

The magazine for Long Stratton & Wacton

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&

Thursday 21st May 2026

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## 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](http://www.longstrattonvillagehall.org.uk)  
Email us at [longstrattonvillagehall@outlook.com](mailto:longstrattonvillagehall@outlook.com)  
Call Kirsty Dye on 07986942804 and leave a message  
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## Wacton Village Hall - Booking Information

Attractive and welcoming community space available for hire: hall £12/hr or meeting room £8.00/hr. To book go to [wactonvillagehall.co.uk](http://wactonvillagehall.co.uk)  
Email: [bookings@wactonvillagehall.co.uk](mailto:bookings@wactonvillagehall.co.uk), or Tel: J Johnson 07958606637  
Licenced bar available through Wacton Social Club. Contact [stevemaz51@outlook.com](mailto:stevemaz51@outlook.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](mailto:clerk@longstrattoncouncil.info)

For general enquiries Email: [office@longstrattontowncouncil.info](mailto:office@longstrattontowncouncil.info)

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Where has the time gone? Spring has sprung and Easter is almost upon us and before you know we'll be packing our cases for Holidays

### *The Sexton's Wheel Team*

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## Reflection

Easter is a season of hope, renewal and new beginnings – a time when Christians particularly celebrate the death and resurrection of Jesus and the promise of life made new. It's also a time when many people pause to reflect on some of the deeper questions of life: What's the meaning of life? Where do faith and forgiveness fit into our modern world? Why is there so much suffering?

According to national research and statistics it seems that there is a fresh interest in God, Christianity and the bible among many.

There has been a significant increase in people attending church, seeking answers to life and meaning in an ever increasing confusing, unpredictable and disconnected world.

Bible sales are up 134% since 2019 with a 27.7 % increase in last year alone, with young adults seen to be driving this with an increased interest in faith and spirituality. A few weeks ago on a facebook post for Hope church, Long Stratton, we offered to provide a bible for anyone who would like one. A number of people responded and were provided with a bible for them to explore. Do get in touch if you missed it and we will happily provide you with a bible too.

This new interest is typified by Steven Bartlett who is a very successful businessmen along with being one of the dragons in Dragons Den on TV and also has an influential podcast called 'The diary of a CEO'.

He has recently shared how after being brought up in a Christian environment he turned his back on the church and embraced what was called the 'New Atheism' as put forward by Richard Dawkins, Sam Harris and others. However, over time he has found this unable to provide answers for his deepest needs and questions and is now expressing like many others a fresh curiosity and openness to explore the core truths of Christianity.

Perhaps you are on the same journey as Steven and many like him, feeling like 'You still haven't found what you're looking for' but open and curious with questions.

If that's the case we would like to invite you to explore some of those questions in an Alpha course we are running starting at the beginning of May (see separate advert). Designed for anyone curious about the Christian faith. Alpha provides a warm, informal and respectful space to explore some of the big questions of life. Why not sign up, I hope to see you there.

John Loaker

Hope Church, Long Stratton.

**come along to**  
**Messy Church**  
 Strattonmessychurch@gmail.com

This month's theme is:  
 The Good Samaritan  
 Stratton, St. Mary  
 Saturday 25th April  
 4:00pm-5:30pm  
 All children to be accompanied  
 by an adult

**Messy Church News**

Hello everyone. Here we are again, back with more news and greetings from all the Messy Church team. In February we had our session all about what we learn from the story of the son who came back. The characters in the story had different reactions to each situation and we used lollipop signs with happy and sad faces on each side to help us notice where people were happy or sad in the story. Since the son ended up working for a pig farmer, we used marshmallows to make our own little pigs, though they didn't last long enough for us to get any pictures to show you, so you'll have to imagine, or try it for yourself at some point. We were also able to use all sorts of materials to create a 'Welcome' banner as we considered the welcome the father had for his son who returned. Together we noticed that the story taught us about a certain kind of love that forgives and lasts and wants the best for others, a love that reflects God's love for us, so we made heart shapes with our handprints and also did paper-folding hearts, which the children did wonderfully. Since our prayers are also a way of showing love we wrote them on heart-shaped sticky notes and thanked God for His great love for us all in each situation. It was so good to be back together celebrating the love of God as we shared our picnic tea and ate some yummy muffins. There was such a lovely atmosphere around the table as we all chatted together, making new friendships and building on long-standing ones too. Thanks to everyone who came to be a part of it.



Our next session is on Saturday 25th April, see the poster for details. We will be starting at 4pm as usual and our theme will be the story of the Good Samaritan. It'll be lovely to see you there if you can make it. You can let us know you're coming or turn up on the day. If you want to be in touch with the team for any reason, then please feel free to email us on [strattonmessychurch@gmail.com](mailto:strattonmessychurch@gmail.com)

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**Community Self Help Hub.**

Are you interested in setting up a 'Community Self Help Hub' in Long Stratton? Feasibility funding is available. If you are, please contact: **Brian Webb on 07306499289** for more information.



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## **BIKE ACTIVE NORFOLK**

April 2026 sees the Easter opening of our Junior group, BikeActive Norfolk Junior. Running at the multi-use games area by the Long Stratton Town Council pavilion, With two forty-minute sessions for parents and carers to book for any child with a disability. First session is at 1300hrs, second at 1340hrs. This year we have our side-by-side tandem trike, our Chat rickshaw, our wheelchair transporter, lots of tricycles go-karts, recumbents, quadracycles, rear steer tandems and tandem trikes. Something for everyone. So, if you are a parent of a child with any disability aged between 4yrs and 19yrs (SEND school years) make a booking for one of the sessions at [BikeActiveNorfolk.org](http://BikeActiveNorfolk.org) on the Junior side of the website

On May the 1st our Chat rickshaw service will go live around the town. We will offer anyone with a disability, illness, injury or agedness a ride from their home to a venue within the town. Be that to go shopping, pick up a prescription, go to a group, visit a friend, go to the library, the list is endless. We'll give you a two-hour slot to get you there and back. Slots will be from 1000hrs until 1200hrs and from 1200hrs to 1400hrs, Monday to Friday, booking will be via our website, [BikeActiveNorfolk.org](http://BikeActiveNorfolk.org) although there will also be a telephone booking available. Bookings will need to be made three days in advance and will need to be confirmed to ensure we have sufficient staffing to facilitate the service. The new Long Stratton BikeActive Taxi service website, LSBATS will go live at the end of April, so bookings can begin through it. Our official opening will be on Friday the 8th of May outside the Long Stratton Council Pavilion. Our MP Ben Goldsborough will cut the ribbon, our first user will be Long Stratton resident and centenarian and Long Stratton Lions stalwart, Roy Woodhouse and Jenny Kirk from BBC Look East and her crew will be filming the proceedings. Come along, take a look and get involved.

Every month I ask people if they'd consider volunteering for BikeActive Norfolk. I have done this for two years without success. Well now we have broken our duck. Through reading about us in The Sexton's Wheel and meeting us at Liga and Brendan Kings Christmas event, we welcome our new volunteer, Marta. You too can come and join us. It's fun, we are friendly and our cycling is slow and noncompetitive. If you'd like to give back something to your community, come and give it a try.

# 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](mailto:office@longstrattontowncouncil.gov.uk)

## Save the Date!

We are hosting our summer event this year on Saturday 20th June 2026 on Manor Road Playing Field from 1pm – 5pm. We hope to see you there for a wonderful day of fun, food and entertainment. We are looking for stallholders and volunteers for the event, if you would be interested in having a stall or volunteering, please get in touch with us: [office@longstrattontowncouncil.gov.uk](mailto:office@longstrattontowncouncil.gov.uk) or 01508 530524.

## Community Café

Long Stratton Town Council are launching a new Community Café and Tuck Shop, and all are welcome. The Community Café will be on Thursday 9th April 2026 and Thursday 21st May 2026 10am – 12pm. Drinks, cakes, scones and sausage rolls will be available. The Tuck Shop will be every Friday starting from 10th April 2026 3pm – 5pm. Sweets, drinks, cakes, scones and sausage rolls will be available.

## 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.

We ask that all members of the public who attend remain respectful and only speak when invited to do so by the Chairman, to ensure the meeting runs smoothly for all. All councillors are volunteers who give up their time to be at the meetings.

The next meeting will be on Monday 13th April 2026 at 7pm

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## MANOR FIELD INFANT & NURSERY

Manor Field Infant & Nursery would like to invite past pupils and parents, to celebrate the 30th anniversary of our Nursery opening in 1996 on Friday 17th April between 3.45 and 5:45pm.

On this occasion also, we wish to commemorate the most respected and valuable member of our Nursery team, Sharon Barnes, who sadly passed away in November 2024. To honour the lasting contribution of our inspiring nursery nurse, we will be planting a tree in the grounds, alongside a small garden, with her family.

Come and share memories and photographs with old friends and staff. We look forward to seeing you all again.

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## Borderhoppa Outings for April 2026

- Thurs 2nd – Peter Beales Roses - £15.0
- Thurs 9th – Thorpeness and Aldeburgh - £20.00
- Mon 13th – Mississippi Paddle Steamer & Wroxham - £30.00 (includes boat ticket)
- Thurs 16th – Tea & Cakes at Dutch Barn Nursery, Blo Norton – Dial-a-Ride
- Mon 20th - Southwold - £20.00
- Mon 27th – The Four Horseshoes, Thornham – Dial-a-Ride

To book or for more information please call **01379 854800** or visit our website **[www.borderhoppa.org](http://www.borderhoppa.org)**

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## **Become a Youth Mental Health First Aid (MHFA) Champion**

Do you teach, work with or simply spend time with young people and wish to have a better understanding of the signs and symptoms of poor mental health and importantly, how to promote positive mental health? Are you perhaps a parent who currently feels they lack the confidence, knowledge and skills to approach and start a conversation surrounding mental health with your child? Are you aware of what to look out for when it comes to depression, anxiety, self harm, disordered eating and even suicidal ideation?

If you wish to significantly increase this knowledge sign up for this one day, 8 hour course running as a face to face event at **The Mill, Hempnall (NR15 2LP) on 16<sup>th</sup> June 2026.** As an experienced Headteacher and lead in the field of mental health, I have trained over 500 teachers, sports staff, wellbeing leads and parents in my role as an MHFA Instructor.

Please contact me on **[mike.a.crossley@gmail.com](mailto:mike.a.crossley@gmail.com)** for further details.

There are spaces for 16 delegates. The cost for the course is £225 per person which includes the course materials comprising a Youth MHFA One Day bundle (comprehensive manual, workbook, action card) and in addition, all delegates receive a

**Youth MHFA certification** from the national organisation **MHFA**.

## 2ND LONG STRATTON BROWNIES

The Long Stratton Rainbows, Brownies, Guides and Rangers came together on Thinking Day (Sunday 22 February) to celebrate Girl Guiding around the World. We held large campfire with lots of action songs which everyone enjoyed led by Hawk Owl, Helen, and Butterfly, Fiona. There was also a campfire sketch called the Enlargement Machine that was very amusing.



During the campfire the girls and leaders all made chocolate marshmallow s'mores to eat, along with a hot chocolate drink. They came with their camp chairs and camp blankets and we were very lucky with a warmish and dry afternoon. At the end of the afternoon each girl and adult re-made their Girl Guiding Promise and received a special '100 years of World Thinking Day Badge' from our Long Stratton District.

Guiders

## LONG STRATTON & DISTRICT WI

We were honoured in February to welcome Queen Victoria to our February meeting. She asked for everyone to be "upstanding for the Queen" and we played along with our speaker's wishes. She told us all the gossip about her large family and we were reminded of all the changes and improvements during her long reign. Truly a memorable evening!

In contrast on the 18th March we will relax with an evening of papercraft. Then our next three months' meeting are as follows:

Wednesday April 15th - Gardens of East Anglia

Wednesday May 20th - Death in Disguise or Double Murder

Wednesday June 17th - Flower Arranging Demonstration

As you can read, we have a varied programme of speakers and visitors are always welcome. We make a small charge which includes refreshments. Our meetings are held in Long Stratton Village Hall on the third Wednesday of the month at 7.30pm. For further information please telephone **01508 531154**.

On Saturday 21st March we are holding an **OPEN MORNING** from 10-12am in Long Stratton Village Hall. There will be a sales table, activities, a raffle, free refreshments and a chance to meet our members. We look forward to seeing you and will have our latest project - Knitted blankets for the end of life care ward at the Norfolk & Norwich hospital on display. Do call in for an interesting and relaxing morning.



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## LONG STRATTON LIBRARY

Long Stratton Library is welcoming more exciting authors this year as part of its monthly author talks. In March we welcomed Mary-Jane Riley for a chat about her book 'Beattie Cavendish and the White Pearl Club', the first in a new spy series and Mary-Jane's first historical novel. She has also written four thrillers, The Bad Things, After She Fell, Dark Waters and Gone in the Night, all of which were set in East Anglia. A former journalist, working on Eastern Counties Radio,

In April we're very excited to have the amazing Cressida McLaughlin back again. Cressida, who has sold over a million of her contemporary romance novels describes her fiction as feel-good and escapist, featuring unforgettable characters who find their happy place, and she is most well-known for her eight-book Cornish Cream Tea series. Her latest book, The Secret Christmas Bookshop, the start of a new, Norfolk-set series, is her sixteenth novel. Cressida lives in Norwich and will be with us on Monday April 20 at 2pm, tickets cost £5 including tea, coffee and homemade cakes.

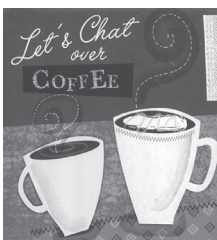
Finally a quick reminder that the wonderful author Michael Bartlett will also be at Long Stratton on April 23 offering a one day creative writing course. Come and find out how to kickstart your writing journey, £40, 10am-4.30pm. Booking essential.

All welcome. Please let us know in advance if you plan to come along so we can secure you a seat, but payment on the day is fine. And if you want to read any of these books before the events, pop in to the library and we'll try to help.

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### **Let's Chat**

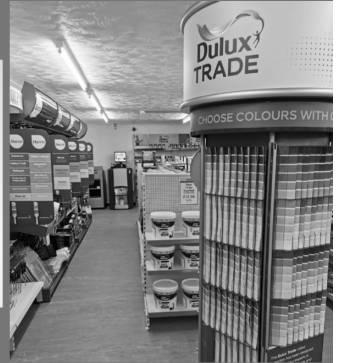
Janet and her team invite you to come back to St Mary's Church every Tuesday **10:00 to 12:00** where the home made cakes and tea and coffee and lots of chat will be on offer again.

**All Welcome**

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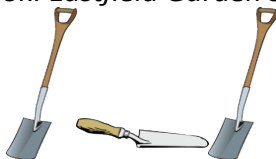
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## THARSTON & DISTRICT WI

Between our January and February meeting eighteen members spent an enjoyable afternoon participating in a jigsaw race. Five teams were tasked with completing a 500 piece jigsaw in the quickest time with prizes for the winners.

We welcomed two new visitors to our February meeting at which our speaker Elizabeth Scott entertained us with her amusing anecdotes on 'Living History at Blickling Hall' in 1937. Dressed accordingly and portraying Kat, a former scullery maid who worked for two years at Blickling, she gave an account of her day from getting up at 6am to light the range cooker and making tea for Flo Wadlow, the cook, to going to bed at 10pm. All for five shillings a week pay! With input from the audience on pronunciation of some of the foods that were prepared, she shared many a tale on the visitors and ghosts at the hall and was later joined by her husband who portrayed the 11th Marquess of Lothian who was the last private owner of the hall. Elizabeth completed her presentation with photographs of Blickling and background information to the character she had portrayed. Over tea and cake members spoke of how much they had enjoyed the evening with so much laughter.

Our next meeting will be on Thursday 9th April at 7.30pm at Wacton Village Hall when the speaker will give a talk on beekeeping throughout the year. Annual subscriptions will also be due. If you would like further information please **phone 07754214964**

**LONG STRATTON MEDICAL PARTNERSHIP**  
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## **Menopause**

We were asked by one of our parish magazines to write an article about the menopause, as this can have an effect on many areas of our health.

Every woman will go through ‘the menopause’. This is a natural stage of life when a woman’s menstrual cycle comes to an end, her natural levels of oestrogen and progesterone hormones drop, and she is no longer fertile. The average age for this to happen is 51 but there is a wide range of normal. A woman has gone through the menopause when she has had no periods for 12 months. In the years before this a woman is peri menopausal, and during this time she may have a varying degree of symptoms.

There are a wide range of menopausal symptoms. Hot flushes and night sweats are common, as are changes to the menstrual cycle. Other symptoms include mood changes, anxiety, disturbed sleep, reduced libido, brain fog, joint pains and more. While for many this time of life is easily manageable, for others the symptoms can have a significant impact on all aspect of their lives including work, social life and relationships. Symptoms may be short lived but, in some cases, last for many years.

Lifestyle interventions can help ease a woman through this transition. Regular exercise, a healthy diet, encouraging good sleep and limiting alcohol to a sensible intake can all be beneficial. Some may benefit from talking therapies to support their mental health. Hormone replacement therapy (HRT) may be needed for some women. These medications are designed to replace the woman’s natural hormones. There are various forms of HRT – gels, sprays, patches and tablets. These treatments can have many benefits and, in most cases, particularly in women under 60, the benefits outweigh the risks. It should be noted that not every woman is suitable for HRT therapy.

A medical professional will take a holistic approach to reviewing a woman’s menopausal symptoms. You should be offered the opportunity to discuss the risks and benefits of any proposed treatments before agreeing an individualised treatment strategy.

It is time to contact your doctor if symptoms are affecting your daily life, or if you experience

- Very heavy/painful periods
- Bleeding between periods or after sex
- Any bleeding after your menopause (even a small amount)

More information about the menopause can be found at: · **NHS Menopause** (<https://www.nhs.uk/conditions/menopause/>) · **NHS HRT** (<https://www.nhs.uk/medicines/hormone-replacement-therapy-hrt/benefits-and-risks-of-hormone-replacement-therapy-hrt/>) · **Women’s Health Concern Factsheets** (<https://www.womens-health-concern.org/>)

Dr Lara Douglass

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Stacy, owner of Sunnyfields Apiaries will be speaking about 'Popular Pollinators' plus there will be a chance to make candles.

Everyone welcome! Day members: £5 (includes a raffle ticket, soft drinks and snacks). Wine £1 a glass.

Members: free

## Save the date

Long Stratton community event will be held on Saturday 12th December 2026, 12:00 to 19:00pm. Any local businesses who would like to take part in this great event please email: [lschristmas@outlook.com](mailto:lschristmas@outlook.com)

<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>
		<p>1</p> <p>Chatter&amp; Natter Long Stratton Leisure Centre 1300-1500</p> <p>Wacton Parish Council Meeting 18:00pm</p>	<p>2</p> <p>Pilates - Wacton see</p>
<p>6</p> <p>Local Walk - see page 38</p>	<p>7</p> <p>Community Sing Wacton Village Hall 1900 Lets chat see p14 Pilates - Hempnall Village Hall see p29</p> <p>Coffee Morning Wacton Village Hall 10.30am</p>	<p>8</p> <p>Chatter&amp; Natter Long Stratton Leisure Centre 1300-1500</p> <p>Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406</p>	<p>9</p> <p>Pilates - Wacton see</p> <p>Lunch Club 12 Long S Congregation Call 0796871 Tharston&amp; Wacton V 7:30</p>
<p>13</p> <p>LSTC Meeting Pavillion Community Room Manor Road 19:00</p>	<p>14</p> <p>Community Sing Wacton Village Hall 1900 Lets chat see p14 Pilates - Hempnall Village Hall see p29 Diggers &amp; Dibblers 7:30pm Forncet Village Hall.</p>	<p>15</p> <p>Chatter&amp; Natter Long Stratton Leisure Centre 1300-1500</p> <p>Long Stratton &amp; District W.I LS Village Hall 7:30pm</p>	<p>16</p> <p>Pilates - Wacton see</p>
<p>21</p>	<p>22</p> <p>Community Sing Wacton Village Hall 1900 Lets Chat St Mary's Church 10:00am to 12:00pm Pilates - Hempnall Village Hall see p29 Coffee Morning Wacton Village Hall 10.30am</p>	<p>23</p> <p>Chatter&amp; Natter Long Stratton Leisure Centre 1300-1500 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406</p>	<p>24</p> <p>Pilates - Wacton see</p>
<p>28</p>	<p>29</p> <p>Community Sing Wacton Village Hall 1900 Lets Chat St Mary's Church 10:00am to 12:00pm</p> <p>Pilates - Hempnall Village Hall see p29</p>	<p>30</p> <p>Chatter&amp; Natter Long Stratton Leisure Centre 1300-1500</p>	

	<b>F</b>	<b>S</b>	<b>S</b>
on Village Hall p31	3  Wacton Social Club open 7.00pm - 11.00pm with Bingo	4	5  Hope church Service St Mary's Academy 10:30am. See p19
on Village Hall p31  2:00 - 2:00pm Stratton al Church Hall 6698 to book District W.I. illage Hall 0pm	10  Tuck shop Long Stratton Community Centre 3:00pm - 5:00pm	11  Wacton Church Coffee Morning 1030am.	12
on Village Hall p31	17  Wacton Social Club open 7.00pm - 11.00pm pool,darts etc  Bingo Long Stratton Village Hall 7pm see p22	18	19  Community Family Breakfast 9:45am at Long Stratton Congregational Church Hall  Hope church St Mary's Junior Academy 10:30am see p19
on Village Hall p31	25	26  Messy Church Stratton St Mary's Church 4:00pm - 5:30pm see p6	27

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Harleston Choral Society are most fortunate to have Justin Bindley as our Music Director. He has an impressive background not only as a professional opera singer but as a vocal adviser, teacher and now Music Director for multiple choral societies and several other singing groups. He has worked internationally, appeared on the BBC Proms and worked on pieces as diverse as the Gilbert and Sullivan operetta The Pirates of Penzance, through to celebrated choral works such as Handel's Messiah and influential operas such as Mozart's Magic Flute.

Justin makes rehearsals fun and motivating, while always challenging us to improve our technique. If you want to join us, rehearsals are on Monday nights 7.30pm – 9.30pm at London Road Church, Harleston, IP209BH. For further details visit our new website: [www.harlestonchoralsoc.org.uk](http://www.harlestonchoralsoc.org.uk)



### Long Stratton Village Hall

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## **BEN GOLDSBOROUGH MP**

On Thursday 26 February, I brought together representatives from Anglian Water, Norfolk County Council, Long Stratton town council, local business owners and residents from Manor Court for a joint site visit to discuss the ongoing flooding problems affecting the beck behind their homes. It was important to have everyone present so we could hear directly from those impacted and ensure the right organisations are working together to find a solution.



Many residents still vividly remember the devastation caused by flooding in 2020. Homes and businesses were affected, and for those living close to the beck, the fear of it happening again has never fully gone away. Speaking with residents at Manor Court, it was clear how deeply those events have stayed with the community.

I was particularly struck by the efforts many local landowners and residents have already made to protect their homes and the town. Some have invested their own time and money into drainage improvements and protective works in an attempt to reduce the risk. Their commitment to their community is remarkable. But while these efforts help, they cannot replace the need for proper infrastructure and investment.

A key issue raised during the visit was the pipe that runs beneath the A140. Residents shared with me their views that replacing or upgrading this pipe is essential to improving drainage and reducing the risk of the beck backing up during periods of heavy rainfall. We also discussed the relief pipe towards Swan Lane, and why investment in this infrastructure could make a real difference to protecting nearby homes.

Bringing everyone together on site allowed us to clearly identify the challenges and discuss potential solutions. Flood prevention requires cooperation between water companies, local authorities and national government, and meetings like this are an important step in making sure everyone is aligned.

Following the visit, I have raised these concerns directly with the Flooding Minister, Emma Hardy MP. The Government has recently announced new funding for flood protection, and I will be pressing the case for Long Stratton to receive support from this programme. Communities like ours deserve the security of knowing that the infrastructure protecting their homes is fit for the future. Long Stratton residents should not have to live with the constant worry that heavy rain could once again lead to flooding. By working together locally and securing the support needed nationally, we can take the steps required to protect the town for the long term.

I will continue to work with residents, our local Councils and Anglian Water to ensure Long Stratton's concerns are heard and acted upon. Our community has already shown great determination in tackling this challenge, and now it is time to make sure the necessary investment follows.

Ben Goldsborough MP

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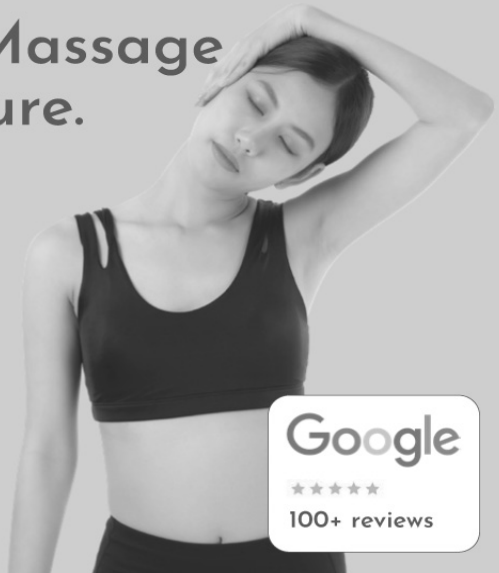
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## Spring has arrived!

We still had our winter coats on as we piled into two cars for the short drive to Morningthorpe church. Just a couple of miles from Long Stratton you seem to enter a different world: a fine farm house with an enormous cedar tree; a cottage with a steep thatched roof but, above all, the round towered church and the churchyard. The snow drops and aconites were beginning to fade but the delicate native daffodils filled the churchyard with reflected sunlight. With coats undone we entered the woods at the far end of the churchyard then emerged on a lane near the old Morningthorpe school.

Soon a footpath headed off to the left through a field of a fern-like crop. Clever researchers amongst us suggested it might be Phacelia which has purple flowers later in the year. We followed a hedgerow where the hazel catkins shone brightly, then through a gap into Fritton church yard which was also full of daffodils. We were impressed by the ancient wall paintings in St Catherine's church. There was a handy broom in the church so we could sweep up the mud our boots had brought in!

At the far end of the churchyard we went through the lychgate and down an avenue of trees to the road where we turned right. Instead of continuing into Fritton we took a footpath to the left. Now we were walking past more familiar crops though we could only guess which cereal would come from these vivid green spikes. We were watching 3 buzzards hovering above the trees when suddenly a very plump deer jumped out of the hedgerow and raced across the field. The path led us to the water meadows where we turned right. Surprisingly there was no sign of flooding so it was an easy walk through thick grass until we reached a stile. Some of us realised our legs were too short! Fortunately there were strong helpers ready to heave us over.



A surprisingly steep lane brought us back up to the corner of Fritton Common. We followed the road through the middle of the common. We wondered why the area on our right was enclosed by electric fencing. The answer became clear as we came across a flock of magnificent looking sheep who looked at us with friendly interest. It was soon time to cross the common (rather wet) to find the footpath leading back to Morningthorpe churchyard. This was our opportunity to look inside the church (no broom here but a thick doormat.) The little carving in the chancel reminded us that this welcoming little church is dedicated to John the Baptist. A final few steps past the daffodils led us back to the cars very warm and very happy to have seen so much beauty in such good company.

The next walk will be on April 6th (Easter Monday.) Meet near the toilets in Long Stratton car park. Everyone welcome.

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### Special services for Holy Week 30th March – 4th April:

Each day	9am	Morning Prayer at Stratton, St Mary
30th March	7pm	Compline (Night Prayer) at Tharston, St Mary
2nd April	6.30pm	Shared supper and Holy Communion at Stratton, St Mary
3rd April	3pm	Good Friday Tenebrae service at Stratton, St Mary
4th April	10am	Prayer walk starting at Manor Road Playing Fields

### Regular services:

5th April	9am	BCP Easter Sunday Holy Communion at Stratton, St Michael
	9:30am	Easter Sunday Holy Communion - Wacton
	11am	Easter Sunday Family Communion at Stratton, St Mary
12th April	9.45am	Family Communion at Tharston, St Mary
	11am	All-Age Holy Communion at Stratton, St Mary
19th April	9am	BCP Holy Communion at Stratton, St Michael
	11am	All-age Worship at Stratton, St Mary
25th April	4pm	Messy Church at Stratton, St Mary
26th April	9:30am	Holy Communion - Wacton
	11am	Holy Communion at Stratton, St Mary

## Congregational Church

- 3rd April - 10:45am - Good Friday Service - Rev Malcolm Simpkin
- 5th April - 10:45am – Family Service incl. Holy Communion -  
Rev Malcolm Simpkin
- 12th April - 10:45am – Family Service - Rev Malcolm Simpkin
- 19th April - 9:45am – Community Family Breakfast  
10:45am – Family Service - Rev Jenny Haggart
- 26th April at 9:45am - Prayer Meeting  
10:45am - Family Service - David Moore

## Hope Church

- 5th April-10:30am - Service for all ages -St Mary's Junior Academy NR15 2UY  
19th April - 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](mailto:thesextonswheel@googlemail.com)**

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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  
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**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

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EVENT \_\_\_\_\_

DATE \_\_\_\_\_

TIME \_\_\_\_\_

PLACE \_\_\_\_\_

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