

The Sexton's Wheel

Issue 252

The magazine for Long Stratton & Wacton



January 2025

Long Stratton Village Hall - Booking Information



The hall can be booked as follows:

Via our facebook page, search Long Stratton Village Hall

Via our website www.longstrattonvillagehall.org.uk

Email us at longstrattonvillagehall@outlook.com

Call Kirsty Dye on 07986942804 and leave a message

Hire rates from as little as £7.50 per hour.



Wacton Village Hall - Booking Information

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

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

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

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

Church Contacts

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

St Michael's Rosemary Bennett - (01508) 530296

All Saints' Rev John Madinda (01953) 789240

Congregational Church June Braddock (01508) 470701

Church Parish Office

Due to a change in circumstances the Parish Office will no longer open.

If you know of anyone who is unwell or would benefit from a visit from a member of our ministry team, please contact Rev Becki Bensusan. (01508) 813900.

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

Usual office hours are Monday, Tuesday, Thursday and Friday between 10am and 2pm and by appointment on Wednesday.

Tel: Clerk Becky Buck 01508 530524 E-mail: clerk@longstrattoncouncil.info

For general enquiries Email: office@longstrattontowncouncil.info

The Editors reserve the right to edit or decline any material submitted for publication. While every effort is made to ensure that the contents of the magazine are accurate, no responsibility can be taken for errors and omissions. The material printed does not necessarily represent the views of the magazine committee and no recommendation of products or services is implied. While the committee take reasonable care when accepting advertisements for publication, it cannot accept responsibility for any unsatisfactory transactions. Errors and omissions excepted.



Happy New Year

The Sexton's Wheel Team

2. Booking information Long Stratton & Wacton Village Halls.
Church Contacts.
LSTC opening hours.
5. New Year
6. Long Stratton W.I.
New Gardening Club.
7. 2nd Long Stratton Brownies.
9. BikeActive Norfolk.
10. If.
11. Messy Church
Let's Chat.
Digger and Dibblers.
15. Long Stratton Town Council.
Borderhopper.
19. Creative Singing
- 20/21. Calendar.
23. Harleston Choral Society.
U3A.
36. Local Walks.
37. Library.
38. Church Services.
39. Contact details & information on the Sexton's Wheel.

EASTFIELD GARDEN SERVICES

- Mowing
- Hedging
- Weeding

And lots more

Contact Adam on:

Mobile: 07359331303

email: Adam0576@icloud.com

Facebook: Eastfield Garden Services



KENT SKIPS

WE COVER SOUTH NORFOLK & NORTH SUFFOLK

* PROMPT & RELIABLE SERVICE

* NEXT DAY DELIVERY

* LARGE OR SMALL LOADS



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

info@kentskips.com

www.kentskips.com



Richard Walpole Roofing



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

FULLY INSURED

Contact Richard on
07747 784742

Caroline's Curtains



Customers Own Fabric

Made to Measure Curtains, Blinds, and
Curtain Alterations

Local, Affordable, Professional Hand-
Sewn Services

Contact Tel: **07848 463344**

Email: carolinescurtains01@gmail.com

Web: www.carolinescurtains.co.uk

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

New Year

The beginning of a new year - the Christmas celebrations are now behind us, and probably many Christmas decorations are put away too. Though 12th Night - Epiphany - the traditional time to take them down - is yet to come. We wish each other "Happy New Year" not just for New Year celebrations but for the whole of the year to come. In an ever-changing world, with lots of problems, we still hope for the best for those we know and love. And for ourselves, we may make New Year resolutions - perhaps to get more exercise, and to eat more healthily, or something else - maybe a planned project we keep putting off for another day. The number of Gym memberships tend to go up at the beginning of the year, but not all are used regularly by the end of it. Good intentions don't always last! Then there are other kinds of resolutions - perhaps to be more patient, or to make more time to catch up with our friends and family, or to give more to charity, for example.

I have never been one for making New Year Resolutions, as I know they are so difficult to keep. Making them and then not being able to keep them can make us feel like a failure. But we can still begin to plan for the year ahead - perhaps booking a holiday, or making other plans for activities, or simply deciding on a few lifestyle changes which would be good for us, or for others, without making a resolution out of it. The beginning of a new year always seems like a fresh start.

Who knows what 2025 may bring? Will the problems in this country, and in the wider world get worse, or will things get better? We cannot see into the future, but as a Christian I believe we can put our trust in God, who loves and cares for us, even in difficult times. We celebrated the birth of Jesus at Christmas, God's great gift to us. He came to be our Saviour, to bring us light and hope, forgiveness and love, and an eternal future. May you know that love and blessing in the coming year.

Happy New Year!

Elisabeth Spry

LONG STRATTON & DISTRICT WI

After our November annual meeting and dealing with various business matters, we had some social time enjoying chatting and refreshments. Then a member instructed us in making Christmas cards. Members had a choice of styles ranging from simple to more complicated and became very engrossed in the activity.

Continuing with the Christmas theme, several members accepted an invitation from another W.I. to attend their Fun Bingo afternoon with mulled wine and seasonal fare. Our table was quite fortunate in winning prizes, and members had a very enjoyable afternoon.

In early December we had a stall at the town's Christmas festival. All our members were involved, either by donating prizes for the tombola or helping on the day. Afterwards, we were pleased to give a donation to the church who had been very helpful. It was such a windy day for people to venture out, with yellow weather warnings and high winds, but all went off successfully.

We are now looking forward to our Christmas lunch in a local restaurant and our Christmas party meeting.

As mentioned last month we start January with a new programme of speakers. Our first meeting of the New Year will be on Wednesday 15th January at 7.30.pm in Long Stratton Village Hall. We have a speaker coming from the Norfolk Museums' costume collection to talk to us about Norwich Shawls.

If you would like an interesting and friendly evening do come along. Visitors are charged a small fee which includes refreshments. You will be made very welcome.

For any further information please telephone 01508 531154.

NEW GARDENING CLUB

Hello, my name is Keith. You may have attended my Christmas light switch on at Manor Park Gardens during November for the Air Ambulance charity. From March 1st 2025 I am beginning a 'gardeners chat' meeting. The venue will be in Huggers, Long Stratton. Our new gardening participation forum will be known as 'Lett-uce Talk'

Any gardening subject you wish to discuss, whether you agree or disagree, your view will be welcome. No membership or fee required. Each meeting will be the first Saturday of each month from 10am-11am.

I recommend you arrive earlier, perhaps 9.30 to give time to buy a coffee and get to know each other. You may be new to gardening or experienced, either way I look forward to meeting you on the 1st March 2025.

I would welcome your reply via my email account, ***notenoughkeiths@gmail.com***

Just to give me an approximate idea of numbers attending.

2nd Long Stratton Brownies



During November, the Brownies were busy making Christmas cards, mini snow globes and snowman Christmas tree decorations. We also took part in the UK Parliament Week with games & activities.

One evening, the Brownies visited the residents of The Mayfields Care Home, to entertain them with our Brownie songs, Christmas carols and our own special version of the 'Twelve Days of Christmas!' At the end of our visit, the Brownies left Christmas cards for all the residents.

In December, we finished the term with our annual Girlguiding Christingle Service in the Congregational Church, led by Rev Malcolm Simpkin. This included a new take on the Nativity – to which the Guiders were impressed that you could have so many references to chocolate within the Nativity Story!

All the girls made their Christingles in the hall first, then the Rainbows, Brownies, Guides, Rangers and Parents & Grandparents filled the Church for the Christingle Service. A highlight was the girls all holding their lighted Christingles in the dark singing 'Away in a Manger'.

A collection for 'The Children's Society' was taken during the Christingle Service with a total of £71 being raised. We thank Rev Malcolm Simpkin for leading our Christingle, and Jean (Mole) for playing the music during the service.

We wish all the readers of the Sexton's Wheel

A HAPPY NEW YEAR

from all the Brownies and Guiders!



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

And hearing their laughter is music to our ears.

www.castlemeadowcare.co.uk

The Mayfields

SWAN LANE, LONG STRATTON, NORFOLK, NR15 2UY

CALL 01508 535 500 TO ARRANGE YOUR VISIT



castlemeadow
CARE

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE | SHORT BREAKS



ABACUS
a name you can count on

Accountants
Book-Keepers
Consultants

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

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



**CONTACT US
TODAY**

TEL: 01508 333040

EMAIL: office@abocabacus.co.uk

The Willows, Ipswich Rd,
Long Stratton, NR15 2TG

Happy Feet



Qualified Foot
Health Professional

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

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

01379 676872
or **079 2345 4646**

A quieter month for BikeActive Norfolk in some ways, as we only run our adult group twice a month from Earsham village hall during the winter. The other route we use from Topcroft Sports and Social club is prone to flooding during winter . We will resume weekly running in March 2025 at Earsham village hall and then revert to running alternate Fridays from Topcroft Sports and Social Club and alternate Mondays from Earsham village hall from April 2025. You are welcome to come and join us, see ***BikeActive Norfolk.org*** for more details on what we do I am regularly asked.” Why as a Long Stratton based charity don’t you run rides closer to the town?” The simple answer is traffic conditions with a lack of relatively flat, low traffic volume roads and somewhere with toilets, drink making facilities and parking from which to run. As Long Stratton is being by passed as we speak and lower traffic volumes are predicted in the town centre it is possible that BikeActive Norfolk may offer some services within the realms of the town in the future. Watch this space. Our Junior Group will restart at Easter 2025 on the multi use games arera at Long Stratton Manor Rd playing field, with two forty minute sessions for any child with any disability followed by a forty minute session with the Long Stratton Youth Cafe in conjunction with Anastasia Twigg , the Long Stratton Youth worker. Still lots of things happening in the background for BikeActive Norfolk, with fundraising, servicing of our specialist cycles and our celebrating being together as a group for three years . A chance to celebrate how incredibly far we have come thanks to the help of generous funders, tough fundraising and generous volunteers. A number of volunteers received small trophies for their hardwork and dedication in our community. As a small wholly voluntary charity we are constantly having to raise funds and we are planning a twenty four hour fundraising event in Long Stratton over mid summer night. We hope to involve as many people from the town as wish to get involved, plans to be finalised and published shortly. At present people can support us by supporting the Long Stratton Co-op’s fundraising initiative for BikeActive Norfolk. Our thanks to them. Finally can I wish all BikeActive Norfolk volunteers, rider clients and our supporters a wonderful festive period and a happy succesful 2025

Jez Briggs,
Chair, BikeActive Norfolk.

If—

by Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!



Messy Church News. Hello from your Messy Church Team. We hope you've had a lovely Christmas time and you're looking forward to the New Year. Thank you to those of you who came to our Christingle making and breakfast! Some of us are still enjoying the smell of oranges. There are some changes coming to Messy Church for January and we're excited to tell you: We will now be meeting on the 4th Saturday of each month. The meeting will still be at the same time and place, 4pm at St Mary's church. We will still be doing crafts, sharing stories, singing songs, and having a picnic tea. The famous muffins will continue with popular demand, and we really look forward to seeing you at our next meeting this month which will be on **25th January** where our theme will be Unity. Please feel free to get in touch with us via strattonmessychurch@gmail.com

A promotional poster for a Messy Church event. It features a large, stylized "Messy Church" logo in the background. The text "come along to" is written in a curved, playful font. The event details are listed in a clear, sans-serif font. The email address is at the bottom left, and a note about children is at the bottom right.

come along to This month's theme is unity!

Messy Church

Stratton St. Mary's
Saturday 25th January
4:30-5:00 PM

Strattonmessychurch@gmail.com All children to be accompanied by an adult

LETS CHAT

Lets Chat will be starting up again in March 2025 in St Mary's Church when Janet and the team will be there to welcome you again with Tea, Coffee and homemade cakes..

DIGGERS AND DIBBLERS

Diggers and Dibblers Gardening Club.

Tuesday 14th January 7.30pm Forngett Village Hall

Ian Bedford will be speaking about Companion Planting.

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



**Cleared.
Repaired.
Replaced.**

**Local Guttering
Specialist Norfolk**

**Proud member
for over 15 years**

Checkatrade.com
Where reputation matters

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



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

Where quality counts!

01508 535888

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



Family Run, Private Hire Taxi
Based in Long Stratton

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

It is highly recommended to
pre-book

Please call or message on
07464736667

Or visit www.kandjcars.co.uk

PAUL LOVETT

Repairs & Servicing

Home Appliances

07999 355267

E: lovett.repair@gmail.com



Covering South
Norfolk and North
Suffolk

20+ years experience

Handyman Rob

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



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

Email : handymanrob2@gmail.com

Phone/ Txt : 07460 116296

WhatsApp : 07460 116296



Susan Whymark Funeral Service Ltd

Independent and Family Run

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

We offer a range of services to suit your individual needs

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

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

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



See our customer reviews at

www.susanwhymark.co.uk

Email: susan@susanwhymark.co.uk

Long Stratton Town Council

Pavilion, Manor Road Playing Fields, Manor Road,

Long Stratton, NR15 2XR

Clerk: Mrs B Buck

Tel: 01508 530524 office@longstrattontowncouncil.gov.uk

New Year, New Opportunities. We hope you all had a wonderful Christmas and a Happy New Year! 2024 was filled with challenges, changes and new faces for the team at Long Stratton Town Council and the year passed us by in a flash. We hope 2025 will be even more exciting and brings lots of new opportunities to make improvements for the community, and hopefully less rain during the next Summer Event!

Bypass Information The bypass contractor 'Octavius' has up to date information on the bypass progress available to view in the Town Council's Pavilion during office opening hours which are Monday, Tuesday, Thursday and Friday between 10am and 2pm.

Community Room for Hire The community room at the Pavilion is available to hire during the day, evenings, and weekends. It has kitchen facilities, WIFI and free parking available. Please contact us if you would like to make a booking or would like to come and view the facilities.

Upcoming full Council meeting dates The Full Council meetings are held in the Pavilion community room. Anyone is welcome to attend the meetings but whilst members of the public cannot participate, a short period of time is given for members of the public to air their views on matters directly related to the Town Council. ***The next meeting will be 13th January 2025.***



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

Borderhoppa Outings for January 2025

- Mon 6th – Bury St Edmunds – Fare £18.00
- Mon 13th – The Foundry Garden Centre, Tasburgh – Fare £8.00
- Thurs 16th – Lunch at The Black Horse, Thorndon - Fare £8.00
- Mon 20th – Bressingham Garden Centre - Fare £8.00
- Thurs 23rd – Lunch at The Red Lion, Needham – Fare £8.00
- Mon 27th – Highway Garden and Leisure - £15.00

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



TOP SERVICE... DELIVERED!

BUT DON'T JUST TAKE OUR WORD FOR IT

"Lovely bunch of people who are more than happy to help no matter what the enquiry!"

"What a brilliant local family run business. Cannot rate CTS DIY highly enough."

"Nothing is ever too much trouble for these guys and if you don't have it they can usually get it."

"Fantastic local builders supplies, competitive prices and always a good service."

"Good selection of materials and helpful staff. What more can you want from a local merchants?"

"Very efficient and friendly service both online and in-store. Good prices and excellent delivery."

DIY & BUILDING SUPPLIES

MONARCH WATER

MIDI HE WATER SOFTENER

£610.00

(inc. VAT)
(E508.33 + VAT)

WRAS

DIY & BUILDING SUPPLIES

AkzoNobel

DULUX

COLOUR MIXING AND MATCHING INSTORE

Take a look at OUR EXTENSIVE RANGE of products, online or in-store in Pulham Market:

Salt. Building Materials. Decorating. Tools. Ironmongery. Electrical. Plumbing. Gardening.

Our leading brands include: Dulux, Best Of Lime, Monarch, Stanley, Dewalt, Savolit, Knauf, Recticel, Harris, Timco, Everbuild, Mannok, Faithfull, Irwin, Makita, Pavestone, Deta, Tettrion, Sandtex, Sadolin, Brett Martin, Bradstone, Kent & Stowe, Walsall, Bedec, Simpson Strong Tie, Buckbootz, Evergreen, Zinsser, CT1, Tarmac **and many more.**

**Open Monday to Friday to the public and trade
7.30am to 5pm, and Saturdays 8am to 12pm.**

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



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



Thinking of selling?

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

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

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

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



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

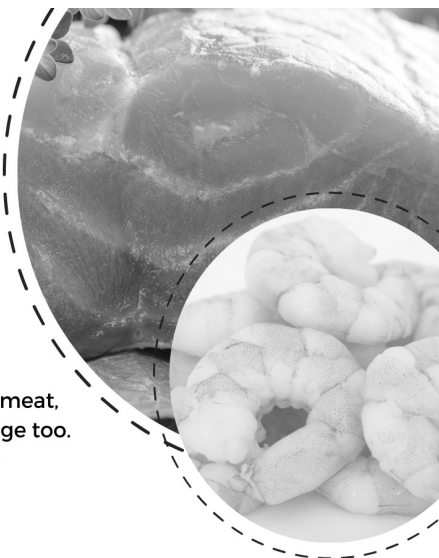
HOWARDS

**FRESH FISH,
SHELLFISH & MEAT
DELIVERED TO YOU**

**LONG STRATTON & SURROUNDING
AREA
THURS & FRIDAYS**

We offer a wide range of fresh fish, shellfish, meat, deli and platters. Stocking a large frozen range too. We use free range and local suppliers where possible.

BROWSE & ORDER ONLINE
WWW.FISHMONGERSNORWICH.COM
sales@fishmongersnorwich.com or 01603 624928



Howard & Son

**DKC
PLUMBING**
OIL BOILER SPECIALISTS

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



07375995198
www.dkcplumbing.co.uk



Oliver Smith
COMPUTER SERVICES



Computer Problems?
For All Your IT Troubles
Oliver: 07930 137 230
Email: help@oscomputerservices.co.uk
Business & Residential
Sales / Solutions / Setup / Support
Tuition Available

On Site Repairs / Wi-Fi Installation / Networking
Let's Talk About The Cloud
Software, Hardware, Firmware & Wobblyware
PC's - Laptops - Tablets - Smart Phones - Printers - Mesh Systems

YOU'RE INVITED TO JOIN US ~

CREATIVE SINGING



IF YOU CAN SPEAK, YOU CAN SING:

As we approach our 8th year of meeting at WACTON
VILLAGE HALL each TUESDAY evening from
7:00 - 8:30pm we invite YOU to join us!

"I always feel so uplifted after a session."—Rita

Our community singing group offers a **stress-free, joyful environment** where **everyone is welcome** to experience the fun and therapeutic benefits of singing— with friends, family and neighbours!

Whether you're new to the area and eager to meet new people and make new friends, you're actively looking to try something new, or you want to experience the healing power of music in your life, — **there's a place for you here!**

We welcome YOU to come and embrace the joy of song with us.
No pressure. No auditions. No need to read music — just a pure sense of fun and enjoyment.

"Everyone's always so friendly and smiley."—Elaine

£5 per person

*a small annual registration fee applies



07765 920 390

Louise@LKTingley.com

www.creativesingingstudios.co.uk

M	T	W	T
		1	2 Pilates - Wacton vi see p24
6 Local Walk - see page 36	7 Community Sing Wacton Village Hall 1900 see p19 Coffee Morning Wacton Village Hall 10.30am Pilates - Hempnall Village Hall see p24	8 Cup of Hope Pavillion community Room 08:50am - 11:30am Wacton Parish Council Meeting Wacton Village Hall 1800	9 Pilates - Wacton vi see p24
13 LSTC Meeting Pavillion Community Room Manor Road 19:00	14 Community Sing Wacton Village Hall 1900 see p19 Pilates - Hempnall Village Hall see p24	15 Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406 Stratton & District W.I LS Village Hall 1930	16 Pilates - Wacton V see p24 Tharston& Distr Wacton Village 7:15pm Lunch Club 12:00 Long Stratt Congregational Ch Call 07968716698
20	21 Coffee Morning Wacton Village Hall 10.30am Community Sing Wacton Village Hall 1900 see p 19 Pilates - Hempnall Village Hall see p24	22 Cup of Hope Pavillion community Room 08:50am - 11:30am	23 Pilates - Wacton V see p24
27	28 Community Sing Wacton Village Hall 1900 see p 19 Pilates - Hempnall Village Hall see p24	29	30 Pilates - Wacton V see p2

	F	S	S
Village Hall	3 Wacton Social Club open 7.00pm - 11.00pm with Bingo	4	5 Hope church Service Wacton Village Hall 10:30am.
Village Hall	10	11	12
Village Hall District W.I. e Hall - 2:00pm on church Hall 8 to book	17 Wacton Social Club open 7.00pm - 11.00pm pool,darts etc	18 Wacton Church Coffee Morning 1030am.	19 Community Family Breakfast 9:45am at Long Stratton Congregational Church Hall Hope church St Mary's Junior Academy 10:30am
Village Hall	24	25 Messy Church Stratton St Mary's Church 16:30 See p11	26
Village Hall	31		



JH Property & Landscaping

Over 20 years experience!

**Building Work
Demolition Work**

**Extensions
Fascias & Soffits**

Fencing

Garden Timber Framed Buildings

Groundwork

House Clearances

House Renovations

Driveways & Patios

Roofing

Painting & Decorating

Based in Harleston

Call Justin on 01379 308146 / 07917 468917

Or visit our website for a free quotation
www.jhuntpropertyandlandscaping.co.uk



Hope Church

Sundays at 10.30am – 12noon

5 and 19th January
2nd and 16th February
2nd and 16th March
6th and 20th April

**at St Mary's Junior Academy,
Swan Lane, NR15 2UY**

A service for all ages including
children's activities
for school years 1-6

hopecommunitychurch.co.uk



Welcoming children aged 6 months to 5 years

All-Year-Round



8am to 6pm

MULBERRY BUSH
DAY NURSERIES

High Quality Early Years Childcare and Education

Excellent indoor and outdoor facilities

St. Edmunds
Norwich Common
WYMONDHAM
NR18 0SP

Tel: 01953 603792
wymondham@mulberrybush.org

3 Wingfield Court
Norwich Road
MULBARTON
NR14 8JP

Tel: 01508 570100
mulbarton@mulberrybush.org

HARLESTON CHORAL SOCIETY

Harleston Choral Society – We wish all our followers a very happy New Year. And we invite you to join us when we reconvene, after our Christmas break, on Monday 6 January 2025, in The London Road Church, Harleston IP20 9BH, 7.00 pm for a 7.30 start. Free parking is available in The Original Factory Shop (TOFS) car park opposite. Practices are on Monday evenings, 7.30 – 9.30 pm, and we welcome everyone (especially potential Tenors !), whether or not they have sung in a choir before. This new year is our 25th anniversary year and we have lots of events to celebrate twenty-five years of wonderful music, the highlight of which will be a joint concert with Harleston Sancroft Academy's choir of Carl Orff Carmina Burana on Saturday 28 June.



See the Home Page and the About Us and Location and Contact sections of our website www.harlestonchoral.org.uk for more information about HCS (and our 25th anniversary), or from Caroline Rodbourne, caroline@rodbourne.org.uk 01986 782545 or Jo Curry, jo.curry@sky.com 07768 544005

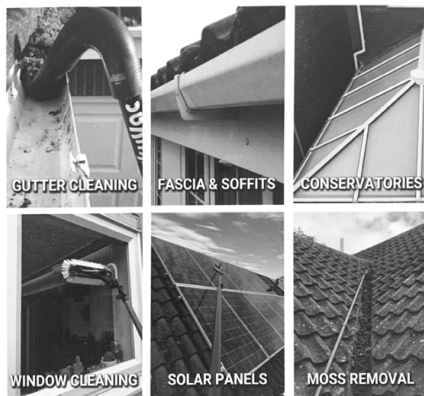
HARLESTON & DISTRICT U3A

Harleston & District u3a wishes you all a very Happy New Year ! And we'd like to invite you to the first of our 2025 monthly talks, on 15 January 2025 at 2.00 pm, in St John's Church, Harleston. Our Vice Chair, Trevor Scott, will be speaking about The English Windmill – the history of windmills; windmills in art; and their decline, restoration and conservation.



Picture with thanks to Ckler-Free-Vector-Images

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



☎ 01508 471 994 ☎ 07796 503 096

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

☎ 01508 471 994 ☎ 07796 503 096

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

PILATES

Beginners and Intermediate

Classes in:

Wacton Village Hall - Thursday Mornings

Hempnall Village Hall - Tuesday Evenings

For further details contact

Jo Douglas - 01508 530261

Greenacresfarm@tinyworld.co.uk

YOUR WILL £79

PROPERTY PROTECTION
TRUSTS FOR HOMEOWNERS
INC. SEVERANCE OF TENANCY

from

£99

LASTING POWER
OF ATTORNEY

from

£99



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

Other services we offer

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

A TRUSTED MEMBER OF
THE SOCIETY OF WILL WRITERS

For Office and Home visits call

01508 494315

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

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



**BASED
LOCALLY
FOR YOUR
CONVENIENCE!**

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

Tel: 01508 489066
24hr Recovery: 0779 664 1881

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

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

All major credit cards accepted



J.A.T Painting and Decorating

Interior and Exterior

15 Years experience

**Friendly, reliable and
fully insured**

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

07849194890



Garden Landscape Services Limited

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

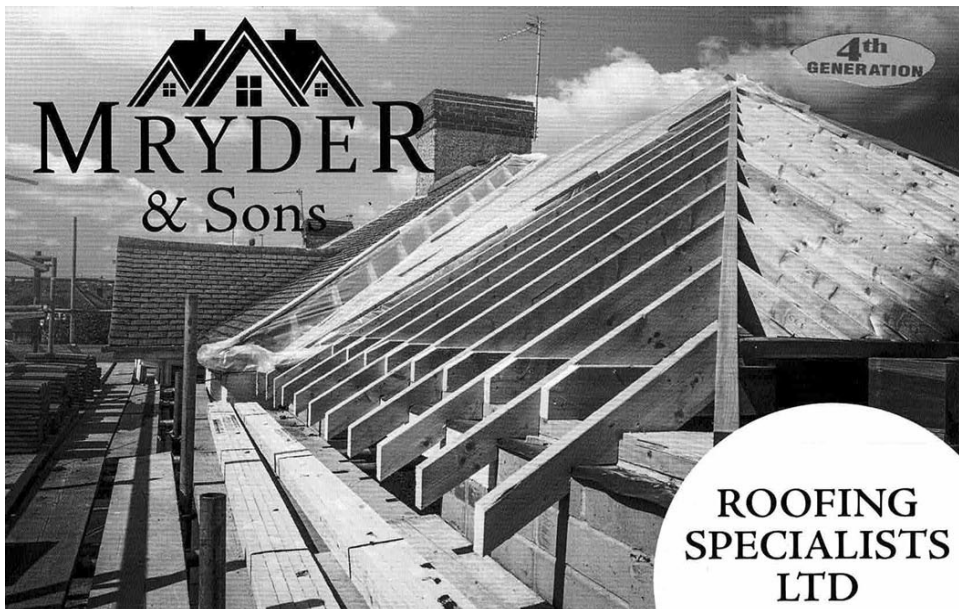


(01508) 807567
07749 130 872

enquiries@glsonline.co.uk

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

www.GLSOnline.co.uk



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

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



Call us now on: 07850 597288

Norwich: 01603 458884

Norfolk & Suffolk: 01508 532200 or 07825 908287

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

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

BARKER FAMILY FUNERAL SERVICES

We're all inclusive

*Family run with Family values
and Family at heart*

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

Total
£4329

24 Hour Family Caring
Personal Service
Covering Norfolk & Suffolk

The Simplistic Funeral
Total £1,590

The Street,
Long Stratton
NR15 2XJ

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



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



Why choose us?

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



 TimS-2053

02 Feb 2023

Great local window cleaners!!!



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



 LucyD-451

07 Jan 2024

Excellent service and communication.
Great value.



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



@thelocalwindowcleaner



Call Nick @
SQUEAK-E-CLEAN

07891 291275

Fully Licensed & Insured & Certified

BARTRAM'S SERVICES Ltd

Trusted Services At Your Convenience

Soft & Hard Landscaping

-Garden Builds + Designs

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

Professional Commercial, Residential Maintenance

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

Contact@bartramsservices.com
www.BartramsServices.com

Office- 01603 552482
Mob- 07402356519



Gutter Guru

Gutter and exterior
cleaning services



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

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



☎ 01508 356336/ 07414715719



ricky@norfolkutterguru.co.uk



www.norfolkutterguru.co.uk





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

All available in a wide range of colours and styles.

Free surveys and estimates. Trade and DIY enquiries welcome.

For friendly advice and a competitive price.

E: info@moultonwindows.co.uk

W: www.moultonwindows.co.uk

01379 677730

Orchard Farm, Great Moulton, Norwich, NR15 2HA



Big enough to cope, small enough to care

mw
MOULTON
WINDOWS



QUALITY & HONEST USED CARS BOUGHT & SOLD

CALL 01508 500208 or 07496 013130

for a genuine, easygoing
and straightforward experience

www.mrbautomotive.co.uk

Viewings strictly by appointment only

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

CARRY-ALL

Mel Rogers

Mob: 07850 402845

Tel: 01508 536182

e-m carry_all@btinternet.com

Suppliers of:

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

No VAT - Free delivery



LONG STRATTON EYECARE

01508 532669

LONGSTRATTONEYECARE.CO.UK



**OPEN 6 DAYS A
WEEK**

Monday-Friday:

9.00-13.00pm then

14.00 - 17.00pm

Saturday:

9am-13.30pm



01508 532 669

www.longstrattoneyecare.co.uk

WHAT WE DO

As Long Stratton's community Optometrist we pride ourselves on providing personal professional service and dispensing high quality products at fair prices.

We offer NHS and private appointments. You can also include a hospital grade laser scan for enhanced health checks and the Optometrist will go through this with you at your appointment. We give you the time you need.

We are proud to offer Eyeplan membership for great value and ultimate peace of mind.



FIREWOOD EXPRESS

NORFOLK

Hardwood logs & kindling ready to burn.
Perfect for wood burners, stoves & fire
pits.

Delivering throughout Norfolk.

Contact Us:

☎ 07535 025007

✉ firewoodexpress@outlook.com

f @Firewoodexpressnorfolk

Marion's Foot Care Foot Health Practitioner

marionfootcare@gmail.com



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

Contact: Marion Keable, DipCFHP,
MPSPract on 07742 722804

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



professional
standards
authority
accredited register



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



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

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

Phone/Text Andy

WhatsApp: **07568 530990**

Email:

andysplasteringservices024@gmail.com

JUMBO BAG DELIVERIES

SAND

BALLAST

TOP SOIL

TYPE 1

MULCH



STONE 10/20MM

MUSHROOM COMPOST

CALL 01508 470674

Simons Landscaping Ltd

ELECTRICIAN



A Friendly Family Run Business

That Works on All Aspects

Of Domestic Electrics

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

Contact Ian or Caroline for all

Electrical Issues on

0779 0273 689 or 01508 813802

icdelectrics@hotmail.co.uk

or

www.icdelectrics.co.uk



Bailiwick IT Ltd.

Having Computer Problems?

Windows and Apple Mac repairs, upgrades & troubleshooting

virus & malware removal, printer supply, data recovery ,

Microsoft 365 services, 4G Broadband solutions,

New & Factory refurbished machines, Security software,

Domain names, emails & hosting, Networking services.

Tel: 01953 718421 Mob: 07928 326008

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



No matter what size your budget
Our compassion is constant



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

as recommended by
the good funeral guide.

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

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

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

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

www.rosedalefuneralhome.co.uk

S.P.C.
ROOFING

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

☎ 07577 700184



spcroofing86@hotmail.com



@spcroofing

High quality, secure and stylish.

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



Diss 01379 651959

Norwich 01603 270105

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

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

www.chapeldoors.co.uk

**Chapel
Doors**
LIMITED



**ACORN
2 OAK
CARE**

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

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

Available 24 hours a day, 7 days a week.

Covering Long Stratton and surrounding villages.

For an informal chat, please contact Nicola or Naomi

07871 352961 / 01508 813572

email: enquiries@acorn2oakcare.co.uk

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

STRATTON QUICKFIT LTD

TYRES SUPPLIED & FITTED

EXHAUSTS, BATTERIES

CAR/VAN SERVICING & REPAIRS

MOT PREPARATION

CAR & VAN REMAPPING/DELETES

RACE/TRACKCAR PREPARATION

CALL 01508 535133/07765 864249

December walk

Can you imagine a four mile walk which includes two medieval churches; a Norfolk Wildlife Trust site; a pond; several woods; glimpses of some magnificent mansions (visible thanks to the bare branches of winter trees); some second world war relics; a solar farm and a herd of deer (well, that couldn't be planned for)? Add to that the aim to start within a twenty minute drive from Long Stratton and have parking for three or four cars. This is what Liz managed to plan for our December walk by taking us round three intertwined loops starting at Hethel church.

Fourteen of us set off dressed appropriately for the expected rain, though in fact we felt only a few spots. The previous day had been very wet so we were glad of waterproof shoes or boots as we walked across a meadow of long grass. Soon, however we found ourselves with firm ground under the fallen leaves. We were in a wood but the paths were concrete. Among the trees were the remains of a few buildings and possibly an air raid shelter. It was extremely peaceful so it was hard to imagine that this was once the residential area for the near by airfield (now the Lotus works.) As the woodland cleared on our left someone spotted a deer on the far side of a field. Slowly four or five more emerged from the hedgerow. Suddenly they all set off very fast and disappeared before the walkers from the back had a chance to catch a glimpse.

The absence of sun and the presence of plenty of conversation meant that some of us were quite unaware that we had completed the first circle. A church with tall poplar trees came into sight and we suddenly realized we were back at Hethel. Our cars were in sight though we were on a completely different path heading for the smallest nature reserve in the UK. The Norfolk Wildlife Trust have put a fence and an information board around Hethel Old Thorn, the remnant of a 700 year old hawthorn where Kett's rebels may have met in 1549.



From here we followed a footpath to Bracon Ash. Suddenly we were dragged into the 21st century. The hedge on our right was bright with rose hips but on our left was a tall wire fence enclosing a large area of solar panels surrounded by a sea of muddy clay. It was a relief to leave that behind and emerge on the road near the old school at Bracon Ash. A few yards down the road Liz had another loop for us. We turned right along a path past some old cottages. A left turn took us down Poorhouse Lane which brought us out to the B113, a busy road but with a good pavement. We weren't there for long as a footpath took us straight across a field to Bracon Ash church where we had a rest enjoying the peaceful church with its enormous mausoleum attached.

The return journey looked as though it was going to be straight back along the lanes to Hethel. However there was one more treat as we climbed some steep steps into woodland. The final surprise was that this lovely footpath came out right by our cars where Liz completed our enjoyment by handing out Norfolk shortbread to us all!

Everyone is welcome for walks on the first Monday of each month. Meet near the toilets at Long Stratton car park for a gentle walk of about 4 mile

LONG STRATTON LIBRARY

Bounce & Rhyme – Tuesdays, 2pm
Family Lego Club – Tuesdays, 3.45pm
Stitches & Knitters – Thursdays, 2-4pm

Opening hours:

Monday: 8am-7pm (staffed 11am-7pm)
Tuesday: 8am-7pm (staffed 1-7pm)
Wednesday: 8am-7pm
Thursday: 8am-7pm (staffed 1-7pm)
Friday: 8am-7pm
Saturday: 8am-4pm (staffed 11am-4pm)
Sunday: 10am-4pm

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

SPIRE SOLICITORS^{LLP}

Our services include:

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

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

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

CHURCH SERVICES - January

5th January – 09:00am - Holy - Communion (BCP) - Stratton, St Michael
11:00am - Morning Worship - Stratton, St Mary

12th January – 09:45am - Holy Communion - Tharston, St Mary
11:00am - All-Age Communion - Stratton, St Mary

19th January – 09:00am - Holy Communion (BCP) at Stratton, St Michael
11:00am - All-Age Worship - Stratton, St Mary

25th January – 16:00pm - Messy Church - Stratton, St Mary

26th January – 11:00am - Holy Communion at - Stratton, St Mary

CONGREGATIONAL CHURCH

5th January - 10:45am – Family Service incl. Holy Communion - Rev Malcolm Simpkin

12th January - 10:45am – Family Service – Rev Jenny Haggard

19th January - 9:45am – Community Family Breakfast

19th January - 10:45am – Family Service – Rev Malcolm Simpkin

26th January - 9:45am - Prayer Meeting

26th January - 10:45am - Family Service - Mr Keith Scarff

Hope Church

5th January - 10:30am - Service for all ages -St Mary's Junior Acadmy NR15 2UY
see p22

19th January - 10:30am - Service for all ages - St Mary's Junior Acadmy NR15 2UY
see p 22

THE SEXTON'S WHEEL

If you have something to tell us, an event coming up, an article of interest please contact us **email: thesextonswheel@googlemail.com**

tel: 07557 990169

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

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

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

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

Adverts: Advertising rates per issue: -

Quarter page(6cm x 9cm) £19.20

Half page (13cm x 9cm)

£33.60

Full page (13cm x 18cm) £60

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

Deadline for adverts is the 5th of the month

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

ADVERTS and DISTRIBUTION OF MAGAZINES - Ian Hetherington

07557 990169 thesextonswheel@googlemail.com

EVENT _____

DATE _____

TIME _____

PLACE _____

BRIEF DETAILS _____

CONTACT _____



2025

New Year – New Home?

Liam, Rachel, Lene and Ria look forward to
opening the door

Whittle Parish Estate Agents

01508 531331

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