530524 clerk@longstrattoncouncil.info www.longstrattoncouncil.info



Working Towards a Brighter Future

For those of you who haven't noticed things are changing. In recent months the Town Council took the decision to actively reduce the town's carbon footprint and save money.

What did the council do?

Well, the first steps of this process were to apply for a Salix loan to establish a programme to replace all the streetlights in the town along with the lighting located at the MUGA near the pavilion.

Who and what is a Salix loan?

Salix Finance Ltd provides interest-free Government funding to the public sector to improve energy efficiency, reduce carbon emissions and lower energy bills. Salix is funded by the Department for Business, Energy and Industrial Strategy, the Department for Education, the Welsh Government and the Scottish Government and was established in 2004 as an independent, publicly funded company, dedicated to providing the public sector with loans for energy efficiency projects.(1)

How much will it cost?

The loan is interest free and the refit programme has the potential to cover the cost of the loan from the projected savings. A more detailed breakdown can be found on the council web site.

<https://www.longstrattoncouncil.info/street-light-replacement-programme>

Why change the lights?

The primary appeal of LED street lighting is energy efficiency compared to conventional street lighting fixture technologies such as high pressure sodium (HPS) and metal halide (MH).(2)

The new lights also come with a degree of adjustment so areas in the town if needed can be tailored and or adjusted rather than just a single output.

Want to know more?

Take a look at this video of another council that has used this facility and the associated benefits. <https://www.youtube.com/watch?v=a6OVsV3N3hg>

Christmas

Please do not forget the Christmas event on **6th December** on Swan Lane car park from 4.30pm. Loads happening with choirs, reindeer, rides and stalls as well as Father Christmas himself. Tickets to see Father Christmas are a £1 per child. Look forward to seeing you there.

Neighbourhood Plan

Don't forget to comment on your Neighbourhood Plan. Consultation runs until **7th**

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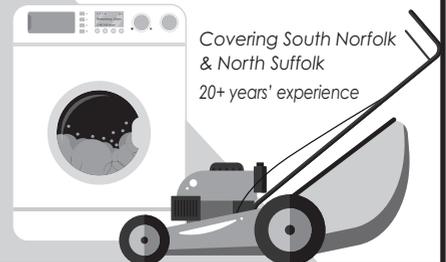
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WEEKLY EVENTS

MONDAY ACTIVITIES	VENUE	TIME
Long Stratton & District Men's Shed - see page 37	Call Barry [01508 532280] or Brian [01508 530400] for venue and information	2pm to 4pm excluding Bank Holidays
Tai-Chi	Wacton Village Hall	6.00 pm to 7.30 pm
Bell Ringing Practice	St Mary's Church	7.30 pm to 9 pm

TUESDAY ACTIVITIES	VENUE	TIME
Lloyds Mobile Bank	The Swan	9.45am - 11.15am
Let's Chat	St Mary's Church	10.15 am
Lunch & activities	Day Centre Starts again on 7th January 2020	10 am to 3 pm
Long Stratton Jogging Club	Swan Lane Medical Partnership contact 07926623741 for more information	6.30pm
Long Stratton Youth Cafe	Methodist Church term time only	7pm to 8.30pm
Stratton Community Choir	Mayfields Care Home	7.30 pm

WEDNESDAY ACTIVITIES	VENUE	TIME
123 Toddler Group	Methodist Church term time only	9.15 - 11.15 am
Short Mat Bowls	Coronation Hall, Great Moulton - Peter Grant 01508 536753	2 pm

THURSDAY ACTIVITIES	VENUE	TIME
Pilates	Wacton Village Hall Jo Douglas 01508 530261 greenacresfarm@tinyworld.co.uk	9.30 am mixed ability
Lunch & activities	Day Centre Break for Christmas on 19th December	10 am to 3 pm
Coffee morning	Methodist Church	10 am to 12 noon
Short Mat Bowls	Coronation Hall, Great Moulton - Peter Grant 01508 536753	2 pm
Long Stratton Jogging Club	Swan Lane Medical Partnership contact 07926623741 for more information	6.30pm

The Sexton's Wheel

M	T	W	T
<p>2 Local Walk - <i>see page 13</i></p>	<p>3 Coffee Morning Wacton Village Hall 10.30am <i>see page 24</i> E of E Co op Bereavement Support Group 10.30am LSVH Rebecca - 01473 231460</p>	<p>4 Wacton Parish Council Wacton VH 7.30pm Saxlingham Players presents Seasons Greetings 7.30pm Contact Vicky 01508 499631</p>	<p>5 Saxlingham P Seasons Gre Contact Vicky</p>
<p>9 Christmas Tree Festival <i>See page 8</i> St George's Dementia Support Group 10am - Upper Stoke Holy Cross NR14 8ND - 01508 493661/492938. Long Stratton Town Council 7pm - Methodist Church</p>	<p>10 Christmas Tree Festival <i>see page 8</i> Sunflower Cafe, Mayfields 10am - 01508 535500 Diabetes UK Wymondham 2pm Fairland Church NR15 0AW - 01953 607494</p>	<p>11 Christmas Tree Festival <i>see page 8</i> Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue Long Stratton & District WI 7.30pm Long Stratton VH <i>see page 33</i></p>	<p>12 Christma <i>see p</i> Thursday Cl Tharston & 7.30pm V Girls Night <i>see p</i> Harlesto Mansonic Roo Job' 2pm 01379 8 lesleyrock@</p>
<p>16 Film Afternoon 'Yesterday' Long Stratton VH <i>see page 37</i></p>	<p>17 Coffee Morning Wacton Village Hall 10.30am <i>see page 24</i> Concert & Gift Fair, Wacton <i>see page 10</i> Newton Flotman Evening Cinema, Village Hall - 'Yesterday' 7.30pm 07745760382 or william.ball@outlook.com</p>	<p>18</p>	<p>19</p>
<p>23 St George's Dementia Support Group 10am - <i>see 8th for info</i></p>	<p>24 CHRISTMAS EVE Christingle Service at St Mary's 6.00pm - <i>see page 15 & 26</i> Holy Communion at St Mary's 11.30pm - <i>see page 26</i></p>	<p>25 CHRISTMAS DAY See page 26 for Christmas Day Services</p>	<p>26 BOXING DA</p>
<p>30</p>	<p>31</p>	<p>1 JANUARY - BANK HOLIDAY</p>	<p>2</p>

December 2019

T	F	S	S
			1 Advent Carol Service St Mary's Church 6.30pm <i>see page 5</i>
layers presents etings 7.30pm 01508 499631	6 Christmas Extravaganza 4.30pm <i>see front cover</i> Wacton Social Club <i>see page 25</i>	7 Christmas Tree Festival <i>see page 8</i> Diggers & Dibblers Quiz Evening, Forncett VH 6.30pm 01508 489181  Forncett Diggers and Dibblers	8 Ten2Ten Service at St Mary's - 9.50am Christmas Tree Festival <i>see page 8</i> Afternoon Tea with Craig Catchpole at St Mary's Church 4pm <i>see page 8</i>
s Tree Festival <i>page 8</i> ub 2pm LS VH & District WI Wacton VH Out 7.30pm <i>page 35</i> n Cinema, ms - 'The Italian & 7.30pm 354897 or @keme.co.uk	13	14 Christmas Wreath Making <i>see page 11</i> Christmas Concert at St Mary's Church with the Waveney Choir - 7.30pm <i>see page 12</i>	15 Community breakfast at the Congregational Church 9.45am <i>see page 28</i> Carol Service - St Michael's 4pm - <i>see page 26</i> Carol by Candlelight - All Saints' Wacton 6.30pm - <i>see page 26</i>
	20	21 Messy Christmas St Mary's Church 9am <i>see page 9</i> Wacton Social Club Christmas Party <i>see page 25</i>	22 Soul Shapers 7pm St Mary's Church
Y	27	28	29
	3	4	5



WACTON VILLAGE NEWS

CHURCH NEWS

We held our usual Remembrance Day service in November which was very well attended. Angie Baldwin, a Licensed Reader, who has recently moved into the village preached at the service and was very well received.

We look forward to her ministry and support within the village and wider Team of Churches.

On Sunday 15th December we will be holding our annual Carols by Candlelight service at 6.30pm followed by refreshments. If anyone is interested in helping to decorate the Church please let the Church Parish Office know.

DECEMBER CHURCH SERVICES

Sunday 1st 9.30 am Holy Communion
Sunday 15th 6.30 pm Carols by Candlelight

Christmas Day 9.30 am Holy Communion

There are Church services available at St Mary's and St Michael's - please see page 42

CREATIVE SINGING GROUP

Our singing group, Creative Singers, meet weekly in the village hall on Tuesday evenings from 7 p m until 8.30 p m.

We now have many new members since we first formed as a group just over two years ago and if anyone would like to join us you are assured of a warm welcome.

For further information please call Louise Tingley (Professional Tutor and Voice Coach) on 07765 920390 or email louise@louisebarton.com or for an informal chat please call Rita on 01508 218407

COFFEE MORNINGS

Thanks to everyone who supported our Macmillan Coffee Morning in October, together we raised a total of £120. Well done everyone!

We look forward to getting together on the first and third Tuesday of each month for our normal coffee mornings and our **bring and share Christmas lunch on December 17th.**

For further information contact Caroline Squires on 01508 530111.

Caroline and Rita

WACTON FOOTCARE

The last session for this year of WACTON FOOTCARE will take place, as usual, in the village hall on **Monday 16th of December.**

For further information or to cancel an appointment please call Clare (Footcare Specialist) on 07785 295358 or call Rita 01508 218407

WACTON SOCIAL CLUB

Christmas Party - Saturday 21st December 7pm - £3

Featuring Last Will and Testament

Wacton Social Club is on the 1st and 3rd Fridays of each month. New members very welcome. Doors open 7pm – 11pm.

Dates for **December are the 6th and 21st**. On the 6th December we will have our Christmas Bingo Night. Eyes down 7.30pm. On the 21st December we will be having our Christmas Party.

On the **Sunday 15th December** we will be hosting our Children's Christmas Party. This is open to Children of the Village and children with relatives within Wacton. Maximum age is 10 years old. First come first served basis. Please contact Carole on 07702408863 for booking further information.

Many thanks to 'Oh My Cod' for supplying food for our Quiz Night in October.

Also many thanks to everyone for your continued support for our Fireworks Night. Great to see so many people and we hope you all enjoyed your night as much as we did. Special thanks to Flashfx for a fantastic display.

To all Our members and supporters we Wish you a Merry Christmas and Happy New Year!

For any information about becoming a member or upcoming events please contact Katie Anderson on 07577446589 / wacton.social.club00@gmail.com

Please check out our Facebook page and website for more coming events.

**PLEASE NOTE EDITORIAL DEADLINE FOR THE JANUARY EDITION
WILL BE MONDAY 9TH DECEMBER**

CHRISTMAS LUNCH IN THE VILLAGE HALL

*Would you like to enjoy Christmas lunch in Long Stratton
Village Hall with friends old and new?*



We would like to offer it free to those who need it,
including families.

Others can contribute what they like (turkey, sprouts,
pudding, money, time ...)

Whether you can contribute or not you are very welcome

We are taking bookings now ...

Contact Rev Heather on 01508 530238 or rev.heather@btconnect.com

Christmas Services in the Parish Churches



Sunday 15th December

Stratton St. Michael's Church

Carol Service - 4.00pm

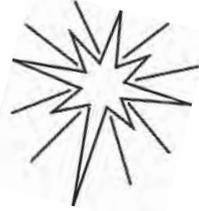
All Saints' Church, Wacton

Carols by Candlelight - 6.30pm

CHRISTMAS EVE at St Mary's Church

6.00pm – Christingle Service

11.30pm – Midnight Communion



CHRISTMAS DAY

8.30am Holy Communion at St. Michael's Church

9.30am Holy Communion at All Saints' Church, Wacton

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



Christmas Messy Church

St. Mary's church

Saturday 21st December

9.00am – breakfast included

Sunday 29th December

United Holy Communion

St Mary's Church - 10.30am

REASONS TO SUPPORT YOUR LOCAL FOOD BANK

The 'State of Hunger 2019' report, commissioned by the Trussell Trust and conducted by Heriot-Watt University, is the most authoritative piece of independent research into hunger in the UK to date. It reveals the average weekly income of people at food banks is £50 after paying rent, and almost one in five have no money coming in at all in the month before being referred for emergency food. Nationally, it found:

- 94% of people at food banks are destitute.
- Almost three-quarters of people at food banks live in households affected by ill-health or disability.
- 22% of people at food banks are single parents – compared to 5% in the UK population.
- More than three-quarters of people referred to food banks were in arrears.

The first annual report of a three-year long research project, it shows definitively for the first time the three drivers hitting people simultaneously and leaving no protection from hunger and poverty. These drivers are problems with the benefit system, ill health and challenging life experiences, and a lack of local support.

The study also found that the vast majority of people at food banks have either exhausted support from family and friends, were socially isolated, or had family and friends who were not in a financial position to help.

The Trussell Trust is calling for three key changes as a priority to protect people from hunger:

1. As an urgent priority, end the five week wait for Universal Credit
2. Benefit payments must cover the true cost of living
3. Funding for councils to provide local crisis support should be ring-fenced and increased

Thank you to everyone in Long Stratton and the surrounding area who support the Waveney Food Bank. At the moment we urgently need, Pasta Sauce, Sugar 500g, Coffee, Tinned Tomatoes, Long Life Fruit Juice, Instant Custard Powder, Tinned Vegetables, Steamed Pudding & Rice Pudding.

LONG STRATTON YOUTH CAFE

Come along to Youth Cafe From Year 5 upwards 7-8.30pm Tuesday nights during term time at the Methodist Church Long Stratton. £1.50 entry fee (1st time is free).

We have a PlayStation 4 with gaming chairs Xbox 360, Pool table, Table tennis, Air hockey table etc plus a tuck shop.

Wishing you all a Merry Christmas and a Happy and Healthy New Year.

Matt, Wil, Tina, Doug and Joanna



PULHAM PLAYERS

FOLLOWING THE SUCCESS OF PULHAM PLAYERS PANTOMIME CAMELOT IN JANUARY OF THIS YEAR, OUR NEXT PANTOMIME WILL BE HANSEL AND GRETEL, A FAMILY PANTOMIME WRITTEN AND DIRECTED BY JULIE BOLTON.

The fun begins at Pulham Market Memorial Hall on **Thursday 9th January 2020 until Saturday 11th January 2020 at 7-30pm with a matinee on the Saturday at 2-30pm.**

Ticket prices are £9 for the Thursday and Saturday matinee performances, and £10 for the Friday and Saturday evening performances.

Tickets are available online by just typing in Pulham Players at www.ticketsource.co.uk or by telephoning Sandra on 01379 676769.

Sunday Community Breakfast

at Long Stratton Congregational Church Hall [behind the Chapel, Ipswich Rd]

Sunday 15th December - 9.45am - no charge!

Things to eat - Eggy bread and bacon rolls very popular!

Please join us before Church. Followed by Family Church Service [optional].

For more information contact June on 01508 470701

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LONG STRATTON LIBRARY

Just a Cuppa continues to run, every Monday from 11am-1pm, so come in for a cup of tea or coffee, a biscuit and a catch-up with other people from your community. All welcome.

Pop in for Bounce & Rhyme Time on Thursdays at 2pm to have a sing with your child, and stay around afterwards for a drink and a chat with other parents from the town.

If you, or someone you know, would like assistance with reading – any age, any level - we have volunteers ready to work with you. Come on in and speak to us about the Norfolk Reading Pathway – the conversation will be discreet and friendly.

Opening Hours:

Register for our Open Libraries service for easy extended access to the unstaffed library outside normal opening hours using your library card and PIN. Call us on 01603 774777 or pop in to the branch during staffed hours to sign up for the service.

Monday 8am-7pm (staffed 11am-7pm)	Tuesday 8am-7pm (staffed 1pm-7pm)
Wednesday 8am-7pm (Open Library access only)	Thursday 8am-7pm (staffed 1pm-7pm)
Friday 8am-7pm (Open Library access only)	Saturday 8am-4pm (staffed 11am-4pm)
Sunday 10am-4pm (Open Library access only)	

Telephone 01508 530797

Long Stratton Day Centre Staff, Volunteers and Clients would like to wish all a very Happy Christmas and a Prosperous New Year. Thank you to all the public and local shops if you have supported us over the year.

We break up for the Christmas break on **Thursday 19th December 2019** and return on **Tuesday 7th January 2020**.

We also look forward to any new members who would like to join us in the new year. We are looking for voluntary helpers on a Tuesday and Thursday, if you could spare an hour or two helping with kitchen duties, chatting to our elderly members or serving tea & coffee our registered charity would benefit greatly. Please contact Marilyn on 01508 535901 for further information.

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The bag has a picture of St Mary's Church on one side and St Michael's on the other side, whilst the Tea Cloth also features both Churches.

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Please contact us on 01508 536117

info@barkerfunerals.co.uk

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Cubs Sixer & Seconder 24 hour Challenge Weekend

At the end of October, we invited some of our oldest Cubs to a 24 hour Challenge Weekend to work on some of their Leadership & Scouting skills as Sixers & Seconders. Sixers lead small groups of Cubs during our sessions, with their Seconders acting as support helping to encourage teamwork & peer leadership.

The Cubs started the day with Archery – the Cubs proving how skilled they are with this sport. Then we needed to stop for some well-earned lunch!



Leadership Activities thinking about what are good or not so good qualities in Leaders and what they believe they bring to being a Sixer or Seconder in our Group. Some great discussions followed by the Cubs before they worked on their knotting skills.

The Cubs helped to prepare and cook their dinner, after which they had the challenge of building themselves a shelter for the night to sleep under. We had some great designs from the Cubs but definitely need a bit more time with the knots to make sure they'd stay up all night, so in the end we opted for some tents to sleep in.



After some breakfast, the Cubs had a chance to do a few Halloween themed activities including decorating pumpkin gingerbread biscuits, a Bat beetle drive game & eating doughnuts from a string with no hands! We played plenty of games throughout the weekend and all enjoyed the slightly more relaxed feel to the event with our older Cubs. The Cubs did a great job of helping to tidy up the hall

before we came to leave as well!

Thanks to the Cubs for their engagement, and to our adult volunteers for their support in organising & running the event. We can't wait for the next event! ... Keeo

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LONG STRATTON & DISTRICT WI

Our October speaker was a bespoke maker of chairs and he talked knowledgeably about his craft, illustrating his talk with the actual tools of his trade. He brought two examples of beautiful hand made chairs to help explain the development of seating through the ages.

Our team entered the Lions' quiz and came a creditable third. It was a most enjoyable evening which included a Ploughmans' supper.

Members have been very busy making decorations for our tree at the Christmas Tree Festival in St. Mary's Church from 7th to 12th December. Do come along and meet some members of your village WI.

Thank you to all who supported our stall at the village Autumn Fair in November. Look out for us again at the Village Evening event on **Friday 6th December**.

Several members enjoyed a lunch out together in November and also had an evening out at the South Norfolk Group of WIs' autumn meeting at Hempnall village hall where they were entertained by Martin Schultz.

He sang songs from the rat-pack era interspersed with stories about the singers who originally sang these songs. Being someone who has performed on the West End stage he was very well informed and full of amusing anecdotes and history. Then we all enjoyed a selection of refreshments prepared by Hempnall WI, who hosted the evening, including the delicious canapes in the picture.



A reminder to our members - we meet a week early in December.

Why don't you make a resolution to come along to our meetings in 2020. We meet on the third Wednesday in the month at Long Stratton Village Hall starting at 7.30pm. There is plenty of parking behind the Village Hall. Our first meeting in 2020 will be on Wednesday 15th January when we will have a brand new programme of talks and events.

Just come along on the evening or contact the Secretary Mrs. Shirley Housden on 01508 531154 if you need any further information.

St Mary's Church

We will be having an arrangement of red roses in Church again this Christmas in memory of loved ones.

If you would like to give a donation in memory of a loved one please send your donation [cheques to be made payable to Stratton St Mary PCC] along with name/s to The Parish Office, 8 Flowerpot Lane, Long Stratton by the 16th December. All the names will feature in our Christmas Day service sheet.





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GIRLS NIGHT OUT

Is a group for ladies, which meets once a month (2nd Thursday of the month) for anyone looking for fun and fellowship.

Our next meeting will take place on:

***Thursday 12th December 7.30pm at the Congregational Church
for a Carol Service and Christmas Party***

To find out more please contact Heather (rev.heather@btconnect.com 01508 530238) or just turn up.

THARSTON & DISTRICT WI

The weeks running up to Christmas are always busy with lots of events to attend.

Six of us went to the Autumn Federation meeting at County Hall, which was interesting as well as a good time to meet with friends from other WIs.

We entered three quiz evenings and did not disgrace ourselves, some questions were hard and others quickly answered. Overall we did quite well. Enjoyable evenings and the brains did not hurt too much.

We had a good evening at Hotters shoe shop with 15 ladies attending. The staff demonstrated the latest styles that tempted many ladies, with a good discount, to purchase one or even two pairs of shoes. Tasty refreshments were enjoyed together with a glass of prosecco! A good evening and everyone went home satisfied!

We joined with other institutes for the South Norfolk Group meeting when Martin Schulz entertained us with songs from the Rat Pack. It was an enjoyable evening with good music and great canapés.

The date of the general election has caused us a few headaches, as this is the date of our Christmas meeting. We have managed to change the date of our party to the following Thursday and rehearsals for the entertainment have begun. Other plans for December are for a demonstration of festive floral arrangements and a Christmas meal out at a local hostelry.

We meet at Wacton Village Hall at 7.30 on the second Thursday each month and will be pleased to welcome guests and new members in the New Year. *Heather Jeary*

LONG STRATTON CHILDREN'S CENTRE

For details for the programme for December please contact the centre. If you wish for any further information call 01508 536399, check our Facebook page or Action for Children website for up-to-date details. You can find us on Manor Road next to Manor Fields.

There is a new service for 0-5 year olds and their families in Norfolk. How and where you get support will depend on what you need. **For more information please e-mail ECFS-Families@actionforchildren.org.uk**

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LONG STRATTON THURSDAY CLUB

At our meeting in October, 17 members were present to welcome Barbara Miller who gave a very interesting and informative talk on the 'Life of Edith Cavell'. A vote of thanks was given by Sylvia Webb. I

n September members were given the challenge of making a decoration to represent each of the monthly speakers. Thank you to Jean Moore who had knitted dolls in unusual positions for chair yoga. Thank you to Lorna, Jen and Val for providing refreshments.

November, considering the wet and windy weather with only a brief respite, nearly all members were present to hear a very thought evoking and moving account on the work of the Mercy Ships. A vote of thanks was given by Louise Wright.

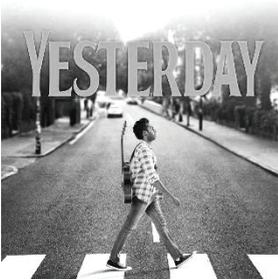
The Thursday Club has recently lost a very dear and devoted friend and member. We all send our deepest sympathy to her husband and family.

Congratulations to Lorna who won the quiz.

With Christmas just around the corner final preparations were made for our Christmas party and New Year lunch.

The Thursday Club meets at Long Stratton village hall at 2pm on the second Thursday each month. We are always pleased to welcome new members and guests in February 2020.

**PLEASE NOTE EDITORIAL DEADLINE FOR THE JANUARY EDITION
WILL BE MONDAY 9TH DECEMBER**



Yesterday

Long Stratton Village Hall
Monday 16th December
1pm

A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed.

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NOMINATIONS ARE NOW OPEN FOR THE BROADLAND & SOUTH NORFOLK BUSINESS AWARDS



The 2020 Broadland & South Norfolk Business Awards, organised by South Norfolk Council and Broadland District Council, celebrate the excellence, innovation and best practice shown by businesses across the combined area.

All 12,500 businesses that have an operating base in Broadland and South Norfolk are now able to nominate themselves for an award online, in any of the ten categories to celebrate their outstanding work and success.

Residents also have the chance to win £100 of shopping vouchers by nominating their favourite retailer. The Retailer of the Year award recognises high street businesses that have gone the extra mile.

Sponsored by Fosters Solicitors with media partner Radio Norwich, the awards' categories are:

Excellence in Digital Creative and ICT	Excellence in Life Sciences
Excellence in Advanced Manufacturing	Visitor Economy Experience
Excellence in Financial Services and Insurance	New Business
Innovation in Agriculture, Food and Drink	Business Growth
International Business Growth	Environmental Impact
Retailer of the Year – open for public nomination	

You can view the criteria and nominate online by 30 December 2019 at www.south-norfolk.gov.uk/businessawards. Retailers can request a marketing pack to advertise the Retailer of the Year award to their customers by emailing awards@s-norfolk.gov.uk

**PLEASE NOTE EDITORIAL DEADLINE FOR THE JANUARY EDITION
WILL BE MONDAY 9TH DECEMBER**

The Long Stratton & District Men's Shed

The group are currently building their shed in Tasburgh and are looking for new members to help them get this space ready to use as their workshop

We meet every Monday 2pm to 4pm [excluding Bank Holidays]

Please come and support this exciting new project. All welcome.

For further information and where it is please call Barry 01508 532280

or Richard 07548 030462

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CHURCH SERVICES - DECEMBER

St Mary's Church

1st	11.00 am	All Age Worship
1st	6.30 pm	Advent Carol Service [see page 5]
8th	9.50 am	Ten2Ten
8th	11.00 am	Holy Communion
15th	11.00 am	Morning Worship
22nd	11.00 am	All Age Holy Communion
22nd	7.00 pm	Soul Shapers
24th	6.00 pm	Christingle Service
24th	11.30 pm	Holy Communion
25th	11.00 am	All Age Holy Communion
29th	10.30 am	United Holy Communion

St Michael's Church

8th	8.30 am	Holy Communion
15th	4.00 pm	Carol Service
22nd	8.30 am	Holy Communion
25th	8.30 am	Holy Communion

There are Church services available at St Mary's and All Saints' on Sundays when there are no services at St Michael's

All Saints' Church

1st	9.30 am	Holy Communion
15th	6.30 pm	Carols by Candlelight
25th	9.30 am	Holy Communion

There are Church services available at St Mary's and St Michael's on Sundays when there are no services at All Saints'

Congregational Church

1st	10.45 am	Family Service with Holy Communion	Rev Ian Jones
8th	10.45 am	Family Service	Rev Pat Atkinson
15th	9.45 am	Family Breakfast	
15th	10.45 am	Junior Church Christmas Service	
15th	6.30 pm	Carols by Candlelight	
22nd	10.45 am	Family Service	Malcolm Simpkin
29th	9.45 am	Family Service	Rolfe King

From the Parish Registers

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

Margaret Coleman

St Faiths Crematorium followed by
Thanksgiving Service at St Mary's

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