

# The Sexton's Wheel

Issue 219

The magazine for Long Stratton & Wacton

May all the choicest blessings of  
the world be showered upon you  
and fill your life with  
delight.

HAPPY EASTER



**April 2022**

## 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)  
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Email: [bookings@wactonvillagehall.co.uk](mailto:bookings@wactonvillagehall.co.uk), or Tel: **Angie Baldwin 01508 536639**

## Church Contacts

**St Mary's** Chrissy Briggs - (01508) 536724

**St Michael's** Rosemary Bennett - (01508) 530296

**All Saints'** Angie Baldwin (01508) 536639

**Congregational Church** June Braddock (01508) 470701

## Church Parish Office

Due to current restrictions the Parish Office is not open. The Parish Administrator, Marianne, can be contacted on [LSTpilgrimteam@outlook.com](mailto:LSTpilgrimteam@outlook.com)

If you know of anyone who is unwell or would benefit from a visit from a member of our ministry team, please contact the team vicar: Revd. John Madinda on 01953 789240.

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

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

Tel: Clerk Becky Buck 01508 530524 E-mail: [clerk@longstrattoncouncil.info](mailto: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 Easter approaches and we prepare to spend time with our families, let's spare a thought for the people of Ukraine, let us hope and pray that they may find safety, and eventually a peaceful settlement.

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## Easter Hope

We go about our daily lives as usual. Go to work, school, shopping, have coffee with friends. All the everyday things that we take for granted. But if you were living in Ukraine right now, how very different would each day look. The poet Laureate, Simon Armitage has encapsulated the horror in this poem.

### Resistance.

It's war again: a family  
carries its family out of a pranged house  
under a burning thatch.  
The next scene smacks  
of archive newsreel: platforms and trains  
(never again, never again),  
toddlers passed  
over heads and shoulders, lifetimes stowed  
in luggage racks.  
It's war again: unmistakable smoke  
on the near horizon mistaken  
for thick fog. Fingers crossed.  
An old blue tractor  
tows an armoured tank  
into no-man's land.  
It's the ceasefire hour: godspeed the columns  
of winter coats and fur-lined hoods,  
the high-wire walk  
over buckled bridges  
managing cases and bags,  
balancing west and east - godspeed.  
In dreams  
let bullets be birds, let cluster bombs  
burst into flocks.  
False news is news  
with the pity  
edited out. It's war again:  
an air-raid siren can't fully mute  
the cathedral bells -  
let's call that hope.

And with Easter the hope of the resurrection, the hope for new life and a defeating of the clamour of death.

For those who are fearful, despairing or grieving today, we pray for peace, comfort and hope. We pray for all who suffer and sacrifice themselves for the benefit of others.

**Angie Baldwin**



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Another month has passed by! The Guides have taken part in various activities within and away from our hall.

Instead of Valentine's day the Guides made Green Hearts to raise awareness of climate change in the World. The Green Hearts this year were seed bombs



made from ripped up bits of paper which were liquidised, had green food colouring added, mixed with seeds and then dried. They looked great although some were more effective than others.

Then on 23 February Tubing was the order of the day!! The Guides joined with the Rangers and had a fun evening at the Ski Centre at Whitlingham. Everyone had lots of fun and the final descent of the night saw everyone in one long chain descend the slope together.

Because Tubing happened on the date nearest to World Thinking Day the Guides celebrated World Thinking Day on 2

March. After a quiz, various games and tasks were played and performed with reference to 3 of the 5 centres from around the World. Flower Foot Catch from Inida, Tortilla Toss from Mexico and a Trefoil relay from the UK. It was a fun evening based around a serious theme.

As we head towards the Summer Term we will keep you informed of our new adventures. Hopefully many of our meetings will move outside after Easter.

The Guide Leaders



## 2nd Long Stratton Brownies

One week we looked at the Brownie Promise and Brownie Law and how we could connect it to our everyday life by 'Doing a good turn for each other'. Another evening we looked at 'Life Goals', things we wanted to happen, our hopes, our dreams and our goals for the future. This involved a giant 'spiders web' of wool!

We were pleased to enrol Ada and Ellie and later Isabelle, Olivia and Sophia into our Pack and hope they continue to enjoy Brownies.

For their mothers this year the Brownies decorated photo drinks coasters.

At the end of this term we had an 'Easter themed' evening with an Easter egg hunt, games with a Spring twist and a 'Rabbit' Beetle drive.

Most of our Brownies have now gained their Blue Skills Builder 'Network Stage 2' badge. And a very well done to Evie who gained her collector interest badge and her Know myself theme badge.



## Brown Owl



## LONG STRATTON & DISTRICT WI

Lots of things have changed since Covid began. Like the rest of society we now keep more space between us, sanitise regularly and take the option to wear face coverings when we feel it is appropriate to do so. Another thing that has changed is the start of the W.I. year when subscriptions for the year ahead are due.

If you have been considering joining us at Long Stratton & District W.I. then the forthcoming April meeting would be a good opportunity to start a new year of talks, demonstrations, parties and events. We meet on the third Wednesday of the month in Long Stratton Village Hall and once your subscription is paid all the meetings are free to attend. You get a free monthly Norfolk magazine and 8 copies a year of our national magazine plus opportunities to attend local events, at extra cost, if you wish but you can choose how involved you want to be. Women of all ages are very welcome.

Before Christmas, when we didn't know if there would be another lockdown or how the New Year would be, two of our members decided to book for a JigSaw Race afternoon at the Federation Office in Norwich. After a delicious lunch they were paired with two ladies from another W.I. and came second in the JigSaw Race. As you can see from the picture - it was not easy! But it was a happy and sociable afternoon for all.



Unfortunately, thanks to the severe storms in February our snowdrop walk had to be cancelled, but we plan to try again next year. The weather was fine when a group of our members went out to lunch together and a group will be attending the Norfolk Federation annual meeting at the Theatre Royal in late March with another lunch out to look forward to.

Our speaker for April will be from Pets as Therapy and I'm sure several are hoping she brings along one of the therapy animals. More of that next month.

Do come along to Long Stratton Village Hall at 7.30pm on Wednesday 20th April where you will receive a warm welcome and refreshments in the interval. If you need further information or have any questions please **telephone 01508 531154**.

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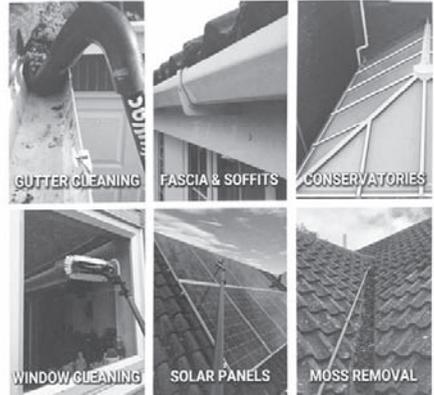
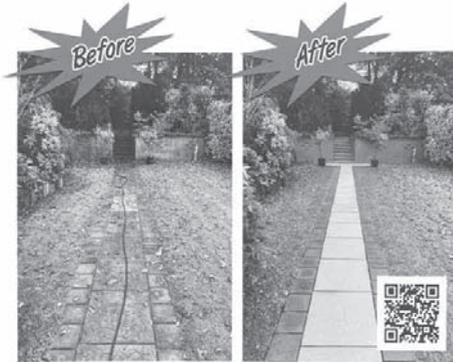
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## THARSTON & DISTRICT WI

The Covid curse struck again with our speaker confirming he had tested positive on Monday. My thanks to Tracy from Flowerpot Lane who came to my rescue and gave a very interesting and informative talk about her hedgehogs. But it wasn't Tracy who stole the show but the two hedgehogs she brought with her !!!!

One member had a birthday this month. Club business was quickly dispensed with as by this time we were in need of refreshments. Our quiz topic was animals, which was won by Jean and Christine. Our afternoon ended with the raffle and daffodils handed to members for Mother's Day.

A bowl for the UKRAINE APPEAL raised £45.00 to be donated to the RED CROSS.  
Thank you Thursday club members.

Our next meeting is Thursday April 14th at 2pm. Our speaker will be Jonathon Carrie on Willow Weaving. Everyone is welcome, just come along and join us.

If you would like to know more about the club **contact Shirley 07884244359.**



## Janette: a key part of the Howards team.

Janette, is well known in the town having worked for Howards for 25 years. Throughout lockdown Janette has continued to support her local clients and seen first-hand the benefits of being able to work flexibly from home.

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I have found Janette and Hayley to be both very professional, polite and kept me informed every step of the way. I have only dealt with Janette in person and she couldn’t be more helpful, ten out of ten in my opinion. Keep up the good work. M. L., August 2021

**G ★★★★★**

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# WE ARE BACK!!

If You Can Speak, You Can Sing!  
NEW MEMBERS WELCOME



The past few years have been difficult on everyone, yet one thing that continued to unite people from all over the world was the power of SONG to UPLIFT THE SPIRIT throughout the pandemic.

After such an isolating time, we are well and truly ready to lift our spirits and welcome everyone back to our little COMMUNITY of Creative Singers, and we'd love you to join us!

Please contact Louise Tingley  
on 07765 920 390 or email  
[louise@lktingley.com](mailto:louise@lktingley.com)  
for further information

Wacton Village Hall  
Tuesday's 7:00 - 8:30pm  
parking on site. £5 per person,  
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## CREATIVE SINGERS



**We're giving you the freedom to believe that  
IF YOU CAN SPEAK, YOU CAN SING**

The past few years have been an incredibly isolating time for many members of our local and global communities. Coupled with a lot of misinformation and fear mongering, many people have been discouraged from coming together to sing; something which has been **scientifically proven to benefit mental, physical and spiritual health, and more so in collective settings than individual.**

At the start of the pandemic, one thing that continued to unite nations were the shared scenes of individuals collectively singing on their balcony's - whether it was to ease their own boredom or to overcome the spirit of heaviness much of the world felt and experienced. One thing was certain, it made everyone feel better. It gave us a sense of hope.

Since then, so much medical research has been carried out and there's such a great understanding of the virus that was, that we have officially been deemed an **ENDEMIC**, with the virus now being treated as nothing more dangerous than the common cold or flu. "*Hallelujah!*"

My family and I were privileged to actively take part in official studies carried out by the Office of National Statistics, receiving many updates before they were released publicly. I was also actively involved in an international study specific to public speakers and singers where it was deemed that singing did NOT contribute to a faster or wider spread of the virus (*with exception to a specific force which no one in our community groups could ever manage*). This was a great relief for many professional singers, voice coaches and community choirs/directors.

While online platforms were a great way to keep us connected, there's an energy in coming together to sing, that cannot be replicated through a muted screen, and we are **THRILLED** to be back at **Wacton Village Hall each Tuesday, 7:00 - 8:30pm**, and **would love to invite NEW MEMBERS to join our little, uplifting collective.**

There is no need to read music. There are no auditions. We do believe that if you can speak you can sing (even if you have been told otherwise your entire life)! And **Everyone is Welcome!** Why not come and meet us, have a sing along, and experience how uplifting the power of singing can truly be for yourself. We'd love to welcome you.

For more information, please contact Louise Tingley (call or text) 07765 920 390 or email [louise@lktingley.com](mailto:louise@lktingley.com)



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### **HARLESTON & DISTRICT U3A**

Harleston & District u3a invites you to its next monthly meeting on Wednesday 20 April at 2.00 pm, at St Johns Church, Harleston. Upcycled for Good, to be presented by Lynn Worsley, will show how she created the All Women Recycling business in South Africa. The business upcycles old plastic bottles into gift boxes, and turns discarded cement bags into fashion bags. For more information visit:

[u3asites.org.uk/harleston](http://u3asites.org.uk/harleston) or call Kim Poulton on 01986 788149.

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## **LONG STRATTON BOWLS CLUB**

As our indoor bowls draws to a close, members are looking forward to the start of the outdoor season. Over the past few months members have been working to make several improvements at the clubhouse and grounds. With a new kitchen fitted to the clubhouse. We thank all those who have participated.

### **FORTHCOMING EVENTS:**

**BINGO.....FRIDAY 22nd APRIL.**

To be held at LONG STRATTON VILLAGE HALL. DOORS OPEN 6.30pm EYES DOWN AT 7PM.

**ROLL UP/ OPEN AFTERNOON. SUNDAY 24th APRIL @2pm.**

Everyone will be welcome. New members are always needed, come on this afternoon and give bowls a try. Tuition and bowls available on the day.

**TUESDAY 26th APRIL at 6.30pm. FIRST LEAGUE HOME MATCH.**

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Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY  
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As you read this month's magazine, we would officially have entered the season of Spring 2022. Spring brings in a sense of hope, a sense of new life and a sense of brighter and warmer days. In this month's article, I am quite excited as I introduce our new GP, Dr Amy Hodgson, who has taken over some of the patient's list from Dr Verity Lowndes-Burt who left us in January. Amy was our GP Registrar and some of you may have met her in the past 2 years. The practice and the partnership welcome Amy warmly in her new role as a GP. Having helped with her training and development from a junior doctor to a fully qualified GP, all of us in the practice have a sense of pride and feeling of fulfilment. Amy agreed, without any hesitation, to write about herself and this what she has to say:

*I am originally from Cambridgeshire and spent some time growing up in North Yorkshire too before moving back to East Anglia in my teens. I trained in Norwich at UEA and graduated in 2013. After completing my foundation years, I joined the GP training programme and first worked at LSMP in 2015, before moving into secondary care with the training programme. I then rotated through various departments at the NNUH, did some public health and research work and had my two children before returning to LSMP in 2020 to complete my training. I am really excited to be 'back' as a fully qualified GP!*

*I am passionate about lifestyle medicine and promoting good physical and mental wellbeing wherever possible. I truly value being able to get to know my patients within their own context. This year I am planning some project work around how to make general practice more sustainable, or 'green', and am excited at the prospect of doing some work with our practice and local population. I am also interested in women's health and would love in future to develop some patient group education programmes.*

*I live in Wymondham with my partner who is an anaesthetic trainee, and our two boys, who are 3 and 5. We love anything outdoors and are challenging ourselves to spend 1000 hours outside in 2022. We have very happily just started work on an allotment, so I am looking forward to lots of home-grown veggies and cut flowers. When I'm not out exploring Norfolk I am usually found reading, baking or stitching.*

A very warm welcome dear Amy and looking forward to working with you!

Stay Safe.

Mini Nelson

The Borderhoppa 2022 outings leaflet is now available. We have many trips arranged throughout the year including pub lunches, garden centres, the coast, mystery tours, boat trips and many more. You can pick up a leaflet at your local library, information centre, GP surgery, from one of our drivers or by calling the office and we'll post one to you. Borderhoppa outings for April 2022



- Monday 4th – Dobbies Garden Centre, Bury St Edmunds – Fare £15.00
- Thurs 7th – Afternoon Tea, Gissing Community Centre - £15.00 (includes fare & afternoon tea)
- Monday 11th – North Norfolk Railway & Sheringham – Fare £15.00
- Thurs 14th – Lathams, Potter Heigham & lunch at Poppylands – Fare £15.00
- Thurs 28th – Alder Carr Farm Shops & Café – Fare £10.00

Some outings do have limited space so please book early to avoid disappointment. For more information or if you would like a copy of our 2022 outings leaflet, please contact us on 01379 854800 or email [adminborderhoppa@btconnect.com](mailto:adminborderhoppa@btconnect.com).



## *Come and join us for....*

The next Messy Church is on **Saturday 2nd April 9 - 10.45 am at St Mary's Church**. Starting with Breakfast at 9am, followed by a story, crafts, and activities for everyone, and finishing with a short time of worship.



For more information contact Megan on **07956 715383**

***Just come along and join the fun!***



## **LET'S CHAT**

Why not come along for a good old mardle at St Mary's Church every Tuesday, 10.00am - 12.00pm.

Janet and the team will be there to welcome you all with tea, coffee and homemade cake. And as usual:

**All are Welcome.**

# Long Stratton Town Council

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Long Stratton, NR15 2XR

Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

Tel: 01508 530524 clerk@longstrattoncouncil.info

Queen's Platinum Jubilee Celebrations!

We are in the process of planning an all day summer event to tie in with the Queens Platinum Jubilee anniversary celebrations. It will be held on Saturday 4th June on the Manor Road playing fields. We would love to make this an event to remember!

If you would like a stall, are a performer/band who would like a spot on stage or would like to get involved please contact us on 01508 530524 or e-mail office@longstrattoncouncil.gov.uk (As this is a free community event a small charge may apply for the stalls).

Gym Equipment

The outdoor gym equipment has now been installed alongside the courts on the Manor Road playing fields and is ready for public use. There are 14 pieces of exercise equipment including hand bikes and cross trainers available to use in a fenced off dedicated area.

Playground

The consultation for the new play equipment has now closed and the results are being collated. We received almost 350 votes from both children and adults. Thank you to all who provided feedback. We are excited to be updating our play area and are looking forward to the children enjoying the new equipment in the playground!

Community room for hire

The community room at the Pavilion is available to hire, please get in touch if you would like to book, we are happy to show you around at the facilities on offer.



## DEPWADE COURT

### *TABLE TOP SALE*

SATURDAY 14th MAY 2022

11am—4pm

To be held in Depwade common room and Grounds (weather permitting)

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If you would like a table please contact **Gill on 01508 530643 or Shirley on 07884244359.**

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# Activity Programme

April to September 2021

## Free online activity programme for 0 to 5s in Norfolk



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



**Early Childhood and Family Service**

### e Live Online Groups



#### Baby Days Live Online

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

#### Toddler Days Live Online

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

#### Baby Massage Live Online

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



#### Register at

[tinurl.com/ECFSevents](http://tinurl.com/ECFSevents)

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

If you would like to join but need help with technology, or you don't have a suitable device, please [contact us](mailto:ecfs-families@actionforchildren.org.uk) on 0344 800 8020 to see how we can help.

### Need extra help or someone to talk to?

We are here to help with things like:

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



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



#### Online form:

[www.tinurl.com/ECFSHelp](http://www.tinurl.com/ECFSHelp)

#### Email:

[ecfs-families@actionforchildren.org.uk](mailto:ecfs-families@actionforchildren.org.uk)



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

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



#### Musical Monday with Magic Acorns

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



Monday

1.30pm

#### Let's Get Talking!

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

Tuesday

11.00am

#### Children's Wellbeing

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

Wednesday

1.30pm

#### Fun and Learning

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



Thursday

11.00am

#### Cookalong

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

Friday

1.30pm

### Other activities for 0 to 5s and their families

#### Norfolk Libraries for Families

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



#### Norfolk Family Learning

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



#### Norfolk Community Directory

Search for activities and services run by volunteers or other organisations in your local community. Visit [communitydirectory.norfolk.gov.uk](http://communitydirectory.norfolk.gov.uk)



**volunteering community DIRECTORY**

0344 800 8020 | [www.norfolk.gov.uk/earlychildhood](http://www.norfolk.gov.uk/earlychildhood) | [ecfs-families@actionforchildren.org.uk](mailto:ecfs-families@actionforchildren.org.uk)

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



## Courses offered by the Early Childhood and Family Service



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

### Solihull Parenting Course

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

### Baby Massage

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

### Freedom Course

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

### Triple P

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

### Circle of Security

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

## Our partners



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

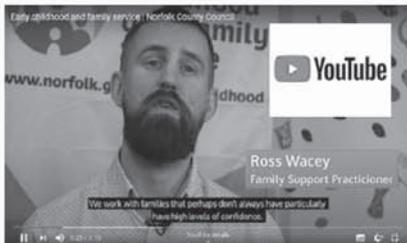
## How to contact us

You can get more information on the service by visiting [www.norfolk.gov.uk/earlychildhood](http://www.norfolk.gov.uk/earlychildhood)

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



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



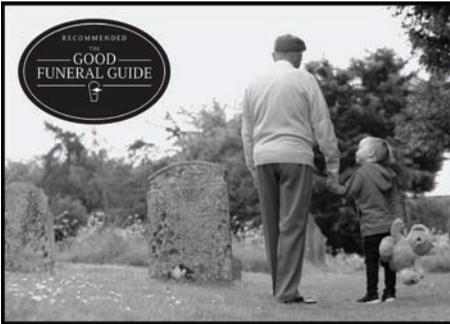
See our video on YouTube to find out more

## Useful contacts

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

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

0344 800 8020 | [www.norfolk.gov.uk/earlychildhood](http://www.norfolk.gov.uk/earlychildhood) | [ecfs-families@actionforchildren.org.uk](mailto:ecfs-families@actionforchildren.org.uk)



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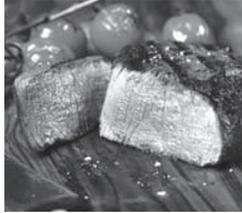
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## WACTON FOOTCARE

The next session of Footcare will take place on **Tuesday 12th April.**

If anyone is considering a 1st appointment for Footcare please feel free to call either of the numbers below for further information or to book an appointment.

The contact numbers are ---

Clare --- (Footcare Specialist) --- **07785 295358**

Rita --- (for further information or to cancel an appointment) --- **01508 218407**

## WACTON COFFEE MORNINGS

The dates for our Coffee Mornings during April are the 5th and the 19th and we look forward to seeing you there. We meet in the Village Hall on the first and third Tuesday morning of each month so, if you are free, please come along and join us from 10.30 am until noon.

Rita and Caroline

### NOTICE

Wacton Church Annual Parochial Church Meeting will be held on April 4th at 2.30pm in Wacton Village Hall.

## Malloms of Wacton

In the February Sextons Wheel John Fendick, while writing about the state of Wacton church, mentioned that under the red carpet in the church lie several memorial stones bearing the name of Mallom. When Geoffrey Kelly researched the history of Wacton Hall in about 1987 he discovered that the Malloms owned Wacton Hall from 1672 to 1870 and he transcribed the wills of several of the Wacton Malloms. In 2013 a David Large from Ross-on-Wye contacted me regarding Richard Mallom who appeared to be his ancestor and was associated with Wacton. I am indebted to both Geoffrey and David for the information they have given me.

In 1670 John Mallom, the son of the late Rev John Mallom of Booton, married Elizabeth Copping at Bedingham. Elizabeth was the widow of Rev William Copping the rector of Bedingham and was the daughter of Thomas Stone also of Bedingham. Incidentally Sarah Cotman, of the family that owned Hill House in Wacton, married William Stone in 1707, and they too lived in Bedingham.

John and Elizabeth had three children, John, Catherine and Elizabeth, in Bedingham before they moved to Wacton Hall in 1672, with them came John's mother Catherine. At Wacton they had two further children Mary in 1675 and Audrey in 1678.

John's wife Elizabeth died in 1684 and she was buried under one of the marble slabs in the chancel of Wacton Church bearing the inscription, in Latin :- Hic jacet Corpus Elizabethae uxoris Johannis Mallom generosi et filiae Thomae Stone generosi et Eheledredae uxoris ejus que obiit 12 die Sep AD 1684 the translation of which is "Here lies (the) body (of) Elizabeth wife (of) John Mallom of noble birth and daughter (of) Thomas Stone of noble birth and Etheledreda wife of the same who died 12th day September AD 1684"

When John's mother died early the next year, she too is buried at Wacton and her memorial reads:- Hic jacet corpus Katharine uxoris Johannis Mallom Clerici et filae Timothei Mann generosi et Elizabethae uxoris ejus quae obiit 5 die Maii AD 1685 aet 66, and translated reads "Here lies (the) body (of) Catherine wife (of) John Mallom priest and daughter (of) Timothy Mann of noble birth and Elizabeth wife of the same who died 5 May AD 1685 aged 66"

Later that year John received 'grant of arms', became an armiger and entitled to have a coat-of-arms. Anyone of good standing or, at that time, shown prowess in battle could apply for a grant of arms, if they could afford the registration fees.

When John died in 1687 he seems to have been buried under the same slab as his wife and his heirs rather than re-cutting the memorial slab just added Etiam predictus Johannes Mallom obiit Aug AD 1687 "And also (the) before said John Mallon died August AD 1687" in the space at the bottom.

When John died his children were still minors, John the eldest not yet 18, and it is likely they were looked after by an uncle, probably Henry Stone at Woodton.

In 1689 John entered Caius College Cambridge. It's not known what he studied as in his will he only describes himself as an 'esquire'. He married Elizabeth Suckling in 1693 and was given as part of the marriage settlement the advowson of Stratton St Mary. They lived at Wacton had six children.

In 1724 the Master of Gonville and Caius College took John senior and his children to court, then in 1725 John sold the advowson of Stratton to the college for £600.

John died in July 1728 and his wife in November of that year and both have separate memorial slabs. Both these slabs identify John Mallom as "armigeri" and include an engraving of his arms impaled with those of his wife.

John and Elizabeth's eldest son John was admitted to Corpus Christi College by proxy in May 1719, but by November was found unfit, so he was given twelve months to improve which he did, and matriculated the following year.

In 1828 John married Phillis Phillips of Aslacton, at first they lived in Wacton where they had three children. The eldest died aged 6 in 1734 and was buried in Aslacton, suggesting the family was resident there. However, the children born later were baptised at Wacton, no doubt for the prestige of being "of Wacton".

Although they still owned Wacton Hall and the farm, it is known that it was let first to Mr Keen, then John Ward until 1860 when it was sold to John Ramey

John died in 1761 having made his will, in which he left his estate to his two youngest sons. John was to receive two thirds of the value and Richard one third.

From this point on Richard seems to disappear but at the time of his fathers' death the younger John had joined the 57th Regiment of Foot and was stationed in Gibraltar. Later he took part in the American war of Independence, rising to Captain of 63rd Reg before returning to England for recovery of health in 1781. David Large has done detailed research into John's military history.

As to Richard Mallom, son of John & Phillis, and baptised in 1744, David has found circumstantial evidence that a Richard married Mary Smith who were the parents of another John Mallom who was married in Sculthorpe in 1792 and buried there in 1810. A further link to Sculthorpe is that Richard's great aunt Audrey married the Rev Thomas Dun, rector of Sculthorpe (922w)



# Just ask

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SJP1202 V1 (04/20)

## WACTON CHURCH COFFEE MORNINGS

Wacton Church holds a coffee morning every month (the second Saturday of each month) at 10.30 am,

The next coffee morning will be on Saturday 9th April 2022!!

All are welcome



# A TASTE OF HOPE

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## Hethel Walk

On the first Monday in March five of us drove to Hethel and began our walk at the 12th century All Saints church with its square tower and sundial above the door. The small church was bright inside as a result of having no stained glass and large elegant windows. There is also an impressive alabaster memorial to a man who died in 1612. There are facilities at the back to make yourself a cup of tea but we still had a lot to see so didn't stop. Louise led us around a meandering mown path through the churchyard where wild daffodils delighted in the sunshine. These are smaller and have paler outer petals than the usual daffodils.



After leaving the church we chatted as we followed footpaths and concrete tracks that were part of the WW2 Hethel USAAF airfield now hidden under woodland. After passing remnants of several brick bunkers we came across a row of camouflaged buildings housing the 389th Bomb Group museum and a chapel from the time the airfield was used. Past the buildings another footpath led us left through a swampy woodland landscape before emerging at the modern buildings of Lotus headquarters. What a contrast to the quiet woods. Now cars raced around the test track and I peeked through knots in the fence along Potash Lane to see them. We stopped to look at galls on a tree branch too. Eventually we turned right onto St Thomas Lane that led us to East Carleton, past a covered well belonging to a picturesque thatched cottage.



Joining Ketts Country footpath from East Carleton we followed field boundaries where large deer had left their muddy footprints as they scrambled over a ditch and we were surprised how many there were. We passed ducks paddling in a flooded field and crossed a quiet road before turning left at Moat house and spotting the Hethel church tower rising above the trees. We were nearly back at the start of our walk but diverted across a field to see the 'Old

Thorn'. This hawthorn tree is over 700 years old and looks like it had seen better days. Surrounded by one of the smallest nature reserves in England and protected by a fence we tried to imagine what it looked like in its heyday and when covered with May blossom. We will just have to come back to see that. Thanks to Louise for leading us on an interesting and varied walk full of history and nature.

We meet on the first Monday of the month outside the public toilets on the carpark in Long Stratton. New walkers always welcome.

Liz



## LONG STRATTON LIBRARY

We continue to restore services at Long Stratton Library. We currently have:

1. Tables and chairs, so you can sit comfortably again
2. PCs and public wi-fi, including printing and copying services
3. Just a Cuppa on Mondays from 11am
4. Bounce & Rhyme on Tuesdays at 2pm
5. Lego Club (age 8+) on Tuesdays at 3.45pm
6. Stitches & Knitters on Thursdays at 4.45pm
7. Coming soon we have a Lego Club for ages 2-7 - ask staff in-branch for further details

You can keep in touch with us on Facebook by searching for '**Diss, Harleston and Long Stratton Libraries**'. You can also call us on **01508 530797** with any questions.

Our opening hours are as follows - please note that Open Libraries is unavailable for the time being.

1. Monday 11am-7pm
2. Tuesday 1-7pm
3. Wednesday CLOSED
4. Thursday 1-7pm
5. Friday CLOSED
6. Saturday 11am-4pm
7. Sunday CLOSED

Ryan Watts, Library Manager - Diss, Harleston & Long Stratton Libraries  
Norfolk County Council Library & Information Service



**Norfolk**  
County Council

## **CHURCH SERVICES - April**

Sunday 3rd April    All Saints - 0930 - Holy Communion.  
                          St Mary's - 1100 - All Age Worship.

Sunday 10th April    St Mary's - 1100 - Holy Communion.  
                          St Michael's - 1830 - Evensong.

Thursday 14th April St Mary's - 1900 - Maunday Thursday Holy Communion.

Friday 15th April    St Michael's - 0900 - Good Friday Reflection.  
                          St Mary's - 1030 - All Age Reflective Service.  
                          All Saints - 1500 - Hour at the Foot of the Cross.

Easter Sunday 17th April    St Michael's - 0900 - Holy Communion.  
  St Mary's - 1100 - Holy Communion.  
  All Saints - 1830 - Upper Room Holy Communion.

Sunday 24th April    St Mary's - 1100 - All Age Holy Communion.

### **Congregational Church Services**

Sunday 3rd April at 10:45am – Family Service incl. Holy Communion – Rev Pat Atkinson

Sunday 10th April at 10:45am – Palm Sunday Family Service - Rev Ian Jones

Friday 15th April at 10:45am - Good Friday Service - Pastor Malcolm Simpkin

Sunday 17th April at 9:45am - Community Family Breakfast

Sunday 17th April at 10:45am – Easter Sunday Family Service - Pastor Malcolm Simpkin

Sunday 24th April at 9:45am – Monthly Prayer Meeting

Sunday 24th April at 10:45am – Family Service - Joy Southam

### **From the Parish Registers**

## 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)**

**tel: 07557 990169**

or send to the **Parish Office** 8 Flowerpot Lane, Long Stratton, Norwich NR15 2TS using the form below.

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

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

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

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

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

**Deadline for adverts is the 5th of the month**

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

**ADVERTS and DISTRIBUTION OF MAGAZINES - Ian Hetherington**  
07557 990169 [thesextonswheel@googlemail.com](mailto:thesextonswheel@googlemail.com)

EVENT \_\_\_\_\_

DATE \_\_\_\_\_

TIME \_\_\_\_\_

PLACE \_\_\_\_\_

BRIEF DETAILS \_\_\_\_\_

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